



# Recreation CONNECTION

FALL 2023



**RESIDENT REGISTRATION BEGINS**  
Saturday, August 12 at 9:30am

**NON-RESIDENT REGISTRATION BEGINS**  
Sunday, August 13 at 9:30am

**SEE REGISTRATION INFO 71**  
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## Dear Island Residents,

As the summer will soon bid us farewell and transition into the vibrant colors of autumn, I am excited to share the latest updates and events happening at the Park District through our fall catalog.

We have a great lineup of summer and fall events, such as the Sounds of Summer concert series, Movies in the Park, and Haunted Hayride. We have brought back fan-favorite bands Nearly Dan and the soulful melodies of Backstreet Jellyroll, but we also took the time to seek out new and exciting regional acts that we hope will soon become cherished favorites. This August, our Movies in the Park will continue to bring the big screen to the outdoors, entertaining audiences of all ages and easing us into fall. And what better way to kick off fall than a tour through the spooky, pumpkin-lined trails of Battle Point Park? Haunted Hayride is back this autumn, so make sure to register the whole family!

Prepare for an extraordinary sight as a mythical creature arrives on Bainbridge Island! Introducing the Northwest Trolls: Way of the Bird King sculpture project by acclaimed Danish environmental artist Thomas Dambo. Constructed from recycled lumber, this towering 15-foot troll will represent the commitment to environmental storytelling. This extraordinary sculpture will find its home in one of our beloved parks, adding a touch of sustainability and artistry to our community in the late summer.

Additionally, our Ray Williamson Pool will undergo an extensive rehabilitation project, encompassing structural improvements such as replacement windows and a new roof, new system installations (HVAC, electrical, and plumbing), and a more sustainable filtration system. This crucial endeavor ensures optimal functionality and extends the life of the pool through 2040. Our expert team is diligently working on construction documentation so the project can then be scheduled. We sincerely appreciate your patience and understanding during this process.

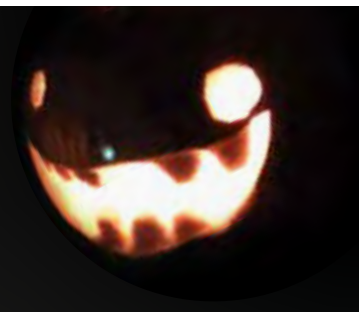
This fall, I encourage you to enjoy our island's crisp air, vibrant foliage, and abundant play opportunities. Let's embrace the season, explore, and create lasting memories!



**Warmly,**

A handwritten signature in black ink that reads "Terry Lande". The signature is fluid and cursive, with a long horizontal stroke at the end.

Terry Lande, Executive Director



Bainbridge Island  
Metro Park & Recreation District

Presents:

# Haunted Hayride

at BATTLE POINT PARK

**October 17-19**

5:30-9:00p | Tuesday-Thursday

\$11 per person

Registration Required

Activity #541013

[biparks.org](http://biparks.org) | 206-842-2302



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**Aquatic Center/Customer Service  
206-842-2302**

## REFUND POLICY

**Refunds will be in the form of a credit issued back to your credit card, or a check will be issued to the address on your account. Check refunds can take two-four weeks to process.**

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

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

- Requests made seven days or more prior to the 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 seven days before the start of the program.
- No refunds will be granted if requests are made once the program has started.

Some exceptions may be made for documented injury or illness. Please call us at (206) 842-5661.

# HOW TO REGISTER

**REGISTRATION FOR RESIDENTS: Saturday, August 12 at 9:30a**  
**REGISTRATION FOR NON-RESIDENTS: Sunday, August 13 at 9:30a**



## 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 registration 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 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 visit [biparks.org](http://biparks.org) for details or contact Bryan Garoutte at [bryan@biparks.org](mailto: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](mailto:mbenishek@biparks.org)



# Fall Work Parties

## Conservation Work Party

Strawberry Hill Park | 10:00a-12:00p | September 9, October 14, November 11

Join the Park District, Gear Grinders, Evergreen Mountain Bike Alliance, and the Bainbridge Island Parks & Trails Foundation this fall preparing the site of the future mountain bike park for new trails and features. Projects will include removing invasive species, building habitat, and planting native plants. Well-suited for children ages six and up who are comfortable using small hand tools and walking off trail on uneven surfaces.



## Trails Work Party

Gazzam Lake Nature Preserve | 10:00a-12:00p | September 16, October 21, November 18

Join the Park District's trails team, the Bainbridge Island Parks & Trails Foundation, and the Bainbridge Island Land Trust at Gazzam Lake Nature Preserve this fall maintaining trail surfacing, improving trail drainage, and closing social trails in sensitive wildlife habitat. These work parties are well-suited for children ages eight and up who are comfortable using some small hand tools and walking a mile or so throughout the two-hour work party.



## Moritani Preserve Work Party

Moritani Preserve | 10:00a-12:00p | September 21, October 19, November 16

Join the Park District's Natural Resources team and the Bainbridge Island Parks & Trails Foundation in caring for the woods and meadows of Moritani Preserve by managing invasive species, maintaining garden beds, and planting natives in the right weather.

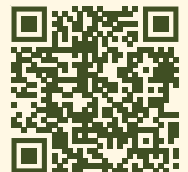
## Red Pine Park Work Party

Red Pine Park | 10:00a-12:00p | September 12, October 10, November 14

Work with the Park District's horticulture staff and the Bainbridge Island Parks & Trails Foundation to maintain garden beds, a historic fruit orchard, edible perennials, and other historic plantings in this former homestead in the heart of downtown.



Sign up today!



[biparks.org](http://biparks.org) | 206-842-2302

**DAY  
CAMPS**

**YOUTH  
AND  
ADULT  
ENRICHMENT**

**SPORTS**



**Bainbridge Island  
Metro Park & Recreation District**

# **WE ARE HIRING!**

**Make A Difference in  
Your Community In  
These Program Areas:**

Sports  
Camps  
Aquatics  
Outdoor

Gymnastics  
Park Services  
Teen Programs  
Personal Training

**Starting Wage \$16.68/hr DOE**

**Employment Includes: 50% off classes | Free Swim Pass  
Bainbridge Island Recreation Center Membership**

**Apply online at [biparks.org/employment/](https://biparks.org/employment/)**

# COMMUNITY 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.



Photo Credit: Greg Gilbert

## DENISE STOUGHTON

**Creator of the Bainbridge Island Kindred Spirit Mailbox**

### HOW DID YOU COME ACROSS THE KINDRED SPIRIT MAILBOX INITIALLY?

I came across the first Kindred Spirit Mailbox last year when I was in the thick of writing my book about mailboxes, *Meet Me at the Mailbox: The Fabulous Mailboxes of Bainbridge Island*. During this time, a friend living in North Carolina mentioned this Kindred Spirit mailbox I had never heard of. While on the phone with her, I researched the mailbox online and found many search results, including a video with famous author Nicholas Sparks who wrote a book inspired by the Kindred Spirit mailbox. I thought, "Wow, this is a pretty big thing if Nicholas Sparks is writing about it!" The original is a lone mailbox on an uninhabited island — just a mailbox and a bench. A woman named Claudia Sailor had a vision for the Kindred Spirit Mailbox in the late 1970s and soon made it a reality. Though she did not live close by, this island on North Carolina's coast had special meaning for her. Once constructed, she filled the mailbox with self-addressed

envelopes, enabling a new form of self-reflection. Wanting to share the idea with others, she moved the mailbox to Bird Island and began filling it with blank journals instead of self-addressed envelopes so other people could write. Over the years, she kept filling it up with journals, and it grew. Forty-five years have passed, and you can still access the mailbox by a wooden plank walkway connecting you to the island, followed by another mile-and-a-half walk to the mailbox.

### HOW DID YOUR VISIT TO THE ORIGINAL KINDRED SPIRIT MAILBOX INSPIRE YOU TO CREATE ONE FOR BAINBRIDGE ISLAND?

When visiting, I began crying because the stories in the journals were so endearing. I hoped to bring people together. A mailbox like this reminds us of our shared humanity, the emotions we all share — happiness, joy, sadness — and the need to be reminded of our commonality. The mailbox is a nice reminder that other beautiful people are out there; sometimes, the only way to do that is to read something heartfelt that someone very different from you wrote and say, "See, we are the same." Reading someone else's entry is a way to feel more connected, less alone, and can be very healing. Once I recognized that, I felt that it was a magical mailbox. After that experience with the original mailbox, I immediately thought we needed one on Bainbridge Island.

### WHAT WAS YOUR COLLABORATION WITH THE PARK DISTRICT LIKE, AND WHAT WAS THEIR RESPONSE TO YOUR KINDRED SPIRITS PROPOSAL?

The Park District has lots of beautiful land that would be an excellent place to house a Kindred Spirit Mailbox. I created a PowerPoint slideshow and presented it at one of the Park District board meetings. I was nervous that day and during my presentation, but there was no need; the proposal was embraced immediately. Soon afterward, I met with Park Services Division Director Dan Hamlin and Natural Resources Manager Lydia Roush, who said there was Board support for the mailbox and the next step was for me to pick a spot. I looked through a map of the Park District properties and started walking different trails and parks I had never visited. This process was fun because it gave me a reason to explore the expansive natural spaces the Park District manages. I was overwhelmed with options and eventually asked Dan Hamlin for help, saying, "You know the Park District's property better than me. Can you make some recommendations?" He responded by asking what my criteria were for this space. I felt the location should, first and foremost, be serene but also inspirational; I prioritized having a vista of water, as well as a parking lot for accessibility. Dan returned three options, one being on the Fort Ward to Blakely Harbor Trail. When visiting, I thought, "Yep, this is it." After that, things went very quickly. After choosing a location,



the mailbox was designed and crafted in about a week, and the installation began. Working with the Park District was an unexpected joy. I did not know anything about the Park District prior to this project, but I have so much respect for the talent on the team, the goodwill for the community, and the willingness to embrace a project like this.

### **WHAT WAS THE DESIGN PROCESS LIKE WHEN CREATING THE BASE FOR THE KINDRED SPIRIT?**

I worked with Dick Strom, a fantastic local metal artist who works on the island, creating yard art for people. I noticed he had constructed a Little Free Library at the end of his driveway, which inspired the design for the Kindred Spirit Mailbox. Creating a tree of life design out of rebar, he used a rusting technique for the roots of the trunk and the branches; he then made and welded the leaves on. The mailbox is designed to look like it is growing up out of the Earth. The light hits the rusted leaves when the sun sets, showcasing their beautiful colors. Because he collects metal scraps for his art, he had two mailboxes and suggested that we install a shorter one for kids, starting the idea of the Kindred Kids Mailbox. I enlisted the help of Rachel Knudson, the owner of Scrappy Art Lab, to see if she could gather a couple of kids to paint the kid's mailbox colorfully.

### **WHAT SIGNIFICANCE DO YOU HOPE THE KINDRED SPIRIT MAILBOX WILL HOLD FOR THE COMMUNITY AND VISITORS TO BAINBRIDGE ISLAND?**

I hope it is something that people know they can go to when they have something heavy on their heart or even something joyous. You can release a feeling by going to a place like Kindred Spirit and writing your emotions down. The sheer act of having something to do when you are feeling a certain way is cathartic. One of the first entries I read was from someone writing about how thankful they were that the mailbox was there, saying they found it just when they needed it. I was overcome with emotion as I read some of the other journal entries. I find that you can take comfort in something another person has written while you are there, which can be very healing.

### **CAN YOU TELL ME MORE ABOUT YOUR UPCOMING BOOK, MEET ME AT THE MAILBOX: THE FABULOUS MAILBOXES OF BAINBRIDGE ISLAND?**

I am writing a book on stories collected from people's creative mailboxes — the stories that created them and the stories of neighbors who connected because of them. The mailboxes are folk art — they are cultural storytellers. Working on the book and gathering stories from community members as they go along has been a joy.

**The Kindred Spirit Mailbox is located on the Fort Ward to Blakely Harbor Trail in the upper section of Fort Ward Park. A complete map of the mailbox is included on the next page.**

*Denise Stoughton is a writer, local interior designer, and creator of the Kindred Spirit Mailbox in Fort Ward Park. To learn more about her upcoming book and mailbox project, visit her websites at [uniquelybainbridge.com](http://uniquelybainbridge.com) and [kindredspiritbainbridge.com](http://kindredspiritbainbridge.com), follow her on Instagram at [@fabulous.bainbridge.mailboxes](https://www.instagram.com/fabulous.bainbridge.mailboxes) and [@kindredspirit.bainbridge](https://www.instagram.com/kindredspirit.bainbridge), or join the Facebook group, "Kindred Spirit Bainbridge".*



# Kindred Spirit Mailbox

Fort Ward Park | Fort Ward Hill Rd NE  
Bainbridge Island, WA 98110





# 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!**

For those long out-of-school days, the Park District offers families an all-day recreational option. With a variety of fun, interactive, and educational themes, kids will be excited to share what they have 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 arrival between 7:30-9:00a**  
**Structured camp activities from 9:00a-4:00p**

**Flexible pick-up between 4:00-5:30p**  
**Explorer Camp home base:**  
**Nakata Room B, Aquatic Center**



## 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 swimming and photo shoots as a mer-person! Experiment with fluorescent coloring under a black light! Play banana soccer while pretending to be monkeys! Not sure what you want to "be" for this harvest season? Come to camp, and we can help! AQ

500101-01 ThF 7:30a-5:30p 11/2-11/3 \$190



## WINTER BREAK EXPLORERS: POLAR BEAR EXPRESS!

Explore all things polar bears as we bundle up for winter break! Play with ice and perform ice experiments after we build an igloo fort. Study global warming, have a bear/stuffy parade, and make our own marshmallows. We may even brave the elements and head off-site for a field trip or two. Please bring your favorite bear and join us for an adventure-filled week! AQ

500101-04 M-F 7:30a-5:30p 12/18-12/22 \$415

## OUT-OF-SCHOOL FUN

### VETERAN'S DAY GAMES FEST & CHESS TOURNAMENT

Ages 5-12. Grade K-6 students will sharpen their thinking skills through learning and play, including educational Mensa games, chess, cards, and other fun strategic thinking! The festival day includes supervised outdoor breaks, group lessons, and plenty of playing time with many opportunities for one-on-one instruction. Includes optional chess tournament with other players of similar ability. SHC

**CONTRACTOR**  
 570252-30 F 10:00a-3:00p 11/10 \$50  
 31 F 10:00a-3:00p 11/10 \$30\*

\*Discounted fee for additional sibling or adult/child attending together.

# AFTER-SCHOOL & NO-SCHOOL FUN



## NO SCHOOL CAMPS AT BIRC

### MINI CAMPS

Ages 5-9. Our mini camps are designed for younger campers. Shorter days, age-appropriate sports and activities, crafts, downtime, and more. BIRC

### CONFERENCE DAYS

#### Mini

			<b>Member/Non-Member</b>	
511502-01	Th-F	9:00a-12:00p	10/26-10/27	\$80/\$104

### VETERANS DAY

#### Mini

			<b>Member/Non-Member</b>	
511501-01	F	9:00a-12:00p	11/10	\$55/\$70

### THANKSGIVING BREAK

#### Mini

			<b>Member/Non-Member</b>	
511503-01	MW	9:00a-12:00p	11/22, 11/24	\$80/\$104

### WINTER BREAK

#### Mini Week 1

			<b>Member/Non-Member</b>	
511504-01	M-Th	9:00a-12:00p	12/18-12/21	\$160/\$209

#### Mini Week 2

			<b>Member/Non-Member</b>	
511504-03	T-F	9:00a-12:00p	12/26-12/29	\$160/\$209

## DECEMBER GAMES FEST & CHESS TOURNAMENT

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

570252-23	Sa	10:00a-3:00p	12/9	\$50
24	Sa	10:00a-3:00p	12/9	\$30*

\*Discounted fee for additional sibling

## EARLY RELEASE

## CHESS & STRATEGY GAME CLUBS FOR GRADES K-8

Grades K-8. Chess fosters critical thinking, problem-solving, self-control, sportsmanship, and patience. Strategy games (many from Mensa) offer various colorful team and solo play choices. 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 ISLAND-WIDE BLACK KNIGHTS

570253-11	M	3:10-4:50p	9/11-10/16	\$120
13	M	3:10-4:50p	10/23-11/27	\$120

## AFTER SCHOOL AT THE SCHOOLS

### BRICKS 4 KIDZ AFTERSCHOOL FOR GRADES K-4

Grades K-4. Learn the fundamentals of S.T.E.A.M. (science, technology, engineering, art, mathematics) in an extraordinary atmosphere for children, where we learn, build, and play with LEGO® Bricks! Using proprietary model plans created by engineers and architects, Bricks 4 Kidz believes kids learn best through fun activities engaging their curiosity and creativity. Each class uses models and curriculum that differ from session to session and year to year. All students take home a custom Minifigure (kits are reused, not taken home.) Nine weeks.

#### CONTRACTOR

#### ORDWAY/ODYSSEY BUILDERZ

570200-22	T	2:20-3:30p	9/26-12/5*	\$144
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#### BLAKELY BUILDERZ

570200-20	W	2:20-3:00p	9/26-12/5*	\$144
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#### HALILTS BUILDERZ

570200-21	Th	2:20-3:00p	9/28-12/7**	\$144
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\*No class 10/31 or 11/21

\*\*No class 11/2 or 11/23



## SPORTS BOYS VOLLEYBALL CLINICS

Looking to improve skills and build a solid foundation in boys' volleyball? Check out our clinics for all levels of players. Our expert coaching staff will help develop techniques and teamwork in a fun and supportive environment. All boys are welcome to join! Find out more in our Youth Team Sports/Leagues section.



# AFTER-SCHOOL & NO-SCHOOL FUN

## CHESS & GAME CLUBS FOR GRADES K-4

Grades K-4. It's time to get back to school chess play! Chess fosters social interaction, critical thinking, problem-solving, self-control, sportsmanship, and patience. Clubs include a supervised outdoor break, and group lesson, with plenty of practice time and one-on-one instruction with Bainbridge Black Knights Coach Mark Cohen. **CONTRACTOR**



### ORDWAY BLACK KNIGHTS

570253-10	M	12:50-2:40p	9/11-10/16	\$120
12	M	12:50-2:40p	10/23-11/27	\$120

### BLAKELY BLACK KNIGHTS

570250-01	T	2:20-4:00p	9/12-10/17	\$120
06	T	2:20-4:00p	10/24-12/12*	\$100

### HALILTS BLACK KNIGHTS

570250-04	W	2:20-4:00p	9/13-10/18	\$120
09	W	2:20-4:00p	11/1-12/13**	\$100

\*No club 11/21

\*\*No club 10/31 or 11/22

## AFTER SCHOOL, OTHER PLACES



## THURSDAY CHESS & STRATEGY GAME CLUB

Grades K-6. Especially for Odyssey and other elementary-grade students! Chess fosters social interaction, critical thinking, problem-solving, self-control, sportsmanship, and patience. Clubs include a supervised outdoor break, and group lesson, with plenty of practice time and one-on-one instruction with Bainbridge Black Knights Coach Mark Cohen. **AQ CONTRACTOR**

### THURSDAY BLACK KNIGHTS

570251-01	Th	2:20-4:00p	9/14-10/19	\$120
02	Th	2:20-4:00p	10/26-12/7*	\$100

\*No club 11/2 or 11/23

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

## THEATRE AT WOODWARD ★

### "Dress Rehearsal for Murder" by Edith Weiss

Grades 4-7. Be part of the cast of "Dress Rehearsal for Murder"! At the isolated Bide-a-Wee Bed and Breakfast, an eclectic group of guests, a missing or murdered mime, and a bumbling inspector makes for certifiable mayhem! Come join the fun with quirky dialogue, zany stage action, and a "no murder after all" ending. In-class production will be shared at the conclusion of the 18-session/nine-week course on Thursday, December 7. Students older than grade 7 may volunteer as assistants. Contact Shannon Buxton at [shannon@biparks.org](mailto:shannon@biparks.org). 570290-10 TTh 3:30-5:00p 9/19-12/7\* \$205\*

\* Additional \$12.50 script/royalty fee payable to instructor at first class meeting.

\*\*No class 10/26, 11/2, 11/7, 11/9, 11/21



## SEWING CIRCLES

Grades 3-5. Beginning and experienced sewing students 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. With two instructors, everybody can progress at their own pace. **SHC**



570220-05	M	4:00-5:30p	10/2-10/30	\$125
11	M	4:00-5:30p	11/6-11/27*	\$83

\*No class 11/20

## SEE ALSO PARENT/CHILD SATURDAY SEWING: APRON! ON PAGE 14

## BRICKS 4 KIDZ EVENING CODING: MOVING MAKING WITH SCRATCH 3 ★

Ages 8-14. Has your child ever wondered how your favorite animated movies like the LEGO® Movie were made? Well, it's time to find out! Join Bricks 4 Kidz® in this eight-week class to learn to build an epic movie using the #1 children's programming language on the planet, Scratch. Students will make a take-home minifigure and then turn it into a virtual character to be used in their very own movie! Teams learn to implement different elements and techniques in pairs each week. This class is beginner-friendly for coding, but previous experience is also welcome. **SHC CONTRACTOR**

570203-02	T	6:00-7:00p	9/26-11/28	\$128
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# 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."

## PRESCHOOL

### LADYBUG NATURE WALKS

Ages 2-4 with an adult. Grab your boots, bundle up, and go outside! Preschoolers and their adults will explore seasonal changes in the natural world around Bainbridge Island. 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 60 minutes.

