



# Recreation CONNECTION

WINTER/SPRING 2024

RESIDENT REGISTRATION BEGINS

Saturday, January 6 at 9:30am

NON-RESIDENT REGISTRATION BEGINS

Sunday, January 7 at 9:30am

SEE REGISTRATION INFO 79

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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  
Adult Programs  
Lifeguards

**Starting Wage \$17.43/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/)





Bainbridge Island  
Metro Park & Recreation District

# MLK Day Of Service

*Make it a day ON,  
Not a day OFF!*



BAINBRIDGE ISLAND  
**PARKS & TRAILS**  
FOUNDATION



SUSTAINABLE  
BAINBRIDGE

**Blakely Harbor Park | Monday, January 15 | 10:00a-1:00p**  
**Come when you can, work as long as you're able!**

All tools are provided for restoration projects for all ages!  
Contact Volunteer Program Manager Morgan Houk at  
[morganhouk@biparks.org](mailto:morganhouk@biparks.org)

[biparks.org](http://biparks.org) | 206.842.2302

*Register Now!*



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## 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 to 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, minus 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. If you register for an activity within seven days of the start of the program, a refund will not be granted.
- 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.

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**Office Info, Facility Locations,  
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please see page 78**

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

# HOW TO REGISTER

**REGISTRATION FOR RESIDENTS: Saturday, January 6 at 9:30a**  
**REGISTRATION FOR NON-RESIDENTS: Sunday, January 7 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.

**IFS Waiver Assistance Program:** Developmental Disabilities Administration, with assistance from the WA State Department of Social and Health Services, offers Individual and Family Services (IFS) Basic Plus or Core Waivers for individuals who require waiver services to remain in the family home. While the Park District does not contract directly with the state for these waivers, we have established a program within the same parameters.

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: Cody Ogren, codyogren@biparks.org, 206-842-5661 ext.311



# Roses & Noses



February 10 | 10:00a-2:00p

Strawberry Hill Park

**FREE**

Celebrate the month of hearts and roses with your favorite wet noses!

It's a day of fun for pups and their paw-rents. Have your picture taken at the Pooch Smooch Kissing Booth, play games, enjoy a tasty treat, and celebrate the love between you and your fur baby.



Bainbridge Island  
Metro Park & Recreation District

[biparks.org](http://biparks.org) | 206.842.2302

# EARTH DAY EXPO

BATTLE POINT PARK

SAT, APR 27

10A-2P



FREE  
LIVE MUSIC  
FOOD TRUCKS

Join us in celebrating Earth Month with a green gathering! Learn about sustainable practice, explore the local eco-friendly offerings, and gather inspiration for living a sustainable and green lifestyle. Bring your friends, play some games, enjoy some music, and come together as a community in celebration of our planet.



Bainbridge Island  
Metro Park & Recreation District

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

# STAFF SPOTLIGHT

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



## MADISON COLLINS

**Recreation Director, Bainbridge Island  
Metro Park & Recreation District**

### **CAN YOU TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO A CAREER IN PARKS AND RECREATION?**

Most of my professional and personal life has revolved around recreation! I was born and raised in Boise, Idaho and grew up exploring the outdoors (hiking, mountain biking, white water rafting, skiing) and playing every kind of sport. I had the opportunity to play college soccer for Seattle University and loved every minute of my time there. Go Redhawks! After graduating with my master's degree in Sports Administration & Leadership, I became the Assistant Women's Soccer Coach for Boise State University and then for College of Idaho. As my playing and coaching careers came to an end, I began to consider my next steps. I knew I was happiest when I was serving a larger community and providing recreational opportunities for all. I then got the opportunity to work in programming and facility management for several different entities including the Treasure Valley YMCA and YMCA of Middle Tennessee. I also served as the Director of University Recreation for Seattle University and the University of Washington-Bothell. I have a graduate degree in Public Administration and am a certified NRPA Aquatic Facility Operator, Wilderness First Aid trained and hold a United States Soccer Federation "B" License.

### **WHAT INSPIRED YOU TO PURSUE THE ROLE OF RECREATION DIVISION DIRECTOR AT THE BAINBRIDGE ISLAND METRO PARK & RECREATION DISTRICT?**

I pursued the Recreation Division Director position due to my experiences in program and facility management and because my values and passions for community engagement aligned with those of Bainbridge Island Metro Park & Recreation District. I knew I was joining a team and organization that invests in the well-being of the community in everything we do. I am beyond excited to learn and grow in my role and immerse myself into this amazing community.

### **WHAT ASPECTS OF YOUR EDUCATIONAL BACKGROUND DO YOU FEEL HAVE BEEN PARTICULARLY VALUABLE IN PREPARING YOU FOR THIS POSITION?**

Having my master's degree in Sports Administration & Leadership, and a graduate certificate in Public Administration has been invaluable to my overall professional growth. It has provided me with a framework to be successful, but I truly have learned the most by doing.



**AS THE NEW RECREATION DIVISION DIRECTOR, WHAT ARE SOME OF THE KEY GOALS AND PRIORITIES YOU HAVE SET FOR YOURSELF AND YOUR TEAM?**

I would love to see the Recreation Division continue to provide robust and accessible programs for all. We will use data and assessment to help guide our decisions about future programs and procedures that will best serve the community's needs.

**WHAT EXCITES YOU THE MOST ABOUT JOINING THE BAINBRIDGE ISLAND METRO PARK & RECREATION DISTRICT, AND WHAT UNIQUE QUALITIES DO YOU HOPE TO BRING TO THE ORGANIZATION?**

I am most excited to learn about all that Bainbridge Island Parks & Recreation District has to offer! We are so special not only in the services we provide and parks and trails, but in our unique and amazing geographical location. I want to continue to grow from our successes and hope to use my experiences in program and facility management to support program growth and to streamline the registration and reservation processes for our community members.

**PARKS AND RECREATION PLAY A VITAL ROLE IN COMMUNITY WELL-BEING. HOW DO YOU ENVISION THE PARK DISTRICT'S FUTURE ROLE IN ENHANCING THE COMMUNITY'S QUALITY OF LIFE AND PROMOTING HEALTHY LIVING?**

It's our goal to offer something for everyone! We will ensure that all our spaces and programs are welcoming, safe, and accessible.

**IN YOUR OPINION, WHAT ARE SOME OF THE MOST PRESSING CHALLENGES AND OPPORTUNITIES CURRENTLY FACING THE PARKS AND RECREATION FIELD, AND HOW DO YOU PLAN TO ADDRESS THEM IN YOUR NEW ROLE?**

I think one of the challenges in Parks & Recreation programming is knowing what new programs or trends to offer, and what is relevant to the community. However, I think that is also the fun part of the job. In Parks & Recreation, we are always looking to serve the community in different ways and to try new things!

**WHAT'S YOUR FAVORITE CHILDHOOD MEMORY RELATED TO PARKS AND RECREATION THAT MADE YOU THINK, "I WANT TO WORK IN THIS FIELD"?**

Growing up, much of my free time was spent exploring outside or playing sports. I have an older brother and you better believe that I wanted to achieve everything he did and more. I certainly attribute who I am today to the opportunities that were given to me growing up participating on teams and in recreational activities.

**WE'RE THRILLED TO HAVE YOU AS OUR NEW RECREATION DIVISION DIRECTOR. WHAT'S A HOBBY OR INTEREST YOU HAVE THAT MOST PEOPLE WOULDN'T GUESS YOU'RE INTO?**

I love to read murder mystery or "who done it" novels! I also love to travel and it's my life goal to visit all seven continents. I have two more to go!

**IN YOUR WILDEST DREAMS, WHAT'S THE ULTIMATE RECREATIONAL EVENT OR PROGRAM YOU'D LOVE TO CREATE FOR OUR COMMUNITY? NO LIMITS, NO BUDGET CONSTRAINTS!**

Anything with dogs! I have two chocolate Labrador retrievers, Bourbon and Brew, and they are a huge part of my life, so anything that has to do with interacting with dogs and having fun, sign me up.

# 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."

## WINTER BREAK EXPLORERS: POLAR BEAR EXPRESS!

Explore all things polar bear as we bundle up for winter break! We'll play with ice and perform ice experiments after we build an igloo fort. We'll 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

# 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 a recreational all-day option. With various fun, interactive, and educational themes, kids will be excited to share what they've been up to. Our All-Day Explorers enjoy daily group games, sports and fitness, hands-on science, the arts, crafts, individual free-choice activities, and pool time when possible. Explorers will also explore their community through library visits, field trips, special guests, and group projects. Two snacks will be provided each day. Explorer Camp is held both indoors and out, weather permitting. Join us for safe, supervised, and memorable camp experiences. AQ



**Flexible Drop-off between 8:00-9:00a**  
**Structured Camp activities from 9:00a-4:00p**

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

## MID-WINTER BREAK EXPLORERS: CABIN FEVER!

February may be dark and cold outside, but Explorer Camp is warm and wild! We are ready to make noise, run, jump, and be silly. From epic "log" obstacle courses and scooter games at base camp to field games and hikes outdoors, the dreary mid-winter days will pass quickly. Join us for a fun week of cabin-building, cabin knocking-down, and a campfire cookout in a real cabin! We'll even work in the woods for this week's Explorer service project. AQ

110001-01 M-F 8:00a-5:00p 2/19-2/23 \$415



## SPRING BREAK EXPLORERS: SPRING FOREST EXPLORERS!

Spring has sprung, and we're heading into the forest! It's the perfect time for exploring Camp Yeomalt woods and surrounding trails and beaches. From hidden forts to (safe) fire building and funny skits in the cabin, the week will fly. We'll take a field trip to an off-island forest to check out a beaver pond and other signs of spring. We'll even set aside some time for an ivy removal service project to support the BIG trees in our home woods. CY

110001-02 M-F 8:00a-5:00p 4/1-4/5 \$415





# AFTER-SCHOOL & NO-SCHOOL FUN

## NO-SCHOOL DAYS

### MID-WINTER BREAK CHESS AND STRATEGY GAMES CAMP

Ages 5-12. Keep thinking skills sharp and have fun with various board, card, and mathematical games. This all-day left brain/right brain camp combines mental exercise with fun muscle movement! Days are divided between chess, learning, and playing various strategic games (many Mensa award winners), with time for outdoor recreation activities. SHC **CONTRACTOR**

175051-10 M-F 10:00a-3:00p 2/19-2/23 \$275

### SPRING BREAK CHESS AND STRATEGY GAMES CAMP

Ages 5-12. Spring Break means more time to play outside and indoors. Gather with others who share an interest in chess and strategy games for an entire week of fun. SHC **CONTRACTOR**

175051-01 M-F 10:00a-3:00p 4/1-4/5 \$275

### GAMES FEST AND CHESS TOURNAMENT

Ages 6-12. Grades 1-6. Strategic thinking fun! The festival day includes supervised outdoor breaks, group lessons, and plenty of game playing time with lots of opportunity for one-on-one instruction. Includes optional chess tournament with other players of similar ability. SHC **CONTRACTOR**

170254-10 Sa 10:00a-3:00p 4/6 \$60

### GAMERS LAIR RETREATS ★

Ages 9-15. By popular demand, like-minded gamers can gather in person in the large room of the Teen Center for a focused single-day RPG mini-quest supervised by our experienced adventure master. Players will have the opportunity to "roll" up characters prior to Quest Day. Includes some dice giveaways. AQ

172665-06 Sa 10:00a-3:00p 2/24 \$50  
07 Sa 10:00a-3:00p 4/6 \$50



## EARLY RELEASE



### SEWING CIRCLES ★

Ages 9-14. 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 will be able to progress at their own pace. SHC

170220-03 M 3:00-5:00p 2/26-3/25 \$125  
05 M 3:00-5:00p 4/22-5/20 \$125

### SPORTS, CRAFTS, AND ACTIVITIES MINI CAMPS

Winter and spring is for new adventures, and our staff is here to help. Join Alisa in our Sports, Crafts, and Activities camps, where you'll experience diverse activities, including sports, fitness, games, crafts, cooking, nature hikes, unstructured playtime, and so much more. Explore the full details in our No-School and Youth Sports sections.

### CHESS AND STRATEGY GAME CLUB ★

Ages 10-14. Chess fosters critical thinking, problem-solving, self-control, sportsmanship, and patience. Strategy games (many from Mensa) offer various colorful choices for team and solo play. This longer early-release day club includes 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

Ages 10-14 from any school or homeschool  
170252-11 M 3:10-4:50p 1/8-2/26\* \$120  
13 M 3:10-4:50p 3/4-4/15\*\* \$120

\*No club 1/15 or 2/19

\*\*No club 4/1



# AFTER-SCHOOL & NO-SCHOOL FUN



## AFTER SCHOOL AT THE SCHOOLS (BY SCHOOL)

### CHESS AND GAME CLUBS

Ages 5-9. 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 a group lesson, with plenty of practice time and one-on-one instruction with Bainbridge Black Knights Coach Mark Cohen. **CONTRACTOR**



#### ORDWAY BLACK KNIGHTS

170252-10	M			
12:50-2:40p	1/22-2/26*	\$100		
12	M	12:50-2:40p	3/4-4/15**	\$120

\*No club 2/19

\*\*No club 4/1

#### BLAKELY BLACK KNIGHTS

170250-01	T	2:20-4:00p	1/16-2/27*	\$120
06	T	2:20-4:00p	3/5-4/16*	*\$120

\*No club 2/20

\*\* No club 4/2

#### HALILTS BLACK KNIGHTS

170250-04	W	2:20-4:00p	1/17-2/28*	\$100
09	W	2:20-4:00p	3/6-4/17**	\$120

\* No club 2/14 or 2/21

\*\*No club 4/3

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



### BRICKS 4 KIDZ! LEGO®

Ages 5-9. 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 that engage 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 (build kits are reused, not taken home). Nine-week sessions. **CONTRACTOR**

#### HALILTS BUILDERZ

170241-04	Th	2:20-3:30p	1/18-3/28*	\$148
05	Th	2:20-3:30p	4/18-6/13	\$148

\*No class 2/15 or 2/22

#### BLAKELY BUILDERZ

170242-04	W	2:20-3:30p	1/17-3/27*	\$148
05	W	2:20-3:30p	4/17-6/12	\$148

\*No class 2/14 or 2/21

#### ORDWAY BUILDERZ

170243-04	T	2:20-3:30p	1/16-3/19*	\$148
05	T	2:20-3:30p	4/16-6/11	\$148

\*No class 2/20

## AFTER SCHOOL, OTHER PLACES (BY AGE)



### THURSDAY CHESS AND STRATEGY GAME CLUB

Ages 5-12. Thursdays the club at the Aquatic Center is for anybody! Club days include a supervised outdoor break, a group lesson, plenty of practice time, and one-on-one instruction with Coach Mark Cohen. AQ **CONTRACTOR**

#### THURSDAY BLACK KNIGHTS

170250-22	Th	2:20-4:00p	1/18-2/29*	\$120
23	Th	2:20-4:00p	3/7-4/18**	\$120

\*No club 2/22

\*\*No club 4/4



# AFTER-SCHOOL & NO-SCHOOL FUN

## AFTERSCHOOL – KIDS FIT AND ADVENTURES **NEW!**

Ages 5-10. Drop your kiddo off for some after-school fun. The Kids Fit and Adventure class is designed to keep kids active and engaged through a combination of fun exercises, sports, and outdoor hikes. Join the class to provide your kids with a fitness-filled and exciting experience. Ordway Gym.

110202-01	M	1:30-3:00p	3/11-4/22*	\$110
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\*No class 4/1

## BRICKS 4 KIDZ LEGO® EVENING JUNIOR ROBOTICS

Ages 6-9. Have fun learning robotics! Working in pairs and using the software while working on tablets (provided), kids will be able to program the model builds they craft using Bricks 4 Kidz® model plans and LEGO technology to create exciting, dynamic robots. These four-week classes provide a hands-on learning experience that actively involves young students in their own learning process while making lasting memories. Each session features different robots and lessons, so sign up for one or all. At the end of each session, each student takes home their custom LEGO® minifigure (build kits are reused). Six-week sessions.