### AUTUMN RAINBOW

Meet for a colorful meadow stroll through nature's rainbow of fall colors! Prue's House  
571801-01 F 10:00-11:00a 9/29 \$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 11/3 \$20 pair



## SEWING

### ADULT/YOUTH SATURDAY SEWING: APRONS!



Ages 7-15. Adults and young people ages seven and older of any skill level will have fun sewing together on an uninterrupted Saturday in the roomy space at Strawberry Hill Center! Machines and tools are provided; however, students are welcome to bring and practice on their own machines. No experience is necessary. Just in time for holiday gifting and gatherings! SHC  
570220-09 Sa 10:00a-2:00p 11/18 \$60



## 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 own 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 10/21 \$50

### HOLIDAY COOKIES!

Detailed sparkly snowflakes, glassy ornaments, weirdly playful gingerbread people, and more are in store in this fun pre-winter break workshop! SHC  
570248-03 Sa 1:00-4:00p 12/16 \$50



# YOUTH

## KIDS CAN COOK!

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

### KIDS' HEALTHIER HOLIDAY BAKING CLASS

Age 6-12. This class will make some quick, 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 11/11 \$50

### KIDS' (AND ADULT) HEALTHIER HOLIDAY BAKING CLASS

Age 5-15. Young bakers can bring a favorite adult into the kitchen, and together they can explore a variety of tasty and healthy holiday breads, bars, and cookies that can even double as holiday gifts! Along with their adults, kids will learn to measure, crack eggs, and learn a bit about the science of baking, all while having fun and enjoying the end result! Adults will see just how capable and safe kids can be in the kitchen while learn some new twists to old favorites. They will sample the results and leave with treats of their choice.

570249-07 Sa 1:00-3:00p 11/11 \$50

## GLASS ART

### GLASS ART with Julie Hews-Everett

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

### GLASS FUSING WORKSHOPS

A joyful and high-success workshop for everyone enchanted with the brilliance of glass. Learn introductory fusing techniques as you craft your own special piece for yourself or a loved one. All tools and materials are included in the class fee.

#### SUNCATCHERS

Ages 8-14. Create your own brilliant design that catches the eye as well as the sun! After just two hours of instruction and support, you'll be thrilled at what you'll be taking home. A great beginner's project! All tools and materials are included in this class fee. **CONTRACTOR**

566668-01 Sa 9/16 1:00-3:00p \$95 Adult  
02 Sa 9/16 10:00a-12:00p \$95 Child and Adult together

#### NIGHT LIGHTS

Ages 8-14. Create one-of-a-kind glass art for your room! In this introductory workshop, you will assemble a night light with your choice of colored glass. All tools and materials are included in this class fee. **CONTRACTOR**

566668-10 Sa 10/14 2:00-4:00p \$95 Child and Adult together



## POTTERY

**REMINDER: YOUNG ARTISTS AGES 16 AND UP MAY REGISTER FOR ANY ADULT CLASS OR WORKSHOP WITH THE INSTRUCTOR'S PERMISSION.**

### HAND-BUILDING POTTERY SAMPLER WORKSHOPS with Heather Polverino

Ages 7-12. A mix of instruction, tools, 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 progressive skills and an incredible project variety. Due to the high demand for limited youth pottery spots, please choose one of the multiple sessions instead of several. ED

#### ALL KINDS OF CLAY!

In this five-week class, students will experience the different textures and characteristics of many kinds of clay! From air-dry to modeling to sculpting and fired clay, the fun will be colorful and messy!

#### Ages 7-10

522007-06 M 2:30-4:00p 10/30-11/27 \$60

#### FALL SAMPLER

This five-week guided youth workshop offers creative seasonal fun for older students: frighteningly good art on plates and lanterns, creatures, fall leaves, and more!

#### Ages 9-12

522007-07 T 3:45-5:15p 9/26-10/24 \$60



### PARENT-CHILD FRIDAY CLAY PLAY

Ages 5 and up with a parent. 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 experience is needed! Led by instructor/artist Katie Bonanno. Materials included. Space is limited. ED

#### LANTERNS!

Work together to make a keepsake lantern for harvest or Halloween!

522009-05 F 3:30-5:00p 9/15, 9/29 \$50

#### LEAVES!

Work together to create colorful autumn leaf-inspired keepsakes!

522009-03 F 3:30-5:00p 10/20, 11/3 \$50

#### SNOWFLAKES!

Work together to create one-of-kind ornaments, decorations, and gift tags!!

522009-06 F 3:30-5:00 11/17, 12/8 \$50

# YOUTH



## ADAPTIVE

**Specially designed for teens and adults with developmental disabilities.**

### POTTERY SAMPLERS CLAY FUN

Ages 16 and up. Students will work with clay using hand-building and wheel-throwing methods. The class focuses on working within each student's ability, teaching sound building structure, and then letting each student's creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee. Four weeks. ED



522060-01	W	3:30-5:00p	9/20-10/11	\$89
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### ORNAMENTS MINI SESSION

02	W	3:30-5:00p	11/15-11/29	\$45*
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\*Fee reflects two-week session

### PARENT/CHILD LOW-SENSORY CLAY PLAY & SQUISH! **NEW!**

Ages 4.5-7 with a parent. This quiet four-week class is especially for youth and their caregivers who prefer a slow, exploratory approach to handling clay. With unhurried time to experiment with slabs and coils and rolling and squishing, each class will offer an optional project with studio staff and Cody Ogren helping out! Emphasis on process and textures, not finished, fired pieces. No other classes will be in the studio during this time so clay squishers will have separate workspaces. Be aware that it will be getting darker in the late fall afternoons so we will have the fluorescent lights on. Materials included in class fee. Four weeks. ED

522060-03	W	3:30-5:00p	10/18-11/8	\$65
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### SWIM LESSONS FOR ALL!

#### LOW-SENSORY GROUP LESSONS

Ages 8-10 and 11-15. Do you know someone for whom constant ambient noise makes it hard to focus? Are loud, splashy group lessons overwhelming? Sensory needs can be challenging to accommodate in the group lesson setting. That's where adaptive swim lessons can help. These lessons are provided in a small group setting during quieter pool times. They are

created for, but not limited to, those with anxiety, physical, sensory, communication, and behavioral challenges and offered in groups for emerging skills in the Guppy-Minnow level or the Fish-Flying Fish level — five weeks of calm instruction to help everyone enjoy and be safer around water. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. AQ

#### EMERGING GUPPY/MINNOW

502561-01	M	2:15-2:45p	9/18-10/16	\$195
03	M	2:15-2:45p	10/23-11/27*	\$195

#### EMERGING FISH/FLYING FISH **★**

502561-02	M	2:50-3:20p	9/18-10/16	\$195
04	M	2:50-3:20p	10/23-11/27*	\$195

\*No class 11/20



### LOW SENSORY NATURE WALKS **NEW!** **★**

Ages 10-15 and ages 16-25. Designed especially for people with a passion for the outdoors but with limitations to exploring trails independently! Our Low Sensory Nature Walks are designed for small groups of neurodiverse people. Trails have been chosen to have wide paths, minimal obstructions, and gentle hills. Duration and location vary depending on ability and current weather conditions. Led by Cody Ogren, each walk will focus on one natural item or observation, and participants will collect accomplishment beads at the end. Venture outdoors this fall!

#### YOUTH

<b>30-minute Sakai Park Loop</b>	<b>Class I Rollable</b>
570600-01	T 1:30-2:00p
<b>60-minute Battle Point Park</b>	<b>Class I Rollable</b>
570601-02	T 10:30-11:30a
	9/19 \$20
	10/17 \$25

#### YOUNG ADULT

<b>90-minute Gazzam Lake Nature Preserve</b>	<b>Class I Rollable</b>
576002-01	W 12:00-2:00p
<b>60-minute Battle Point Park</b>	<b>Class I Rollable</b>
576003-02	Th 12:00-1:00p
<b>60-minute Blakely Harbor Park</b>	<b>Class I Rollable</b>
576003-03	Th 12:00-1:00p
	9/20 \$30
	9/21 \$25
	10/19 \$25



## PROGRAMS FOR TEENS AGES 13-17





# YOUTH

## GYMNASTICS

The developmental gymnastics program helps to introduce and refine total body awareness, strength, and coordination. A child may enter the program at the age of six months and work through 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 11-OCTOBER 14**  
(FIVE WEEKS)

**SESSION II: OCTOBER 21-NOVEMBER 18**  
(FOUR WEEKS)

\*NO EVENING CLASSES HELD: October 31  
\*NO CLASSES HELD: November 11

**SESSION III: NOVEMBER 27-DECEMBER 16**  
(THREE WEEKS)

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

### DIRECTIONS TO THE TRANSMITTER BLDG

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

### LOCATION OF BHS GYMNASTICS ROOM

The Gymnastics Room is located directly across the parking lot from the pool back doors or in the back of the high school. PARKING for Gymnastics Room: Please use the pool parking area during day hours, 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 at the Commodore Facility located on High School Road, down the hill from the high school reader board. The spectator seating area is on the balcony at the back of the gym. Please use the south entrance to the gym, when at all possible, to help control the traffic flow in the gym. Be aware of the parking lot in the evenings; many cars drop children to 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 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 children participate in these warm-up exercises. Please be fair to the other children, your child, and the instructor by arriving on time.

**Late Policy:** If you find that you are going to be more than 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 206-842-2306 #126. Instructors will then call to give details and to arrange times.

**COST:** \$60/45 minutes for individual.  
\$85/60 minutes for individual.

Add \$5 for 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 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. The cost is per child. Playtime is available Tuesday-Friday from 10:00-11:30a beginning January 3.

Drop-in Fee: \$10  
5-visit punch pass: \$40  
10-visit punch pass: \$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.



# YOUTH



## SPECIALITY CLASSES

**Late Policy:** Warm-ups and basic skill repetitions are held during the first 10-15 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 children participate in these warm-up exercises. Please be fair to the other children, your child, 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. BHS Gymnastics Room

541545-01	M	5:30-6:30p	9/11-10/9	\$120
02	M	5:30-6:30p	10/23-11/13	\$96
03	M	5:30-6:30p	11/27-12/11	\$80

### 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 in areas needing improvement. This is available to students currently or who have been involved in Park District gymnastics programs. Beginner through team level. BHS Gymnastics Room

541500-01	Sa	9/16	2:00-4:00p	\$15
02	Sa	9/23	2:00-4:00p	\$15
03	Sa	9/30	2:00-4:00p	\$15
04	Sa	10/7	2:00-4:00p	\$15
05	Sa	10/14	2:00-4:00p	\$15
06	Sa	10/21	2:00-4:00p	\$15
07	Sa	10/28	2:00-4:00p	\$15
08	Sa	11/4	2:00-4:00p	\$15
09	Sa	11/18	2:00-4:00p	\$15

### PARKOUR/NINJA ★ WARRIOR

Ages 6-17. For students who want to learn to run, leap, jump, or flip off the wall and navigate obstacle courses. The class will have some time outside working tricks (weather permitting). BHS Gymnastics Room

541557-01	M	6:30-7:30p	9/11-10/9	\$120
02	Sa	11:00a-12:00p	9/16-10/14	\$120
03	M	6:30-7:30p	10/23-11/13	\$109
04	Sa	11:00a-12:00p	10/21-11/18*	\$120
05	M	6:30-7:30p	11/27-12/11	\$80
06	Sa	11:00a-12:00p	12/2-12/16	\$80

\*No class 11/11

## WINTER BREAK MINI-CAMPS

### TUMBLING ★ CAMP

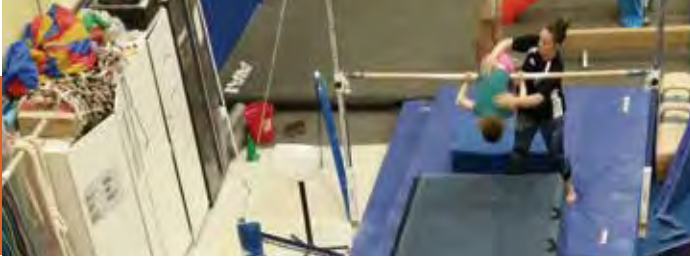
Ages 6-17. This camp offers the students opportunities to learn tumbling skills using the mini-tramp, Tumbler Trak, and mats. Students will be introduced to a wide variety of skills ranging from gymnastics base skills to dance and street running/parkour tricking. BHS Gymnastics Room

541547-01 T-Th  
2:00-5:00p 12/26-12/28  
\$157



### INTERMEDIATE BOYS & TEEN GYMNASTICS

This class is for students who have passed Beginner Boys or have been placed by an instructor. It is also open to boys ages 13 and up who are starting out or coming back to gymnastics.



# YOUTH

## PRESCHOOL & KINDER-AGE (4-6 YEARS)

**Late Policy:** If you find that you are going to 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 10-15 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	9/13-10/11	\$110
02	F	12:30-1:15p	9/15-10/13	\$110
03	Sa**	9:00-9:45a	9/16-10/14	\$110
04	W	12:00-12:45p	10/25-11/15	\$86
05	F	12:30-1:15p	10/27-11/17	\$86
06	Sa**	9:00-9:45a	10/21-11/18*	\$110
07	W	12:00-12:45p	11/29-12/13	\$73
08	F	12:30-1:15p	12/1-12/15	\$73
09	Sa**	9:00-9:45a	12/2-12/16	\$73

\*No Class 11/11

### FUN SIZE NINJAS

Ages 4-6. This class is for children interested in doing things like a Ninja Warrior. Students will be led through various skills that will help them get 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	9/13-10/11	\$110
02	M**	3:30-4:15p	9/11-10/9	\$110
03	Sa**	10:00-10:45a	9/16-10/14	\$110
04	W	4:00-4:45p	10/25-11/15	\$86
05	M**	3:30-4:15p	10/23-11/13	\$86
06	Sa**	10:00-10:45a	10/21-11/18*	\$110
07	W	4:00-4:45p	11/29-12/13	\$73
08	M**	3:30-4:15p	11/27-12/11	\$73
09	Sa**	10:00-10:45a	12/2-12/16	\$73

\*No Class 11/11

### 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	9/11-10/9	\$110
02	M	4:00-4:45p	10/23-11/13	\$86
03	M	4:00-4:45p	11/27-12/11	\$73



### 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	9/11-10/9	\$110
02	M	4:00-4:45p	9/11-10/9	\$110
03	F	1:00-1:45p	9/15-10/13	\$110
04	Sa**	9:00-9:45a	9/16-10/14	\$110
05	M	2:00-2:45p	10/23-11/13	\$86
06	M	4:00-4:45p	10/23-11/13	\$86
07	F	1:00-1:45p	10/27-11/17	\$86
08	Sa**	9:00-9:45a	10/21-11/18*	\$86
09	M	2:00-2:45p	11/27-12/11	\$73
10	M	4:00-4:45p	11/27-12/11	\$73
11	F	1:00-1:45p	12/1-12/15	\$73
12	Sa**	9:00-9:45a	12/2-12/16	\$73

\*No Class 11/11

### INTERMEDIATE KINDERGYM **NEW!**

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

541507-01	M	4:00-4:45p	9/11-10/9	\$110
02	Sa**	9:00-9:45a	9/16-10/14	\$110
03	M	4:00-4:45p	10/23-11/13	\$86
04	Sa**	9:00-9:45a	10/21-11/18*	\$86
05	M	4:00-4:45p	11/27-12/11	\$73
06	Sa**	9:00-9:45a	12/2-12/16	\$73

\*No Class 11/11

# YOUTH



## SCHOOL AGE (6-17 YEARS)

**Late Policy:** If you find that you are going to 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 10-15 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.

### BEGINNER GIRLS

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



Class	Days	Time	Dates	Cost
541531-01	MW	5:00-6:00p	9/11-10/11	\$224
02	Sa**	12:15-1:15p	9/16-10/14	\$120
03	MW	5:00-6:00p	10/23-11/15	\$179
04	Sa**	12:15-1:15p	10/21-11/18*	\$96
05	MW	5:00-6:00p	11/27-12/13	\$134
06	Sa**	12:15-1:15p	12/2-12/16	\$80

\*No class 11/11

### INTERMEDIATE GIRLS

Ages 6-17. For girls with at least one year of gymnastics experience who have completed Beginner 2 or been placed by an instructor. Transmitter Building;

Class	Days	Time	Dates	Cost
541532-01	MW	6:00-7:30p	9/11-10/11	\$270
02	MW	6:00-7:30p	10/23-11/15	\$216
03	MW	6:00-7:30p	11/27-12/13	\$164
04	TuSa**	6:00-7:30p, 12:00-1:30p	9/12-10/14	\$270
05	TuSa**	6:00-7:30p, 12:00-1:30p	10/21-11/18*	\$164
06	TuSa**	6:00-7:30p, 12:00-1:30p	11/28-12/16	\$164

\*No class 10/31, 11/11

### ADVANCED GIRLS NEW!

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

Class	Days	Time	Dates	Cost
541533-01	MW	6:00-7:30p	9/11-10/11	\$270
02	MW	6:00-7:30p	10/23-11/15	\$216
03	MW	6:00-7:30p	11/27-12/13	\$164



### BEGINNER BOYS GYMNASTICS

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

Class	Days	Time	Dates	Cost
541540-01	MW	5:30-6:30p	9/11-10/11	\$224
02	MW	5:30-6:30p	10/23-11/15	\$179
03	MW	5:30-6:30p	11/27-12/13	\$134

### INTERMEDIATE BOYS & TEEN GYMNASTICS NEW!

Ages 6-17. For boys with at least one year of gymnastics experience or those ages 13 and up who are starting out or returning to gymnastics. BHS Gymnastics Room

Class	Days	Time	Dates	Cost
541541-01	MW	6:30-8:00p	9/11-10/11	\$224
02	MW	6:30-8:00p	10/23-11/15	\$216
03	MW	6:30-8:00p	11/27-12/13	\$134

### BAINBRIDGE ISLAND BOYS GYM TEAM

For grade school through high school age. The team will travel to events throughout the region, 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 events throughout the region, participating in USAG level 3 through 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.





# YOUTH

## JOB OPPORTUNITIES

### Fall Soccer League Referee/Mentors

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

### Fall Volleyball Instructor and Assistants

Do you love volleyball and working with kids? We're looking for someone to coach our fall Volleyball classes/leagues. Applicants must be ages 18 and up for instructors and ages 14 and up for assistants.

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 focusing on goal-setting and confidence-building for girls in grades 4-6. Experienced adult coaches and positive school mentors create an environment that supports and enhances team members' physical, emotional, and social well-being. 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. The fee includes the T-shirt and race entry fee. Meets at Sakai, with field trips to island trails and parks. Scholarships are available through GoRunBainbridgelsland.com. Sakai **CONTRACTOR**

511388-01 TTh 3:45-5:15p 11/28-2/13 \$225



## SPORTS, CRAFTS, AND ACTIVITIES MINI CAMPS

Fall is for new adventures, and there are lots to choose from. Our staff is here to help! Our Sports, Crafts, and Activities camps are filled with sports, fitness, activities, games, crafts, free play, and much, much more. Find out more in the BIRC section.

## RACKET/PADDLE SPORTS

### 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. Pickleball and tennis lessons may be canceled due to inclement weather.

### HOTSHOTS 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	11:15a-12:00p	9/10-10/1	\$80
02	Su	11:15a-12:00p	10/8-10/29	\$80
03	Su	11:15a-12:00p	11/5-12/10*	\$80

\*No class 11/12, 11/19



### ROOKIES TENNIS

Ages 6-10. For kids just getting started with tennis. Rookies Red Ball 1 and Rookies Red Ball 2 are the first levels of the Park District's 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	9/10-10/1	\$90
02	Su	12:15-1:15p	10/8-10/29	\$90
03	Su	12:15-1:15p	11/5-12/10*	\$90

\*No class 11/12 or 11/19

### 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 Balls, Green, or Yellow as appropriate to the class dynamic and skill level. BHS courts or Ordway covered area

512713-01	Su	1:30-2:30p	9/10-10/1	\$90
02	Su	1:30-2:30p	10/8-10/29	\$90
03	Su	1:30-2:30p	11/5-12/10*	\$90

\*No class 11/12, 11/19

# YOUTH



## 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	2:45-3:45p	9/10-10/1	\$90
02	Su	2:45-3:45p	10/8-10/29	\$90
03	Su	2:45-3:45p	11/5-12/10	\$90

\*No class 11/12, 11/19



## 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.

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
<b>Member/Non-Member</b>		
05	Private Lesson at BIRC: 1 hour, 1 player	\$60/\$75
06	Semi-Private Lessons at BIRC: 1 hour, 2 players	\$75/\$90

## HOTSHOTS 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	9/10-10/1	\$65/\$83
02	Su	12:15-12:45p	10/8-10/29	\$65/\$83
03	Su	12:15-12:45p	11/5-11/26	\$65/\$83
04	Su	12:15-12:45p	12/3-12/17	\$50/\$63

## 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

				Member/Non-Member
512725-01	Su	12:55-1:25p	9/10-10/1	\$65/\$83
02	Su	12:55-1:25p	10/8-10/29	\$65/\$83
03	Su	12:55-1:25p	11/5-11/26	\$65/\$83
04	Su	12:55-1:25p	12/3-12/17	\$50/\$63

## 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 it. BIRC

				Member/Non-Member
512726-01	Su	1:35-2:15p	9/10-10/1	\$73/\$93
02	Su	1:35-2:15p	10/8-10/29	\$73/\$93
03	Su	1:35-2:15p	11/5-11/26	\$73/\$93
04	Su	1:35-2:15p	12/3-12/17	\$58/73

## PICKLEBALL LADDER LEAGUE FOR YOUTH

Ages 10-14. Are you interested in playing more pickleball with people at the same level at a set time each week? Our Ladder Play might be the answer. Whether you want to be competitive or want to play with people of the same ability. BIRC

				Member/Non-Member
512730-01	Su	3:45-5:15p	9/10-10/1	\$45/\$60
02	Su	3:45-5:15p	10/8-10/29	\$45/\$60
03	Su	3:45-5:15p	11/5-11/26	\$45/\$60

## 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. BHS Tennis Courts, BPP 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, 4 players	\$88
05	Private Lessons: 5-pack of 1-hour lessons	\$261.25 (5% off)
07	Semi-Private/Group Lessons: 5-pack of 1-hour lessons	\$156.75 (5% off)

## TEAM SPORTS/LEAGUES

### TOT FLAG FOOTBALL

Ages 4-6. Experience the excitement of football with Park District Flag Football. Coaches will teach skills like passing, receiving, kicking, and flag-pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. BPP

513714-01	T-Th	4:00-6:00p	9/12-9/14	\$120
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## VOLLEYBALL

### VOLLEYKIDS — DRILLS AND SKILLS

Ages 4-8. 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. Do you know the game of volleyball? Volunteer to help our coaches and receive 25% off your child's registration. Wilkes

### YOUNG BEGINNER VOLLEYBALL — 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. Wilkes



# YOUTH

## BEGINNER AND INTERMEDIATE VOLLEYBALL — SKILLS, DRILLS, LEAGUE

Grades 4-9. Open to both boys and girls, with modified rules. Games will be on weeknights and scheduled once we determine the number of teams we have and what gyms are available. Do you know the game of volleyball? Volunteer to coach your child's team. Wilkes

### AGES 4-8

512911-01	Th	4:15-5:00p	9/14-10/5	\$95
03	Th	4:15-5:00p	10/12-11/9	\$95
02		Volunteer to help coach		

### GRADES 2-5

512913-01	Th	5:15-6:00p	9/14-10/12	\$130
03	Th	5:15-6:00p	10/19-11/16	\$130
02		Volunteer to help coach		

### GRADES 4-9

#### Beginner

512912-01	Th	6:15-7:15p	9/14-10/12	\$150
02	Th	6:15-7:15p	10/19-11/16	\$150
03		Volunteer to coach your child's team		

#### Intermediate

512910-01	Th	7:30-8:30p	9/14-10/12	\$150
02	Th	7:30-8:30p	10/19-11/16	\$150
03		Volunteer to coach your child's team		



## BOYS VOLLEYBALL CLINICS NEW!

Ages 13-17. We are excited to offer training, regardless of your current skill level. Fine-tune your game, or learn volleyball skills from the ground up. We are teaching the foundational techniques in which most boys in the community have never received formal coaching. All levels are welcome. Wilkes

512915-01	W	4:30-6:30p	9/27	\$55
02	W	4:30-6:30p	10/18	\$55
03	W	4:30-6:30p	11/22	\$55

## LACROSSE

### AFTER SCHOOL LACROSSE

Grades K-6. This class is for beginners and those with limited experience. We aim to keep it fun, safe and build enthusiasm for the game. We'll work on lacrosse fundamentals, skills, and teamwork and play small, sided scrimmages. Players will be grouped by age and playing experience. Some loaner equipment is available. Bring sneakers, a mouthpiece, and athletic supporters for boys. BPP

#### CONTRACTOR

510008-01	T-Th	4:00-5:30p	9/6-9/14	\$150
02	T-Th	4:00-5:30p	10/24-11/1	\$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	10:15-10:45a	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 need a parent or caregiver to be ready to be on the field. Classes focus on increasing balancing, coordination, and fundamental soccer skills while helping children develop independence. BPP

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



## FALL RECREATIONAL SATURDAY SOCCER LEAGUES SEPTEMBER 23 - OCTOBER 28

**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: Each week, coaches will work with our soccer staff to implement the skills sessions we provide. Each skill session will be geared toward 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 28:** Our last day of soccer falls on the two days before Halloween, so we will have an optional "wear your costume to soccer" event that day.

**Program cancellation deadline is August 31.**

### GIRLS

412322-01	Age 4	Sa	9:00a-10:00a	\$145
02	Ages 4.5-6	Sa	10:15-11:15a	\$145
04	Ages 6-8	Sa	11:30a-12:30p	\$145
05	Volunteer to Coach			

### BOYS

412323-01	Age 4	Sa	9:00a-10:00a	\$145
02	Ages 4.5-6	Sa	11:30a-12:30p	\$145
04	Ages 6-8	Sa	10:15a-11:15a	\$145
05	Volunteer to Coach			

## VOLUNTEER COACHES NEEDED!

No coaching experience is needed. We will help you along the way. For more information, contact Audree at 206-823-9838 or [audreeg@biparks.org](mailto: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](mailto:audreeg@biparks.org).



## FALL RECREATIONAL SOCCER LEAGUES (with weeknight practices)

**Grades 1-8.** Bainbridge Island FC's recreational program allows children to train and play with friends. This program, September 6-October 28, is supported by the "BIFC Way," a small-sided game-based curriculum training program and games focusing on fun and encouraging individual player development. More info and the training schedule are available at [www.bifc.net](http://www.bifc.net). For questions, contact Bainbridge Island FC at [rec@bifc.net](mailto:rec@bifc.net). **CONTRACTOR**



Registration closes on August 21.

**Program cancellation deadline is August 21.**

The roster will be announced on September 3.

Training starts on September 6 for grades 5-8 and on September 8 for grades 1-4.

### Training days:

Grades 1-2 and 3-4	MF	BPP
Grades 5-8	M	Woodward

### Game days:

Grades 1-2, 3-4	Sa	BHS
Grades 5-8	W	Woodward

### Volunteer Coaches:

Volunteer Head Coaches will receive a coach shirt and coach training. Contact Ian McCallum at [ian@bifc.net](mailto:ian@bifc.net) for more information.

412330-01	Boys Grades 1-2	MF	3:30-4:15p	\$219
02	Girls Grades 1-2	MF	3:30-4:15p	\$219
03	Boys Grades 3-4	MF	4:30-5:30p	\$219
04	Girls Grades 3-4	MF	4:30-5:30p	\$219
05	Coed Grades 5-8	M	2:15-3:15p	\$219
05	Coed Grades 5-8	W	4:00-5:00p	\$219
06	Volunteer to coach your child's team			Free

## 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.

For more information, visit [www.bifc.net](http://www.bifc.net). BPP **CONTRACTOR**

412324-01	T	1:00-1:45p	9/12-10/24	\$150
02	F	10:00-10:45a	9/15-10/27	\$150

## BIFC TOPSOCCER

Bainbridge Island FC's TOPSoccer program is designed to bring the opportunity to learn and play soccer to any child with a mental or physical disability. We aim to enable young players with disabilities to become valued and successful members of our BIFC family. BHS **CONTRACTOR**

412332-01	Sa	10:15-11:00a	9/9-10/21	\$25
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# YOUTH

## COACH FOR BIFC TOPSOCCER

Bainbridge Island FC is looking for coaches to help with our TOPSoccer program. No experience is necessary. BHS **CONTRACTOR**  
412332-02 Sa 10:15-11:00a 9/10-11/5 Free

## SOCCER REFEREE TRAINING WITH BAINBRIDGE ISLAND FC

Ages 12 and up. Looking to make some money this fall? Join the BIFC refereeing crew for weekend fall games. BHS **CONTRACTOR**  
41233-01 W 5:00-8:00p 8/23 Free

## SOCCER COACH TRAINING WITH BAINBRIDGE ISLAND FC

Ages 12 and up. Receive online and on-field training with BIFC's professional training staff. **CONTRACTOR**  
412334-01 W 6:00-7:30p 8/23 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:** Nine-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:** Seven-game season; 20-minute halves, running clock; three-minute overtime; Two one-hour practices a week; no basketball; potential 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 one hour. They can be held as early as 4:00p and as late as 8:00p and held at Blakely, Wilkes, Ordway, Sakai, or Woodward. The time and location of practice are determined at our coaches' meeting on November 14.

**League Games:** League games are on Saturdays. Games are projected to start on January 13 and end roughly on March 9. Games can be as early as 8:00a and as late as 7:00p. Games will be held on Bainbridge Island 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 20 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 20, team placement will be dependent on space availability. New players will be assigned to teams based on friend requests when possible.

**Volunteer Coaching:** We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Program cancellation deadline is November 27.

### GIRLS—RETURNER (PLAYED IN LEAGUE IN 2022)

510607-01	Grade 3	\$175
02	Grade 4	\$175
03	Grade 5	\$190
04	Grades 6-8	\$190

### GIRLS—NEW TO LEAGUE

510608-01	Grade 2	\$205
02	Grade 3	\$205
03	Grade 4	\$205
04	Grade 5	\$220
05	Grades 6-8	\$220
06	Grade 1	\$205

### BOYS—RETURNER (PLAYED IN LEAGUE IN 2022)

510609-01	Grade 3	\$175
02	Grade 4	\$175
03	Grade 5	\$190
04	Grade 6	\$190
05	Grade 7	\$190
06	Grade 8	\$190
07	Grades 9-10	\$190
08	Grade 2	\$175

### BOYS—NEW TO LEAGUE

510610-01	Grade 2	\$205
02	Grade 3	\$205
03	Grade 4	\$205
04	Grade 5	\$220
05	Grade 6	\$220
06	Grade 7	\$220
07	Grade 8	\$220
08	Grades 9-10	\$220
09	Grade 1	\$205

# YOUTH



## 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. Need more information? Contact Audree at 206-823-9838 or [Audreeg@biparks.org](mailto: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](mailto:audreeg@biparks.org).

510614-01 Girls team coach  
02 Boys team coach

## ROCK CLIMBING

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

## YOUTH CLIMBING FOR BEGINNERS

Ages 4-6. Get your kids climbing our walls instead of yours! This two-week course will introduce new climbers to indoor climbing and youth programming at Insight Climbing & Movement, including top-rope climbing, bouldering, and games with other kids. This class will allow your kids to build confidence on and off the wall while giving them a preview of what our youth climbing programs offer at Insight Climbing & Movement. At the conclusion of the program, families will have the information they need to decide which recurring youth climbing program at Insight is the right fit for their young climber! Experienced instructors from Insight Climbing & Movement facilitate all climbing programs. The registration deadline for most climbing programs is three days before the start date. For questions about refunds, please see page 4. **CONTRACTOR**

### Ages 4-6

531989-01	F	3:30-4:30p	10/6-10/13	\$87
02	F	3:30-4:30p	11/10-11/17	\$87

### Ages 7-12

03	F	3:30-4:30p	9/22-9/29	\$87
04	F	3:30-4:30p	10/27-11/3	\$87



## MOUNTAIN BIKING

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, with 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, and 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. 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 that 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.

## MOUNTAIN BIKE MONDAYS

Ages 10-13. This intermediate-level program focuses on exploring the island trail network. Includes riding Fort Ward Park, Gazzam Lake Nature Preserve, the Grand Forest, and Battle Point Park. This program is excellent for confident riders who are ready to take on more challenging trails. We'll explore different trails all over while practicing fundamental MTB skills. Transportation is provided from Strawberry Hill Park. SHP

531966-01 M 3:00-6:00p 9/11-10/2 \$175



## PROGRAMS FOR TEENS AGES 13-17



# YOUTH



## MTB CLUB ●

Ages 7-9. Get ready to hit those trails! This weekly riding group is built for beginner to intermediate-level recreational 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 and pick-up at Grand Forest East Parking area on Miller Road. GFE 531950-01 T 3:30-6:00p 9/12-10/3 \$150

## WHEELIE WEDNESDAYS — TINY TREADERS CONTINUED ●

Ages 5-7. Calling all new mountain bikers! Wheelie Wednesdays — Tiny Trails is our beginner mountain biking program. We will cover foundational skills, including effective starting, stopping, braking, and shifting. As we move through the coming weeks, your rider will be introduced 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 to develop bike handling skills and have fun doing it! BPP 531951-01 W 3:30-5:30p 9/13-10/4 \$130

## STOTTEMEYER SATURDAYS ■

Ages 9-12. This intermediate program focuses on a mix of recreational riding and instruction. Explore 6000 acres of the best mountain biking terrain west of the Cascades! Participants' skills will improve each week as we ride incredible single tracks, learn how to negotiate obstacles, jumps, cut through mud, and explore the terrain. Transportation is provided with a van and trailer. SHP 531949-01 Sa 9:00a-2:00p 9/9-9/30 \$350

## SINGLETRACK SUNDAYS ◆ ☆

Ages 11-14. This advanced program focuses on recreation and instruction and is designed for confident riders on their bike, searching for more challenging trails, higher speeds, and intimidating obstacles. The goal is 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. Locations include Green Mountain, Port Gamble, Lower Big Quilcene, and Mt. Zion. Transportation is provided with a van and trailer. SHP 531937-01 Su 12:00-6:00p 9/10-10/8 \$375

## 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 forecasts, medical waivers, emergency contacts, and other information.

**Questions?** Contact Outdoor Program Manager Stacey Stoner at [staceys@biparks.org](mailto:staceys@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 difficult. Please read below to determine which resort works best for your Ski Busser. We recommend starting at The Summit at Snoqualmie and finishing the season at Crystal Mountain. This is especially important if your Ski Busser needs lessons. If you have any questions, please contact Outdoor Program Manager Stacey Stoner at [staceys@biparks.org](mailto:staceys@biparks.org).

**The Summit at Snoqualmie** — Located less than an hour from Seattle, The Summit provides a convenient outdoor escape for the region. With four unique base areas, snow tubing, snowshoeing, and Nordic trails, there's truly something for everyone. Each area at The Summit at Snoqualmie provides unique experiences for all ability levels. Summit West is THE Place to learn; if it's the steeps you're looking for, you'll want to head to the legendary Alpentail.

**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 bussers love the more challenging terrain 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 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 paid for your transportation spot for that week. Transportation fees include ferry passes for all Snoqualmie Summit. 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 in advance of each trip and are not available for purchase through the Park District. Contact Outdoor Program Manager Stacey Stoner at [staceys@biparks.org](mailto:staceys@biparks.org) if you have any questions about where to purchase lift tickets.**

**Lessons: First-time skiers and snowboarders must take at least one lesson before skiing or boarding with friends.** Information on lessons for both The Summit at Snoqualmie and Crystal Mountain was unavailable when this catalog was published. Please visit the respective resort's website for details on lessons. **We highly recommend that you**

# YOUTH



## SUMMIT AT SNOQUALMIE

Ages 9-17. Located less than an hour from Seattle, The Summit provides a convenient outdoor escape for the region. With four unique base areas, snow tubing, snowshoeing, and Nordic trails, there's truly something



for everyone. Multiple base areas provide memorable experiences for all ability levels. Summit West is THE Place to learn, making it a great place to explore before moving onto Crystal Mountain; if it's the steeps you're looking for, you'll want to head to the legendary Alpental. For more information, visit their website at Seattle's Home Mountain ([summitatsnoqualmie.com](http://summitatsnoqualmie.com)). Seats fill quickly, and space is limited. The price below only includes transportation. SHP

131972-01	Sa	6:00a-8:00p	1/13	\$105
02	Sa	6:00a-8:00p	1/20	\$105
03	Sa	6:00a-8:00p	1/27	\$105
04	Sa	6:00a-8:00p	2/3	\$105
05	Sa	6:00a-8:00p	2/10	\$105

## CRYSTAL MOUNTAIN

Ages 9-17. More extensive runs, fewer crowds, and 3,100 feet of vertical descent! Crystal Mountain offers not only fantastic views of Rainier from the summit but also 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 serving 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 days of exploration with friends. A list of flexible options to purchase ski/snowboard lessons, rental equipment, and lift tickets can all be viewed online at [www.crystallmountainresort.org](http://www.crystallmountainresort.org). Seats fill quickly. Space limited! The price below only includes transportation. SHP

131971-01	Sa	6:00a-8:00p	3/2	\$105
02	Sa	6:00a-8:00p	3/9	\$105
03	Sa	6:00a-8:00p	3/16	\$105
04	Sa	6:00a-8:00p	3/23	\$105
05	Sa	6:00a-8:00p	3/30	\$105

choose a lesson starting in the afternoon. With varying traffic and road conditions, we cannot guarantee to 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 Stacey Stoner at [staceys@biparks.org](mailto:staceys@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 own 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 role models 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 background and driver's history checks and complete the required chaperone training. Contact Outdoor Program Manager Stacey Stoner at [staceys@biparks.org](mailto:staceys@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 2023 programs. Please let us know 48 hours in advance of the trip if you have lessons or rentals so we can be sure to have our staff and chaperones 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 a 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.





# TEEN PROGRAMS

## WHAT ARE CONTRACTOR CLASSES?

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## TEEN CENTER

**Location:** Aquatic Center in Meeting Room B and C | 8521 Madison Avenue, Bainbridge Island. Access the Teen Center through the main entrance on the side of the building or the glass door in the main lobby.

**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 or 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.


**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 9/4, 11/10, 11/22-11/24, 12/18-1/1, 1/16  
At the staff's discretion and due to participation, the teen program hours may change to closing earlier or later.

 **FOLLOW US ON FACEBOOK**  
**BAINBRIDGE ISLAND METRO**  
**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 informing our staff about all your summer fun!

T 3:00-6:00p 9/5

### Popcorn Tasting Day

Do you like popcorn? Come help eat popcorn from our Carnival Popcorn Machine so that we can test it with various flavorings. We will do LOTS of testing!

M 2:00-6:00p 9/18



### 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 all receive tasty prizes, though winning has advantages.

F 3:00-8:00p 9/29, 10/27, 11/17

### Pizzafest

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

T 3:00-6:00p 10/10



### Halloween

Happy Spooky Tuesday! Come to the Teen Center after school on Halloween for a yummy treat and fun activities!

T 3:00-6:00p 10/31

### Days of Thanks

Sometimes, the little things make your day better, even a simple thank you. It's a week to be thankful, to be thanked by those around you, and to enjoy something tasty at the Teen Center.

MT Times vary 11/20-11/21

### 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.

F 3:00-8:00p 12/8

### Holiday Spirit Week

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

T-F Times vary 12/11-12/15

# TEEN PROGRAMS



## TEEN FUN

### TEEN NIGHT AT BIRC

Ages 13-18. Get ready for an epic two-hour bash at the Bainbridge Island Recreation Center! Sorry, parents, this one's just for the teens! We've got a lineup of thrilling activities like laser tag, dodgeball, basketball, ping-pong, and many other exciting games. Plus, we're adding a spooky Halloween twist to the mix, complete with themed activities and delicious treats. Pre-registration only. For more information, email [bryang@biparks.org](mailto:bryang@biparks.org).

572645-01      F      8:00-10:00p      10/27      \$20

## SERVICE

### TEEN VOLUNTEER OPPORTUNITY

Calling all creative teens! We've got TWO spots available for you to add an impressive highlight to your college resume. We're searching for talented minds to help us design next year's program for the Park District catalog's Teen Center section. Imagine having the power to shape the activities and offerings we provide! This is your chance to turn your awesome ideas into reality. Take advantage of this fantastic opportunity to showcase your creativity and make a lasting impact. Grab this golden chance and let your imagination run wild!

### PARK DISTRICT VOLUNTEER OPPORTUNITIES

Are you looking for meaningful volunteer opportunities this fall? Join our Special Events team and make a difference in our community! As a volunteer, you'll have the exciting opportunity to be part of organizing and executing unforgettable events throughout the season. Whether it's setting up decorations, assisting with activities, or helping with event logistics, your dedication will contribute to the success of each event. Join our team of enthusiastic volunteers and be a part of the magic this fall!

Contact Stephanie Bugas at [stephaniebugas@biparks.org](mailto:stephaniebugas@biparks.org) or visit [biparks.org/volunteer/](http://biparks.org/volunteer/) for more information on to get involved.

### MIDDLE SCHOOL DANCES! GRADES 6-8

Grades 6-8. It's time to gather your crew or fly solo for a fantastic event. Get ready to groove to the hottest pop hits courtesy of our amazing DJ. Show off your sickest dance moves or kick back and hang out with your pals. We've got you covered with snacks and drinks, so you won't go hungry or thirsty. Pre-registration only. For more information, email [bryang@biparks.org](mailto:bryang@biparks.org).

572627-01      Sa      7:00-9:00p      11/4      \$25



### BIRTHDAY RENTALS!

Get ready to throw the ultimate celebration for your amazing child! They'll have a blast with access to the pool, foosball, air hockey, ping pong, video games, and much more! No need to stress about the setup and cleanup because our awesome staff will be there to handle it all. We want to make this special day extra special and hassle-free for you. For pricing details, please email us at [bryang@biparks.org](mailto:bryang@biparks.org). Let's create unforgettable memories together!



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

### DID YOU KNOW?

**TEENS AGES 16 AND UP MAY REGISTER FOR ANY ADULT POTTERY CLASS OR WORKSHOP!**



# YOUTH & ADULT

## WHAT ARE CONTRACTOR CLASSES?

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## 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 in the world 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 unique experience, rewarding participants with the best 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 forecasts, 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 awesome 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, 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 easier and more 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. The vehicle fair is covered.

**Equipment** — Participants are responsible for providing their own personal 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](mailto:rsciacca@biparks.org).

## WILDERNESS DAY HIKES



### WILDERNESS DAY HIKES

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

531909-01	Su	9/10	Summit Lake @ Mt. Rainier	\$88
02	T	9/19	Best of Lake Crescent	\$88
03	Su	10/1	5050 Pass via Tunnel Creek	\$88
04	W	10/11	Snow Lake	\$95
05	Su	10/22	Bridal Veil Falls	\$95
06	Sa	11/25	Little River	\$88

# YOUTH & ADULT



## SUMMIT LAKE @ MT. RAINIER

**~6 mi** **~1,300ft elev. gain**  
Summit Lake is so blue you won't believe your eyes! Perched right on top of a 5500ft ridge, the lake defies logic in more ways than one. Meadows line the shore, and the whole area provides fantastic views of Rainier and the entire Cascade range. Be prepared for five miles of driving on a very bumpy road!

## BEST OF LAKE CRESCENT

**~8 mi** **~500ft elev. gain**  
We'll hike the north shore of the sparkling sapphire Lake Crescent, where we'll stay near the water's edge, soaking in the views. The picturesque lake is cut sharply into the mountains and offers a unique perspective of the Olympics. Next, we'll visit the Lake Crescent Lodge and walk among huge old-growth Douglas Firs on our way to picturesque Marymere Falls, a graceful 90-foot cascade over moss-covered rocks.

## 5050 PASS VIA TUNNEL CREEK

**~10 mi** **~2,600ft elev. gain**  
We'll stretch our legs gently through old-growth western hemlock, then climb past two small lakes to reach 5050 pass. There, we'll enjoy incredible views--the towering cliffs of Mt. Constance, the deep Quilcene and Dosewallips river valleys, and Puget Sound with the Cascades in the distance.

## SNOW LAKE

**~7 mi** **~1,800ft elev. gain**  
Though a little rocky at times, this is one of the most popular trails in the state, and it's easy to see why! This is a good time of year to enjoy the meadows, towering cliffs, and crystal-blue waters of Snow Lake without the summer crowds.

## BRIDAL VEIL FALLS

**~4.5 mi** **~1,000ft elev. gain**  
Hike through the thick forest of the Skykomish Valley to reach three of the most spectacular waterfalls in the state. Bring your rain jacket if you want to experience the mighty upper falls from a viewing platform right at its base! The lower falls are a beautiful panorama with several streams cascading down a terraced cliff. We'll make our time and soak in the fall colors with the shorter mileage.