### SHC **CONTRACTOR**

170244-01	T	6:00-7:00p	1/16-2/27*	\$99
02	T	6:00-7:00p	3/5-4/16**	\$99
03	T	6:00-7:00p	4/23-5/28	\$99

\*No class 2/20

\*\*No class 4/2

## PARENTS' NIGHT OUT **NEW!**

Take a night to enjoy that girls' or guys' night, stay home and watch your favorite show, or have dinner at your local restaurant you love while your kids have fun at BIRC.

### Ages 3-5

				Member/Non-Member
111509-01	F	4:00-7:00p	1/26	\$50/\$65
02	F	4:00-7:00p	2/23	\$50/\$65
03	F	4:00-7:00p	3/22	\$50/\$65
04	F	4:00-7:00p	4/19	\$50/\$65
05	F	4:00-7:00p	5/17	\$50/\$65

### Ages 6-9

111510-01	F	4:00-7:00p	1/26	\$50/\$65
02	F	4:00-7:00p	2/23	\$50/\$65
03	F	4:00-7:00p	3/22	\$50/\$65
04	F	4:00-7:00p	4/19	\$50/\$65
05	F	4:00-7:00p	5/17	\$50/\$65

## AT BIRC

### MINI CAMPS

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

#### Member/Non-Member

#### MLK DAY

111501-01	F	9:00a-12:00p	1/15	\$55/\$70
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#### CONFERENCE DAYS

111502-01	W-F	9:00a-12:00p	2/14-2/16	\$120/\$156
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#### MID-WINTER BREAK

111503-01	M-Th	9:00a-12:00p	2/19-2/22	\$160/\$208
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#### SPRING BREAK

111504-01	M-Th	9:00a-12:00p	4/1-4/4	\$160/\$208
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#### MEMORIAL DAY

111505-01	M	9:00a-12:00p	5/27	\$55/\$70
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#### JUNETEENTH

111506-01	M	9:00a-12:00p	1/19	\$55/\$70
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## PARENTS' DAY OUT **NEW!**

Let us watch your little one while you work on a home project, enjoy a shopping trip, have a late lunch with your besties, or curl up with your favorite book or movie.

#### Member/Non-Member

### Ages 3-5

111507-01	Sa	2:00-5:00p	1/20	\$50/\$65
02	Sa	2:00-5:00p	2/10	\$50/\$65
03	Sa	2:00-5:00p	3/23	\$50/\$65
04	Sa	2:00-5:00p	4/13	\$50/\$65
05	Sa	2:00-5:00p	5/11	\$50/\$65

### Ages 6-9

111508-01	Sa	2:00-5:00p	1/20	\$50/\$65
02	Sa	2:00-5:00p	2/10	\$50/\$65
03	Sa	2:00-5:00p	3/23	\$50/\$65
04	Sa	2:00-5:00p	4/13	\$50/\$65
05	Sa	2:00-5:00p	5/11	\$50/\$65



## PROGRAMS FOR TEENS AGES 13-17



# YOUTH



## WHAT ARE CONTRACTOR CLASSES?

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

## PRESCHOOL

### LADYBUG NATURE WALKS

Ages 2-4. Grab your boots, bundle up, and get out of the house! Pre-schoolers and their parents will explore the seasonal changes in the natural world around Bainbridge. Park staff will lead each walk, with several activities and something to take home. Walks are one hour.

#### WINTER WONDER!

Explore the Camp Yeomalt forest loop path and look for signs of winter, then create a suncatcher to brighten your window.

171801-01 F 10:00-11:00a 2/2 \$20 pair

#### "G" IS FOR GREEN!

Meet at West Port Madison Park to discover what's happening in spring! Buds, babies, and bug finger puppets!

171801-05 F 10:00-11:00a 3/22 \$20 pair

#### FEATHERED FRIENDS

Meet at Battle Point Park to explore springtime birds, a unique bird food snack, and ribbon wings for fluttering!

171801-07 F 10:00-11:00a 4/12 \$20 pair



**SEE ALSO PRESCHOOL/PARENT THEMED MEETUPS PAGE 15**



## ARTS, CRAFTS & MORE

### ART LAB! NEW!

We've set aside an entire room in Strawberry Hill Center, especially for youth and teen art workshops. This season's focus is "Colors & Stories": we'll start with a read-aloud or artist book, then create something colorfully inspired by that story. Choose from age-appropriate classes, one-time projects, and parent/child options. Let the learning and creativity flow and leave the mess behind. Our supplies are plentiful and organized, so yours don't have to be. SHC

#### PRESCHOOL AGES 2-3 WITH ADULT

<b>Hearts</b>				
170306-10	M	10:00-10:45a	2/5	\$25
<b>Bugs</b>				
170306-11	M	10:00-10:45a	3/4	\$25
<b>Plants</b>				
170306-12	M	10:00-10:45a	4/8	\$25
<b>Beach</b>				
170306-13	M	10:00-10:45a	5/6	\$25

#### PRESCHOOL AGES 3-4

170302-01	Th	1:00-1:45p	1/18-2/8	\$75
02	Th	1:00-1:45p	3/7-3/28	\$75
03	Th	1:00-1:45p	5/2-5/23	\$75

#### KINDERART AGES 4.5-5

170301-01	Th	2:30-3:45p	1/18-2/8	\$80
02	Th	2:30-3:45p	3/7-3/28	\$80
03	Th	2:30-3:45p	5/2-5/23	\$80

#### AFTERSCHOOL ART FOCUS AGES 6-9

170304-10	Th	4:30-5:45p	1/18-2/8	\$80
11	Th	4:30-5:45p	3/7-3/28	\$80
12	Th	4:30-5:45p	5/2-5/23	\$80





# YOUTH

## THEME MEETUPS! **NEW!**

Add some fun to your PNW Winter and Spring! Choose from various interests and fandoms and meet up with like-minded people. Fan wear, sing-alongs, simple games, themed crafts, some challenges, and a whole lot of smiles will be happening all over the Island. Inaugural themes are Royalty, Dinosaurs, and Pirates. Each community meetup takes place at a different community hall. Locations vary.

### ROYAL MEETUPS

Ages: 2-4. Preschool and Parent Royal Reception at Fort Ward Hall

170303-01	F	10:30a-12:00p	1/26	\$25
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Ages: 12-15. Teen Princess Party at Fort Ward Hall

170303-02	F	6:00-8:00p	1/26	\$20
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All ages, families. Anybody Can Be Royal! At Island Center Hall

170303-03	Sa	2:00-3:30p	1/27	\$30
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### DINOSAUR STOMP MEETUPS

Ages: 2-4. Preschool and Parent Dinosaur Stomp at Island Center Hall

170303-04	F	10:30a-12:00p	2/16	\$25
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All ages, families. Anybody Can Stomp Like A Dinosaur at Island Center Hall

170303-05	F	2:00-3:30p	2/16	\$30
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### PIRATE PICNIC MEETUPS

Ages: 2-4. Preschool and Parent Pirate Picnic at Fay Bainbridge Beach Shelter

170303-06	F	10:30a-12:00p	5/3	\$25
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All ages, families. Anybody Can Be A Pirate at Fay Bainbridge Beach Shelter

170303-07	F	5:00-6:30p	5/3	\$30
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SEE YOUTH SEWING CIRCLES PAGE 11

## POTTERY

**Did you know? TEENS AGE 16+ may register for any adult pottery class or workshop**

### POTTERY: TEEN CLAY CLUB

Ages 12-17, with previous pottery skills. Facilitated by Heather Polverino. This supervised semi-independent studio time allows young artists to focus on the techniques and projects they find most interesting. Includes one bag of clay of their choice. Six weeks. ED

122015-10	T	3:45-5:30p	1/9-2/13	\$140
11	T	3:45-5:30p	4/9-5/14	\$140



### POTTERY: YOUTH ALL KINDS OF CLAY

Ages 7-11. Taught by Heather Polverino. This class introduces hand-building, sculpture skills, many types of clay, and fun, creative projects. A variety of glazing techniques are used, including decorative brushwork. Six weeks. ED

122008-01	M	3:00-4:30p	1/15-2/12	\$130
02	M	3:00-4:30p	2/26-3/25	\$130
03	M	3:00-4:30p	4/22-5/20	\$130

## COOKING



### COOKIE DECORATING: EDIBLE VALENTINES!

Ages 8-14. Serious valentine-creators can spend an afternoon learning cookie art and decorating amazing heart-themed cookies! Whether beautifully detailed lace or funky emojis are your style, there will be delicious fun enough to share in the Strawberry Hill cookie kitchen. Kristin Raught. SHC

170967-01	Sa	1:00-4:00p	2/10	\$60
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### COOKIE DECORATING: SPRING FLING!

Ages 8-14. Serious budding pastry chefs can spend an afternoon learning cookie and cupcake decorating with a seasonal twist! Whether colorful flowers or fuzzy caterpillars are your style, there will be delicious fun and skill-building for everyone in the Strawberry Hill cookie kitchen. Kristin Raught. SHC

170967-02	Sa	1:00-4:00p	5/4	\$60
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# YOUTH



## KIDS CAN COOK: SPRING ROLLS!

Ages 6-10 (and adults!). For kids who like to help in the kitchen! Spring into Spring with these fresh - not fried - spring rolls! Kids will create their own custom-made rolls, naturally gluten-free and with the option of being completely vegetarian! This healthy snack or meal is fun to roll and dip, so we will also include options for yummy sauces. Come alone or bring a parent or caregiver! Recipes will be provided so kids can continue the cooking at home. Join instructor and nutritionist Cait James and have some fun in the kitchen. SHC

### Morning Cooking Kids!

170966-07 Sa 9:00-11:00a 4/13 \$50

### Afternoon Cooking Kids & Adults!

170966-08 Sa 12:00-2:00p 4/13 \$65

## 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 the advanced classes, including a competitive team, until age 19. Because gymnastics classes are offered all year, we have the opportunity to instill in children the need for physical activity as a lifestyle. It also allows us to equip the children with fundamental movement skills conducive to each developmental stage.

### WINTER

**SESSION I: JANUARY 16 - FEBRUARY 16**

(FIVE WEEKS, FOUR WEEKS FOR MONDAYS AND SATURDAYS)

**SESSION II: FEBRUARY 26 - MARCH 23 (FOUR WEEKS)**

### SPRING

**SESSION I: APRIL 8 - MAY 11 (FIVE WEEKS)**

**SESSION II: MAY 13 - JUNE 8 (FOUR WEEKS,  
THREE WEEKS FOR MONDAYS AND SATURDAYS)**

**\*NO CLASSES 5/25 & 5/27**

**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 on Arrow Point Drive until the entrance to Battle Point Park. Turn left into the park; the Transmitter Building will be directly ahead. Parking will be around the loop to KidsUp!Playground.

### LOCATION OF BHS GYMNASTICS ROOM

The BHS 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 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 possible, to help control the traffic flow in the gym. Be aware of the evening parking lot; many cars drop off children at the gymnastics room or school events. These drive-through areas are congested, and drivers must be aware of other vehicles, especially pedestrians.

### WARM-UPS

Warm-ups and essential skill repetitions are held during the first 10 to 15 minutes of class. These are important for the assurance of muscle safety and memory retention. Children must participate in these warm-up exercises to reduce the risk of injury. Please be fair to the other children, your child, and the instructor by arriving on time. **Late Policy:** If you find that you will be 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 wear shorts or sweats with a shirt and 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 the individual.

\$85/60 minutes for the individual.

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

## OPEN 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 2 children per person. The cost is per child.

Playtime is available Tuesday-Friday From 10:00-11:30a

January 3-February 16

February 27-March 29

April 9-June 7

Drop-In Fee: \$10

5-Visit Punch Pass: \$40

10-Visit Punch Pass: \$80

### PLEASE COMPLY WITH ALL THE RULES POSTED.

When you arrive, please check in with the gym supervisor

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

# YOUTH

## EXTRA GYMNASTICS WORKOUT (OPEN GYM)

Ages 6 and up Here's a chance to improve your skills. This extra time will allow you to receive additional instruction and practice on 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.

141500-01	Sa	1/20	2:00-4:00p	\$15
02	Sa	1/27	2:00-4:00p	\$15
03	Sa	2/3	2:00-4:00p	\$15
04	Sa	2/10	2:00-4:00p	\$15
05	Sa	3/2	2:00-4:00p	\$15
06	Sa	3/9	2:00-4:00p	\$15
07	Sa	3/16	2:00-4:00p	\$15
08	Sa	3/23	2:00-4:00p	\$15
09	Sa	4/13	2:00-4:00p	\$15
10	Sa	4/20	2:00-4:00p	\$15
11	Sa	4/27	2:00-4:00p	\$15
12	Sa	5/4	2:00-4:00p	\$15
13	Sa	5/11	2:00-4:00p	\$15
14	Sa	5/18	2:00-4:00p	\$15
15	Sa	6/1	2:00-4:00p	\$15

## SPRING BREAK CLINICS

### CHEER TUMBLING CLINIC

Ages 6-18. This clinic is for those participating in cheer programs and those planning to. Participants will be taught tumbling skills based on their skill set (beginning-advanced). BHS Gymnastics Room

141519-01	T	2:00-4:00p	4/2	\$66
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### PARKOUR/NINJA CLINIC

Ages 6-17. Students will be introduced to various skills in a safe environment. This will be an excellent opportunity for first-time participants and those with more experience to continue improving their parkour skills. Transmitter Building

141582-01	WTh	2:00-4:00p	4/3-4/4	\$131
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## SPECIALITY CLASSES

**Late Policy:** If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and essential 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, your child(ren) must participate in these warm-up exercises. Please be fair to the other participants, your child(ren), and the instructor by arriving on time.

### HANDSPRING & TUMBLING CLASS

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

141545-01	M	5:30-6:30p	1/22-2/12	\$104
02	M	5:30-6:30p	2/26-3/18	\$104
03	M	5:30-6:30p	4/8-5/6	\$130
04	M	5:30-6:30p	5/13-6/3*	\$86

\*No class 5/27



### PARKOUR/NINJA WARRIOR AGES 6-17

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

141557-01	T	6:30-7:30p	1/22-2/12	\$104
02	Sa	11:00a-12:00p	1/20-2/10	\$104
03	M	6:30-7:30p	2/26-3/18	\$104
04	Sa	11:00a-12:00p	3/2-3/23	\$104
05	M	6:30-7:30p	4/8-5/6	\$130
06	Sa	11:00a-12:00p	4/13-5/11	\$130
07	M	6:30-7:30p	5/13-6/3*	\$86
08	Sa	11:00a-12:00p	5/18-6/8*	\$86

\*No class 5/25 and 5/27



# YOUTH



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

**Late Policy:** If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and essential 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, your child(ren) must 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; \*\*Saturday at BHS Gymnastics Room

141505-01	W	12:00-12:45p	1/17-2/14	\$119
02	F	12:00-12:45p	1/19-2/16	\$119
03	Sa**	9:00-9:45a	1/20-2/10	\$93
04	W	12:00-12:45p	2/28-3/20	\$93
05	F	12:00-12:45p	3/1-3/22	\$93
06	Sa**	9:00-9:45a	3/2-3/23	\$93
07	W	12:00-12:45p	4/10-5/8	\$119
08	F	12:00-12:45p	4/12-5/10	\$119
09	Sa**	9:00-9:45a	4/13-5/11	\$119
10	W	12:00-12:45p	5/15-6/5	\$93
11	F	12:00-12:45p	5/17-6/7	\$93
12	Sa**	9:00-9:45a	5/18-6/8*	\$79

\*No class 5/25

### 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 which will help them get through obstacle courses set up by the instructor. Each week will be a different course with a different focus. 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; \*\*Saturday at BHS Gymnastics Room

141534-01	M	4:00-4:45p	1/22-2/12	\$93
02	W	4:00-4:45p	1/17-2/14	\$119
03	Sa**	10:00-10:45a	1/20-2/10	\$93
04	M	4:00-4:45p	2/26-3/18	\$93
05	W	4:00-4:45p	2/28-3/20	\$93
06	Sa**	10:00-10:45a	3/2-3/23	\$93
07	M	4:00-4:45p	4/8-5/6	\$119
08	W	4:00-4:45p	4/10-5/8	\$119
09	Sa**	10:00-10:45a	4/13-5/11	\$119
10	M	4:00-4:45p	5/13-6/3*	\$79
11	W	4:00-4:45p	5/15-6/5	\$93
12	Sa**	10:00-10:45a	5/18-6/8*	\$79