## LITTLE RIVER

**~8.5 mi** **~1,400ft elev. gain**  
Add a hike to your Thanksgiving weekend! This beautiful river valley trail is a local secret in Port Angeles. The trail stays close to the river, crossing it six times on log bridges, and the river is lined with giant old-growth firs and cedars. We'll pass through several narrow canyons lush with ferns and moss.

## KEELBOATING / KAYAKING

### 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 take trips from Hidden Cove Park to Fay Bainbridge Park, Blakely Harbor Park to Blakely Rock, Hidden Cove to the petroglyphs, and circumnavigate Hidden Cove. Instructors will help participants get comfortable and confident and learn the skills they need to keep themselves safe, including res-

cue techniques in case of a capsiz. Participants will build camaraderie working as a team and should feel accomplished and proud of their day's journey. We will meet at various on-island paddling locations based on conditions and group ability on different weeks — Park District Swim License is required.

530710-01 F 3:30-6:30p 9/15-10/6 \$230

### 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. Kayaks, paddles, and PFDs are provided. Park District Swim License required; see FAQs for details. The location on Bainbridge Island will change each week, including paddles leaving from Blakely Harbor, Fletcher Bay, Eagle Harbor, and of course, Hidden Cove.

530726-01 Th 5:30-8:00p 9/14-10/5 \$132

### COVE TO SOUND PADDLE

Ages 13 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 Park 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. HCP

530727-01 Su 2:00-5:00p 9/17 \$93.00

### OUT TO LUNCH SATURDAY PADDLES

Ages 15 and up. Each week we will paddle to a different off-island restaurant for lunch. Weather permitting, destinations include the Boat Shed Restaurant in Bremerton, the Loft in Poulsbo, Beach Glass Cafe in Suquamish, and the Indianola Country Store & Deli. Each paddle will cover approximately five to eight miles and include a long lunch break. Participants are responsible for the cost of their lunch. Park District Swim License required; see FAQs for details. This is an intermediate-level kayaking activity.

530728-01 Sa 9:30a-3:30p\* 9/16-9/30 \$305

\*End time varies based on distance and weather conditions

### BLAKE ISLAND DAY PADDLE

Ages 15 and up. Join us on a day kayaking expedition to Blake Island! This trip is for intermediate to advanced kayakers. We'll start the paddle to Blake Island from the Fort Ward Park launch ramp along the south shore of Rich Passage. Accessible only by boat with no ferry access, Blake Island feels wild and remote despite being only a few miles south of Bainbridge Island. We'll have time to get out of the kayaks, explore the island, or relax on the shore. We'll enjoy a picnic lunch. It's a brown bag affair, so pack a good hearty lunch and your own beverages. The welcome email will include helpful information on what and how to prepare. The total trip is about six miles. This is an intermediate kayaking activity. Park District Swim License and Swim Skills Acknowledgement is required; see FAQs for details. FWP

562219-02 Su 8:00a-2:00p\* 9/10 \$160

03 Su 10:00a-4:00p\* 10/1 \$160

\*End time varies based on distance and weather conditions





# ADULT

## WHAT ARE CONTRACTOR CLASSES?

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## DRAWING

### I CAN DRAW!

If you have ever envied folks with "natural artistic ability," give us four weeks to convince you that drawing is a learned skill. Based on the book *Drawing on the Right Side of the Brain*, you will learn techniques and concepts that will change how you see and approach realistic drawing. No experience is necessary; absolute beginners are welcome! All materials are provided. Jamie Brouwer instructs. SHC

566704-01	W	9/13-10/4	10:30a-12:00p	\$75
02	W	10/11-11/1	12:30-2:00p	\$75
03	W	11/8-12/6*	6:00-7:30p	\$75

\*No class 11/22

### I CAN DRAW VALUE!

(Formerly called I CAN Draw 2) In this class, we examine the nature of light and shadow. Discover how to add depth and form to your work while building on the skills you developed in I CAN Draw. In addition to new shading concepts, we will experiment with a broader range of materials, including charcoal, ink, and toned paper. I CAN Draw is recommended but not a prerequisite. All materials are provided. Jamie Brouwer instructs. SHC



566702-01	W	9/13-10/4	12:30-2:00p	\$75
02	W	11/8-12/6*	10:30a-12:00p	\$75

\*No class 11/22

### I CAN DRAW COLOR!

This NEW offering in the I CAN Draw series will explore the use of color in drawings through oil and chalk pastel. We will learn about the color wheel, complementary colors, and value in color through observational drawings of still lifes. Add a new dimension to your drawing practice, whether sketching, observational, or imaginative. All materials are provided. Jamie Brouwer instructs. SHC



566703-01	W	10/11-11/1	10:30a-12:00p	\$75
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### I CAN DRAW PERSPECTIVE!

Don't let perspective drawing intimidate you. Let us lead you through a series of practice scenarios, step-by-step, to help you grasp the visual dynamics involved when incorporating perspective in your drawings. We will explore one- and two-point perspectives, foreshortening, and atmospheric perspectives. Don't be deterred by the fancy terminology; give it a try. It is achievable — we promise. Jamie Brouwer instructs. SHC

566705-01	W	11/8-12/6*	1:00-2:30p	\$75
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\*No class 11/22

### COLORED PENCIL TUESDAYS

Do you have unused colored pencils? Are you eager to rekindle your passion for art or embark on a fresh artistic endeavor? Look no further than this class. In this fun class designed for all levels, you will acquire fundamental skills in working with colored pencils, covering topics such as materials, strokes, composition, and design. Susan Wiersema instructs. No experience is needed. All materials are provided, but feel free to bring your own pencils if you have them. SHC



566710-01	T	9/12-10/10*	4:00-5:30p	\$60
02	T	10/24-11/14	4:00-5:30p	\$60
03	T	11/28-12/19	4:00-5:30p	\$60

\*No class 10/3

### SKETCH-JOURNALING

This 'start-where-you-are' class will introduce you to sketch journaling. Learn to use drawings and watercolor to keep a sketchbook to memorialize details of the seasons, your day, and your travels. Experience an encouraging environment where you can meet new friends who, like you, are equally hesitant about their art skills! The class includes discussion on composition, colors, and the delight of watercolor. Basic drawing techniques are helpful and can be acquired in advance by viewing the instructor's videos on [www.annemariesargent.com](http://www.annemariesargent.com). A materials list will be provided. All sections are appropriate for beginning and continuing students; assignments are not repeated. Everything is taught with patience and grace by Anne-Marie Sargent. SHC

566433-01	W	9/6-10/11	5:15-7:00p	\$70
02	W	10/25-12/6*	5:15-7:00p	\$70

\*No class 11/22

### LIFE DRAWING

Join our dynamic, open sessions for artists of all levels seeking to enhance their drawing and painting skills from real-life subjects. A model fee, ranging from \$50 to \$75 based on class size, will be collected during the first class to cover model expenses throughout the session. For further details, contact Gregg Onewein at (206) 842-0259. Drop-in students are also encouraged to participate with a \$10 drop-in fee and a \$15 model fee payable during class. SHC

566714-01	F	9/15-10/20	9:30a-12:30p	\$50
02	F	10/27-12/15*	9:30a-12:30p	\$50

\*No class 11/10 or 11/24

# ADULT



## PAINTING

### WATERCOLOR BOLD AND EXPRESSIVE

All levels are welcome! Join this class that will focus on creating loose and colorful Northwest scenes and florals. Each class starts with a painting demonstration, followed by individual instruction, while students work on the demo or an idea of their own. Due to popular demand, we have extended class time by an extra 30 minutes. Watercolor supplies are not provided. Leading the class is John Adams, a renowned full-time artist and esteemed member of both the National and Northwest Watercolor Societies. For more information about our instructor, visit [www.johnadamsdesign.com](http://www.johnadamsdesign.com). SHC

#### CONTRACTOR

566715-01	Th	9/14-10/5	10:00a-12:30p	\$150
02	Th	10/19-11/9	10:00a-12:30p	\$150
03	Th	11/16-12/14*	10:00a-12:30p	\$150

\*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 painterly. Using still life for inspiration, the class will focus on designing a successful composition, simplifying shapes and values, mixing colors using a limited palette, and staying loose with interesting brushwork. This class will improve your painting ability, build your skills, and help you refine your style. Oils or acrylics are recommended. Gigi Godfrey instructs. SHC

566520-01	W	9/27-10/25	9:30a-12:00p	\$100
02	W	9/27-10/25	1:00-3:30p	\$100

### PAINT THE FAMILY ALBUM

Dust off your old albums and take a walk down memory lane. In this class, you will paint figures inspired by your own photos. Composition editing, nuanced color mixing, simplified forms, and expressive brushwork will be emphasized to create contemporary paintings from vintage snapshots. All levels are welcome. Oils or acrylics are recommended. Gigi Godfrey instructs. SHC

566523-01	W	11/1-12/6*	9:30a-12:00p	\$100
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\*No class 11/22

## GLASS ART

### GLASS ART with Julie Hews-Everett

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

#### STAINED GLASS CLASSES

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

566770-01	T	11/7-12/19*	10:00a-1:00p	\$195
02	W	11/8-12/20*	6:00-9:00p	\$195

\*No class 11/21 or 11/22

### GLASS FUSING WORKSHOPS

A joyful and high-success workshop for everyone enchanted with the brilliance of glass. Learn introductory fusing techniques as you craft your own special piece for yourself or a loved one. All tools and materials are included in the class fee.

#### CORAL BOWLS

Coral bowls are stunning art pieces. Although it may look complex with its delicate beauty, it is pretty easy to create. In this workshop, you will learn the basics of how to safely cut and assemble flat glass to create your own 6" coral bowl. A variety of beautiful glass colors will be provided. All materials, kilns, firings, and tools are included. **CONTRACTOR**



566668-09	Sa	10/14	10:00a-12:00p	\$95
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#### HOLIDAY ORNAMENTS



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

#### CONTRACTOR

566668-05	Sa	11/18	1:00-3:00p	\$95 Adult
06	Sa	11/18	10:00a-12:00p	\$95 Child and Adult together
07	Sa	12/9	1:00-3:00p	\$95 Adult
08	Sa	12/9	10:00a-12:00p	\$95 Child and Adult together





# ADULT

## ADAPTIVE

Specially designed for teens and adults with developmental disabilities.

### POTTERY SAMPLERS

#### CLAY FUN

Ages 16 and up. Students will work with clay using hand-building and wheel-throwing methods. The class focuses on working within each student's ability, teaching sound building structure, and then letting each student's creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee.



Four weeks. ED

522060-01	W	3:30-5:00p	9/20-10/11	\$89
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#### ORNAMENTS MINI SESSION

02	W	3:30-5:00p	11/15-11/29	\$45*
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\*Fee reflects two-week session

### SEE ALSO YOUTH SENSORY CLAY PLAY & SQUISH PAGE 16.

### SWIM LESSONS FOR ALL!

#### LOW-SENSORY GROUP LESSONS

Ages 8-10 and 11-15. Do you know someone for whom constant ambient noise makes it hard to focus? Are loud, splashy group lessons overwhelming? Sensory needs can be challenging to accommodate in the group lesson setting. That's where adaptive swim lessons can help. These lessons are provided in a small group setting during quieter pool times. They are created for, but not limited to, those with anxiety, physical, sensory, communication, and behavioral challenges and offered in groups for emerging skills in the Guppy-Minnow level or the Fish-Flying Fish level — five weeks of calm instruction to help everyone enjoy and be safer around water. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. For swimmers above age 15, please contact codyogren@biparks.org. AQ

#### EMERGING GUPPY/MINNOW

502561-01	M	2:15-2:45p	9/18-10/16	\$195
03	M	2:15-2:45p	10/23-11/27*	\$195

#### EMERGING FISH/FLYING FISH

502561-02	M	2:50-3:20p	9/18-10/16	\$195
04	M	2:50-3:20p	10/23-11/27*	\$195

\*No class 11/20

### LOW SENSORY NATURE WALKS NEW!

Ages 10-15 and ages 16-25. Designed especially for people with a passion for the outdoors but with limitations to exploring trails independently! Our Low Sensory Nature Walks are designed for small groups of neurodiverse people. Trails have been chosen to have wide paths, minimal obstructions, and gentle hills. Duration and location vary depending on ability and current weather conditions. Led by Cody Ogren, each walk will focus on one natural item or observation, and participants will collect accomplishment beads at the end. Venture outdoors this fall!

#### YOUTH

<b>30-minute Sakai Park Loop</b>		<b>Class I Rollable</b>	
570600-01	T	1:30-2:00p	9/19 \$20
<b>60-minute Battle Point Park</b>		<b>Class I Rollable</b>	
570601-02	T	10:30-11:30a	10/17 \$25

#### YOUNG ADULT

<b>90-minute Gazzam Lake Nature Preserve</b>		<b>Class I Rollable</b>	
576002-01	W	12:00-2:00p	9/20 \$30
<b>60-minute Battle Point Park</b>		<b>Class I Rollable</b>	
576003-02	Th	12:00-1:00p	9/21 \$25
<b>60-minute Blakely Harbor Park</b>		<b>Class I Rollable</b>	
576003-03	Th	12:00-1:00p	10/19 \$25



## 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 welcome! All classes include clay, firings, and the use of tools,



# ADULT



## CLAY INTRO SAMPLER CLASSES

Make art part of your fall! This short-term introductory class is especially for people who would 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! Hilarie Green instructs. Four weeks. ED

### DAYTIME

522044-01	T	12:00-2:00p	9/19-10/10	\$95
02	W	12:30-2:30p	11/1-11/29*	\$95

\*No class 11/22



## MONDAY

This more extended class session is for people who want to thoroughly explore throwing on the wheel or hand-building techniques. Whether you are new to clay or an old hand, join the skill-building Monday group! Includes clay. Ten weeks. ED

### With Jeff Wofford

522050-01	M	9:30-11:30a	9/11-11/13	\$220
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### Fall Finish-Up Mini

522050-04	M	9:30-11:30a	11/27-12/11	\$60
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## WEDNESDAY

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

### With Hilarie Green

522050-02	W	9:30-11:30a	9/13-10/18	\$140
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### With Joy McCallister

522050-05	W	9:30-11:30a	10/25-12/6*	\$140
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\*No class 11/22

## THURSDAY

### With Elena Wendelyn

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

522048-02	Th	9:30-11:30a	9/14-10/19	\$140
04	Th	9:30-11:30a	10/26-11/30*	\$120**

\*No class 11/23

\*\*Fee reflects a five-week session

## 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	9/11-10/16	\$90
04	M	12:00-2:00p	10/23-12/4*	\$90

\*No workshop 11/20

### WEDNESDAY

522051-02	W	12:00-2:00p	9/13-10/18	\$90
05	W	12:00-2:00p	10/25-12/6*	\$90

\*No class 11/22

### THURSDAY

522049-02	Th	12:00-2:00p	9/14-10/19	\$90
03	Th	12:00-2:00p	10/26-11/30*	\$90

\*No class 11/23



## CERAMIC SCULPTURE with Debbie Fecher-Gramstad

### TUESDAY FIGURATIVE SCULPTURE CLASS

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

522058-01	T	9:30-11:30a	9/26-11/14	\$160
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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	9/26-11/14	\$150
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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	9/29-11/17	\$160
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### 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	9/29-11/17	\$150
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# 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! Includes clay. Six weeks. ED

### MORNING CLASS

522045-01	Sa	10:00a-12:00p	9/9-10/14	\$140
04	Sa	10:00a-12:00p	10/21-12/9*	\$140

\*No class or studio time 11/25 or 12/2

### SATURDAY STUDIO TIME

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

522046-01	Sa	12:30-2:30p	9/9-10/14	\$90
03	Sa	12:30-2:30p	10/21-12/9*	\$90

\* No class or studio time 11/25 or 12/2

## SUNDAY POTTERY

### SUNDAY INTRO TO SCULPTURE & HAND BUILDING WITH HEATHER POLVERINO

These two-and-a-half hour weekend classes are a terrific introduction to hand-building. S students new to sculpture and hand building will explore various techniques to develop their work, including pinch pots, coils, slabs, textures, and which tools can help them along the way. We'll seek inspiration from many sources by moving from simple projects to complex forms. Includes clay. Ten weeks. ED

522043-01	Su	12:00-2:30p	9/10-11/12	\$320
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### SUNDAY PUMPKIN PARTY!

We'll get the basic pumpkins ready so you can focus on clay carving and embellishments and fancy finishes! day 1-carve, day 2 - glaze, day 3 pick-up and join the pumpkin party! Three weeks. ED

522043-02	Su	3:00-5:00p	10/1-10/15	\$60
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### SUNDAY LOW FIRE FUN!

Bring along some of your bisque ware - or help finish some of ours - and spend the afternoon experimenting with low fire glazes! We've brought in some specialty choices just for this workshop...the combinations are endless. We'll learn and glaze the first day, then pick-up and discuss at the second...wow! Two weeks. ED

522043-03	Su	12:00-3:00p	11/19-12/3	\$60
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## WEEKEND SKILL WORKSHOPS!

### WITH STUDIO STAFF

Expand your knowledge and skill with the art of pottery! Experience a variety of interesting workshops designed to appeal to adults who already work with clay. No need to be an Eagledale Pottery Studio student — anyone is welcome. Use your own bisque ware or adopt some of our "orphan" pieces — emphasizing experimentation and exploration. Materials are included. Staff will contact participants with specific details before workshops. ED

### LUSTRE!\*

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

522100-01	SaSu	3:30-5:00p	10/21-10/22	\$50
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\*Must take the lustre skill workshop to use the lustre materials available at the studio independently.

### RAKU!

Let fire and smoke bring out the magic of a Raku finish! Spend the day learning about the entire process, then experience the thrill of awaiting your outcome. Take your piece(s) home the same day! Perfect for finishing off a holiday gift or two.

522100-10	Su	10:00-4:00p	12/10	\$70
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## EVENING POTTERY

These two-hour evening classes are designed to appeal to both beginning and advanced levels of ability. 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 clay. Six weeks. ED

### EVENING CLASSES

522052-01	M	6:30-8:30p	9/11-10/16	\$140
02	W	6:00-8:00p	9/13-10/18	\$140
06	M	6:30-8:30p	10/23-12/4	\$140
07	W	6:00-8:00p	10/25-12/6*	\$140

\*No class 11/22

### EVENING STUDIO TIME

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

522052-08	T	6:00-8:00p	9/12-10/17	\$90
09	T	6:00-8:00p	10/24-12/5*	\$90

\*No studio time 11/21

522053-01	Th	6:30-8:30p	9/14-10/19	\$90
03	Th	6:30-8:30p	10/26-12/7*	\$90

\*No studio time 11/23 or 11/30

## 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 youths for two independent two-and-a-half-hour workshops and all supplies. We have 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! Contact Park District staff at 206-842-5661 #125 for available dates, times, and more info.



## FLEXIBLE WORKSHOP OPTION

As a ceramic 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 any 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, depending on workspace available. Check-in with staff when you arrive. ED

522047-01	days and times vary	9/18-12/9*	\$175
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\*No workshops 11/21-11/25 or 12/1-12/3

# ADULT



## MUSIC

### HILLTOP ACOUSTIC JAM

#### All-ages music jam

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



First Monday of every month 10/2, 11/6, and 12/4 7:30p FREE

### INTRODUCTION TO SONGWRITING

Whether you're curious about songwriting or want to take your musicianship to the next level — this class is for you! From the basics of theory and notation to lyrics, melody, song structure, rhythm, and harmony (chords), students can create original songs, share their work, and collaborate in a creative, supportive, and fun environment. The class format combines specific tips, lessons, and songwriting examples/analyses with group feedback and in-class workshoping. We will even write (compose) our own class song! Jenny Davis instructs. SB **CONTRACTOR**



466956-01	Th	9/14-10/5	5:45-7:00p	\$95
02	Th	10/12-11/2	5:45-7:00p	\$95
03	Th	11/9-12/7*	5:45-7:00p	\$95

\*No class 11/23

### SOLO SINGING

A class for vocalists with or without a background in live performance who wish to find their own voice and develop the craft of solo singing. Build your singers' toolbox by learning to pick songs and keys, read music charts, basic music theory, and performance techniques, by singing with backing tracks. In each class, we will learn a new class song. In addition, each singer will have the opportunity to work on pieces of their choice in a supportive, inclusive, creative space. Jenny Davis instructs. SB **CONTRACTOR**

566578-01	M	9/11-10/2	9:30-11:00a	\$95
02	W	9/13-10/4	5:45-7:00p	\$95
03	M	10/9-10/30	9:30-11:00p	\$95
04	W	10/11-11/2	5:45-7:00p	\$95
05	M	11/6-11/27	9:30-11:00p	\$95
06	W	11/8-12/6*	5:45-7:00p	\$95

\*No class 11/22

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

566753-01	W	9:20-10:50a	9/13-10/18	\$110
02	W	9:20-10:50a	11/1-12/13*	\$110

\*No class 11/22

### 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 talk about nothing but Spanish in this course while discussing reading (stories, plays, and novels), videos, and some of the more complex grammar points. 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	9/13-10/18	\$110
02	W	11:00a-12:30p	11/1-12/13*	\$110

\*No class 11/22

## SPECIAL INTEREST

### DYNAMIC AGING: LIVING A GOOD LONG LIFE

What does it mean to live a good long life?

We all want to live fully into the years we're granted and take advantage of the exceptional gifts retirement offers us: the ability to pursue adventure, cultivate a new passion, live with purpose, and create a rich social network of family and friends.

All in good health, of course! This rich, informative two-session class offers strategies for creating a sense of well-being by connecting with others in retirement and learning about:

- Pursuing a passion with resources for learning new skills and interests.
- Ways to make health and exercise fun — and social!
- Travel inspiration, including local day trips.
- Creative ways to leave a meaningful legacy.
- Finding and creating community and friendship.
- Giving back: finding enjoyable - and meaningful - volunteer activities.



Bring your life experience and new dreams to class and join in two evenings of ideas, discussion, and collaboration for your next adventure! AQ

568000-01	Th	6:00-8:00p	9/21, 9/28	\$50
02	Th	6:00-8:00p	10/19, 10/26	\$50



# ADULT

## CANINE

All dogs participating must be up to date with vaccines and veterinary care per their provider's recommendations.