\*No class 5/25 and 5/27

### BOYS ONLY KINDERGYM

Ages 4-6. Intro to Kindergym for boys ONLY! 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



141512-01	M	4-4:45p	1/22-2/12	\$93
02	M	4-4:45p	2/26-3/18	\$93
03	M	4-4:45p	4/8-5/6	\$119
04	M	4-4:45p	5/13-6/3*	\$79

\*No class 5/27



### 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; \*\*Saturday at BHS Gymnastics Room

141506-01	M	4:00-4:45p	1/22-2/12	\$93
02	F	1:30-2:15p	1/19-2/16	\$119
03	Sa**	9:00-9:45a	1/20-2/10	\$93
04	M	4:00-4:45p	2/26-3/18	\$93
05	F	1:30-2:15p	3/1-3/22	\$93
06	Sa**	9:00-9:45a	3/2-3/23	\$93
07	M	4:00-4:45p	4/8-5/6	\$119
08	F	1:30-2:15p	4/12-5/10	\$119
09	Sa**	9:00-9:45a	4/13-5/11	\$119
10	M	4:00-4:45p	5/13-6/3*	\$79
11	F	1:30-2:15p	5/17-6/7	\$93
12	Sa**	9:00-9:45a	5/18-6/8*	\$79

\*No class 5/25 and 5/27



## PROGRAMS FOR TEENS AGES 13-17



# YOUTH

## INTERMEDIATE KINDERGYM

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

141507-01	M	4:00-4:45p	1/22-2/12	\$93
02	Sa	10:00-10:45a	1/20-2/10	\$93
03	M	4:00-4:45p	2/26-3/18	\$93
04	Sa	10:00-10:45a	3/2-3/23	\$93
05	M	4:00-4:45p	4/8-5/6	\$119
06	Sa	10:00-10:45a	4/13-5/11	\$119
07	M	4:00-4:45p	5/13-6/3*	\$79
08	Sa	10:00-10:45a	5/18-6/8*	\$79

\*No class 5/25 and 5/27

## INTERMEDIATE GIRLS

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

141532-01	MW	6:00-7:30p	1/17-2/14	\$263
02	Sa**	11:00-12:00p	1/20-2/10	\$104
03	MW	6:00-7:30p	2/26-3/20	\$233
04	Sa**	11:00-12:00p	3/2-3/23	\$104
05	MW	6:00-7:30p	4/8-5/8	\$292
06	Sa**	11:00-12:00p	4/13-5/11	\$130
07	MW	6:00-7:30p	5/13-6/5*	\$148
08	Sa**	11:00-12:00p	5/18-6/8*	\$86

\*No class 5/25 and 5/27

## SCHOOL AGE (AGES 6-17)

**Late Policy:** If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) not participate that day. Warm-ups and essential 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, your child(ren) must 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 experience in all the events but are still working on mastering them. The instructor challenges each participant based on their skill level. The class concentrates on the instruction of basic tumbling and skill work on each of the girls' apparatus. Transmitter Building. \*\*Saturday at BHS Gymnastics Room

141531-01	MW	5:00-6:00p	1/17-2/14	\$218
02	Sa**	12:15-1:15p	1/20-2/10	\$104
03	MW	5:00-6:00p	2/26-3/20	\$193
04	Sa**	12:15-1:15p	3/2-3/23	\$104
05	MW	5:00-6:00p	4/8-5/8	\$242
06	Sa**	12:15-1:15p	4/13-5/11	\$130
07	MW	5:00-6:00p	5/13-6/5*	\$169
08	Sa**	12:15-1:15p	5/18-6/8*	\$86

\*No class 5/25 and 5/27

## ADVANCED GIRLS

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 or build a repertoire of skills, strength, and flexibility. BHS Gymnastics Room

141533-01	TW	6:00-7:30p	1/16-2/14	\$292
02	Sa	12:15-1:15p	1/20-2/10	\$104
03	TW	6:00-7:30p	2/27-3/20	\$233
04	Sa	12:15-1:15p	3/2-3/23	\$104
05	TW	6:00-7:30p	/9-5/8	\$292
06	Sa	12:15-1:15p	4/13-5/11	\$130
07	TW	6:00-7:30p	5/14-6/5	\$193
08	Sa	12:15-1:15p	5/18-6/8*	\$86

\*No class 5/25

## BOYS GYMNASTICS

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

141540-01	MW	5:30-6:30p	1/17-2/14	\$218
02	MW	5:30-6:30p	2/26-3/20	\$193
03	MW	5:30-6:30p	4/8-5/8	\$242
04	MW	5:30-6:30p	5/13-6/5*	\$169

\*No class 5/27



# YOUTH



## INTERMEDIATE BOYS & TEEN GYMNASTICS



Ages 6-17. For boys with at least one year of gymnastics experience or those 13 and up who are starting out or returning to gymnastics. BHS Gymnastics Room 141541-01

MW	6:30-8:00p	1/17-2/14	\$263	
02	MW	6:30-8:00p	2/26-3/20	\$233
03	MW	6:30-8:00p	4/8-5/8	\$292
04	MW	5:30-6:30p	5/13-6/5*	\$193

\*No class 5/27

## BAINBRIDGE ISLAND BOYS GYM TEAM



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

## BAINBRIDGE ISLAND GIRLS GYM TEAMS



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



## TEEN JOB OPPORTUNITIES

Contact Audree at 206-842-5661 #142 or [AudreeG@biparks.org](mailto:AudreeG@biparks.org) to get more information.

### EMPLOYMENT

Spring Soccer League Referee/Mentors Applicants must be at least 14 years old.

Summer Camp Director Applicants must be at least 18 years old.  
Summer Camp Counselor Applicants must be at least 16 years old.

Summer Recreation Assistant Applicants must be at least 14 years old.  
Summer Recreation Companion Applicants must be at least 14 years old.

### SUMMER VOLUNTEER

Summer Camp Aide Volunteer to assist camp counselors with our summer sports camps. This is an excellent opportunity for students from ages 12-18 looking for community service hours or those just wanting to give back to the community.

## EXERCISE AND FITNESS

### AFTERSCHOOL – KIDS FIT & ADVENTURES **NEW!**

Ages 5-10. Drop your kiddo off for some after-school fun. The Kids Fit and Adventure class is designed to keep kids active and engaged through fun exercises, sports, and outdoor hikes. Join the class to provide your kids with a fitness-filled and exciting experience. Ordway Gym.

110202-01	M	1:30-3:00p	3/11-4/22*	\$110
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\*No class 4/1

### FLAG FOOTBALL

Ages 8-12. Experience the excitement of football with our flag football coaches. We will teach passing, receiving, kicking, and flag-pulling skills. Participants will gain confidence and learn important life lessons in a fun, positive environment. BPP

110200-01	MF	4:00-5:30p	6/3- 6/14	\$120
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### VOLLEYKIDS – DRILLS AND SKILLS

Ages 4-8. VolleyKids is designed to teach boys & girls the FUNdamentals of volleyball. We'll use large volleyballs, pool noodles, and other fun equipment in our drills intended for this age group. Do you know the game of volleyball? Volunteer to help our coaches. Halilts

#### Ages 4-8

112911-01	W	4:15-5:00p	1/17-2/14	\$95
02	W	4:15-5:00p	2/28-3/27	\$95
03	Volunteer to help coach			

### 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. Halilts

#### Grades 2-5

112912-01	W	5:15-6:00p	1/17-2/14	\$130
02	W	5:15-6:00p	2/28-3/27	\$130
03	Volunteer to help coach			





# YOUTH



## BEGINNER AND INTERMEDIATE VOLLEYBALL – SKILLS, DRILLS, GAMES

Grades 4-10. Open to both boys and girls. Modified rules, skills training, position training, and mini-games. Do you know the game of volleyball? Volunteer to help. Halilts

### Grades 4-9 Beginner ☆

112913-01	W	6:15-7:15p	1/17-2/14	\$150
02	W	6:15-7:15p	2/28-3/27	\$150
03	Volunteer to coach your child's team			

### Grades 6-10 Intermediate ☆

112914-01	W	7:30-8:30p	1/17-2/14	\$150
02	W	7:30-8:30p	2/28-3/27	\$150
03	Volunteer to coach your child's team			



## 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 4th, 5th, and 6th grade girls. Experienced adult coaches and positive high 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. The season special event is the Viking Fest 1-mile fun run in Poulsbo on May 18. The fee includes a T-shirt and race entry fee. Meets at Sakai, with field trips to island trails and parks. Scholarships are available through Go Run. **CONTRACTOR**

111388-01	TTh	3:45-5:15p	4/9-5/21	\$225
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## TEEN KICKBALL LEAGUE **NEW!** ☆

Ages 13-18. Grab your friends and join us for a fun day of kickball. Four games of awesome kickball are guaranteed. Official kickball rules will be used, except where noted. For a complete list of rules, contact us. The winning team receives a championship prize. BPP

113703-01	Th	6/20-7/25	6:30-8:00p	\$34 per person
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## SOCCER

### 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



112300-01	Sa	9:30-10:00a	3/9-4/13*	\$95
02	Sa	9:30-10:00a	4/20-5/25	\$114

\*No class 4/6

### SOCCER SQUIRTS

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

112301-01	Sa	10:15-10:45a	3/9-4/13*	\$95
02	Sa	10:15-10:45a	4/20-5/25	\$114

\*No class 4/6

### PRE-KICKS SOCCER

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

112302-01	Sa	11:00-11:30a	3/9-4/13*	\$95
02	Sa	11:00-11:30a	4/20-5/25	\$114

\*No class 4/6

### BECKHAM JR SOCCER **NEW!**

Age 4. Classes focus on increasing balancing skills, coordination, and fundamental soccer skills while helping children build independence. They will practice skills and apply them in small scrimmages. BPP

112319-01	Sa	11:45a-12:15p	3/9-4/13*	\$95
02	Sa	11:45a-12:15p	4/20-5/25	\$114

\*No class 4/6



# YOUTH



## WINTER SATURDAY SOCCER LEAGUE

**March 9 to April 13**

**Ages 4-6:** 25 minutes of small group skills and drills. 25 minutes of scrimmages.

**Ages 6-8:** 25 minutes of small group skills and drills. 25 minutes of scrimmages.

**Skill Sessions:** Volunteer coaches will implement the skill sessions we provide. Each skill session will be geared toward the appropriate age group.

**Player Equipment:** Soccer cleats are optional. Shin guards are strongly recommended.

**Team Placement:** Players will be placed with 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. Volunteer coaching duties include helping manage your team during skill sessions and scrimmages. BPP

\*No class 4/6

**Program cancellation deadline is February 16.**

112303-01	4-6 year-old girls	9:30-10:30a	\$135
02	4-6 year-old boys	10:45-11:45a	\$135
03	6-9 year old girls	9:30-10:30a	\$135
04	6-9 year old boys	10:45-11:45a	\$135

## SPRING SATURDAY SOCCER LEAGUE

**April 20 to May 25**

**Ages 4-6:** 25 minutes of small group skills and drills. 25 minutes of scrimmages.

**Ages 6-8:** 25 minutes of small group skills and drills. 25 minutes of scrimmages.

**Skill Sessions:** Volunteer coaches will implement the skill sessions we provide. Each skill session will be geared toward the appropriate age group.

**Player Equipment:** Soccer cleats are optional. Shin guards are strongly recommended.

**Team Placement:** Players will be placed with 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. Volunteer coaching duties include helping manage your team during skill sessions and scrimmages. BPP

**Program cancellation deadline is March 22.**

112303-05	4-6 year-old girls	10:45-11:45a	\$162
06	4-6 year-old boys	9:30-10:30a	\$162
07	6-9 year old girls	10:45-11:45a	\$162
08	6-9 year old boys	9:30-10:30a	\$162

## SATURDAY SOCCER CLINICS **NEW!**

Ages 8-12. Looking to improve your soccer skills? Join our Saturday soccer clinics, where you'll learn passing, shooting, dribbling, defense, and offense techniques from experienced coaches. Don't miss out on this opportunity to level up your game. BPP

112304-01	Sa	9:00-10:00a	6/1	\$35
02	Sa	10:15-11:15a	6/1	\$35
03	Sa	9:00-10:00a	6/8	\$35
04	Sa	10:15-11:15a	6/8	\$35
05	Sa	9:00-10:00a	6/15	\$35
06	Sa	10:15-11:15a	6/15	\$35
07	Sa	9:00-10:00a	6/22	\$35
08	Sa	10:15-11:15a	6/22	\$35

## WEEKNIGHT SOCCER DEVELOPMENT **NEW!**

Ages 8-12. Weeknight soccer development is the perfect opportunity for players to enhance their skills and improve their game. Players can maximize their potential on the field with targeted training exercises, drills, and engaging games. Join us for our Weeknight Soccer. BPP

112323-01	TTh	4:00-5:00p	1/23-2/15	\$160
02	TTh	4:00-5:00p	2/27-3/21	\$160

## SPRING BIFC MINI KICKERS

Ages 3-5. Join Bainbridge Island FC's Director of Coaching and staff for our weekday preschool coed soccer class. Children play and learn through fun, dynamic games and activities at BPP Turf. **CONTRACTOR**

112320-01	T	4/16 - 5/28	1:00-1:45p	\$115
02	F	4/19 - 5/31	10:00-10:45a	\$115

## RACKET SPORTS

### 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, intermediate, and advanced players. Come learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs.

112727-01	Private Lessons: 1 hour, 1 player = \$60
02	Semi-Private Lessons: 1 hour, 2 players = \$75
03	Semi-Private Lessons: 1 hour, 3 players = \$90
04	Semi-Private Lessons: 1 hour, 4 players = \$105







# YOUTH

## TENNIS

### HOT SHOTS TENNIS

Ages 3.5-6. Tennis is the best first sport! Start your children with action-packed 45-minute lessons to develop hand-eye coordination, balance, and foundation skills while having fun in this progressive 6 and under tennis program. Parents are encouraged to participate in this innovative program. BHS courts or Ordway covered area



112715-01	Su	11:15a-12:00p	3/3-3/24	\$84
02	Su	11:15a-12:00p	4/14-5/5	\$84
03	Su	11:15a-12:00p	5/12-6/9*	\$84

\*No class 5/26

### ROOKIES TENNIS

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

112708-01	Su	12:15-1:15p	3/3-3/24	\$94
02	Su	12:15-1:15p	4/14-5/5	\$94
03	Su	12:15-1:15p	5/12-6/9*	\$94

\*No class 5/26

### ROOKIES PLUS TENNIS

Ages 10-14. 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 for the class dynamic and skill level. BHS courts or Ordway covered area

112704-01	Su	1:30-2:30p	3/3-3/24	\$94
02	Su	1:30-2:30p	4/14-5/5	\$94
03	Su	1:30-2:30p	5/12-6/9*	\$94

\*No class 5/26

### 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

112716-01	Su	2:45-3:45p	3/3-3/24	\$94
02	Su	2:45-3:45p	4/14-5/5	\$94
03	Su	2:45-3:45p	5/12-6/9*	\$94

\*No class 5/26



## PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS

Ages 4 and up. Schedule your private, semi-private, or group lesson. Lessons are held outside on the Bainbridge High School Tennis Courts, Strawberry Hill Tennis Court, or Battle Point Park Tennis Courts. Email Audree at [AudreeG@biparks.org](mailto:AudreeG@biparks.org) for more information.

112799-01	Private Lessons: 1 hour 1 player = \$55
02	Semi-Private Lessons: 1 hour 2 players = \$70
03	Group Lessons: 1 hour 3 players = \$81
04	Group Lessons: 1 hour 4 players = \$88
05	Private Lessons: 5 pack of 1-hour lessons = \$261.25 (5% off)
06	Private Lessons: 10 pack of 1-hour lessons = \$522.50 (5% off)

BIRC Monthly Users can schedule private, semi-private, and group lessons indoors in the Rec Center. For more information, see page 65.

## 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) 883-5768

**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 Buser. We recommend starting at The Summit at Snoqualmie and finishing the season at Crystal Mountain. This is especially important if your Ski Buser 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, while if it's the steeps you're looking for, you'll want to head to the legendary Alpental.
- **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.



# YOUTH



**Transportation** — Ski Bus uses the 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 are required to take a minimum of one lesson before being allowed to ski/board with friends.** Information on lessons for both Summit at Snoqualmie and Crystal Mountain was unavailable when this catalog was published. Please visit the respective resort's website for information on lessons. **We highly recommend that you choose a lesson starting in the afternoon. With varying traffic and road conditions, we cannot guarantee arriving 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 any questions about lessons.

**Helmets** — We follow the National Ski Area Association's guidelines and require all participants and chaperones to wear a helmet. 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 a role model for youth. Chaperones are selected based on their experience working with kids, managing groups, ability to help drive a van, and their schedule throughout the season. Chaperones must pass 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 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 District reserves the right to require a doctor's note when applicable.

**Refunds** — For questions about refunds, please see page 79. The District reserves the right to dismiss a participant without refund if the participant fails to abide by "The Code of Conduct" agreement. If weather or road closures cancel a trip, a pro-rated credit will be refunded for the missed day. The District reserves the right to require a doctor's note when applicable.

## SEE PAGE 41 FOR NEW ADULT SKI BUS!

### 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, while if it's the steepes you're looking for, you'll want to head to the legendary Alpental, making it a great place to explore before moving onto Crystal Mountain. Seats fill quickly, and space is limited. Price below only includes transportation from Strawberry Hill Park.

131972-01	Sa	6:00a-8:00p	1/13	\$115*
02	Sa	6:00a-8:00p	1/20	\$115*
03	Sa	6:00a-8:00p	1/27	\$115*
04	Sa	6:00a-8:00p	2/3	\$115*
05	Sa	6:00a-8:00p	2/10	\$115*

### CRYSTAL MOUNTAIN

Ages 9-17. More extensive runs, fewer crowds, and 3,100 feet of vertical descent! Crystal Mountain offers fantastic views of Rainier from the summit and legendary skiing and boarding runs. Late winter and early spring skiing at Crystal is hard to beat, so we save it for last! With ten lifts servicing 2,600 acres, Crystal Mountain is the largest ski resort in the state. As a note to parents, Crystal is one of students' favorite Ski Buses to join once they have their "season legs" under them. Challenging, fun, and diverse terrain allows for long 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! Price below only includes transportation from Strawberry Hill Park.

131971-01	Sa	6:00a-8:00p	3/2	\$115*
02	Sa	6:00a-8:00p	3/9	\$115*
03	Sa	6:00a-8:00p	3/16	\$115*
04	Sa	6:00a-8:00p	3/23	\$115*
05	Sa	6:00a-8:00p	3/30	\$115*

\*Register before January 1 to receive a \$10 discount.





# YOUTH

## 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, and 7-12. Get your kids climbing our walls and not 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, both on and off the wall, while giving them a preview of what our youth climbing programs offer at Insight Climbing & Movement. After 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. Registration deadline for most climbing programs is three days before the start date.

#### Ages 4-6

131989-05	F	3:30-4:30p	2/2-2/9	\$87
06	F	3:30-4:30p	3/15-3/22	\$87
07	F	3:30-4:30p	4/26-5/3	\$87
08	F	3:30-4:30p	5/24-5/31	\$87

#### Ages 7-12

131989-01	F	3:30-4:30p	1/19-1/26	\$87
02	F	3:30-4:30p	3/1-3/8	\$87
03	F	3:30-4:30p	4/12-4/19	\$87
04	F	3:30-4:30p	5/10-5/17	\$87

### MID-WINTER BREAK CAMP

Ages 6-11. Get your kids climbing our walls and not yours! This one-week camp will give new climbers an introduction to indoor climbing and youth programming at Insight Climbing & Movement including top-rope climbing, bouldering, and games with other kids. This class will provide your kids with an opportunity to build confidence, both on and off the wall, while giving them a preview of what our youth climbing programs have to 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!

133900-01	M-F	1:00-4:00p	2/19 - 2/23	\$286
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### SPRING BREAK CAMP

Ages 6-11. Get your kids climbing our walls and not yours! This one-week camp will give new climbers an introduction to indoor climbing and youth programming at Insight Climbing & Movement including top-rope climbing, bouldering, and games with other kids. This class will provide your kids with an opportunity to build confidence, both on and off the wall, while giving them a preview of what our youth climbing programs have to 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!

133904-01	M-F	1:00-4:00p	4/1-4/5	\$286
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## 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.

### MTB BIKEPACKING

#### MTB the ODT

Ages 14-18: Explore the Olympic Peninsula's longest trail on this multi-day bike-packing adventure. We'll traverse the Olympic Discovery Trail and the Adventure Route on this five-day, 100-mile bike tour. We'll cover about 25 miles connecting the Puget Sound to the Pacific Ocean each day. The ride will be a mix of paved bike paths, country roads, gravel forest service roads, and backcountry single track. Participants will be required to carry their own overnight gear, including warm clothing, sleeping pad, sleeping bag, tent, food, and utensils. Previous experience with bicycle touring is not required, but experience camping and mountain-biking proficiency are essential. Transportation is provided from SHP.

131986-01	M-F	8:00a-5:00p	4/1-4/5	\$685
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#### Mount Rainier Gravel Grind:

Ages 10-13 Carbon River to Ipsut Creek Campground. Explore the largest glacier in the lower 48! We'll ride 6.5 miles along an old forest road near the Carbon River, winding our way to camp at the Ipsut Campground. You will need to bring a sleeping bag, sleeping pad, tent, and clothes for camping and mountain biking, a good working bike, and a helmet. Food is provided, and the Park District has some gear you can borrow—transportation is provided from SHP.

131986-02	Sa-Su	7:00a-5:00p	5/18-5/19	\$275
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# YOUTH



## Dosewallips River Ramble: ◆ ★

Ages 11-14 Want to explore the heart of the Olympic Mountains? How about camping amongst 300-year-old trees? Make breakfast by the side of a rushing river? If you answered YES to any of these questions, join us for an epic back-country camping trip on wheels! We will ride up the Dosewallips Road (now closed to cars) before camping at the Elkhorn Campground. Day two will bring us further into the mountains along waterfalls and beside the rushing river before camping at the Dosewallips Campground and another night trading stories around the fire before riding back to civilization the following day. Transportation provided from SHP.

131986-03 Sa-M 8:00a-5:00p 5/25-5/27 \$415

## South Fork Skokomish Scramble: ◆ ★

Ages 12-16: Explore the quiet side of the Olympic Mountains on this overnight bike camping trip! We'll ride from the Brown's Creek Campground along the South Fork Skokomish River to the upper South Fork Skokomish trailhead. Along the way, we'll pass ancient hemlocks and firs as we climb and descend along the floodplain. This trip will be self-supported, so we'll pack our food and gear on our bikes. Previous experience with bike-packing is not required, but proficiency with trail riding is a must! Transportation is provided from SHP.

131986-04 Sa-Su 8:00a-5:00p 6/8-6/9 \$275

## PORT GAMBLE GRAVITY CAMP ◆ ★

Ages 11-15. Gravity Camp is currently our most advanced instructional mountain bike clinic. It is designed for riders who are already very confident on a mountain bike and want to pursue more challenging trails, higher speeds, and difficult features. This program is not for beginning riders! Gravity Camp aims to provide insight and technical advice on mountain biking techniques, body positioning, and control to build confidence on the bike. Skill progression will include high-speed braking, jumping, dropping, steep sections, and navigating rough, rocky terrain. Prerequisites: instructor approval or pre-program evaluation. Transportation is provided from SHP.

131940-01 Sa 11:30a-4:30p 3/2-3/30 \$280



## SINGLETRACK SUNDAYS ◆◆ ★

Ages 14 and up. This advanced program focuses on recreation and is designed for confident riders searching for more challenging trails, higher speeds, and larger obstacles. The goal is to connect riders of all ages with some of the incredible trails in our region. Long climbs, technical descents, and inclement weather are all part of the fun, so proficiency and experience with mountain biking are necessary. Locations include Green Mountain, Port Gamble, Lower Big Quilcene, and Mt. Zion. Transportation is provided with a van and trailer. Instructor approval required SHP

131937-01 Su 12:00-6:00p 3/3-3/24 \$375  
02 Su 12:00-6:00p 3/31-4/21 \$375

## 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 ready to take on more challenging trails. We'll explore different trails all over while practicing fundamental MTB skills. Transportation is provided from Sakai Intermediate School.

131966-01 M 3:00-6:00p 3/4-3/25 \$175  
02 M 2:00-5:00p 4/8-4/29 \$175

## TUESDAY ★ NIGHT RIDES ●■

Ages 9-13. Come experience the thrill of mountain biking at night! We'll explore the Grand Forest's deserted trails, seeing the nocturnal side of the island in the beam of a headlight. Filled with whoops and hollers, this is addictively fun riding at its best. Bike lights are available to borrow on a limited basis. Meet at East Grand Forest (Mandus Olson) pick up at Grand Forest West on Miller Road.

131958-01 T 5:30-8:30p 3/5-3/26 \$175  
02 T 5:30-8:30p 4/9-4/30 \$175



## WHEELIE WEDNESDAYS – TINY TREADERS ●

Ages 5-7. Calling all new mountain bikers! Wheelie Wednesdays — Tiny Treaders 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 you continue to develop bike-handling skills and have fun doing it! BPP

131951-01 W 3:30-5:30p 3/6-3/27 \$130  
02 W 3:30-5:30p 4/10-5/1 \$130

## ONE-ON-ONE MTB DEVELOPMENT (ALL SKILL LEVELS) ★

Ages 5 and up. This program is designed for riders of any age or skill level, looking for one-on-one MTB instruction. This program will cater to your rider and will be designed around their riding abilities and goals. Less experienced riders can learn fundamental skills and bike control in a low-stress, relaxed environment. More advanced riders can focus on more advanced riding skills, bike control, and progressing toward riding more challenging terrain in a format that allows personalized, instructional feedback from an experienced mountain bike coach. Email Outdoor Program Manager, Stacey Stoner at [staceys@biparks.org](mailto:staceys@biparks.org) to schedule a private session. Private two-hour sessions. \$100

★ PROGRAMS FOR TEENS AGES 13-17





# YOUTH



## FLY FISHING EXPO

### YOUTH FLY FISHING EXPO AT BATTLE POINT PARK

Ages 6-17. Do you have a young person you would like to introduce to fly fishing or have them get some practice prior to heading out to fish this spring? Join us for the Youth Fly Fishing EXPO at Battle Point Park Pond on Bainbridge Island. There will be a casting clinic, fly tying, fish/stream biology clinics, and fishing in the pond. Rods, flies, and materials will be provided. Those attending will be entered in a raffle for a fly rod and reel combination. The event is sponsored by the Bainbridge Island Metro Park & Recreation District, Trout Unlimited, Bainbridge Island Fly Fishers, and Peninsula Outfitters. Pre-registration is strongly encouraged but not required!



131867-01      Su      5/19      10:00a-2:00p      \$18

### SEE NEW FLY FISHING PROGRAM ON PAGE 32.

### TEEN INTRO TO STRENGTH TRAINING **NEW!**

Explore a comprehensive introduction to strength training, catering to ages 13-17, from beginners to intermediate levels. Teens will acquire the skills to establish a robust foundation through in-depth, hands-on training that prioritizes injury prevention. See more info in the BIRC section of the catalog.



### PADDLING/HIKING

After a long, cold winter, what's better to shake off those winter blues and take a leap into spring!? Whether you enjoy being in the wilderness, exploring peaks and valleys, or exploring our beautiful island's coastline by kayak, let us help you get outside!

*Never lose an opportunity to see anything beautiful.*

~ Ralph Waldo Emerson



# TEEN PROGRAMS



## WHAT ARE CONTRACTOR CLASSES?

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## TEEN CENTER

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

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

We're open for the entire year. Be a part of the Teen Center and make your mark! Stop by any afternoon to check out the activities. We have a pool table, foosball table, ping pong, air hockey, board games, Xbox, and a room just for relaxing. Some of the planned activities will be provided with food and drinks. It's a fun place to hang out!


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 Dates

Saturdays, Sundays, 1/15, 2/19-23, 4/1-5, 5/27  
At the staff's discretion and 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: RACHELR@BIPARKS.ORG

## Fun Activities! Join us for...

### Popcorn Day

Come down and celebrate Popcorn Day with us. Try fun flavors and even different colors. Maybe even make a popcorn ball.  
Friday, 1/19



### Random Acts of Kindness Week

Come down and tell us what kindness means to you. Add creative ideas or compliments to our kindness jar. Treats Included!  
2/12-16

### Pi Day

How many numbers in Pi do you know? If you recite the most, you can win a prize! (There is a high probability that said prize would be a pie of one sort or another.)  
Thursday, 3/14

### Jellybean Day

How many flavors are there? Who invented the Jellybean? What is the world record for the most jellybeans in a human's mouth? Answer trivia questions correctly, and you can win your jellybean prize!  
Monday, 4/22

### Pizza Party Day

Join us for National Pizza Party Day with free slices of pepperoni and cheese pizza.  
Friday 5/17







# TEEN PROGRAMS

## NO MORE SCHOOLPALOOZA

More information is coming soon for the return of No More Schoolapalooza!

## SERVICE

### TEEN VOLUNTEER OPPORTUNITY

Add to your college resume! Are we always looking for creative teens to help design the following year's program activities? Would YOU want to see them offered in the Park District catalog Teen Center section? This is an excellent opportunity to make your ideas a reality.

### PARK DISTRICT VOLUNTEER OPPORTUNITIES

Need volunteer hours for your school requirements? Do you want to get involved with something fun? There may be opportunities for you to volunteer this winter and spring.

Contact Stephanie Bugas at [StephanieBugas@biparks.org](mailto:StephanieBugas@biparks.org) for more information or to get involved.



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

### BIRTHDAY RENTALS!

That's right; you can rent the Teen Center for your birthday party! Celebrate your fantastic day playing pool, foosball, air hockey, and ping pong. We also have many board games and an Xbox One (some games are provided, or bring your own!). We also offer a Laser Tag birthday experience at Fay Bainbridge Park, Battle Point Park, or the Teen Center.

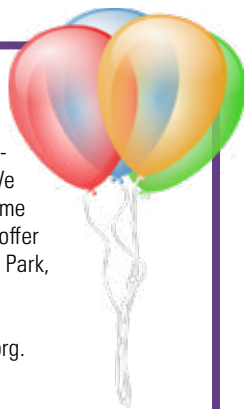
For more information, contact [RachelR@biparks.org](mailto:RachelR@biparks.org).

#### Teen Center Birthday Rental

\$160 (Additional fee for more than 12 participants)

#### Laser Tag Birthday at Battle Point

\$200 (Additional fee for more than 12 participants)



## TEEN FUN



### TEEN FLASHLIGHT EGG HUNT ★

Grades 7-12. Spring hasn't begun until egg hunting has started. Hundreds of plastic eggs will be filled with candy, toys, and a few with prize tickets. These expert hunters don't leave anything to chance, as the eggs will be gone in a flash, so don't be late! Meet at Teen Center.

F 9:00-10:30p 3/29 FREE

### MIDDLE SCHOOL NIGHT AT BIRC

The Bainbridge Island Recreation Center will host a two-hour event from 8:00-10:00p for local 6th-8th graders. Get here early to sign up for our Laser Tag Tournament and other fun activities! Enjoy a snack while creating art in our Teen Night Art Studio for a more relaxed evening. Must pre-register. For more information, go to [www.biparks.org](http://www.biparks.org) or email [RachelR@Biparks.org](mailto:RachelR@Biparks.org).

172645-01	F	8:00-10:00p	1/19	\$20
02	F	8:00-10:00p	3/15	\$20



### MIDDLE SCHOOL DANCES! GRADES 6-8

Calling all 6th, 7th, and 8th graders! Come alone or as a group. We will have a DJ playing all our favorite pop hits, so come show off your best moves or chill with friends. For more information, please go to [www.biparks.org](http://www.biparks.org) or email [RachelR@biparks.org](mailto:RachelR@biparks.org). Snacks and drinks provided.