### PUPPY PRIMER

Ages 18 and up. Start the journey with your new puppy off on the right paw. 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. Class is offered by RED DOG training. Eight students max.

#### ICH CONTRACTOR

526116-01	M	4:00-5:00p	9/11-10/16	\$180
02	W	9:00-10:00a	11/1-12/6	\$180

### MISCHIEF TO MANNERS

Ages 18 and up. This class will be geared toward dogs of all levels and focus on building relationships and setting clear communication lines between you and your dog. Using focus games, we will build positive behaviors, increase motivation, and establish teamwork with your canine partner. Class is offered by RED DOG training. Eight students max.

#### ICH CONTRACTOR

526117-01	M	5:00-6:00p	9/11-10/16	\$180
02	W	9:00-10:00a	9/13-10/18	\$180
03	M	5:00-6:00p	10/30-12/4	\$180
04	W	11:00a-12:00p	11/1-12/6	\$180

### FUN AND GAMES

Ages 18 and up. Work on adding 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, turning training into a game! Shape training is a great way to establish engagement and build confidence, and it is a highly-effective tool to wear out that non-stop dog on bad weather days. Plus, it's fun! Class is offered by RED DOG training. Eight students max.

#### ICH CONTRACTOR

526119-01	W	11:00a-12:00p	9/13-10/18	\$180
02	M	4:00-5:00p	10/30-12/4	\$180

### ABOVE AND BEYOND

Ages 18 and up. Is your dog begging for more from you? Do they love to interact and thrive off learning new behaviors? Then this is the class for you! Above and Beyond builds from the foundation in Puppy Primer and Mischief to Manners classes and begins to introduce the world of competitive rally and obedience. No intention to compete? Don't worry; you are welcome, too! This class is all about having fun with your dog, building behaviors for mental and physical health, and strengthening the relationship with your canine companion. Class is offered by RED DOG training. This class allows a max of six students to ensure each team receives one-on-one coaching to meet a variety of skill levels.



#### CONTRACTOR

533901-01	W	10:00-11:00a	9/13-10/18	\$220
02	W	10:00-11:00a	11/1-12/6	\$220

### REACTIVE ROVER

Ages 18 and up. Is your dog struggling with the skills to join a group class? Whether it be the over-enthusiastic dog, the fearful dog, or the frustrated dog, this class is geared toward dogs struggling with reactivity to other dogs and/or people. We will go in-depth about managing a reactive dog, working on calming behaviors in new locations, building engagement, and helping your dog become neutral to the world around them. This class is not suited for dogs with a bite history. Class is offered by RED DOG training. Reactive Rover has a max of four students to provide a more personalized training experience for each canine/human team.

#### ICH CONTRACTOR

533905-01	M	6:15-7:15p	9/11-10/16	\$360
02	W	1:00-2:00p	9/13-10/18	\$360
03	M	6:15-7:15p	10/30-12/4	\$360
04	W	1:00-2:00p	11/1-12/6	\$360



## EXERCISE/FITNESS

### EMPLOYMENT OPPORTUNITIES

Fitness Instructors • Sports Skills Instructors  
Flag Football Instructor • Basketball Referees

### VOLUNTEER OPPORTUNITIES FOR YOUTH LEAGUES

Soccer Coaches • Basketball Coaches • Volleyball Coaches



# ADULT



## OPEN GYM SPORTS

All open gyms are held in the High School Lower Gym. Players can drop in and play for \$7 per visit or buy a 5-visit pass for \$30.00 or a 12-visit pass for \$63. Passes can be purchased at the gym. \*Subject to changes and cancellations due to school functions, holidays, or low attendance. Commodore



**TUESDAY**      **BASKETBALL**      **7:00-9:30p**  
**WEDNESDAY**      **VOLLEYBALL**      **7:00-9:30p**

## AFFORDABLE EXERCISE AND FITNESS FOR ALL

Experience a small, secure, and encouraging group setting with the expertise of our instructors, all at an affordable price. Our classes are designed to be exciting, enjoyable, and suitable for individuals of all skill levels. If you're uncertain which class suits you best, contact the Sports Program Coordinator at [Audreeg@biparks.org](mailto:Audreeg@biparks.org).

## FUNTASTIC FITNESS!

Bebe Rowlette, an AFAA-certified instructor, teaches active adult fitness classes that combine aerobic exercises, range of motion, and strength training in a positive, energizing environment. Learn exercises designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout with a ten-class punch pass. SHMG

516726-01      MWF      9:00-10:00a      9/11-1/12\*\*      \$75

\*\$75.00 for 10-punch pass/\$9.00 for drop-in

\*\*No class 11/24, 12/25, or 1/1

## STAY STRONG!

Bebe Rowlette, an AFAA-certified instructor, teaches active adult fitness classes designed to increase muscular strength, range of motion, joint stability, and balance. Learn how to stay strong in your daily activities. Some exercises are done on the floor and with mats. Get ready for head-to-toe workouts with a ten-class punch pass. SHMG

516725-01      TTh      11:00a-12:00p      9/12-1/11\*\*      \$75

\*\$75.00 for 10-punch pass/\$9.00 for drop-in

\*No Class 11/23 or 12/26

## TAI CHI YANG

Founded on the Yang style of Tai Chi Yang, this class reminds us how to move through the world with peace and power. 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

516739-01	T	10:00-11:30a	9/5-10/24	\$80
02	T	10:00-11:30a	10/31-12/19	\$80
03	Th	10:00-11:30a	9/7-10/26	\$80
04	Th	10:00-11:30a	11/2-12/21*	\$70

\*No class 11/23



## MORNING CORE & HIIT NEW! ☆

Ages 13 and up. Have you always wanted to learn about functional exercises, strength training, and correct form but couldn't afford a personal trainer? Well, now you can! Learn the correct way to strength train using your own body weight (no machines needed!), how to minimize injury, maintain strength, learn functional fitness, and more! This class will provide the essentials of interval training and work on strengthening your core. Modifications are provided. SHMG

511317-01	Th	8:00-9:00a	9/14-10/12	\$68
02	Th	8:00-9:00a	10/19-11/16	\$68
03	Th	8:00-9:00a	11/30-12/28	\$68

## SELF-DEFENSE 101 NEW! ☆

Ages 13 and up. We aim to empower women to protect themselves and others from acts of violence and aggression. We are committed to positively impacting human lives. Curtis Wright instructs. SHMG

511321-01	Sa	9:00-10:00a	9/16-10/7	\$140
02	Sa	9:00-10:00a	10/14-11/4	\$140

## FOR MORE FITNESS CLASSES, CHECK OUT OUR BIRC FITNESS SECTION!







# ADULT

## ZUMBA with MARIAH

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

### CONTRACTOR

511308-02 Su  
 11:00a-12:00p 9/10-12/10  
 \$85 for a 10-class pass/\$17 for drop-ins



## WALKING/RUNNING

### DISCOVER BAINBRIDGE RUNS

Ages 13 and up. Looking for new places to run on the island? Look no further than our weekly morning runs! Our group is welcoming and inclusive, open to runners of all paces and abilities. Our routes are designed to average around four miles, providing an excellent workout for runners of all levels. We meet in various locations around Bainbridge Island, allowing you to explore new areas and sights every week. Whether you’re a seasoned runner or just starting out, our group is the perfect way to stay active and connect with like-minded individuals. Join us for a run — we can’t wait to meet you!

511315-01	T	9:00-10:00a	9/12-10/10	\$64
02	Th	9:00-10:00a	9/14-10/12	\$64
03	T	9:00-10:00a	10/17-11/14	\$64
04	Th	9:00-10:00a	10/19-11/16	\$64
05	T	9:00-10:00a	11/21-12/19	\$64
06	Th	9:00-10:00a	11/30-12/28	\$64
07	5-visit punch pass			\$80
08	10-visit punch pass			\$160



## DISCOVER BAINBRIDGE WALKS

### FOUR-MILE WALKS

#### Tuesdays and Wednesdays

511910-01	T	9:00-11:00a	9/19-10/31	\$40
02	W	9:00-11:00a	9/20-11/1	\$40
03	T	9:00-11:00a	11/7-12/19	\$40
04	W	9:00-11:00a	11/8-12/20	\$40

#### Sunday

511912-01	Su	9:00-11:00a	9/17-10/29	\$40
02	Su	9:00-11:00a	11/5-12/17	\$40

### THREE-MILE WALKS

511914-01	M	9:00-10:30a	9/18-10/30	\$40
03	M	9:00-10:30a	11/6-12/18	\$40

### TWO-MILE WALKS

Flatter roads and trails of Bainbridge Island at a nice, easy pace.

511911-01	Th	9:00-10:15a	9/21-11/2	\$40
02	Th	9:00-10:15a	11/9-12/21*	\$35

\*No class 11/23

## RACKET/PADDLE SPORTS

### TABLE TENNIS

OPEN PLAY  
 Ages 14 and up. All levels are welcome. We play games and practice, depending on the players’ preferences. \$4 drop-in fee per visit or buy a punch card, paid at the gym. SHMG

512723-01 TW 6:30-9:30p  
 9/12-12/13 \$15 for 5-visit punch cards



# ADULT



## BEGINNERS PICKLEBALL

Ages 18 and up. This class is perfect for players ready to learn everything they need to begin playing matches. Learn the rules, basic strategy, and techniques while you play. All equipment is provided, and all fitness levels are welcome. BPP

Class #	Days	Time	Dates	Cost
511336-01	MW	12:00-1:30p	9/11-9/20	\$55
02	MW	12:00-1:30p	9/25-10/4	\$55
03	MW	12:00-1:30p	10/9-10/18	\$55
04	MW	12:00-1:30p	10/23-11/1	\$55
05	MW	12:00-1:30p	11/6-11/15	\$55

## PICKLEBALL SKILLS AND DRILLS

Ages 18 and up. This class is designed for players familiar with the rules and basic gameplay and are looking to level up their gameplay. Classes are designed to teach core doubles strategies and quality paddle techniques. Create confidence in your game and enhance your technique while playing various fun games and drills. BPP

Class #	Days	Time	Dates	Cost
511337-01	TTh	12:00-1:30p	9/12-9/21	\$55
02	TTh	12:00-1:30p	9/26-10/5	\$55
03	TTh	12:00-1:30p	10/10-10/19	\$55
04	TTh	12:00-1:30p	10/24-11/2	\$55
05	TTh	12:00-1:30p	11/7-11/16	\$55

## INTRO TO PICKLEBALL

Ages 16 and up. 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

Class #	Days	Time	Dates	Member/Non-Member
511328-01	Su	2:30-3:30p	9/10-10/1	\$73/\$93
02	Su	2:30-3:30p	10/8-10/29	\$73/\$93
03	Su	2:30-3:30p	11/5-11/26	\$73/\$93
04	Su	2:30-3:30p	12/3-12/17	\$55/\$70

## PICKLEBALL LADDER LEAGUE FOR ADULTS

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

Class #	Days	Time	Dates	Member/Non-Member
511329-01	Su	5:30p-7:30p	9/10-10/1	\$50/\$65
02	Su	5:30-7:30p	10/8-10/29	\$50/\$65
03	Su	5:30-7:30p	11/5-11/26	\$50/\$65
04	W	7:00-9:00p	9/13-10/4	\$50/\$65
05	W	7:00-9:00p	10/11-11/1	\$50/\$65
06	W	7:00-9:00p	11/8-11/29	\$50/\$65

## 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. Learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs.

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
<b>Member/Non-Member</b>		
05	Private Lesson at BIRC: 1 hour, 1 player	\$60/\$75
06	Semi-Private Lessons at BIRC: 1 hour, 2 players	\$75/\$90



## CARDIO TENNIS — PRACTICE, PLAY, AND WORKOUT **NEW!**

Ages 16 and up. Experience heart-pumping fitness for all levels. This fast-paced class is great for all players. Cardio tennis is the fastest-growing program in the country. All strokes are practiced and developed. BPP

512701-02	M	10:00-11:00a	9/11-11/13*	\$80
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\*5-Punch passes for \$80

## BEGINNERS TENNIS **NEW!**

Ages 18 and up. This class is perfect for players ready to learn everything they need to begin playing matches. Learn the rules, basic strategy, and techniques while you play. All fitness levels are welcome. BPP

512700-01	M	11:15a-12:15p	9/11-10/2	\$68
02	M	11:15a-12:15p	10/23-11/13	\$68



**PROGRAMS FOR TEENS AGES 13-17**

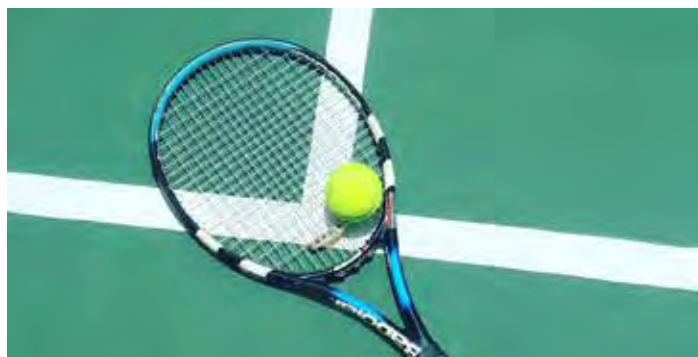


# ADULT

## 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 child 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, 4 players	\$88
05	Private Lessons: 5-pack of 1-hour lessons	\$261.25 (5% off)
07	Semi-Private/Group Lessons: 5-pack of 1-hour lessons	\$156.75 (5% off)



## TEAM SPORTS/LEAGUES



## ADULT COED VOLLEYBALL CLINICS **NEW!**

Ages 18 and up. We are excited to offer training to adults, regardless of your current skill level. We can help you fine-tune your game or teach you volleyball skills from the ground up. We will be teaching the foundational techniques. All levels are welcome. Wilkes

512916-01	W	6:45-8:45p	9/27	\$55
02	W	6:45-8:45p	10/18	\$55
03	W	6:45-8:45p	11/22	\$55

## BAINBRIDGE ISLAND FC — TOPSOCCER

Ages 5-18. Bainbridge Island FC's TOPSoccer program is designed to bring the opportunity of learning and playing soccer to any child with a mental or physical disability. We aim to enable young players with disabilities to become valued and successful members of our BIFC family. BHS **CONTRACTOR**

412332-01	Sa	10:15-11:00a	9/9-10/21	\$25
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## COACH FOR BIFC 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	9/9-10/21	Free
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## BIFC FALL ADULT SOCCER LEAGUE

Ages 19 and up. Grab your friends and co-workers for 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 from September through November. The rosters and game schedules will be released in late August. BHS **CONTRACTOR**

412370-01	F	7:00-9:00p	9/15-11/3	\$165 per person
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## SOCCER REFEREE TRAINING WITH BAINBRIDGE ISLAND FC

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

41233-01	W	5:00-8:00p	8/23	Free
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## SOCCER COACH TRAINING WITH BAINBRIDGE ISLAND FC

Ages 12 and up. Receive online and on-field training with Bainbridge Island FC's professional training staff, understanding the "BIFC Way," our player development curriculum. For more information, contact [ian@bifc.net](mailto:ian@bifc.net). BHS **CONTRACTOR**

412334-01	W	6:00-7:30p	8/23	Free
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# 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

"A sailor is an artist whose medium is the wind." — Webb Chiles

## COMMUNITY SAILING

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

### FAQS

**General:** A detailed introductory email will be sent out approximately one week before the start of each session. This email will include the 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 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 Aquatic 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 <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 ages 18 and over must complete the Park District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying that they can meet or exceed the requirements.

**Registration Deadlines:** The 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 the required waivers and forms each sailing season to participate. Approximately one week before each program begins, these forms will be emailed to everyone. 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.

## 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 get in touch with haley@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 capsizes in controlled conditions to practice recovery techniques. Take advantage of this chance to have a refreshing break in your routine and go sailing! Park District Swim License/Adult Swimming Skills Acknowledgement form is required; please see FAQs. WFP

530761-01 TTh 11:00a-2:00p 9/12-9/28 \$225

## INTRODUCTION TO KEELBOATING



Ages 14 and up. Would you like to learn the basics of sailing on a stable, comfortable keelboat or trimaran? Do you like sailing on friends' boats but want 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 instructors, you will learn the fundamentals of safe, confident day sailing on a 35' keelboat or 28' trimaran 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 the age of 16. Park District Swim License or Adult Swimming Skills Acknowledgement Form required. \*WFP Trimaran \*\*HCP Keelboat

530766-01\* SaSu 10:00a-4:00p 9/2-9/3 \$215

02\*\* SaSu 10:00a-4:00p 9/16-9/17 \$215





# BOATING

## PADDLING PROGRAMS

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, maintain a focus on paddling safety, and of course, 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 certification widely recognized worldwide. Come paddle with our incredible staff and learn new skills and new areas to explore.



## COMING SOON TO A POOL NEAR YOU: KAYAK RESCUE SKILLS TRAINING

Contact Outdoor Programs Manager  
Stacey Stoner at [staceys@biparks.org](mailto:staceys@biparks.org)  
or 206-883-5768 for more information.



### FAQS

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

**Park District Swim License:**

**Youth** — A Park District Swim License is required for 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 Aquatic 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 <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 ages 18 and over must complete the Park District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying that 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 that can be found around Bainbridge Island and Puget Sound!

**Games, Beaches, and Shore Activities:** To increase paddlers' confidence and essential skills, camps will 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) is required to 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. Kayaks, canoes, and stand-up paddle boards are provided.

**Registration Deadlines:** The 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 the required waivers and forms to participate. These forms will be emailed to everyone approximately the week before each program begins. All forms and waivers should be turned in to instructors on the first day of class and remain valid for all 2023 fall paddling programs.

**Refunds:** For questions about refunds, please see page 4. If the 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 Stacey Stoner at [staceys@biparks.org](mailto:staceys@biparks.org).

# BOATING



## SOCIAL PADDLES

### 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. Kayaks, paddles, and PFDs are provided. Park District Swim License required; see FAQs for details. The location on Bainbridge Island will change each week, including paddles leaving from Blakely Harbor, Fletcher Bay, Eagle Harbor, and of course, Hidden Cove.

530726-01	Th	5:30-8:00p	9/14-10/5	\$132
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## ADVENTURE PADDLES

### 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 take trips from Hidden Cove to Fay Bainbridge Park, Blakely Harbor Park to Blakely Rock, Hidden Cove Park to the petroglyphs, and circumnavigate Hidden Cove. Instructors will help participants get comfortable and confident and learn the skills to keep themselves safe, including rescue techniques in case of a capsizing. Participants will build camaraderie working as a team and should feel accomplished and proud of their day's journey. Park District Swim License is required. We will meet at various on-island paddling locations based on conditions and group ability on different weeks.

530710-01	F	3:30-6:30p	9/15-10/6	\$230
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### BLAKE ISLAND DAY PADDLE

Ages 15 and up. Join us on a day kayaking expedition to Blake Island! This trip is for intermediate to advanced kayakers. We'll start the paddle to Blake Island from Fort Ward Park's launch ramp along the south shore of Rich Passage. Accessible only by boat with no ferry access, Blake Island feels wild and remote despite being only a few miles south of Bainbridge Island. We'll have time to get out of the kayaks, explore the island, or relax on the shore. We'll enjoy a picnic lunch. It's a brown bag affair, so pack a good hearty lunch and your own beverages. The welcome email will include helpful information on what and how to prepare. The total trip is about six miles. This is an intermediate kayaking activity. Park District Swim License and Swim Skills Acknowledgement is required; see FAQs for details. FWP

562219-02	Su	8:00a-2:00p*	9/10	\$160
03	Su	10:00a-4:00p*	10/1	\$160

\*End time varies based on distance and weather conditions



### COVE TO SOUND PADDLE

Ages 13 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 Park 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. HCP

530727-01	Su	2:00-5:00p	9/17	\$93
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### OUT TO LUNCH SATURDAY PADDLES

Ages 15 and up. Each week, we will paddle to a different off-island restaurant for lunch. Weather permitting, destinations include the Boat Shed Restaurant in Bremerton, the Loft in Poulsbo, Beach Glass Cafe in Suquamish, and the Indianola Country Store & Deli. Each paddle will cover approximately five to eight miles and include a long lunch break. Participants are responsible for the cost of their lunch. Park District Swim License required; see FAQs for details. This is an intermediate-level kayaking activity.

530728-01	Sa	9:30a-3:30p*	9/16-9/30	\$305
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\*End time varies based on distance and weather conditions

# AQUATIC CENTER ADMISSION FEES FALL 2023

	SINGLE ADMISSION		PUNCH PASSES		MONTHLY		ANNUAL
	Resident	Non-Resident	10-Punch (non-res +\$6)	20-Punch (non-res +\$6)	1-Month (non-res +\$6)	6-Month (non-res +\$6)	12-Month
<b>Youth (3-17)</b>	\$8.00	\$9.00	\$69	\$131	\$69	\$353	\$487
<b>Adult (18-59)</b>	\$9.00	\$10.00	\$79	\$150	\$79	\$404	\$610
<b>Senior (60+)</b>	\$8.00	\$9.00	\$69	\$131	\$69	\$353	\$487
<b>Family</b>	\$33 (4 passes — one must be an adult/guardian)				\$149 (same household)	\$668 (same household)	\$987 (same household)

## WATER EXERCISE CLASS RATES

	10-PUNCH (NON-RES +\$6)	20-PUNCH (NON-RES +\$6)	MONTHLY (NON-RES +\$6)
<b>Adult (18-59)</b>	\$109	\$191	\$109
<b>Senior (60+)</b>	\$91	\$144	\$91
<b>Drop-in</b>	\$13		

## SWIM PASSES INFORMATION

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, are 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

9/4 Closed  
 9/5 Fall Schedule Begins  
 10/8 Ray Williamson Pool Closed, BAM Fest  
 11/4-5 Closed for Bob Miller Swim Meet  
 11/23 Lap Swim, (Nakata Pool only) 12:00-2:00p  
 11/23 Family Beach Swim 12:00-2:00p  
 11/24 Family Beach Swim 12:00-1:00p

11/24 Open Swim 1:00-3:00p  
 12/18,20,22 Winter Break – Special Schedule  
 12/25 Closed  
 Swims 1:00-3:00p 1/1 Closed

**Schedules are subject to change; please check the Google Calendar before your visit at [biaquatics.org/schedule](http://biaquatics.org/schedule).**

# FALL 2023

## Swim Descriptions & Schedules

9/4-1/1

Visit [biaquatics.org](http://biaquatics.org) for a detailed schedule.