#### Valentine's Dance

172627-01	Sa	7:00-9:00p	2/10	\$30
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#### Middle School Prom

172627-02	Sa	7:00-9:00p	5/11	\$40
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An important "Know Before You Go" information sheet can be found online and will be sent to you via email before the dance.



# TEEN PROGRAMS



**CHECK OUT THE POTTERY CHOICES ON PAGE 38**

## DID YOU KNOW?

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

## GAMERS LAIR RETREATS

Ages 9-15. By popular demand, like-minded gamers can gather in person in the large room of the Teen Center for a supervised, focused, single-day RPG mini-quest supervised by an experienced adventure master. Players will have the opportunity to “roll” up characters prior to Quest Day. Includes snacks and some dice giveaways. AQ

172665-06	Sa	10:00a-3:00p	2/24	\$50
07	Sa	10:00a-3:00p	4/6	\$50



## HILLTOP ACOUSTIC JAM

**All-ages**

Bring your guitar, voice, uke, banjo, box drum, fiddle, or any other acoustic instrument for a (sometimes rowdy) song-swapping circle at Prue’s House! Beginners and veterans learn from each other, with no stage fright and no pressure; sit in or just come to listen! All ages are welcome, and it’s FREE! Hot drinks by donation. Third Friday, monthly. 7:30p. 1/19, 2/16, 3/22, 4/18, 5/17 and 6/21. HT



## Why Ski Bus?! The Real Question Is, Why Not?!

Ski Bus is a great experience and the opportunity to give your kids lasting memories. They can spend a day with friends, learn resourcefulness, independence, and of course...skiing and boarding! We do the driving and keep an eye on the Ski Bussers; all you have to do is drop them off and pick them up! What could be easier?! See page 24



# ADAPTIVE RECREATION

## WHAT ARE CONTRACTOR CLASSES?

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## POTTERY

### ADAPTIVE POTTERY

Ages 16 and up. Students will work with clay using hand-building methods. This class is tailored for neurodiverse people. The focus of the class is to work within each student's ability, teaching sound building structure and then letting each student's creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee. Four weeks. ED



122062-01	W	3:30-5:00p	1/17- 2/7	\$82
02	W	3:30-5:00p	2/21- 3/13	\$82



## SWIM LESSONS

### SWIM LESSONS FOR ALL! LOW SENSORY GROUP

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. They are created for those with anxiety, physical, sensory, communication, behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. Questions? Please contact Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org). Five weeks. AQ

#### Ages 7-10

102561-01	M	1:45-2:15	1/08- 2/5 *	\$156
04	M	1:45-2:15	2/12- 3/11	\$156

#### Ages 8-14

102561-02	M	2:15-2:45	1/08- 2/5*	\$156
05	M	2:15-2:45	2/12- 3/11	\$156

#### Ages 11-18

102561-03	M	2:50-3:20	1/08- 2/5*	\$156
06	M	2:50-3:20	2/12- 3/11	\$156

\*No Class 1/15





# YOUTH & ADULT



## ADULT AND CHILD DANCE!

**NEW!**

Ages 5-12 with parent/guardian, grandparent, or another fun adult! Teen Center staff offers an exciting opportunity for parents and kids to have a special evening together. Boys and girls are invited to join us with an accompanied mother/father/guardian or special adult for an evening filled with dancing and photos — two children per adult max. Snacks and dessert will be provided. BIRC



### First Child and Adult

172632-01 Sa 6:00-8:00p 4/13 \$35

### One Additional Child

172632-02 Sa 6:00-8:00p 4/13 \$15

### One additional Adult

172632-03 Sa 6:00-8:00p 4/13 \$15

## Point No Point

This is one of the premier birding locations in Washington State. Although it has a variety of habitats to search for birds, it is probably best known for the large concentrations of water birds, such as gulls, loons, alcids, terns, mergansers, and scoters. We will also visit Foulweather Bluff Preserve and Buck Lake.

## Fort Flagler

This 1,451-acre State Park offers a wide variety of habitats, making it an excellent place for a full day of birding. We will search the beaches for shorebirds and gulls and scan the saltwater for alcids, loons, and murrelets. We will also explore the uplands for forest and field-dwelling species.

## Sequim/Dungeness

This region's bays, beaches, and farmlands offer some of the best birding in western Washington. We will spend most of our time at 3 Crabs and Dungeness Landing, looking for shorebirds, gulls, and ducks. We will also walk the Dungeness River Dike Trail, searching the riparian and farmland areas for songbirds and raptors.

## Port Townsend

At the mouth of Admiralty Inlet, the Port Townsend area has productive saltwater habitats for alcids, gulls, grebes, and ducks. We will spend most of our time exploring Fort Worden State Park, which has excellent views of the Inlet, an extensive conifer forest, a large pond, and various other habitats for finding birds.

## BACKPACKING

### BACKPACKING 101

Ages 8 and up. Are you interested in backpacking? In this hands-on class, you'll practice the basic skills and learn what gear you need to get started. We'll cover trip planning, safety, and safety equipment, practice setting up tents, stoves, and water filters, learn how to pack a backpack, what to bring, and much more. Meet at Strawberry Hill Center.



131900-01 T 6:00-8:30p 4/15 \$55



## FLY FISHING

### INTRO TO FLY FISHING

Ages 14 and up. Interested in learning to fly fish? This class includes hands-on instruction for new beginners who would like to learn the exciting sport of fly fishing from the shores of Bainbridge Island. Start with instruction on the basics of fly fishing and end by trying your luck in the waters of the Puget Sound with tips from an instructor. All equipment is included for use. FWP

131866-01 Th 6:00-8:00p 3/21 \$20  
131866-02 Th 6:00-8:00p 4/4 \$20

## BIRDING DAY TRIPS

### BIRDING DAY TRIPS

Ages 10 and up. An adult must accompany participants under 18. We will travel by van to our destination and then go birding at a few local birding hotspots. Bring a sack lunch. Meet at SHP at 7:00a. Trips return by 4:00p.

111906-01 Th 7:00a-4:00p 3/21 Point No Point \$90  
02 Th 7:00a-4:00p 3/28 Fort Flagler \$90  
03 Th 7:00a-4:00p 4/18 Sequim/Dungeness \$90  
04 Th 7:00a-4:00p 4/25 Port Townsend \$90

**SEE ALSO: YOUTH FLY FISHING EXPO ON PAGE 27**



# 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 may need experience for some 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 fare 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 TRIPS

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.

131909-01	Sa	2/3	Interpretive Snowshoe at Hurricane Ridge	\$90
02	Su	2/4	Interpretive Snowshoe at Hurricane Ridge	\$90
03	Sa	2/10	Interpretive Snowshoe at Hurricane Ridge	\$90
04	Su	2/11	Interpretive Snowshoe at Hurricane Ridge	\$90
05	Sa	2/24	Full Moon Snowshoe	\$97
06	Su	3/3	Hurricane Hill Snowshoe	\$90
07	Su	3/10	Lake Angeles Snowshoe	\$90
08	Su	4/14	Barnes Creek	\$90
09	W	4/24	Oxbow Lake and Garfield Ledges	\$97
10	Su	5/5	Notch Pass and Lower Big Quilcene River	\$90
11	Su	5/19	Green Mountain	\$83
12	T	5/28	Elk Lakes	\$90



# YOUTH & ADULT



## INTERPRETIVE SNOWSHOE AT HURRICANE RIDGE

~3 mi ~400ft elev. gain

This beginner- and family-friendly trip is a perfect introduction to snowshoeing. First, we'll try the snowshoes on different surfaces during a guided interpretive walk-through of Hurricane Ridge's gladed woods. Participants will learn about trees—their winter adaptations, relationships with fungi, effects on the air and humans, and more. After lunch, we'll snowshoe on a groomed trail to a viewpoint atop a snowcapped ridge. Snowshoes provided. The trip meets at 6:30a.

\*\*Note that the Super Bowl is 2/11



## FULL MOON SNOWSHOE

~3.5 mi ~500ft elev. gain

We'll take the ferry to Seattle and drive to Blewett Pass, arriving right around sunset. As the daylight fades and the moon rises, we'll hike along the Wenatchee Crest. We'll pass through an open forest with snow sparkling around us, slowly climbing to a high point with moonlit views of the surrounding mountains. Trip meets at 2:00p and returns around midnight. Snowshoes provided.

## HURRICANE HILL SNOWSHOE

~6 mi ~1000ft elev. gain

This trip starts with the same first mile as our interpretive trips but continues all the way up the summit of Hurricane Hill. Featuring ridgetop walking, massive snowy plateaus, and panoramic views! Snowshoes provided. Trip meets at 6:30a.

## LAKE ANGELES SNOWSHOE

~7 mi ~2300ft elev. gain

This well-graded trail climbs steadily through thick forests to reach its spectacular destination, Lake Angeles. Thousand-foot cliffs encircle the lake with ice and snow packed into every crevice, and waterfalls struggle to free themselves from winter's icy grip. It's well worth the hard work to get there! Snowshoes provided.

## BARNES CREEK

~6.5 mi ~800ft elev. gain

We start near Lake Crescent Lodge and pass the famous Marymere Falls, then leave the crowds behind as we turn up Barnes Creek. The trail stays alongside the creek, and the narrow ravine is lush with ferns, mossy maples, old growth, and river views.

## OXBOW LAKE AND GARFIELD LEDGES

~4mi ~900ft elev. gain

These trails along the Middle Fork Snoqualmie River offer a lot of variety and are under an hour from Seattle. We'll hike in a broad valley lined with towering granite peaks, picnic under old growth firs by the confluence of the Taylor and Middle Fork Rivers, and cap our day with the tremendous views from Garfield Ledge. With the shorter mileage, we'll take our time and soak it all in!

## NOTCH PASS AND LOWER BIG QUILCENE RIVER

~8.5 mi ~1550ft elev. gain

Take the secret backdoor entrance to see all the highlights! First, we'll head uphill to the Notch—it's very narrow, hemmed in by cliffs like a secret passageway. Then we'll hike down, passing a few pretty streams and some drier areas with pine trees. Once we reach the river, we stay right alongside it, with countless views of its twists and turns, plus big trees, charming camps, and several sturdy bridges.

## GREEN MOUNTAIN LOOP

~6.7mi ~1000ft elev. gain

Right in our backyard, Green Mountain is the highest accessible point in Kitsap County at 1640ft. You'll have good views of Seattle, the Cascades, and the Kitsap Peninsula, and the views of the Olympics may be the best to be found anywhere! We've designed the less-traveled loop to take us along Gold Creek and some active beaver ponds. Trip meets at 9:00a.

## ELK LAKES

~5.5 mi ~500ft elev. gain

Enjoy a beautiful and seldom-visited lake in the Hamma Hamma River area of the Olympic Mountains! Elk Lake features miles of lakeshore trail, old-growth cedars, and views of towering mountains reflected on the surface. We'll look for beavers and examine their handiwork at a smaller pond. With the shorter mileage, we'll take our time and soak it all in!



## MOUNTAIN BIKING

### MOUNTAIN BIKE MECHANICS CLASS

All Ages. Learn the essentials in bicycle maintenance and repair. In a jam-packed 2 hour session, we'll cover various topics ranging from general maintenance to personalized set-up. We'll cover the basics like flat repairs, derailleur adjustments, brake pad replacements, and best practices for chain lubrication. We'll also cover basic suspension setup and maintenance, wheel truing, and bike fit. We'll work at the Strawberry Hill Center in a classroom setting with a professional mechanic. Bring your own bike to practice applying your new skills! Meet at SHP.

131945-01      Sa      5:30-7:30p      4/20      \$75

### FORT WARD FAMILY RIDES

All ages. Want to share the love of trails with the whole family? Having trouble keeping up with your kids? The Fort Ward Family Rides are designed to offer personalized instruction for the family unit. In a two-hour ride, instructors will meet you wherever you're at in a responsive and fun family lesson. Whether you're interested in covering road safety, general bicycle skills, trail etiquette, or any other bicycle handling skills, we've got you covered!

131964-01      Su      10:00a-12:00p      4/14      \$75  
 02      Su      1:00-3:00p      4/28      \$75  
 03      Su      3:30-5:30p      4/28      \$75

# ADULT

## WHAT ARE CONTRACTOR CLASSES?

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## ART AND CRAFT

### ROOTS, VINES AND BARK BASKETS

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

166772-01 Th 3/28 1:30-5:30p \$100

## DRAWING

### I CAN DRAW!

If you've ever envied folks with "natural artistic ability" give us the chance to convince you that drawing is a learned skill. Based on the book Drawing on the Right Side of the Brain, you'll learn techniques and concepts that will change the way you see and approach realistic drawing. No experience necessary. Absolute beginners welcome! All materials provided. Jamie Brouwer instructs. SHC

166704-01 W 1/17 - 2/14 10:30a-12:00p \$90  
02 W 4/10 - 5/8 4:30-6:00p \$90

### 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 lives. Come and add a new dimension to your drawing practice whether it is sketching, observational, or imaginative. All materials provided. Jamie Brouwer instructs. SHC

166706-01 W 1/17-2/14 12:30a-2:00p \$90  
02 W 4/10-5/8 6:30-8:00p \$90

### 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 concepts regarding shading, we will also experiment with a broader range of materials including charcoal, ink, and toned paper. I CAN Draw is recommended but not a prerequisite. All materials provided. Jamie Brouwer instructs. SHC

166702-01 W 2/28-3/27 10:30a-12:00p \$90  
02 W 5/15 - 6/12 4:30-6:00p \$90

### I CAN DRAW PERSPECTIVE!

Perspective drawing can be so intimidating. Let us guide you step by step through a variety of practice scenarios to help you develop an understanding of what is happening visually when we include perspective in our drawings. We will explore 1- and 2-point perspective as well as foreshortening, and atmospheric perspective. Don't let fancy terms give you pause, give it a try. It is do-able. We promise. Jamie Brouwer instructs. SHC

166705-01 W 2/28-3/27 12:30-2:00p \$90  
02 W 5/15 - 6/12 6:30-8:00p \$90

### 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. The first session will have various lesson options, but the class will focus on drawing and painting birds. The second session will focus on drawing and painting landscapes. Everything is taught with patience and grace by Anne-Marie Sargent. SHC

166732-02 W 3/6-3/27 5:15-7:00p \$65  
03 W 4/10-5/1 5:15-7:00p \$65

### COLORED PENCIL TUESDAYS

Do you have colored pencils you have never used? Wanting to get into art again or start something new? Here is the class for you. This class is designed for all to succeed and have fun. You'll learn the basics in creating with colored pencils. We go over materials, strokes, composition, and design. Susan Wiersema welcomes all levels. No experience needed. All materials provided but feel free to bring your own pencils if you have them. SHC

166710-01 T 3/5-3/26 4:00-5:30p \$60





# ADULT



## NATURE STUDIES WITH WATERCOLOR, COLORED PENCIL, AND INK

It's spring and time to take our art making outside into nature. Instructor Susan Wiersema will take you out into nature to find inspiration amongst the trees, flowers, birds, and bugs. We'll explore these wonders of nature in different mediums such as: watercolor, colored pencil, ink, and even combine them into incredible works of mixed media art. Susan will be using as a reference for this class, *The Laws Guide To Nature Drawing and Journaling*. Materials will be available, but please feel free to bring your own supplies. No previous experience is required.

166417-01 T 5/7-5/28 4:00-5:30p \$60



## LIFE DRAWING

Open sessions for artists at any level who wish to improve their skills in drawing and painting from life. A model fee (ranging from \$50-75 depending on class size) is due at the first class, covering model expenses for the session. For more information, call Gregg Onewein at (206) 842-0259. **Due to limited space, drop-ins are no longer available.** SHC

166714-01 F 2/2-3/15\* 9:30a-12:30p \$50  
 02 F 3/22-5/3\* 9:30a-12:30p \$50  
 03 F 5/10-6/14 9:30a-12:30p \$50

\*no class 2/23, 4/5



## PAINTING

### BEGINNING WATERCOLOR FOR EVERYONE

Have you always wanted to paint with watercolors, but all you've ever heard was how difficult it is? In this four-week class, you will learn the essential basics of watercolors and have fun doing it. No previous experience is required, just the willingness to learn. We'll review traditional watercolor techniques such as flat and graded washes, wet into wet, dry brush, and more. You will be encouraged to work with a color wheel and learn about elements of design. Materials will be available, but please feel free to bring your own watercolor supplies. Instructor Susan Wiersema.



166415-01 T 1/23-2/13 4:00-5:30p \$80  
 02 T 4/9-4-30 4:00-5:30p \$80

### WATERCOLOR BOLD AND EXPRESSIVE

All levels are welcome! You are invited to join this class that will focus on creating loose and colorful Northwest scenes and florals. Each class will begin with a painting demonstration, followed by individual instruction, while students work from the demo or an idea of their own. Due to popular demand, we have increased the class time by 30 minutes. Watercolor supplies are not included. A full-time artist, John Adams is a signature National and Northwest Watercolor Societies member. Learn more about our instructor at [www.johnadamsdesign.com](http://www.johnadamsdesign.com). SHC **CONTRACTOR**

166715-01 Th 1/18-2/8 10:00a-12:30p \$150  
 02 Th 2/15-3/14\* 10:00a-12:30p \$150  
 03 Th 3/21-4/18\* 10:00a-12:30p \$150  
 04 Th 4/25-5/16 10:00a-12:30p \$150

\* No class 2/22, 4/4



### WATERCOLOR STILL LIFE "PAINTING FRUIT AND FLOWERS"

In this class, students will learn to paint and draw from observation. We will work with basic shapes, composition, color mixing, and layering of pigment to represent form. Other skills include: value, shading, line, proportion and scale. Artists will heighten their powers of observation, concentration and confidence as they learn to carefully recreate what they see. David Repyak instructs. All materials provided. SHC

166771-01 Th 2/29-3/21 3:30-5:30p \$100



# ADULT

## OIL & ACRYLIC PAINTING with Gigi Godfrey

All classes are designed to motivate individual style in painting. General guidelines, a limited color palette, and good habits are demonstrated and encouraged. All levels are welcome, and students work at their own pace. The small classroom setting is inspiring as artists support each other in learning and growing.

### Let's Paint the Weather

Bring in your favorite photos of moody weather. Big cloudy skies, rainstorms, snowscapes...anything that inspires you. We'll bring it to life on canvas with gestural brushstrokes and refined color. SHC

166720-08 W 1/24-2/14 9:30a-12:00p \$80

### Painting With Limits.

Each week we'll try a new type of "limitation". Paint from a simple still life in 30 brush strokes or less. Paint from an upside-down photo. Paint small, starting new every 20 minutes. Limits improve our painting skills in a fun and relaxing way. SHC

166720-09 W 2/28-3/27 9:30a-12:00p \$100

10 W 2/28-3/27 1:00-3:30p \$100

### Intuitive Painting

Using still-life for inspiration, we will tap into our personal intuition to play, enjoy color and texture, and lose ourselves in the process of painting. No expectations—listen to your inner voice. SHC

166720-11 W 4/10-5/8 9:30a-12:00p \$100

12 W 4/10-5/8 1:00-3:30p \$100

### Outdoor Painting

Painting on location allows artists to capture the emotional and sensory spirit of a moment in time. The plein-air experience can be a challenge with changing light and weather; however, we will follow some general guidelines to explore composition, simplify the large masses, and "see" nuances in color. We will meet at various locations that will be announced before each class

166720-05 W 5/15-6/5 9:30a-12:00p \$80



## STAINED GLASS

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



### STAINED GLASS CLASSES

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

#### CONTRACTOR

166770-01	T	1/9-2/13	10:00a-1:00p	\$225
02	W	1/10-2/14	6:00p-9:00p	\$225
03	T	3/5-4/16*	10:00a-1:00p	\$225
04	W	3/6-4/17*	6:00p-9:00p	\$225

\*No class 4/2, 4/3 BISD Spring Break

### GLASS FUSING WORKSHOPS

A joyful and high success workshop for everyone enchanted with the brilliance of glass. Learn beginning 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.

#### SUN CATCHERS

Create your own brilliant design that catches the eye as well as the sun! You'll be thrilled at what you'll be hanging in your home window. **CONTRACTOR**

166666-01	Sa	1/27	10:00a-12:00p	\$95 Adult
02	Sa	1/27	2:00-4:00p	\$95 Child and Adult together
03	Sa	4/13	10:00a-12:00p	\$95 Adult
04	Sa	4/13	2:00-4:00	\$95 Child and Adult together

#### BE MY VALENTINE

In two hours you will create 2 glass hearts using two different styles of fusing!

166668-01	Sa	2/3	10:00a-12:00p	\$95 Adult
02	Sa	2/3	2:00-4:00p	\$95 Child and Adult together

#### IT'S A BUG'S LIFE

Create a fun unique bug out of fused glass and wire! You will create one or two adorable creatures in this two-hour workshop. **CONTRACTOR**

166667-01	Sa	3/16	10:00a-12:00p	\$95 Adult
02	Sa	3/16	2:00-4:00p	\$95 Child and Adult together

#### CHICKEN OR THE EGG

Which came first? Spring chickens are hatching in the glass studio! In this 2-hour workshop you will create colorful fused glass magnets to brighten your kitchen or coop. **CONTRACTOR**

166665-01	Sa	5/11	10:00a-12:00p	\$95 Adult
02	Sa	5/11	2:00-4:00p	\$95 Child and Adult together



# ADULT



## POTTERY

Eagledale Pottery Studio — the Park District’s instructional ceramics facility — offers introductory and advanced classes and workshops in the techniques of wheel throwing, hand building, and sculpture. Many finishing methods are demonstrated, and various glazes and techniques are taught. Our large gas-fired kiln, small raku kiln, and electric low-fire kilns keep projects flowing and students learning. Whether a cold weather indoor pastime, a relaxing hobby with new friends, or lifelong love, our public teaching studio is proud to be your introduction and Island headquarters for the wide world of creative personal ceramics.

### Beginning January 2024, the following studio changes will take effect:

- Daytime adult pottery classes have an additional hour of studio practice time at the end of class.
- All participants will complete their clean-up by the published end time of their activity.
- Studio time participants will be confirmed as currently enrolled Eagledale Pottery Studio class/skill workshop students.
- Oversized pottery and re-fires will be charged an additional fee of \$6 per instance in advance.

**Friendly reminders:** Registration and activity attendance is non-transferable. Only tested Eagledale Pottery Studio clay and glazes may be fired in the studio’s kilns.

**Pottery class fees include clay. Figurative sculpture students purchase clay according to the project. Additional clay is available for current Eagledale Pottery Studio students for \$30 per bag.**

### ADAPTIVE POTTERY

Ages 16 and up. Students will work with clay using hand-building methods. This class is tailored for Neurodiverse People. The focus of the class is to work within each student’s ability, teaching sound building structure and then letting each student’s creativity take over. Individual and group projects add to the fun with clay! Materials included in class fee. Four weeks. ED

122062-01	W	3:30-5:00p	1/17- 2/7	\$82
02	W	3:30-5:00p	2/21- 3/13	\$82

## DAYTIME POTTERY

### DAYTIME CLAY BASICS SAMPLERS

Make art part of your new year! A short-term introductory class is ideal 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, you will sample hand-building construction and try wheel throwing, decorating techniques, and glaze finishes to explore the possibilities of ceramic art! The experimentation and enthusiasm of studio instructors/artists will open your hands and mind to a world of colorful creativity. Includes supplies. Four weeks. ED

122044-01	Th	10:00a-12:00p	1/11-2/1	\$95
07	W	1:00-3:00p	2/14-3/6	\$95



### MONDAY WHEEL CLASSES

These long-term morning classes are for people who want to focus on throwing on the wheel. Whether you are a serious beginner or a committed old hand, instructor/artist Jeff Wofford will keep your skills solidly progressing! Two hours of instruction, plus one hour of optional independent open studio time, totaling three hours. Ten weeks. ED

122050-01	M	9:30a-12:30p	1/8-3/25*	\$290
03	M	9:30a-12:30p	4/8-6/17**	\$290

\*No class 1/15 or 2/19

\*\*No class 5/27

### MONDAY AFTERNOON STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student  
Make a day of it! Utilize the additional two hours of studio time with studio staff to explore new tools and perfect skills introduced during the morning class or attend Monday afternoons as part of your ongoing studio time. Ten weeks. ED

122051-01	M	12:45-2:45p	1/8-3/25*	\$160
03	M	12:45-2:45p	4/8-6/17**	\$160

\*No class 1/15 or 2/19

\*\*No class 5/27

### WEDNESDAY CONTINUING POTTERY

For folks with some previous clay experience, These mid-length day classes will help deepen clay skills and understanding. Instructor/artist Joy McCallister will introduce you to a new level of creativity with skilled finishing techniques and materials for some wonderful outcomes! Includes all materials. Two hours of instruction, plus one hour of optional open studio time. Eight weeks. ED

122050-02	W	9:30a-12:30p	1/17-3/6	\$240
04	W	9:30a-12:30p	4/10-5/29	\$240

### WEDNESDAY AFTERNOON WHEEL SKILLS FOCUS WORKSHOP **NEW!**

Experienced wheel students who are able to throw a semi-reliable upright cylinder. Move beyond cylinders and bowls. Join instructor/artist Hilarie Green and master the skills to finish your wheel-thrown pots expertly. Learn how to use the calipers to make lids that fit! Practice pulling and creating beautiful and functional handles, then attach them securely. From knobs to feet, your pieces will look more complete. It’s all trial and error and practice...get started! Four weeks. ED

122051-02	W	1:00-3:00p	1/17-2/7	\$75
04	W	1:00-3:00p	4/10-5/1	\$75

# ADULT



## THURSDAY MORNING CLASS

Instructor/artist Elena Wendelyn welcomes beginners and those with previous wheel and hand-building experience. Surface decorating techniques such as sgraffito, transfers, and small-form sculpture demonstrations will be introduced. Individual projects are welcome! Two hours of instruction, plus one hour of independent studio. Six weeks. ED

122048-02	Th	9:30a-12:30p	2/1-3/7	\$190
04	Th	9:30a-12:30p	4/11-5/16	\$190

## WHEEL BASICS WITH HILARIE GREEN

Five weeks. ED

122048-05	Th	9:30a-12:30p	5/23-6/20	\$135
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## THURSDAY AFTERNOON STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student

Add two hours of studio work time to your pottery class experience! Bring lunch and stay to practice your growing skills under instructor/artist Elena Wendelyn's watchful eye. Six weeks.

122049-02	Th	1:30-3:30p	2/1-3/7	\$96
04	Th	1:30-3:30p	4/11-5/16	\$96

## THURSDAY TROUBLESHOOTING CONSULT **NEW!**

If your glazes are coming out funky, your joins aren't staying joined, cracks appear in your pieces after firing, your cylinders lean, or your centering is wobbly... this two-visit consultation workshop is for you! With the expert eyes and hands of Elena and other Eagledale Pottery Studio staff, they will soon set your technique to the right. There will be time for hands-on demonstrations and practice, washing off glazes, sanding bumps, and reattaching bits. Get those projects off the "Rx Shelf" and move forward. Two weeks. ED

122051-12	Th	1:30-4:30p	5/23-5/30	\$60
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## FIGURATIVE SCULPTURE with Debbie Fecher Gramstad

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



## TUESDAY CLASSES

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

122057-01	T	9:30-11:30a	1/16-3/19	\$260
03	T	9:30-11:30a	4/2-6/4	\$260

## TUESDAY FIGURATIVE STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student

Use these extra two and a half hours after lunch to focus and work with Debbie on hand for consultation. Ten weeks.

122058-01	T	12:00-2:30p	1/16-3/19	\$160
03	T	12:00-2:30p	4/2-6/4	\$160

## FRIDAY CLASSES

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

122055-01	F	9:30-11:30a	1/12-3/22*	\$260
03	F	9:30-11:30a	4/5-6/14**	\$260

\*No class 2/16

\*\*No class 5/24

## FRIDAY FIGURATIVE STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student

Enjoy a lunch break, then continue working another two and a half hours after class. Ten weeks. ED

122056-01	F	12:00-2:30p	1/12-3/22*	\$160
03	F	12:00-2:30p	4/5-6/14**	\$160

\*No workshop 2/16

\*\*No workshop 5/24

## SATURDAY POTTERY MORNING CLASSES

Eagledale Pottery Studio offers a Saturday morning class for all levels to enjoy! Lessons include both wheel-thrown and hand-building techniques, exploring texture and glazes. Instructors take turns, so you get a sample of every style! Emphasis on individual successes and fun! Two hours of instruction plus one hour of studio time included. Six weeks. ED

122045-01	Sa	9:30a-12:30p	1/13-2/24*	\$190
02	Sa	9:30a-12:30p	3/2-4/20**	\$190
04	Sa	9:30a-12:30p	4/27-6/8***	\$190

\* No class 2/17

\*\* No class 3/30 or 4/6

\*\*\* No class 5/25

## AFTERNOON STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student

Utilize two weekend hours to continue the work on your ongoing projects, with staff on hand for advice. Six weeks. ED

122046-01	Sa	1:00-3:00p	1/13-2/24*	\$96
02	Sa	1:00-3:00p	3/2-4/20**	\$96
04	Sa	1:00-3:00p	4/27-6/8***	\$96

\* No class 2/17

\*\* No class 3/30 or 4/6

\*\*\* No class 5/25



# ADULT



## SUNDAY SCULPT AND BUILD

Students new to sculpture and hand building will be taught various techniques to develop their work, including pinch pots, coils, slabs, textures, and which tools can help them along the way. With help from instructor/artist Heather Polverino, students will move from simple projects to complex forms and seek inspiration from many sources. ED

122043-01	Su	11:00a-1:30p	1/14-3/17*	\$242
02	Su	11:00a-1:30p	4/7-6/2**	\$188

\*No class 2/18

\*\* No workshop 5/12 or 5/26



## EVENING POTTERY

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



### MONDAY EVENING CLAY BASICS

A comprehensive beginning or "refresher" class covering clays, studio equipment, hand-building, wheel-throwing, and glazing with artist/instructor Heather Polverino. Eight weeks.

122044-08	M	6:00-8:00p	1/15-3/11*	\$200
09	M	6:00-8:00p	4/8-6/3**	\$200

\*No class 2/19

\*\*No class 5/27

### TUESDAY EVENING STUDIO WORKSHOP TIME

Evening practice time in the studio with jack-of-all-skills Studio Tech Andy Hicks on hand for consultation. Eight weeks.

122054-04	T	6:00-8:00p	1/23-3/19*	\$128
05	T	6:00-8:00p	4/9-5/28	\$128

\*No workshop 2/20

### WEDNESDAY EVENING WHEEL CLASSES

A friendly wheel throwing-focus class for all levels with artist/instructor Katie Bonanno. Eight weeks.

122052-02	W	6:00-8:00p	1/17-3/20*	\$200
06	W	6:00-8:00p	4/10-5/29	\$200

\*No class 2/14 or 2/21

### THURSDAY EVENING STUDIO WORKSHOP TIME

Evening inspiration time with our creative experimenter artist/instructor Elena Wendelyn Six weeks.

122054-01	Th	6:00-8:00p	2/1-3/7	\$96
02	Th	6:00-8:00p	4/11-5/16	\$96

## APRIL FOOLISH JOY OF THROWING

It's no April Fool's joke: we are hosting another "Only Fools Throw All Night" Wheel-Throwing Intensive workshop! Join Elena for five messy, joyful hours of focused muscle-memory clay skill-building and wild experimentation. You will spend hours throwing, squishing, throwing, and squishing again since this fun night is for truly improving your wheel feel and process — not production or time pressure for perfection. No finished pieces are guaranteed. Includes a wide variety of clays and time on both electric and kick wheels. You don't need to be a current Eagledale Pottery Studio student, but you must have wheel-throwing experience and be able to work independently.

122105-03	M	4:00-9:00p	4/1	\$50
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## APRIL FOOLS TRY IT DAY

Have you ever wanted to try? Newcomers and beginners can sign up for the afternoon "try-it" option and give the wheel a spin. Join the April foolishness!