### LAP SWIM RAY WILLIAMSON POOL

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

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-2:00p 7:00-8:00p	5:00a-3:30p	5:00a-3:30p 7:00-8:00p	5:00a-3:30p	5:00a-3:30p 7:00-8:30p	8:45-10:00a	10:00a-12:00p

### LAP SWIM DON NAKATA POOL

The four lanes in Don Nakata Pool are in the 84°F range. Lap swimmers must be at least eight years old and have ARC level 4 swimming skills.\*

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-2:00p 5:30-8:30p	5:00a-3:00p 5:30-8:30p	5:00a-3:00p 5:30-8:30p	5:00a-3:00p 5:30-8:30p	5:00a-3:00p 5:30-8:30p	6:00-9:00a 11:30a-12:30p	10:00a-12:30p

### OPEN SWIM DON NAKATA POOL

The water park is open for recreational swimming, including the hot tub, sauna, steam room, diving area, water slide, lazy river, and beach. Children under age 15 must have a swim license to use the lap area and deep end of the pool. Children under the age of seven without a swim license must have an adult within arm's reach in the water. Those under the age of eight must have an adult in the facility unless they are participating in a specific coached program.

WATERSLIDE requirements: those under the age of seven and 36" tall must go down with an adult.

MON	TUE	WED	THURS	FRI	SAT	SUN
					1:00-3:00p	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 shallow beach areas, tot pool, frog slide, and lazy river.

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

### HOT TUB, SAUNA, AND STEAM ROOM

The hot tub is kept at 101-103°F. It is open to those ages 16 and older whenever the facility is open to the public. The sauna and steam room are available to those ages 16 and older whenever the facility is open to the public. The hot tub, sauna, and steam room are the same as regular pool admission. Pregnant individuals or those suffering from a medical condition that makes exposure to intense heat/hot water dangerous are discouraged from using the hot tub, sauna, and steam rooms. 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 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	6:00-3:00p	10:00-3:00p



**BABYSITTER  
CLASS PAGE 51**

**WINTER BREAK  
OPEN SWIM**

12/18,12/20,12/22 1:00-3:00p







# 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 that 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 at an additional charge.

**Package A:** Bring your own food and decorations. \$165

Additional children up to 20 — \$6.50 each

**Package B:** Includes cake, ice cream, beverage (juice), napkins, utensils, and balloons. \$242

Additional children up to 20 — \$7

## TEAMS

### BAINBRIDGE AQUATIC MASTERS (BAM)

Welcome to the Bainbridge Aquatic Masters, a year-round swim team for adults ages 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 our vibrant community of athletes, please get in touch with us at [recreation@biparks.org](mailto:recreation@biparks.org) of the Bainbridge Island Aquatic Masters TeamUnify website to be placed on the interest list.

Swim meet opportunities will be sent out with weekly updates from Head Coach April Cheadle.



### BAINBRIDGE ISLAND SWIM CLUB (BISC)

Our club is a team offering high-quality, professional coaching for youth ranging in abilities. Each swimmer will be provided 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 experience. All swimmers must also be registered with USA Swimming.



For information on how to join our swim club, email Head Coach Kyle Harris at [kyleh@biparks.org](mailto:kyleh@biparks.org). For more information about our club, visit the BISC Team Unify website.



# ADULT AQUA EXERCISE CLASSES

## SCHEDULE BEGINS 9/5

PRE-REGISTRATION IS NOT REQUIRED—SEE PASS PRICES BELOW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES	<b>Deep Mixology</b> 8:00-9:00a <b>Motion &amp; Mindfulness</b> 10:00-11:00a	<b>Deep Mixology</b> 8:00-9:00a	<b>Deep Mixology</b> 8:00-9:00a <b>Motion &amp; Mindfulness</b> 10:00-11:00a	<b>Deep Mixology</b> 8:00-9:00a	<b>Deep Mixology</b> 8:00-9:00a <b>Motion &amp; Mindfulness</b> 10:00-11:00a
AFTERNOON & EVENING CLASSES	<b>Deep Running and Yoga</b> 11:00-12:00p	<b>Noon Mash-up</b> 11:00-11:50a <b>Deep Mixology</b> 7:00-8:00p	<b>Deep Running and Yoga</b> 11:00-12:00p	<b>Noon Mash-up</b> 11:00-11:50a <b>Deep Mixology</b> 7:00-8:00p	

### 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 their bodies working. This class is easily modified to your optimal intensity by making movements smaller or larger. Deep Mixology is taught in the dive tank of the Don Nakata Pool utilizing floatation equipment.

### MOTION AND MINDFULNESS

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

### DEEP WATER RUNNING AND YOGA

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 and promote body recovery while getting a fantastic workout. Then challenge your core and stability with yoga-inspired movements. No swimming is required.

### NOON MASH-UP

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

### WATER EXERCISE CLASS RATES

	10-PUNCH (NON-RES +\$6)	20-PUNCH (NON-RES +\$6)	MONTHLY (NON-RES +\$6)
Adult (18-59)	\$109	\$191	\$109
Senior (60+)	\$91	\$144	\$91
Drop-in	\$13		



## ADULT SWIM & TEEN

### LET'S GET COMFORTABLE IN THE WATER

Overcome your fear and feel comfortable in the water. Let us help you cross-learn to swim off your bucket list in a warm and supportive environment. Your instructor will meet you where you are and help you achieve your swimming goals.

502519-01	T	6:20-7:00p	9/12-10/3	\$88
02	Th	6:20-7:00p	10/12-11/2	\$88
03	T	6:20-7:00p	11/7-12/5	\$88*

### INTRO TO LAP SWIM

If you are a swimmer who has been out of the water for many years, this refresher course is the class for you! Explore swimming for exercise and enjoyment or for newer swimmers who want to learn lap swimming basics.

502517-01	Th	6:20-7:00p	9/14-10/5	\$88
02	T	6:20-7:00p	10/10-10/31	\$88
03	Th	6:20-7:00p	11/9-12/7	\$88*



Ask to be added to the Aquatic Splash Report for weekly updates. Go to [biaquatics.org](http://biaquatics.org) and add your email to receive these weekly reports.





# AQUATIC CENTER

## SPECIALTY

### BABYSITTER TRAINING (AMERICAN RED CROSS) ★

Ages 11 and up. Invest some time to jumpstart your money-earning ability as you gain knowledge of younger children: so many families appreciate a trained babysitter! The instructor will provide age-appropriate activities, infant handling, basic first aid and safety skills, marketing ideas, and more. Students who successfully complete the course will receive their Red Cross certificate.

502536-01 ThF 9:00a-1:00p 11/2-11/3 \$150



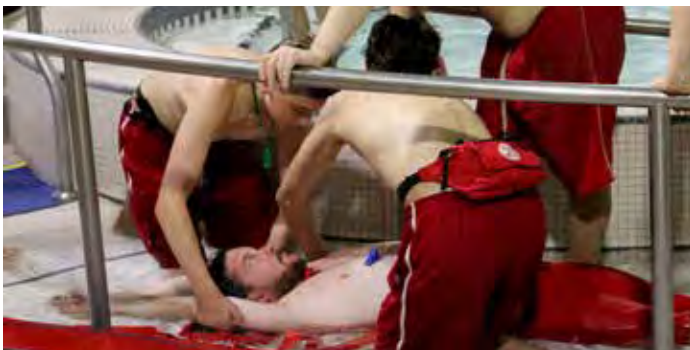
### ADULT AND PEDIATRIC CPR/AED AND FIRST AID (AMERICAN RED CROSS) ★

Ages 11 and up. Would you like to feel confident that you could help a neighbor or family member in an emergency? The most important skill you can learn to prepare for an emergency is becoming certified in basic CPR and First Aid. Join our instructor for a blended learning style class that fits your busy schedule. Complete the online course before the in-person skill session.

502522-01 W 10:00a-1:00p 10/11 \$115

### LIFEGUARDING WITH WATERPARK MODULE (AMERICAN RED CROSS)

Are you interested in working as a lifeguard with us? While we do not have any classes this fall, we can train the right individuals with in-house classes. What do you need to do? Please apply on our website and let us know if you are interested. Still have questions? Contact Jenette at [jenetter@biparks.org](mailto:jenetter@biparks.org).



## JOIN THE CREW!

**We are hiring lifeguards, swim instructors, and water exercise instructors.**

**Not certified? No problem, we can train you and get you working!**

Lifeguards \$18.53-25.65

Swim Instructors \$19.76-27.36

Water Exercise Instructors \$23.47-32.49

### WHY WORK WITH US?

- Flexible schedules (morning, mid-day, evenings, weekends) 2-5+ hour shifts
- Good pay and annual merit increases
- Free Aquatic Center pass for you and your dependents
- Free Bainbridge Island Recreation Center pass for you and your dependents
- 50% off most of Park District classes for you and your dependents

**Apply online at [biparks.org](http://biparks.org) under the Employment tab or drop one off at the Aquatic Center!**



# SWIM LESSONS

Quick Reference Progression Guide on page 54

## TINY TOTS 502501

Monday/Wednesday			
01	5:15-5:45p	9/11-10/4	\$136
02	5:15-5:45p	11/6-12/6	\$136*
Tuesday/Thursday			
03	4:05-4:35p	9/12-10/5	\$136
04	5:50-6:20p	10/10-11/2	\$136
05	4:05-4:35p	11/7-12/7	\$136*
Saturday			
06	9:00-9:30a	9/9-10/28	\$136
07	10:10-10:40a	9/9-10/28	\$136
08	9:00-9:30a	11/11-12/16	\$85*
09	10:10-10:40a	11/11-12/16	\$85*

## TINY STARFISH 502542

Monday/Wednesday			
01	5:15-5:45p	10/9-11/1	\$136
Tuesday/Thursday			
02	5:50-6:20p	9/12-10/5	\$136
03	4:05-4:35p	10/10-11/2	\$136
04	5:50-6:20p	11/7-12/7	\$136*
Saturday			
05	9:35-10:05a	9/9-10/28	\$136
06	10:45-11:15a	9/9-10/28	\$136
07	9:35-10:05a	11/11-12/16	\$85*
08	10:45-11:15a	11/11-12/16	\$85*

## STARFISH (K1) 502502

Monday/Wednesday			
01	3:30-4:00p	9/11-10/4	\$136
02	3:30-4:00p	10/9-11/1	\$136
03	3:30-4:00p	11/6-12/6	\$136*
Tuesday/Thursday			
04	4:05-4:35p	9/12-10/5	\$136
05	4:40-5:10p	9/12-10/5	\$136
06	5:15-5:45p	9/12-10/5	\$136
07	5:50-6:20p	9/12-10/5	\$136
08	4:05-4:35p	10/10-11/2	\$136
09	4:40-5:10p	10/10-11/2	\$136
10	5:15-5:45p	10/10-11/2	\$136
11	5:50-6:20p	10/10-11/2	\$136
12	4:05-4:35p	11/7-12/7	\$136*
13	4:40-5:10p	11/7-12/7	\$136*
14	5:15-5:45p	11/7-12/7	\$136*
15	5:50-6:20p	11/7-12/7	\$136*
Saturday			
16	9:35-10:05a	9/9-10/28	\$136
17	9:35-10:05a	11/11-12/16	\$85*

## ANGELFISH (K2) 502503

Monday/Wednesday			
01	4:05-4:35p	9/11-10/4	\$136
02	4:05-4:35p	10/9-11/1	\$136
03	4:05-4:35p	11/6-12/6	\$136*
Tuesday/Thursday			
04	4:05-4:35p	9/12-10/5	\$136
05	5:15-5:45p	9/12-10/5	\$136
06	4:05-4:35p	10/10-11/2	\$136
07	5:15-5:45p	10/10-11/2	\$136
08	4:05-4:35p	11/7-12/7	\$136*
09	5:15-5:45p	11/7-12/7	\$136*
Saturday			
10	11:20-11:50a	9/9-10/28	\$136
11	11:20-11:50a	11/11-12/16	\$85*

## BETA FISH (K3) 502504

Monday/Wednesday			
01	4:40-5:10p	9/11-10/4	\$136
02	4:40-5:10p	10/9-11/1	\$136
03	4:40-5:10p	11/6-12/6	\$136*
Tuesday/Thursday			
04	4:40-5:10p	9/12-10/5	\$136
05	4:40-5:10p	10/10-11/2	\$136
06	4:40-5:10p	11/7-12/7	\$136*
Saturday			
07	10:10-10:40a	9/9-10/28	\$136
08	10:10-10:40a	11/11-12/16	\$85*

## CLOWNFISH (K4) 502505

Tuesday/Thursday			
01	4:40-5:10p	9/12-10/5	\$136
02	4:40-5:10p	10/10-11/2	\$136
03	4:40-5:10p	11/7-12/7	\$136*

## LITTLE FISH (K5) 502540

Tuesday/Thursday			
01	5:50-6:20p	9/12-10/5	\$136
02	5:50-6:20p	10/10-11/2	\$136
03	5:50-6:20p	11/7-12/7	\$136*

## GUPPY 502506

Monday/Wednesday			
01	3:30-4:00p	9/11-10/4	\$136
02	3:30-4:00p	10/9-11/1	\$136
03	3:30-4:00p	11/6-12/6	\$136*
Tuesday/Thursday			
04	3:30-4:00p	9/12-10/5	\$136
05	4:40-5:10p	9/12-10/5	\$136
06	3:30-4:00p	10/10-11/2	\$136
07	4:40-5:10p	10/10-11/2	\$136
08	3:30-4:00p	11/7-12/7	\$136*
09	4:40-5:10p	11/7-12/7	\$136*
Saturday			
10	10:45-11:15a	9/9-10/28	\$136
11	10:45-11:15a	11/11-12/16	\$85*

## MINNOW 502507

Monday/Wednesday			
01	3:30-4:00p	9/11-10/4	\$136
02	3:30-4:00p	10/9-11/1	\$136
03	3:30-4:00p	11/6-12/6	\$136*
Tuesday/Thursday			
04	3:30-4:00p	9/12-10/5	\$136
05	5:15-5:45p	9/12-10/5	\$136
06	3:30-4:00p	10/10-11/2	\$136
07	5:15-5:45p	10/10-11/2	\$136
08	3:30-4:00p	11/7-12/7	\$136*
09	5:15-5:45p	11/7-12/7	\$136*
Saturday			
10	10:45-11:15a	9/9-10/28	\$136
11	10:45-11:15a	11/11-12/16	\$85*



## FISH 502508

Monday/Wednesday			
01	4:05-4:35p	9/11-10/4	\$136
02	4:05-4:35p	10/9-11/1	\$136
03	4:05-4:35p	11/6-12/6	\$136*
Tuesday/Thursday			
04	3:30-4:00p	9/12-10/5	\$136
05	5:15-5:45p	9/12-10/5	\$136
06	5:50-6:20p	9/12-10/5	\$136
07	3:30-4:00p	10/10-11/2	\$136
08	5:15-5:45p	10/10-11/2	\$136
09	5:50-6:20p	10/10-11/2	\$136
10	3:30-4:00p	11/7-12/7	\$136*
11	5:15-5:45p	11/7-12/7	\$136*
12	5:50-6:20p	11/7-12/7	\$136*
Saturday			
13	11:20-11:50a	9/9-10/28	\$136
14	11:20-11:50a	11/11-12/16	\$85*

## FLYING FISH 502509

Monday/Wednesday			
01	4:05-4:35p	9/11-10/4	\$136
02	4:05-4:35p	10/9-11/1	\$136
03	4:05-4:35p	11/6-12/6	\$136*
Tuesday/Thursday			
04	5:15-5:45p	9/12-10/5	\$136
05	5:50-6:20p	9/12-10/5	\$136
06	5:15-5:45p	10/10-11/2	\$136
07	5:50-6:20p	10/10-11/2	\$136
08	5:15-5:45p	11/7-12/7	\$136*
09	5:50-6:20p	11/7-12/7	\$136*
Saturday			
10	11:20-11:50a	9/9-10/28	\$136
11	11:20-11:50a	11/11-12/16	\$85*



MONDAY/WEDNESDAY

TUESDAY/THURSDAY

SATURDAY



**STING RAY 502510**

<b>Monday/Wednesday</b>			
01	4:40-5:10p	9/11-10/4	\$136
02	4:40-5:10p	10/9-11/1	\$136
03	4:40-5:10p	11/6-12/6	\$136*

<b>Tuesday/Thursday</b>			
04	4:05-4:35p	9/12-10/5	\$136
05	4:05-4:35p	10/10-11/2	\$136
06	4:05-4:35p	11/7-12/7	\$136*

<b>Saturday</b>			
07	9:00-9:30a	9/9-10/28	\$136
08	9:00-9:30a	11/11-12/16	\$85*

**MANTA RAY 502511**

<b>Monday/Wednesday</b>			
01	4:40-5:10p	9/11-10/4	\$136
02	4:40-5:10p	10/9-11/1	\$136
03	4:40-5:10p	11/6-12/6	\$136*

<b>Tuesday/Thursday</b>			
04	4:40-5:10p	9/12-10/5	\$136
05	4:40-5:10p	10/10-11/2	\$136
06	4:40-5:10p	11/7-12/7	\$136*

<b>Saturday</b>			
07	9:35-10:05a	9/9-10/28	\$136
08	9:35-10:05a	11/11-12/16	\$85*

**DOLPHIN 502512**

<b>Tuesday/Thursday</b>			
01	5:50-6:20p	9/12-10/5	\$136
02	5:50-6:20p	10/10-11/2	\$136
03	5:50-6:20p	11/7-12/7	\$136*

<b>Saturday</b>			
04	10:10-10:40a	9/9-10/28	\$136
05	10:10-10:40a	11/11-12/16	\$85*

**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.

<b>Tuesday/Thursday</b>			
013:30-4:00p	9/12-10/5	\$136	
02 3:30-4:00p	10/10-11/2	\$136	
03 3:30-4:00p	11/7-12/7	\$136*	

<b>Saturday</b>			
04 9:00-9:30a	9/9-10/28	\$136	
05 9:00-9:30a	11/11-12/16	\$85*	



**SPLASH INTO FITNESS II 500503**

Ages 11-17. This class is for the older swimmer capable of swimming front crawl for eight pool lengths continuously. 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 life-long fitness sport or conditioning for the high school swim team.

<b>Saturday</b>			
01 9:00-9:30a	9/9-10/28	\$136	
02 9:00-9:30a	11/11-12/16	\$85*	

**DIVE I 501101**

<b>Tuesday/Thursday</b>			
01 4:40-5:10p	9/12-10/5	\$136	
02 4:40-5:10p	10/10-11/2	\$136	
03 4:40-5:10p	11/7-12/7	\$136*	

**DIVE II 501102**

<b>Tuesday/Thursday</b>			
01 5:15-5:45p	9/12-10/5	\$136	
02 5:15-5:45p	10/10-11/2	\$136	
03 5:15-5:45p	11/7-12/7	\$136*	

**JOIN THE CREW!**

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 Swim Instructors \$19.76-27.36  
 Water Exercise Instructors \$23.47-32.49

**WHY WORK WITH US?**

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- Good pay and annual merit increases
- Free Aquatic Center pass for you and your dependents
- Free Bainbridge Island Recreation Center pass for you and your dependents
- 50% off most of Park District classes for you and your dependents

**How do you get hired? Apply online at [biparks.org](http://biparks.org) under the Employment tab or drop one off at the Aquatic Center!**



# SWIMMING LESSONS

## A Quick Guide to the Progression

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



# BIRC



11700 NE Meadowmeer Cir  
Bainbridge Island, WA 98110  
**www.birec.org • Customer Service: 206-842-5661**



### FALL FACILITY HOURS

#### September 5-December 31

Monday-Thursday: 5:30a-10:00p  
Friday- Sunday: 6:00a-8:30p

#### Flex Hours of Access

Monday-Thursday: 11:00-3:00p, 7:00-10:00p  
Friday: 11:00a-2:00p, 6:00p-8:30p  
Saturday-Sunday: 1:00-7:30p

#### Holiday Hours

September 5: 6:00a-4:00p	December 25: Closed
November 23: Closed	December 31: 6:00a-4:00p
December 24: 6:00a-12:00p	January 1: Closed

**The Bainbridge Island Recreation Center is a valuable feature of the Bainbridge Island Metro Park & Recreation District, and it's not hard to see why.**

Our facility includes more than 53,000 square feet of recreation opportunities. We have multi-use fitness rooms, fitness areas for cardio and weightlifting, a Pilates studio, and a gymnasium equipped for basketball, volleyball, and pickleball. We also offer personal training, small-group training programs, and a wide variety of complimentary group exercise classes for members.

Our racquet sports accommodations provide a place to play rain or shine, not to mention connect with players of all skill levels. We have four indoor tennis courts for lessons, clinics, league and ladder play, and an indoor gym space adaptable for pickleball use.

During the summer, cool off in our 23-yard pool, complete with three lap lanes, open recreational space, walk-in entry stairs, and an ADA chair lift.

## MONTHLY MEMBERSHIP OPTIONS

The Bainbridge Island Recreation Center offers something for everyone. Whether you prefer a monthly membership plan that provides comprehensive benefits for you and your family, or a more flexible non-monthly option, BIRC has you covered.

### FITNESS & AQUATICS MEMBERSHIP

RESIDENT			NON-RESIDENT		
User Levels	Joining Fee*	Monthly	User Levels	Joining Fee	Monthly
Silver Sneakers/Silver&Fit	Free	Free	Silver Sneakers/Silver&Fit	Free	Free
Flex/Student/Senior	Free	\$55	Flex/Student/Senior	\$149	\$71
Individual Fitness	Free	\$79	Individual Fitness	\$199	\$103
Senior Couple	Free	\$110	Senior Couple	\$149	\$142
Fitness Couple	Free	\$152	Fitness Couple	\$299	\$197
Fitness Family	Free	\$187	Fitness Family	\$499	\$243

**\*Joining Fee waived for island residents. Proof of residency is required.**

All monthly memberships, excluding Flex, come with unlimited access to the gym's amenities, with the exception of the tennis courts. The membership offers a variety of benefits, including 40 weekly group exercise classes, access to the outdoor pool (during the appropriate season), a basketball court, fitness equipment, and locker rooms. Additionally, members will have access to towel service, steam rooms, and saunas.