122105-04	M	1:00-3:00p	4/1	\$5
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## FLEXIBLE WORKSHOP OPTION

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

\*Workshop attendance is subject to workstation availability and building capacity. You may be asked to wait or reschedule.

### Winter Flex Workshop

122047-02	days and times vary	1/16-3/29*	\$175
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### Spring Flex Workshop

122047-03	days and times vary	3/30-6/15**	\$175
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\*No workshops 2/19-24

\*\*No workshops 4/1-6



# ADULT

## LANGUAGE

### INTERMEDIATE CONVERSATIONAL SPANISH

Ages 18 and up. If you have studied some Spanish, this class will help you re-awaken your existing knowledge. We will use stories, music, and conversation to refresh prior study and build new understanding. We will listen to recordings, and do grammar exercises from an easy textbook (\$13) and from self-correcting websites. AQ **CONTRACTOR**

166753-01	W	9:20-10:50a	1/17-2/28*	\$110
02	W	9:20-10:50a	4/10-5/15	\$110

\*No class 2/21

### ADVANCED CONVERSATIONAL SPANISH

If you are already skilled in Spanish but aspire to approach fluency in speaking, this class is your best choice. In an immersive experience, we speak only Spanish in class while discussing reading (stories, plays, and novels), videos, and 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**

166754-01	W	11:00a-12:30p	1/17-2/28*	\$110
02	W	11:00a-12:30p	4/10-5/15	\$110

\*No class 2/21

## SPECIAL INTEREST

### HILLTOP ACOUSTIC JAM



All-ages

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



F	7:30p	1/19, 2/16, 3/22, 4/18, 5/17, 6/21	FREE
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### AN INTRODUCTION TO ZEN MEDITATION

Zen curious? The "Z word" is currently used to describe things as diverse as an interior design aesthetic to the latest shade of lipstick! What does it mean? A philosophy? A religion? What are Zen's teaching and history? All will be revealed in this afternoon's workshop. Beginning at Prue's House in the Grand Forest East, participants will also have an opportunity to visit a nearby traditional Japanese Zendo here on Bainbridge Island. With greater understanding, try Zazen meditation - the central practice of Zen: listen to bells and drums and have a ceremonial cup of tea, all introduced by a local resident Zen monk and several practitioners. If this sounds like an enjoyable Saturday afternoon, gather with us. HT

566170-01	Sa	12:00-3:00p	5/18	\$5
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## ADULT WINTER SPORTS NEW!

### ADULT SKI BUS

Ages 18 and up. Avoid the weekend crowds and come skiing with us midweek! This year we'll be visiting Snoqualmie and Crystal Mountain. Refer to the schedule listed below to select which rides you would like to join. Space limited. Needs a minimum of seven participants to run each trip. Sign up your friends and family!

131979-01	T	1/9	Snoqualmie	6:00a-7:30p	\$115
02	T	1/23	Snoqualmie	6:00a-7:30p	\$115
03	T	2/6	Snoqualmie	6:00a-7:30p	\$115
04	T	3/5	Crystal Mtn	6:00a-7:30p	\$115
05	T	3/19	Crystal Mtn	6:00a-7:30p	\$115

## CANINE

**All dogs need to be current with their yearly health checks and vaccines as per your veterinarian's recommendation and the age of your dog/puppy. For the puppy class, vaccine schedules do not need to be complete, but you need to be up-to-date for the age of your puppy. The contractor follows the recommendations set by the American Veterinary Society of Animal Behavior regarding puppies and classes. You can find more information about that at: <https://avsab.org/wp-content/uploads/2019/01/Puppy-Socialization-Position-Statement-FINAL.pdf>**

### PUPPY PRIMER

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 play, 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 eight months and under. Offered by RED DOG training. 8 students max. ICH **CONTRACTOR**

126116-01	M	1/22-3/4*	4:00-5:00p	\$180
02	M	3/11-4/22**	4:00-5:00p	\$180
03	M	5/6-6/17***	4:00-5:00p	\$180

\* No class 2/19

\*\*No class 4/1

\*\*\*No class 5/27

### MISCHIEF TO MANNERS

Open to all levels of dogs, this class will be geared toward building relationships and setting clear communication lines between you and your dog. Using focus games, we will create positive behaviors, increase motivation, and establish a sense of teamwork with your canine partner. Offered by RED DOG training. 8 students max. ICH **CONTRACTOR**

126117-01	M	1/22-3/4*	5:00-6:00p	\$180
02	W	1/24-3/6**	9:00-10:00a	\$180
03	M	3/11-4/22***	5:00-6:00p	\$180
04	W	3/13-4/24****	9:00-10:00a	\$180
05	M	5/6-6/17*****	5:00-6:00p	\$180
06	W	5/1-6/5	9:00-10:00a	\$180

\* No class 2/19

\*\*No class 2/21

\*\*\*No class 4/1

\*\*\*\*No class 4/3

\*\*\*\*\*No class 5/27



# ADULT



## REACTIVE ROVER

Is your dog struggling with the social 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 people. We will be going in-depth about how to manage a reactive dog, work on calming behaviors in new locations, build engagement, and overall, how to help your dog become neutral when out in public. Reactive Rover has a max of four students to provide a more personalized training experience for each canine/human team. This class is not suited for dogs with a bite history. Offered by RED DOG training. 4 students max. ICH **CONTRACTOR**

133905-01	M	1/22-3/4*	6:15-7:15p	\$360
02	W	1/24-3/6**	10:15-11:15a	\$360
03	M	3/11-4/22***	6:15-7:15p	\$360
04	W	3/13-4/24****	10:15-11:15a	\$360
05	M	5/6-6/17*****	6:15-7:15p	\$360
06	W	5/1-6/5	10:15-11:15a	\$360

\* No class 2/19

\*\*No class 2/21

\*\*\*No class 4/1

\*\*\*\*No class 4/3

\*\*\*\*\*No class 5/27

## YANG TAI CHI

This course, founded on the Yang style of Tai Chi, reminds us how to move through the world in a manner that is both relaxed and powerful. Each class focuses on a different aspect of The Way, with the goal of integrating the practice into everyday life. Slow-motion training encourages participants to feel, correct, and strengthen balance and postural alignment. Caylen Storm teaches this class. ICH

116739-01	T	10:00-11:30a	1/9-2/27	\$88
02	T	10:00-11:30a	3/5-4/23	\$88
03	T	10:00-11:30a	4/30-6/18	\$88
116738-01	Th	10:00-11:30a	1/11-2/29	\$88
02	Th	10:00-11:30a	3/7-4/25	\$88
03	Th	10:00-11:30a	5/2-6/20	\$88

## 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 and World rhythms along with current radio tunes to get your heart pumping. All levels are welcome. ICH **CONTRACTOR**

111319-02	Su	11:00a-12:00p	1/7-6/16*	\$85
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\*\$85 for 10-class pass / \$17 drop-in ICH



## FITNESS/ EXERCISE

### MORNING EXERCISE 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. You will learn exercises designed to increase flexibility, joint stability, balance, coordination, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout with a ten-class punch pass. SHMG



116726-01	MWF	9:00-10:00a	1/17-6/14*	\$80
02	MWF	Drop-in Pass		\$9

\*No class on 2/19, 5/27

\*\$9 one drop-in/\$80 ten-class pass

### 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. Our instructor will teach you 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

116725-01	TTh	11:00a-12:00p	1/16-6/13*	\$80
02	TTh	Drop-in Pass		\$9

\*\$9 one drop-in/\$80 ten-class pass



## YOGA AT ICH

Ages 13 and up. This class will focus on the fundamental yoga poses, breath, and mindfulness, with extended relaxation. This gentle yoga practice brings us closer to a balance point — to a state of stability, ease, and inner stillness where health and happiness blossom. It provides a basic foundation in yoga. ICH

111204-01	Th	8:30-9:45a	1/11-6/13	\$150
02	M	9:00-10:15a	1/8-6/10*	\$150

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

\*No class 1/15, 2/19, 5/27



# ADULT

## 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 are a seasoned runner or just starting, our group is the perfect way to stay active and connect with like-minded individuals. Join us for a run – we cannot wait to meet you!

111315-01	T	8:30-9:30a	1/16-2/13	\$65
02	Th	8:30-9:30a	1/18-2/15	\$65
03	T	8:30-9:30a	2/27-3/26	\$65
04	Th	8:30-9:30a	2/29-3/28	\$65
05	T	8:30-9:30a	4/9-5/7	\$65
06	Th	8:30-9:30a	4/11-5/9	\$65
07	T	8:30-9:30a	5/14-6/11	\$65
08	Th	8:30-9:30a	5/16-6/13	\$65
09	5-visit punch pass			\$80
10	10-visit punch pass			\$160

## OPEN GYM SPORTS

High School Lower Gym Players can drop in and play for \$7.00 per visit or buy a 5-visit pass for \$30 or 12-visit pass for \$63. \*Subject to changes and cancellations due to school functions, holidays, or low attendance. Check out our open gym options for our BIRC Monthly Users in our Rec Center section of the catalog on page 59. Non-Monthly Users can attend an open gym at the Rec Center as well for a daily drop-in fee or passes. High school Lower Gym from January to June.

Tuesday	Wednesday	Thursday	Friday
Basketball	Volleyball	Pickleball	Futsal
8:00-10:00p	8:00-10:00p	8:00-10:00p	8:00-10:00p

## TENNIS/ PICKLEBALL



## PICKLEBALL 101 ★

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

112723-01	Su	11:30a-12:45p	3/17	\$32
02	Su	11:30a-12:45p	4/14	\$32
03	Su	11:30a-12:45p	5/12	\$32
04	Su	11:30a-12:45p	6/9	\$32

## BEGINNERS PICKLEBALL – LEARN TO PLAY WHILE PLAYING

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 provided. All fitness levels are welcome. BPP

112725-01	MW	12:00-1:30p	2/5-2/14	\$58
02	MW	12:00-1:30p	2/26-3/6	\$58
03	MW	12:00-1:30p	3/11-3/20	\$58
04	MW	12:00-1:30p	4/8-4/17	\$58
05	MW	12:00-1:30p	4/22-5/1	\$58
06	MW	12:00-1:30p	5/6-5/15	\$58
07	MW	12:00-1:30p	6/3-6/12	\$58

## PICKLEBALL DRILLS AND SKILLS

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

112726-01	TTh	12:00-1:30p	2/6-2/15	\$58
02	TTh	12:00-1:30p	2/27-3/7	\$58
03	TTh	12:00-1:30p	3/12-3/21	\$58
04	TTh	12:00-1:30p	4/9-4/18	\$58
05	TTh	12:00-1:30p	4/23-5/2	\$58
06	TTh	12:00-1:30p	5/7-5/16	\$58
07	TTh	12:00-1:30p	6/4-6/13	\$58

## 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, intermediate, and advanced players. Come learn to play or improve your skills in America's fastest-growing sport. Zac Ohnemus instructs.

112727-01	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





# ADULT



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

Ages 4 and up. Schedule your private, semi-private, or group lesson. Lessons are held outside on the Bainbridge High School Tennis Courts, Strawberry Hill Tennis Court, or Battle Point Park Tennis Courts. Email Audree at [Audreeg@biparks.org](mailto:Audreeg@biparks.org) for more information.

112799-01	Private Lessons: 1 hour, 1 player = \$55
02	Semi-Private Lessons: 1 hour, 2 players = \$70
03	Group Lessons: 1 hour, 3 players = \$81
04	Group Lessons: 1 hour, 4 players = \$88
05	Private Lessons: 5 pack of 1-hour lessons = \$261.25 (5% off)
06	Private Lessons: 10 pack of 1-hour lessons = \$522.50 (5% off)

## BEGINNING TENNIS: DOUBLES SKILLS AND PLAY

Ages 18 and up. Learn the fundamentals of doubles while learning the skills and techniques through drills and practice points. This class is ideal for those who have not played doubles or lack confidence in match play. Wednesday SHP and Monday BPP.

112701-01	W	10:00-11:00a	3/6-3/27	\$60
02	M	5:00-6:00p	3/4-3/25	\$60
03	W	10:00-11:00a	4/10-5/1	\$60
04	M	5:00-6:00p	4/8-4/29	\$60

## INTERMEDIATE TO ADVANCED TENNIS: DOUBLES SKILLS AND PLAY

Ages 18 and up. Refine your strokes with fast-paced drills and learn strategy as you practice points. This class is ideal for 3.5 and higher students who want to gain confidence while learning new strategies. Wednesday SHP and Monday BPP

112702-02	M	6:00-7:00p	3/4-3/25	\$60
01	W	11:00-12:00p	3/6-3/27	\$60
04	M	6:00-7:00p	4/8-4/29	\$60
03	W	11:00-12:00p	4/10-5/1	\$60

## TABLE TENNIS OPEN PLAY

Ages 14 and up. We play organized, competitive games, rotate opponents, practice, and have a great time! No experience is necessary. \$4 drop-in fee per visit, paid at the gym. SHMG

112729-01	TW	6:30-9:30p	1/16-6/12	\$15 for 5-visit punch card
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## WALKS



## DISCOVER BAINBRIDGE WALKS

Walk with us and discover the back roads and trails of Bainbridge Island. You'll learn some of the island's history and meet new friends. Walks are at a steady pace, rain or shine. The first walk starts at Rotary Park on Weaver Road.

### THREE-MILE WALKS

111909-01	M	9:00-10:30a	1/22-3/4	\$40
02	M	9:00-10:30a	3/11-4/22	\$40
03	M	9:00-10:30a	4/29-6/10	\$40

### FOUR-MILE WALKS

#### Tuesday and Wednesday

111910-01	T	9:00-11:00a	1/23-3/5	\$40
02	W	9:00-11:00a	1/24-3/6	\$40
03	T	9:00-11:00a	3/12-4/23	\$40
04	W	9:00-11:00a	3/13-4/24	\$40
05	T	9:00-11:00a	4/30-6/11	\$40
06	W	9:00-11:00a	5/1-6/12	\$40

#### Sunday

111912-01	Su	9:00-11:00a	1/21-3/3	\$40
02	Su	9:00-11:00a	3/10-4/21	\$40
03	Su	9:00-11:00a	4/28-6/9	\$40

### TWO-MILE WALKS

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

111911-01	Th	9:00-10:15a	1/25-3/7	\$40
02	Th	9:00-10:15a	3/14-4/25	\$40
03	Th	9:00-10:15a	5/2-6/13	\$40



# ADULT



## DISCOVER THE BIRDS OF BAINBRIDGE ISLAND WALKS **NEW!**

In this series of five walks, we will explore several parks, including Blakely Harbor Park, Fay Bainbridge Park, and Battle Point Park. We will slowly walk as much as one and a half miles, searching for resident and migratory birds. Birding-by-ear, visual identification, and other birding tips will be discussed. Bring binoculars. Limit 15 people.

111913-01	W	9:00-10:30a	1/17-2/14	\$50
02	W	9:00-10:30a	2/28-3/27	\$50
03	W	9:00-10:30a	4/10-5/8	\$50
04	W	9:00-10:30a	5/15-6/12	\$50

## BIRDING OF BAINBRIDGE ISLAND **NEW!**

This series of eight classroom presentations will discuss many common birds found on and around Bainbridge Island. We will also touch on identification, birding-by-ear, eBird, and good public places to go birding on the Island. Limit 20 people. SHC

111916-01	T	9:00-10:00a	3/5-4/30*	\$64
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\*No class 4/2

## TEAM SPORTS/LEAGUES

We provide opportunities for youth and adults to participate in organized team sports all year round. Get your friends, neighbors, and co-workers together to play!