- **SilverSneakers/Silver&Fit**

For information on SilverSneakers/Silver&Fit, please email BIRC Administrator Julie Miller at [julie@biparks.org](mailto:julie@biparks.org).

- **Flex/Student/Senior/Senior Couple**

The **Student** membership includes individuals between the ages of 14-23 currently enrolled in school. The **Senior** and **Senior Couple** memberships include individuals ages 60 and over.

The **Flex** membership grants access to all gym amenities except for towel service and pool use. This membership is suitable for individuals ages 18 and up with a flexible daily routine who can visit the gym during off-peak hours, as defined below.

- **Individual Fitness**

An Individual Fitness membership ages 18-60 includes access to all facility amenities except for the tennis courts.

- **Fitness Couple**

A Fitness Couple membership consists of a primary member and another family member or partner living in the same household on a permanent basis.

- **Fitness Family**

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



## TENNIS, FITNESS & AQUATICS MEMBERSHIP

RESIDENT			NON-RESIDENT		
User Levels	Joining Fee*	Monthly	User Levels	Joining Fee	Monthly
Student Tennis	Free	\$99	Student Tennis	\$149	\$165
Individual Tennis	Free	\$151	Individual Tennis	\$199	\$217
Couple Tennis	Free	\$225	Couple Tennis	\$299	\$291
Family Tennis	Free	\$261	Family Tennis	\$499	\$327

**\*Joining Fee waived for island residents. Proof of residency is required.**

All tennis memberships include up to 40 complimentary group exercise classes per week, use of the outdoor pool seasonally, basketball gymnasium, fitness equipment, and locker rooms, including towel service, steam rooms, and sauna. Members have preferred access to tennis court reservations, league play, and clinics.

- **Student Tennis**

The Student Tennis membership is for individuals between the ages of 14-23 years.

- **Individual Tennis**

Individual Tennis memberships for ages 18-60 include access to all facility amenities.

- **Couple Tennis**

A Couple Tennis membership consists of a primary member and another family member or partner living in the same household on a permanent basis.

- **Family Tennis**

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

## DROP-IN AND PASS OPTIONS

### DAY PASSES

	RESIDENT*	NON-RESIDENT*
Youth/Senior	\$13	\$19
Adult	\$16	\$21

\*BIRC is a no-cash facility. Taxes not included.

### PUNCH PASS

	RESIDENT*	NON-RESIDENT*
<b>Youth/Senior</b>		
10-Punch Pass	\$117	\$155
20-Punch Pass	\$234	\$300
<b>Adult</b>		
10-Punch Pass	\$144	\$185
20-Punch Pass	\$288	\$360

\*BIRC is a no-cash facility. Taxes not included.

## WINTER BREAK PASS SPECIALS

### 30-DAY AND 45-DAY STUDENT PASS

#### 30-DAY

**Resident:** \$70

**Non-Resident:** \$70+\$30 joining fee

#### 45-DAY

**Resident:** \$100

**Non-Resident:** \$100+\$30 joining fee

Offer valid November 1-January 31.

Eligible students must be ages 13-23. Proof of age and student enrollment are required.

Youth ages 13-15 must attend a Junior Fitness certification.

Students can purchase additional days (consecutively) for \$2 a day when they have purchased a 30-day or 45-day student winter break pass. Max 12 days. Taxes not included in price.







# BIRC

## DROP-IN SPORTS, LEAGUES, CLASSES

**SCHEDULE SUBJECT TO CHANGES AND CANCELATIONS DUE TO BIRC FUNCTION, HOLIDAYS, OR LOW ATTENDANCE. PLEASE VISIT BIREC.ORG FOR THE CURRENT SCHEDULE.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basketball Drop-In Play 6:00-7:30a	GroupX Fitness Class 6:30-7:30a	Basketball Drop-In Play 6:00-7:30a	GroupX Fitness Class 6:30-7:30a	Basketball Drop-In Play 6:30-8:30a	Adult Pickleball Drop-In Play 7:00-9:00a	Adult Pickleball Drop-In Play 7:00-9:00a
Adult Pickleball Drop-In Play 8:00-10:00a	GroupX Fitness Class 9:00-10:00a	Adult Pickleball Drop-In Play 8:00-10:00a	Adult Pickleball Drop-In Play 8:00-10:00a	GroupX Fitness Class 9:00-10:00a	Youth Basketball Drop-In Play 9:30-11:30a	Adult Pickleball Drop-In Play 9:30-11:30a
Basketball Drop-In Play 11:30a-1:30p	SilverSneakers 12:00-1:00p	Basketball Drop-In Play 11:30a-1:30p	SilverSneakers 12:00-1:00p	Basketball Drop-In Play 11:30a-1:30p		Youth Classes 12:00-5:00p
Adult Pickleball Drop-In Play 2:00-4:00p	Adult Pickleball Drop-In Play 2:00-4:00p	Adult Pickleball Drop-In Play 2:00-4:00p	Adult Pickleball Drop-In Play 2:00-4:00p	Adult Pickleball Drop-In Play 2:00-4:00p		Youth Classes 12:00-4:00p
Youth Basketball Drop-In Play 4:00-5:30p	Youth Basketball Drop-In Play 4:00-5:30p	Youth Pickleball Drop-In Play 4:00-5:30p	Youth Basketball Drop-In Play 4:00-5:30p	Youth Basketball Drop-In Play 4:00-5:30p		Youth Pickleball League 4:00-5:30p
Volleyball Drop-In Play 6:00-8:00p	Adult Basketball Drop-In Play 6:00-8:00p	Adult Pickleball League 6:00-8:00p	Adult Pickleball League 6:00-8:00p	Adult Basketball Drop-In Play 6:00-8:00p		Adult Pickleball League 5:30-7:30p

### DROP-IN PLAY

#### ENROLLMENT AND CHECK-IN AT FRONT DESK REQUIRED

- **Pickleball:** Three courts available. Balls and paddles are provided.
- **Basketball:** One full court or two short courts.
- **Volleyball:** One court. Volleyballs are provided.



### 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:** Drop-In: \$8.00, 10-Visit Punch Pass: \$64, 20-Visit Punch Pass: \$128  
**Senior/Youth:** Drop-In: \$6.00, 10-Visit Punch Pass: \$48, 20-Visit Punch Pass: \$96

- 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 is a no-cash facility \*Taxes not included



## FITNESS AND EXERCISE

### GROUP EXERCISE CLASSES

BIRC has a fantastic offering of complimentary exercise classes such as Silver Sneakers, Zumba, Yoga, Barre, cycling, Cardio Strength, and more. Group X classes are free to members. Non-members can attend classes for a \$21 day pass fee. Check the classes out on our website at [birec.org](http://birec.org)

### SMALL-GROUP TRAINING CLASSES

Small-group classes range in size from 4-6 participants. For more information, contact Marie Figgins at [marief@biparks.org](mailto:marief@biparks.org).



### HOW TO REGISTER FOR BIRC CLASSES:



Online at  
[birec.org](http://birec.org)  
for Members



By phone  
at 206-842-5661



In person at the  
BIRC front desk



Register on  
RecTrac for  
Non-Members

### WOMEN ON WEIGHTS

Ages 16 and up. Women On Weights is designed to engage and teach women of all ages and abilities the importance of exercise, specifically Resistance Training. This four-week program will teach participants proper exercise techniques and the benefits of training.

				Member/Non-Member
511700-01	MW	11:30a-12:30p	9/11-10/11	\$180/\$195
02	MW	11:30a-12:30p	10/16-11/8	\$160/\$175
03	MW	11:30a-12:30p	11/13-12/13	\$180/\$195



### WOMEN ON WEIGHTS 2.0

Ages 16 and up. Women On Weights is designed to engage and teach women of all ages and abilities the importance of exercise, specifically Resistance Training. This four-week program will teach participants proper exercise techniques and the benefits of training. Our goal is that by the end of this program, you feel like the STRONG, POWERFUL, and KNOWLEDGABLE woman that you are and that this will translate into you being confident and comfortable within the gym setting. Please note that this is not a fitness workout, but you will learn proper techniques to continue after completing the program. This class is for women that want to learn bigger lifts, squats, deadlifts, and more. We will be using barbells, cable machines, and dumbbells. Prerequisite Women on Weights, or approval by trainer

				Member/Non-Member
511700-04	MW	12:30-1:30p	9/11-10/11	\$180/\$195
05	MW	12:30-1:30p	10/16-11/8	\$160/\$175
06	MW	12:30-1:30p	11/13-12/13	\$180/\$195

### TRX HIIT

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 while burning calories and increasing your strength. Each session will include intervals of cardio and strength in the popular HIIT format.



				Member/Non-Member
511700-07	MW	10:30-11:30a	9/11-10/11	\$180/\$195
08	MW	10:30-11:30a	10/16-11/8	\$160/\$175
09	MW	10:30-11:30a	11/13-12/13	\$180/\$195

### TRX 101 NEW!

Ages 16 and up. Utilize the strong, versatile TRX® straps to leverage individual bodyweight into hundreds of safe, effective exercises that build power, strength, flexibility, and balance with a focus on the core! It is time to meet your match. Get a great cardio strength workout. This class is an excellent start for beginners and those new to TRX training.

				Member/Non-Member
511700-10	TTh	9:00-10:00a	9/12-10/12	\$180/\$195
11	TTh	9:00-10:00a	10/17-11/9	\$160/\$175
12	TTh	9:00-10:00a	11/14-12/14	\$180/\$195

### KICKBOXING FOUNDATIONS

Ages 16 and up. Learn an exciting new skill and get a great workout doing it. This beginner-friendly program will familiarize you with kickboxing's strikes, positioning, and conditioning fundamentals. Our progressive Instruction will use standing bags and pad work to cover how to throw punches and kicks safely and how to avoid them! Bring hand wrap and boxing gloves for the best experience, but we can easily teach without them. Join us to become more precise, agile, and powerful in your movement.

				Member/Non-Member
511700-19	MW	5:00-6:00p	9/11-10/11	\$180/\$195
20	MW	5:00-6:00p	10/16-11/8	\$160/\$175
21	MW	5:00-6:00p	11/13-12/13	\$180/\$195



# BIRC

## INTRO TO AERIAL YOGA WORKSHOP ★

Age 13 and up. Open to first-timers and all levels who desire a more distilled offering of the fundamentals in a one-day workshop format. It is a condensed version of the fundamentals of aerial yoga, building strength, flexibility, stamina, confidence, and balance safely with the support of the hammock. All the benefits of reducing stress, pain, and anxiety are available to experience for yourself with a sampling of what aerial yoga has to offer. Turn your New Year and your perspective upside-down, and hang with us for the day!

<b>Member/Non-Member</b>				
511700-22	Sa	9:30a-12:00p	10/21	\$50/\$65
23	Su	9:30a-12:00p	11/12	\$50/\$65
24	Sa	9:30a-12:00p	12/2	\$50/\$65

## INTRO TO AERIAL PLAY FOR TWEENS **NEW!** ★

Ages 10-14. Introduce your tween to the thrill of flight! Join us for an exciting six-week series led by the amazing Bea Rosner. Watch as your child discovers the joy of playful movements and sequences, perfect for beginners. Get ready to soar together!

<b>Member/Non-Member</b>				
511699-01	TTh	4:30-5:30p	10/10-10/26	\$140/\$155

## 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 compliment activity to build strength, flexibility, confidence, and balance and reduce stress/pain while learning to flip upside down safely. Hang out with us and experience the benefits for yourself.

<b>Member/Non-Member</b>				
511700-25	TTh	4:30-5:30p	9/19-10/5	\$140/\$155



## ANTIGRAVITY YOGA FOR HEALING **NEW!** ★

Ages 13 and up. Fall is a perfect time to renew, relax, rejuvenate, and re-energize. This class is for all levels- no yoga experience is necessary. Learn to fully relax the muscles using the hammock to take the weight off your joints, allowing for more space to expand. Creating more space in the body produces more space in the mind with longer holds and the discipline of stillness. This supportive series is prop heavy for your comfort. You deserve this — your body is asking for it!

<b>Member/Non-Member</b>				
511700-26	MW	9:30-10:30a	9/18-10/4	\$140/\$155

## ANTIGRAVITY YOGA FITNESS SERIES **NEW!** ★

Ages 13 and up. Feeling the wear and tear of daily life as gravity takes a toll? Hanging upside down in a hammock, or an inversion, using a silk fabric hammock can decompress vertebrae and joints, restoring the cushion of space between them. Full body workouts take the pressure off all your joints and offer many other benefits — restore, revitalize, and destress. Accessible for all levels and experiences.

<b>Member/Non-Member</b>				
511700-27	TTh	10:30-11:30a	11/7-11/28*	\$140/\$155

\*No class 11/23

## AERIAL ★ NEXT LEVEL

Ages 13 and up. This class is intended for intermediate to advanced students who have completed the Aerial Yoga Intro series or comparable experience. We will explore more flow-style classes with more advanced progressions and poses, deeper core strengthening, deconstructing poses with longer holds, and more yogi play time to challenge yourself or just hang. Don't worry; it includes the floating meditation to rest, renew, and rejuvenate your practice.



<b>Member/Non-Member</b>				
511700-28	TTh	10:30-11:30a	10/10-10/26	\$140/\$155

## AERIAL YOGA PRIVATE SESSIONS ★

Ages 13 and up. One-on-one private sessions, partner or BFF sessions, and adult or teen small group sessions. Personalized consultation to personalize your needs and desires for an Antigravity Yoga Fitness Session. Try something NEW with your friends or at your own pace, and experience the freedom of flight! Email [bear@biparks.org](mailto:bear@biparks.org) to schedule a consultation.



## PROGRAMS FOR TEENS AGES 13-17



## PERSONAL TRAINING

**BIRC has a well-rounded team of fitness professionals to service all your individual needs. Each member of the fitness team is certified by a nationally recognized certifying body and brings a unique style and personality to their work. Visit [birec.org](http://birec.org) to find trainers' full profiles.**



**MARIE FIGGINS**  
ACE-CPT, TRX, Group Fitness  
[marief@biparks.org](mailto:marief@biparks.org)

Marie began teaching group exercise classes at the YMCA in West Seattle in 2010. After realizing how much she enjoyed being involved in the fitness industry, she continued to get her personal training certification in 2012. Marie aims to reach people of all ages and levels of fitness. She aims to help her clients make fitness and good health a way of life and have fun. Marie implements that same motto and spends time weightlifting, dancing, and running. "I believe that we train for life to strengthen us in our everyday activities — mentally, physically, and spiritually. Anyone can reach their fitness goals with support, consistency, and motivation!"



**KRISTINE COX**  
ACE-CPT, TRX, Group Fitness  
[kristinec@biparks.org](mailto:kristinec@biparks.org)

As a lifelong competitor and former collegiate swimmer, Kristine loves to train and compete. She currently holds several U.S. Masters Swimming records at the state and zone levels. Constantly active, she began teaching group exercises in Portland in 2010. A few years later, she began coaching youth and masters swimmers at Stafford Hills Club in Tualatin — specializing in performance training and stroke technique. Kristine's focus areas as a trainer include functional movement training, sport-specific conditioning, and TRX. Kristine holds a Bachelor of Science from Willamette University, is an ACE Certified Personal Trainer, and is an AFAA Certified Group Fitness Instructor. She is the Co-Head Girls Swim and Dive Coach and the Head Boys Swim and Dive Coach at Bainbridge High School.



**MAGGIE MILLER**  
PT, CSCS  
[maggiem@biparks.org](mailto:maggiem@biparks.org)

Maggie has over 20 years of experience in orthopedic and sports physical therapy. She earned her Strength and Conditioning Specialist Certification in 2003, a credential that recognizes knowledge and skill in athletes' training. She has expertise in preventing knee injuries in female athletes and has been a featured speaker at the Washington State Strength and Conditioning Association's Clinic several times. Maggie's specialties include core training, injury recovery and prevention, sports-specific training, and sports performance enhancement. Maggie offers fee-based group training classes focusing on these topics throughout the year. The class content is based on current research, so participants learn what to do and why specific exercises are essential.



**CURTIS WRIGHT**  
ISSA-CPT, NCCPT, Kickboxing, Strength, and Conditioning  
[curtisw@biparks.org](mailto:curtisw@biparks.org)

Curtis has a decade of Martial Arts experience, A transformative weight loss journey, and a fascination with human movement that has prepared him for a passionate career in fitness. After studying anatomy and physiology in 2011, Curtis went on to lose 120 pounds after a deeper understanding of what the body was capable of. This led directly to several years of training at the former Full Circle Fight Club in Bremerton in MMA, Muay Thai, and Kali. Curtis's primary career has been in customer service, and he has developed an ability to deliver information in fun, actionable, and informative ways to serve your goals best. Curtis is experienced and passionate about one-on-one kickboxing instruction for all levels and personal training.

## PERSONAL TRAINING PARTNER AND GROUP SESSIONS

	Member	Non-Member
One-Hour Session	\$70	\$88
One-Hour Session — 5-Pack	\$333	\$418
One-Hour Session — 10-Pack	\$630	\$792
30-Minute Session	\$35	\$55
30-Minute Session — 5-Pack	\$170	\$261
30-Minute Session — 10-Pack	\$320	\$495
Partner Training (2 people) One Hour	\$44pp	\$50pp
Group Training (3-4 people) One Hour	\$33pp	\$39pp





# BIRC

## PILATES REFORMER

**Pilates Reformer is a total-body exercise that recruits every muscle fiber, leading to a strong core. It helps with joint stability and balance and strengthens the abdominals, glutes, and hamstrings. These support the spine and lengthen the hip flexors, which increase flexibility and improve posture. Register for Pilates Reformer by emailing our instructors.**



## PILATES REFORMER PRIVATE, DUET, AND CLASS PACK SESSIONS

	Member	Non-Member
One-Hour Single Session	\$70	\$88
One-Hour Session — 5-Pack	\$333	\$418
One-Hour Session — 10-Pack	\$630	\$792
Duet One-Hour Session	\$44pp	\$50pp

### CLASS PACKS

4-Pack Class Session	\$110	\$132
8-Pack Class Session	\$209	\$231



### KATE TITUS

[katet@biparks.org](mailto:katet@biparks.org)

Build strength in your core — move with power in your life! I am passionate about building fitness from your core and how that can impact all the activities in your life. The foundation for that is Pilates!

With 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 every now and then!

Looking forward to having you soon! Kate is certified for Pilates equipment/mat classes by Physical Mind (and others) as well as ACSM Personal Trainer, ACE Group Exercise Instructor, and Lifestyle coaching.



### KIM WILSON

[kimw@biparks.org](mailto:kimw@biparks.org)

Kim is a Balanced Body Certified Instructor, a Bone-Fit Instructor, PATH International Therapeutic Riding Instructor, and an active retired RN. Kim has been committed to Pilates Practice for over 20 years and has been a dedicated Pilates Instructor for over 16 years. Additionally, Kim is an equestrian with over 30 years of horse riding, training, and showing.



### SHERI WETHERELL

[sheriw@biparks.org](mailto:sheriw@biparks.org)

**(Begins late summer/early fall)**

After months of training with BIRC's Kate Titus, Sheri was inspired to get her Pilates Mat and Reformer certification. She joins the gym as a student teacher with a passion for helping others in their health and fitness journey and believes you are never too old to get in shape. Sheri's professional background is in corporate marketing and merchandising, and she has spent more than a decade as a food blogger/influencer and recipe developer. Her passion is in health and wellness, cooking, skiing, and exploring corners of the world with her family.



## DYNAMIC AGING: LIVING A GOOD LONG LIFE

We all want to live fully into the years we're granted and take advantage of the exceptional gifts' retirement offers us: the ability to pursue adventure, cultivate a new passion, live with purpose, and create a rich social network of family and friends. Our Dynamic Aging class will help you explore your next adventure. Find out more in our Adult Special Interest section.



## TENNIS INSTRUCTORS



**DAYNA MALTBY-GUIZZETTI**  
Tennis Program Coordinator, USPTA Elite Professional  
daynag@biparks.org

Dayna's extensive 30+ years of 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, upbeat teaching style, always believing in and wanting to challenge her students to achieve their goals and enjoy the sport that has given so much to many people.



**PAUL KOESSLER**  
Tennis Program Specialist, USPTA  
paulk@biparks.org

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 IHSAA 5A state titles in 2016, 2018, and 2019 while coaching the boys to a third-place showing at the 2019 IHSAA Championships. 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.



**JAMES CRUTCHFIELD**  
Tennis Program Specialist, USPTA  
jamesc@biparks.org

James is a USPTA-certified tennis instructor with 10+ years of teaching experience and competitive playing experience at Portland State University. James ran his 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 and 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 techniques, and facilitates 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 work up a sweat and have a good time!

## ADULT TENNIS

### TENNIS 101

For the beginning adult tennis player looking to start the sport of a lifetime with a solid foundation. In this four-week course, players will learn fundamentals in all strokes, scoring, basic positioning, and more!

		Member/Non-Member	
512731-01	Sa	2:00-3:15p	9/16-10/7 \$77/\$92
02	Sa	2:00-3:15p	10/14-11/4 \$77/\$92
03	Sa	2:00-3:15p	11/11-12/9* \$77/\$92

\*No class 11/25

## YOUTH AND TEEN TENNIS

### TOTS TENNIS (19"-21" RACKET)

Ages 4-5. This class is geared towards the littlest player just beginning their tennis journey. Start your little ones with basic skill-building exercises like tracking, catching, coordination, balance, etc. Players will also 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	9/17-10/22 \$48/\$62
02	Su	12:00-12:30p	10/29-12/10 \$56/\$73
03	Su	12:00-12:30p	1/7-2/11 \$48/\$62

### 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 to the next level.

		Member/Non-Member	
512706-01	W	3:00-3:45p	9/13-10/25 \$84/\$109
02	Su	12:30-1:30p	9/17-10/22 \$92/\$120
03	Su	12:30-1:30p	10/29-12/10 \$108/\$140
04	W	3:00-3:45p	11/1-12/13 \$84/\$109
05	W	3:00-3:45p	1/3-2/14 \$84/\$109
06	Su	12:30-1:30p	1/7-2/11 \$92/\$120



# BIRC

## 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, as well as introduce the concepts of cooperative rallying versus competitive point play. Further focus will be on developing your child's athleticism by challenging their coordination, balance, and strength.

### Member/Non-Member

512704-01	M	3:00-3:45p	9/11-10/23	\$84/\$109
02	W	3:00-3:45p	9/13-10/25	\$84/\$109
03	Su	1:30-2:30p	9/17-10/22	\$92/\$120
04	Su	1:30-2:30p	10/29-12/10	\$108/\$140
05	M	3:00-3:45p	10/30-12/11	\$84/\$109
06	W	3:00-3:45p	11/1-12/13	\$84/\$109
07	W	3:00-3:45p	1/3-2/14	\$84/\$109
08	Su	1:30-2:30p	1/7-2/11	\$92/\$120
09	M	3:00-3:45p	1/8-2/12*	\$60/\$78

\*No class 1/15

## GREEN BALL (25"-27")

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green Ball Tennis will emphasize proper technique and footwork with continued development in topspin, rallying with directional control, and competitive point play. The additional focus will be developing your child's athleticism by challenging their coordination, balance, and strength.

### Member/Non-Member

512705-01	T	3:45-4:45p	9/12-10/24	\$108/\$140
02	Th	3:45-4:45p	9/14-10/26	\$108/\$140
03	Su	2:30-3:30p	9/17-10/22	\$92/\$120
04	Su	2:30-3:30p	10/29-12/10	\$108/\$140
05	T	3:45-4:45p	10/31-12/12	\$108/\$140
06	Th	3:45-4:45p	11/2-12/14*	\$92/\$120
07	T	3:45-4:45p	1/2-2/13	\$108/\$140
08	Th	3:45-4:45p	1/4-2/15	\$108/\$140
09	Su	2:30-3:30p	1/7-2/11	\$92/\$120

\*No class 11/23

## CHALLENGER

Ages 13 and up. Pro approval or 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 transitioning from a 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 transition 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	9/11-10/23	\$108/\$140
02	W	5:00-6:00p	9/13-10/25	\$108/\$140
03	Su	4:00-5:00p	9/17-10/22	\$92/\$120
04	Su	4:00-5:00p	10/29-12/10	\$108/\$140
05	M	5:00-6:00p	10/30-12/11	\$108/\$140
06	W	5:00-6:00p	11/1-12/13	\$108/\$140
07	W	5:00-6:00p	1/3-2/14	\$108/\$140
08	Su	4:00-5:00p	1/7-2/11	\$92/\$120
09	M	5:00-6:00p	1/8-2/12*	\$77/\$100

\*No Class 1/15

## 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 with a UTR (Universal Tennis Rating). Players must demonstrate consistency with routine shots, topspin on groundstrokes, and know the correct grips for serve and volleys. Further focus and observation will be dedicated to singles and doubles strategy and patterns of play.

### Member/Non-Member

512718-01	M	3:45-5:00p	9/11-10/23	\$135/\$176
02	W	3:45-5:00p	9/13-10/25	\$135/\$176
03	M	3:45-5:00p	10/30-12/11	\$135/\$176
04	W	3:45-5:00p	11/1-12/13	\$135/\$176
05	W	3:45-5:00p	1/3-2/14	\$135/\$176
06	M	3:45-5:00p	1/8-2/12*	\$96/\$125

\*No class 1/15

## ELITE

Players must have a UTR rating of two or higher or pro approval. Players must demonstrate a positive attitude and strong work ethic, exercise topspin and slice on all groundstrokes, have consistent use of the continental grip, know how to exploit, and capitalize on short shots with strong transition and net play. Further focus will be on point play observations, problem-solving, critical thinking, and improving tactical and mental skill sets.

### Member/Non-Member

512717-01	T	4:30-6:00p	9/12-10/24	\$135/\$176
02	Th	4:30-6:00p	9/14-10/26	\$135/\$176
03	T	4:30-6:00p	10/31-12/12	\$135/\$176
04	Th	4:30-6:00p	11/2-12/14*	\$116/\$151
05	T	4:30-6:00p	1/2-2/13	\$135/\$176
06	Th	4:30-6:00p	1/4-2/15	\$135/\$176

\*No class 11/23

## TENNIS FOR TEENS

Ages 13-17. T4T is a class for beginning to intermediate-level players who want to improve their knowledge and skill sets. This class will focus on a better understanding of fundamental footwork, technique, and strategy. This could also be a third day for our Green Ball players (of age) looking to transition into Challenger. We will work on rally skills and some light point play to engage the competitive spirit and improve everyone's overall game.



### Member/Non-Member

512719-01	Su	5:00-6:00p	9/17-10/22	\$92/\$120
02	Su	5:00-6:00p	10/29-12/10	\$108/\$140
03	Su	5:00-6:00p	1/7-2/11	\$92/\$120

# BIRC



## REC PROGRAMS AND CAMPS

### NO SCHOOL CAMPS AT BIRC

Ages 5-9. Our mini camps are designed for younger campers. Shorter days, age-appropriate sports and activities, crafts, downtime, and more. BIRC

#### CONFERENCE DAYS

			Member/Non-Member	
511502-01	Th-F	9:00a-12:00p	11/2-11/3	\$80/\$104

#### VETERANS DAY

			Member/Non-Member	
511501-01	F	9:00a-12:00p	11/10	\$55/\$70

#### THANKSGIVING BREAK

			Member/Non-Member	
511503-01	WF	9:00a-12:00p	11/22, 11/24	\$80/\$104

#### WINTER BREAK

			Member/Non-Member	
511504-01	M-Th	9:00a-12:00p	12/18-12/21	\$160/\$209

			Member/Non-Member	
511504-03	T-F	9:00a-12:00p	12/26-12/29	\$160/\$209



### HOTSHOTS 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	9/10-10/1	\$65/\$83
02	Su	12:15-12:45p	10/8-10/29	\$65/\$83
03	Su	12:15-12:45p	11/5-11/26	\$65/\$83
04	Su	12:15-12:45p	12/3-12/17	\$50/\$63

### 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

			Member/Non-Member	
512725-01	Su	12:55-1:25p	9/10-10/1	\$65/\$83
02	Su	12:55-1:25p	10/8-10/29	\$65/\$83
03	Su	12:55-1:25p	11/5-11/26	\$65/\$83
04	Su	12:55-1:25p	12/3-12/17	\$50/\$63

### 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 it. BIRC

			Member/Non-Member	
512726-01	Su	1:35-2:15p	9/10-10/1	\$73/\$93
02	Su	1:35-2:15p	10/8-10/29	\$73/\$93
03	Su	1:35-2:15p	11/5-11/26	\$73/\$93
04	Su	1:35-2:15p	12/3-12/17	\$58/73

### PICKLEBALL LADDER LEAGUE FOR YOUTH

Ages 10-14. Are you interested in playing more pickleball with people at the same level at a set time each week? Our Ladder Play might be the answer. Whether you want to be competitive or want to play with people of the same ability. BIRC

			Member/Non-Member	
512730-01	Su	3:45-5:15p	9/10-10/1	\$45/\$60
02	Su	3:45-5:15p	10/8-10/29	\$45/\$60
03	Su	3:45-5:15p	11/5-11/26	\$45/\$60

### 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	9/10-10/1	\$73/\$93
02	Su	2:30-3:30p	10/8-10/29	\$73/\$93
03	Su	2:30-3:30p	11/5-11/26	\$73/\$93
04	Su	2:30-3:30p	12/3-12/17	\$55/\$70

### PICKLEBALL LADDER LEAGUE FOR ADULTS

Ages 18 and up. Are you interested in playing more pickleball with people at the same level at a set time each week? 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	9/10-10/1	\$50/\$65
02	Su	5:30-7:30p	10/8-10/29	\$50/\$65
03	Su	5:30-7:30p	11/5-11/26	\$50/\$65
04	W	7:00-9:00p	9/13-10/4	\$50/\$65
05	W	7:00-9:00p	10/11-11/1	\$50/\$65
06	W	7:00-9:00p	11/8-11/29	\$50/\$65

### PRIVATE, SEMI-PRIVATE, AND GROUP PICKLEBALL LESSONS

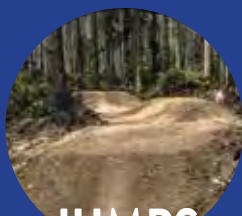
Ages 12 and up. Private, semi-private, and group pickleball lessons for youths, adults, and seniors. Fun interactive lessons designed for beginner and intermediate players. Come learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs.

			Member/ Non-Member	
512727-05	Private Lesson at BIRC: 1 hour, 1 player			\$60/\$75
06	Semi-Private Lessons at BIRC: 1 hour, 2 players			\$75/\$90



# A Bike Park Built for EVERY Rider

- Welcoming all skill levels, with dedicated bike trails offering different experiences depending on rider ability
- Jumps, drops, berms and other challenging features, with less technical, alternative routes
- All features built to maximize safety and meet a wide range of riding abilities
- Trail design and routes use the existing landscape & topography, to maximize trail length & quality and preserve forest character



**JUMPS**



**SKINNIES**



**ROLLERS**



**OVERPASSES**

**MAKE IT HAPPEN**

[biparksfoundation.org/bikepark](http://biparksfoundation.org/bikepark)



DREAM IT | DRAW IT | BUILD IT | SKATE IT



STRAW  
BERRY  
HILL  
SKATEPARK

It's gonna be  
SO RAD!

MAKE IT HAPPEN



[biparksfoundation.org/skatepark](http://biparksfoundation.org/skatepark)

GRINDLINE



BAINBRIDGE ISLAND  
PARKS  
& TRAILS  
FOUNDATION

Skatepark Campaign Logo by Gary Bedell, Creative Director & Skatepark Committee

# Dogs in Natural Areas

## A couple easy rules

Islanders love their pets and love exploring natural spaces with them, but remember, you and your pet's impacts in parks are multiplied by thousands of other dog owners!

### Dogs must be leashed

An unleashed dog can **kill native vegetation** by trampling, scratching, urinating, and digging.

It can cause **erosion, and stream degradation**. Disturbance is a major cause of invasive species invasion.

Even when unsuccessful, dogs that chase force a wild animal to expend significant energy in order to save their life. When resources are scarce, particularly for pregnant animals, repeated **predation** can impact survival of the animal and their offspring.

The further from the trail you and your dog go, the **wider the impact** you have on wildlife.

- Keep your dog on leash in all parks except in approved off-leash dog areas like Strawberry Hill Park and Eagledale Park.

Did you know you could receive a \$300 ticket?



### Pick up poo

The average dog produces  $\frac{1}{2}$  to  $\frac{3}{4}$  pounds of fecal matter each day.

Dog waste **pollutes waterways** and transmits harmful parasites and diseases.

Pet waste is a significant contributor to pollutants like **E. coli** bacteria.

Pet waste is **high in nitrogen** creating unhealthy levels in the soil for native plants.

Significant levels of nitrogen in soil **encourages the growth of invasive plants** a significant threat to our native ecosystems.



- Carry plastic bags when taking your pet for a walk or a romp in the park.
- Pick up your dog's waste. Use a plastic bag, scoop or disposable gloves. Remember to wash your hands afterward.
- Seal the waste inside a plastic bag and throw it in the garbage.



Bainbridge Island  
Metro Park & Recreation District

[biparks.org/dog-advisory-committee](http://biparks.org/dog-advisory-committee)

# How a Trail Becomes a Trail



## 1. PLAN

We search the map for new opportunities to connect neighborhoods, parks, schools, commerce and culture, toward an island-wide trail network.



## 2. AGREE

When new trail routes touch private land, we work with property owners to secure easements that protect everyone's interests.



## 3. BUILD

The Summer Trails Crew builds new trails, bridges and boardwalks, through the partnership of the Park District and Parks & Trails Foundation.



## 4. HIKE!

Lace up your boots and enjoy our more than 48 miles of public trails! Bainbridge Island is now "on the map" as a world-class hiking destination.



## 5. MAINTAIN

Clear trails (and build some new ones) at the Park District's monthly volunteer events – and give to the Parks & Trails Foundation to support this great work.

You can help!  
Make a gift to  
the Parks & Trails  
Foundation



Support trails today • [biparksfoundation.org/give](https://biparksfoundation.org/give)

# Bainbridge Island Parks



**Key/Legend**

- Park Boundaries
- Selected Open Space
- Roads
- BIMPRD Maintained trails
- ★ Facilities



For more information: [biparks.org](http://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.

**SHEL 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 FACILITIES PHONE NUMBERS

Bainbridge Island Recreation Center	206-842-5661
Bainbridge Island Aquatic Center	206-842-2302
Camp Yeomalt	206-842-5917
Eagle Lake Pottery Studio	206-842-7025
Island Center Hall	206-780-6994
Teen Center	206-842-2302
Strawberry Hill Center	206-780-9519

## 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:

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IT Manager	Skye Carlson	skyec@biparks.org
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Marketing Coordinator	Allie Smith	alexandrias@biparks.org
Accounting Coordinator	Terry Bugas	terrybugas@biparks.org
Accounting Coordinator	Stephanie Balanguie	stephanieb@biparks.org
Accounting Coordinator	Vicky Spray	vickyspray@biparks.org
Administration Specialist	Betty Mirkovich	betty@biparks.org
Office Specialist II	Kaitlyn Walker	kaitlynw@biparks.org
Office Specialist I	Alex Salmon	alex@biparks.org

### Park Services:

Park Services Division Director	Dan Hamlin	dan@biparks.org
Park Services Superintendent	David Harry	dharry@biparks.org
Trails Program Manager	Sean Smith-Sell	seans@biparks.org
Parks Program Manager	Morgan Houk	morganhouk@biparks.org
Natural Resources Manager	Lydia Roush	lydiar@biparks.org
Park Maintenance Coordinator	William Doyle	williamd@biparks.org
Vehicle and Equipment Coordinator	Anders Lunde	anders@biparks.org
Park Maintenance I	Erik Sherwin	erik@biparks.org
Campground Coordinator	Tom Banman	tomb@biparks.org
Park Maintenance Coordinator	Chris Newlin	chris@biparks.org
Park Maintenance Coordinator	Mike Pratt	mikep@biparks.org
Facility Maintenance Technician	Michael Omans	michaelo@biparks.org
Facility Maintenance Technician	Gabe Scrivens	gabes@biparks.org
Trails Technician	Brendan Davidson	brendandavidson@biparks.org

### Recreation:

Recreation Superintendent	Bryan Garoutte	bryan@biparks.org
Aquatic Program Administrator	Jenette Reneau	jenetter@biparks.org
BIRC Program Administrator	Julie Miller	julie@biparks.org
Gymnastics Program Manager	Jason Balanguie	jason@biparks.org
Youth & Adult Enrichment Program Manager/Eagle Lake Pottery Studio Manager	Shannon Buxton	shannon@biparks.org
Outdoor Program Manager	Stacey Stoner	staceys@biparks.org
Aquatic Program Manager	Marjorie LeMaster	mlemaster@biparks.org
Aquatics Masters Head Coach	April Cheadle	april@biparks.org
BIRC Fitness Program Coordinator	Marie Figgins	marief@biparks.org
BIRC Tennis Program Coordinator	Dayna Guizzetti	daynag@biparks.org
Sports Program Coordinator	Audree Gormanson	audreeg@biparks.org
Gymnastics Specialist	Glenn Runnels	glennrunnels@biparks.org
Adult & Youth Enrichment Coordinator	Rachel Radtke	rachelr@biparks.org
BIRC Office Specialist	Ragna Blanco	ragnab@biparks.org
BIRC Tennis Program Specialist	James Crutchfield	jamesc@biparks.org
BIRC Tennis Program Specialist	Paul Koessler	paulk@biparks.org
Customer Service Office Specialist	Kaitlyn Walker	kaitlynw@biparks.org

## 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 Meadowmere Circle
BPP	Battle Point Park	11299 Arrow Point Drive
Blakey	Blakely Elementary School	4704 Blakely Ave NE
BHP	Blakely Harbor Park	Blakely Ave
CYC	Camp Yeomalt Classroom	900 Park Avenue
CYCabin	Camp Yeomalt Cabin	900 Park Avenue
ED	Eagle Lake Pottery Studio	5055 Rose Avenue off Eagle Harbor Dr
FB	Fay Bainbridge Park	15446 Sunrise Drive
FWH	Fort Ward Hall	9705 Evergreen Ave NE
FLP	Fort Ward Park	2241 Pleasant Beach Drive NE
GLNP	Gazzam Lake Nature Preserve	6105 NE Marshall Rd
GFW	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/Prue's House	9600 Mandus Olson Road NE
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
Sakai	Sakai Intermediate School	9343 Sportsman Club Road
Sands	Sands Ball Field	8641 Sands Ave. NE
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
Wilkes	Wilkes Elementary School	12781 N Madison Ave NE
WOP	William Olson Park	6200 Williams Lane
WW	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](http://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

Sunday: 10:00a-2:00p

### Bainbridge Island Recreation Center:

Monday-Thursday: 5:30a-10:00p (modified hours for 9/4 — 6:00a-4:00p)

Friday: 6:00a-8:30p

Saturday-Sunday: 6:00a-8:30p

### District Admin Office:

Monday-Friday: 8:00a-4:30p

### Facility Closures:

The Park District offices will be closed 7/4, and 9/4

### 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](http://www.biparks.org). If the Park District cancels your class due to extreme conditions, your instructor will notify you concerning make-up dates.

# FALL 2023 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 for residents Saturday, August 12, 9:30am and for non-residents on Sunday, 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 issued back to your credit card, or a check will be issued to the address on your account. Check refunds can take two-four weeks to process.**

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

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

- Requests made seven days or more prior to the 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 seven days before the start of the program.
- No refunds will be granted if requests are made once the program has started.

Some exceptions may be made for documented injury or illness. Please call us at (206) 842-5661.

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.

Bainbridge Island Metro  
Park & Recreation District  
11700 NE Meadowmeer Circle  
Bainbridge Island, WA 98110

ECRWSS  
Postal Customer

PRSR STD  
US POSTAGE  
PAID  
Seattle, WA  
Permit No. 12723

# INDEPENDENCE FEELS GOOD

You don't have to drive to enjoy Bainbridge.



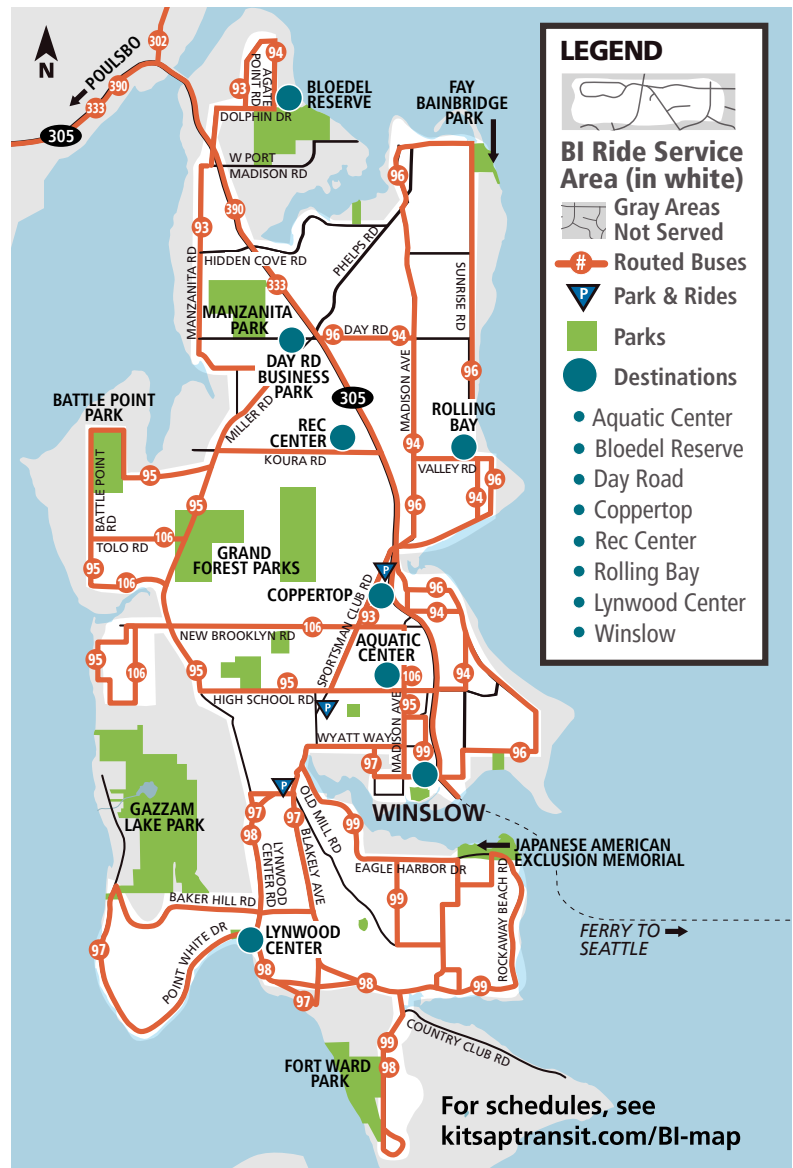
## Explore the wonders of Bainbridge – all without a car

Kitsap Transit's on-demand **BI Ride** buses operate weekdays mid-day during the hours **Routed buses** aren't in service; BI Ride hours are extended on Saturdays. Bus fare is FREE for youth (under age 19), \$1 for Medicare cardholders and other qualified riders and \$2 for adults (age 19+).

Request a BI Ride on demand or schedule a trip up to seven days in advance. With the **Ride Pingo** app, see all your transit options after entering your pickup and dropoff locations.

Board Routed buses at marked stops in the downtown core. Outside of Winslow, flag down Routed buses from a safe roadside location.

Book a BI Ride for yourself or a family member and leave the driving to us! Rider should give driver their ticket number. Scan QR code to learn more! **Don't have a smartphone? Call us at 1.844.424.7433 (Monday–Saturday, 8 AM–4 PM).** Wait times vary based on call volume.



### BI RIDE (ON DEMAND)

1.844.424.7433

MON–FRI: 8:45 AM – 3:30 PM

SAT: 9:00 AM – 6:00 PM

### ROUTED BUS SERVICE

1.800.501.7433

MONDAY–FRIDAY

4:00–8:30 AM & 3:30–7:15 PM

**Kitsap Transit**  
Connecting Communities