## 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 teach the foundational techniques, including passing, setting, hitting, and positional training. All levels are welcome. Commodore Gym

112917-01	F	7:30-9:30p	1/19	\$55
02	F	7:30-9:30p	2/23	\$55
03	F	7:30-9:30p	3/22	\$55



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

Ages 16 and up. Fun, pick-up games of Ultimate Frisbee. Registration is required to play. All athletic levels are welcome. We provide cones and discs, frisbees, reversible pennies, and a staff person to help organize games. Questions? Contact Audree at (206) 842-5661 #142 or [AudreeG@biparks.org](mailto:AudreeG@biparks.org). BPP

113707-01	Sa	6:30-8:30p	4/6-6/1	\$63
02	Th	6:30-8:30p	6/6-8/1	\$63

## ADULT KICKBALL LEAGUE **NEW!**

Ages 18 and up. Grab your friends and join us for a fun day of kickball. Official kickball rules will be used, except where noted. For a complete list of rules, contact us. The winning team receives a championship prize. BPP

113714-01	T	6:30-8:30p	6/4-8/6	\$55 per person
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## ADULT CORNHOLE LEAGUE **NEW!**

Ages 18 and up. Cornhole is one of America's favorite games. Easy to learn and fun to play. A bag in the hole scores three points, while one on the board scores one point. Grab your friends and join us for our new cornhole league. All equipment is provided, but if you have your own, feel free to bring it. SHP

113712-01	W	5:00-7:00p	6/5-8/7	\$80 per person
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## ADULT DISC GOLF PICK-UP GAMES **NEW!**

Ages 18 and up. Meet up to play Disc Golf with others who like to play. This is for meetings only. No staff will be there. BPP Questions? Contact Audree at (206) 842-9838 or [AudreeG@biparks.org](mailto:AudreeG@biparks.org).

113711-01	T	6:30-8:30p	4/9-6/11	Free
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## COED 50+ SOFTBALL

Ages 50 and up. No experience is necessary. All levels of players are welcome! Practice starts in April and goes on to the end of September. Several games against other teams will be played throughout the season. You must register before playing. Questions? Contact Audree at (206) 842-5661 #142 or [AudreeG@biparks.org](mailto:AudreeG@biparks.org). BPP

113701-01	TF	10:00a-12:00p	4/9-9/20	\$62
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## MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18 and up. Ten games in the regular season plus at least one game in our end-of-season tournament. ASA rules will be used, except where noted. For a complete list of rules, contact us. The season runs roughly from June to August. Team Managers are required to attend all mandatory pre-season meetings. Meetings will be held in April and May — times and dates to be determined. Registration deadline is May 17; all team fees are due in full. Game times: 6:15p and 7:30p. Questions? Contact Audree at (206) 842-5661 #142 or [AudreeG@biparks.org](mailto:AudreeG@biparks.org). BPP

113702-01	MTh		6/3-8/8	\$900
02	Free Agent			

## COED SOCCER LEAGUE **NEW!**

Ages 18 and up. Join our coed soccer league and enjoy fun and competitive play! Our recreational league welcomes players of all skill levels. Whether you're a beginner or an experienced player, come and join us for an amazing soccer experience. Adult coed teams play within a 7v7 game format (50-min games). Sign up as an individual or find a team and have everyone sign up. BPP The game schedule and times will be released on April 19.

112321-01	F	6:15-8:30p	5/3-6/21	\$100
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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 haley1@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.

## 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 16. Park District Swim License or Adult Swimming Skills Acknowledgement Form required. \*Waterfront Park for Trimaran \*\*Hidden Cove Park for J/35 Sailboat

130769-01*	M-Th	5:00-8:00p	5/13-5/16	\$237
02**	SaSu	10:00a-4:00p	5/11-5/12	\$237
03**	SaSu	10:00a-4:00p	6/1-6/2	\$237

## WOMEN'S INTRODUCTION TO KEELBOATING

Women ages 12 and up. Would you like to learn the basics of sailing on a stable, comfortable 28' 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 non-certifying course may be perfect for you! Hands-on instruction taught by an American Sailing Association-certified instructor will teach you the fundamentals of safe, confident day sailing for a 26'- 35' sailboat in light to moderate winds. Lessons will cover boat safety, rigging, sail trim, tiller steering, primary navigation, knot tying, casting off and docking, using a winch, and right-of-way. No experience is necessary. Park District Swim License or Adult Swimming Skills Acknowledgement Form required. Meet at the top of Waterfront Park for the first class and then Eagle Harbor City Dock below Waterfront Park.

130773-01	SaSu	10:00a-4:00p	5/18-5/19	\$237
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# BOATING

## MIDDLE SCHOOL FJ

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

130721-01 TuTh 4:00-6:30p 4/30-5/23 \$296

## 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 Trip Leaders, a certification widely recognized worldwide. Come paddle with our incredible staff and learn new skills and new areas to explore.

### FAQs

**General:** A detailed introductory email will be sent out the week before the start of each session. This email will include 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 [stac-eyes@biparks.org](mailto:stac-eyes@biparks.org).

## PADDLING

### ACA KAYAKING STROKES AND MANEUVERS

This kayaking course is designed to assist coastal kayakers at all levels in refining basic strokes and maneuvers. Using on-water practice and classroom discussion, participants will practice strokes/maneuvers to increase efficiency, fluidity, and control. Location TBA

130701-01 Sa 8:30a-4:30p 6/8 \$280





# BOATING



## AFTER-SCHOOL ADVENTURE PADDLES

### AFTER-SCHOOL ADVENTURE PADDLES

This program helps youth develop and expand upon their paddling skills, focusing on destination paddles around Bainbridge's shoreline. Weather permitting, we will take trips from Hidden Cove to Fay Bainbridge Park or the petroglyphs, Fort Ward Park to Pleasant Beach, or Eagle Harbor. Instructors will help participants get comfortable and confident and learn the skills to keep themselves safe, including rescue techniques in case of a capsized. Based on conditions and group ability, we will meet at various on-island paddling locations on different weeks. A Park District Swim License is required for anyone under 18.

#### Ages 7-10

130710-01	M	3:30-6:30p	4/29-5/20	\$230
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#### Ages 10-14

130710-02	T	3:45-6:45p	4/30-5/21	\$230
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## SOCIAL PADDLES

### SPRING SOCIAL PADDLE GROUP

Ages 13 and up. Enjoy paddling with others and learning new skills? Join us for a weekly paddling get-together filled with exploration and camaraderie! We'll have opportunities to learn kayaking techniques while taking advantage of the longer daylight to explore different parts of the island together over four weeks. We invite you to be part of our paddling community! A Park District Swim License is required for anyone under 18. Location varies.

130738-01	Th	5:00-8:00p	5/2-5/23	\$230
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### BLAKELY ROCK LOW TIDE EXPLORATION

Ages 7 and up. Blakely Rock has an incredible intertidal environment of crabs, anemones, seagrasses, snails, mussels, and some local seals that relax on the rocks at low tide. We will launch from Blakely Harbor and paddle over, where we'll get sweeping views of Seattle and the Puget Sound. Then we'll head away from shore out to Blakely Rock to catch the best of the -2.3 ft tide. Pack a picnic lunch to enjoy while exploring the island's intertidal wonders. An adult must accompany participants under 14. Meet at Waterfront Park. A Park District Swim License is required for anyone under 18.

130730-01	Sa	12:00-4:00p	5/11	\$75
02	Sa	12:00-4:00p	5/25	\$75

## AQUATIC CENTER

### KAYAK RESCUE SKILLS

Ages 10 and up. A kayaker in your group flips over 100 yards from shore — what do you do? Develop skills to help you deal with rough water paddling and unexpected capsizes. We will introduce and practice skills such as T rescues, self-rescues, scoop rescues, wet exits, and re-entries to boost your confidence and capabilities on the water. By the end of this lesson, you should be able to get yourself back into a flipped kayak without help (self-rescue) and assist a partner in getting back in (partner rescue). The teaching style is oriented to adults, though families are certainly welcome. An adult must accompany participants under 14. Meet at Bainbridge Island Aquatic Center. Anyone under 18 must have proof of a Swim License to participate.

130741-01	Su	12:00-3:00p	3/3	\$60
02	Su	12:00-3:00p	4/28	\$60



# AQUATIC CENTER ADMISSION FEES WINTER/SPRING 2024

	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>	\$9.00	\$10.00	\$78	\$150	\$78	\$400	\$680
<b>Adult (18-59)</b>	\$10.00	\$11.00	\$88	\$170	\$88	\$450	\$810
<b>Senior (60+)</b>	\$9.00	\$10.00	\$78	\$150	\$78	\$400	\$680
<b>Family</b>	\$34 (4 passes — one must be an adult/guardian)				\$168 (same household)	\$730 (same household)	\$1300 (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>	\$119	\$210	\$119
<b>Senior (60+)</b>	\$101	\$164	\$101
<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

1/1 Closed  
 1/15 Milk Day - Special Schedule  
 2/3-2/4 Facility Closed for swim meet  
 2/19 President's Day - Special Schedule  
 Open Swim 1:00-3:00p  
 2/20, 2/22 Midwinter Break - Special Schedule  
 3/31 Closed

4/2, 4/4, 4/5 Spring Break - Special Schedule  
 5/27 Memorial Day - Special Schedule  
 6/24 Summer Schedule Begins

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



# WINTER/SPRING 2024

## Swim Descriptions & Schedules

1/2 - 6/23

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-3:00p	6:30a-3:00p	5:00a-3:00p	6:30a-3:00p	5:00a-3:00p 7:00-8:30p	8:45-10:00a	9:00a-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-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	5:00a-3:00p 5:30-8:30p	6:00-9:00a 11:30a-1:00p	9:00a-1:00p

### OPEN SWIM DON NAKATA POOL

The waterpark is open for recreational swimming, including the hot tub, sauna, steam room, diving area, water slide, lazy river, and beach. Children under 15 must have a swim license to use the pool's lap area and deep end. Children under 7 years old without a swim license must have an adult within arm's reach in the water. Those under eight must have an adult in the facility unless they are participating in a specific coached program. WATERSLIDE requirements: Patrons must be under 42" tall to ride the waterslide.

MON	TUE	WED	THURS	FRI	SAT	SUN
					1:00-3:30p	1:00-3:30p

### FAMILY BEACH SWIM DON NAKATA POOL

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

MON	TUE	WED	THURS	FRI	SAT	SUN
6:30a-8:00p	10:00-11:30a	6:30a-8:00p	10:00-11:30a	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 16 and older whenever the facility is open to the public. The sauna and steam room are available to those 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-8:15p	5:00a-8:15p	5:00a-8:15p	5:00a-8:15p	5:00a-8:15p	6:00a-3:15p	9:00a-3:15p



**BABYSITTER  
CLASS PAGE 53**

## Rentals

Would you like to enjoy the pool with your family, friends, or co-workers without all the extra people? Then our after-hours rentals are for you! After-hour rentals are typically scheduled on weekends. Go to our website at [biaquatics.org](http://biaquatics.org) to find all the available options and the rooms available for your event. Please call 206-842-2302 for pricing and availability. Scheduling an after-hour event requires a minimum of 4 weeks prior to the event.



# 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 swimming time during the open swim for 12 kids and three adults. Please remember all pool rules still apply to birthday parties. Please call to reserve your party two weeks in advance.

All packages include: 1 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. \$185

Additional children up to 20 — \$7.00 each

**Package B:** Includes cake, ice cream, beverage (juice), napkins, utensils, and balloons. \$282

Additional children up to 20 — \$7.00 each

## TEAMS

### BAINBRIDGE AQUATIC MASTERS (BAM)

Welcome to the Bainbridge Aquatic Masters, a year-round swim team for adults 18 and up, affiliated with United States Masters Swimming. BAM offers fully coached practices for swimmers of all abilities looking to improve technique and conditioning within a supportive team setting. Swimming competitions, open-water training and triathlon prep are also available. To join our vibrant community of over 170 athletes, please contact us at [recreation@biparks.org](mailto:recreation@biparks.org) or through 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. [aprilc@biparks.org](mailto:aprilc@biparks.org)



### 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 with the opportunity to improve technical skills and achieve success commensurate with their knowledge and commitment. Swimmers will be in a safe, team environment where they may experience personal growth from their experience. All swimmers must also be registered with USA Swimming.



For information on how to join our swim club, email Head Coach Monique Shelton [moniques@biparks.org](mailto:moniques@biparks.org). For more information about our club go to the BISC TeamUnify website.





# ADULT AQUA EXERCISE CLASSES

## SCHEDULE BEGINS 1/2

PRE-REGISTRATION IS NOT REQUIRED—SEE PASS PRICES BELOW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES	<b>Deep Mixology</b> 8:00-8:50a  <b>Motion and Mindfulness</b> 10:00-10:50a	<b>Deep Mixology</b> 8:00-8:50a	<b>Deep Mixology</b> 8:00-8:50a (Angie)  <b>Motion and Mindfulness</b> 10:00-10:50a	<b>Deep Mixology</b> 8:00-8:50a	<b>Deep Mixology</b> 8:00-8:50a  <b>Motion and Mindfulness</b> 10:00-10:50a
AFTERNOON & EVENING CLASSES	<b>Deep Water Run &amp; Yoga</b> 12:00-12:50p	<b>Noon Mash-Up</b> 12:00-12:50p  <b>Evening Deep Mixology</b> 7:00-7:50p	<b>Deep Water Run &amp; Yoga</b> 12:00-12:50p	<b>Noon Mash-Up</b> 12:00-12:50p  <b>Evening Deep Mixology</b> 7:00-7:50p	

### DEEP MIXOLOGY

Power up the music and put it on shuffle as we keep you moving. This class is geared toward those who want to get their hearts pounding and bodies working. 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 stability and refresh with yoga-inspired movements. No swimming is required.

### NOON MASH-UP

Like our favorite remix mash-up songs, this class will mix shallow water 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.



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.

### WATER EXERCISE CLASS RATES

	10-PUNCH (NON-RES +\$6)	20-PUNCH (NON-RES +\$6)	MONTHLY (NON-RES +\$6)
Adult (18-59)	\$119	\$210	\$119
Senior (60+)	\$101	\$164	\$101
Drop-in	\$13		

## ADULT SWIM & TEEN

### LOW SENSORY GROUP

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. They are created for those with anxiety, physical, sensory, communication, behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. Questions? Please contact Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org). Five weeks. AQ

#### Ages 7-10

102561-01	M	1:45-2:15	1/08- 2/5 *	\$156
04	M	1:45-2:15	2/12- 3/11	\$156

#### Ages 8-14

102561-02	M	2:15-2:45	1/08- 2/5*	\$156
05	M	2:15-2:45	2/12- 3/11	\$156

#### Ages 11-18

102561-03	M	2:50-3:20	1/08- 2/5*	\$156
06	M	2:50-3:20	2/12- 3/11	\$156

\*No Class 1/15/2024

### LET'S GET COMFORTABLE IN THE WATER

Overcome your fear and feel comfortable in the water. Let us help you cross learning 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.

102519-01	T	6:20-7:00p	1/16-2/13	\$90
02	Th	6:20-7:00p	2/29-3/28	\$90
03	T	6:20-7:00p	4/9-5/7	\$90

### 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.

102517-01	Th	6:20-7:00p	1/18-2/15	\$90
02	T	6:20-7:00p	2/27-3/26	\$90
03	Th	6:20-7:00p	4/11-5/9	\$90



# 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.

102536-01	MT	8:00a-12:00p	2/19,2/20	\$160
02	MT	1:00p-5:00p	2/19,2/20	\$160



### 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 prior to the in-person skill session.

102522-01	F	10:00a-1:00p	2/23	\$115
02	Sa	8:00-11:00a	4/27	\$115
03	Su	1:00-4:00p	6/2	\$115

**CPR for your organization or business? Contact the Aquatic Center to discuss availability to schedule a CPR/First Aid class at a time and location that works for you.**

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

Through a blended learning style course, you will learn skills to gain employment as a lifeguard in a waterpark or pool setting. You must be 15 years old and pass a swimming skills assessment. Swimming skill assessments will be given prior to the first day of the in-person class. For more information, go to [biaquatics.org](http://biaquatics.org). \*No cost for incoming Bainbridge Island Aquatic Center Staff.

102520-01	WThFSa	9:00a-5:00p	2/21-24	\$300
02	SaSu	8:00a-3:00p	5/11-5/12, 5/18-5/19	\$300



## 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 \$19.36-\$26.80

Swim Instructors \$20.65 - \$28.59

Water Exercise Instructors \$24.53 - \$33.95

### 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 102501

Monday/Wednesday			
01	5:15-5:45p	2/26-3/27	\$180
Tuesday/Thursday			
02	5:50-6:20p	1/16-2/15	\$180
03	5:15-5:45p	2/27-3/28	\$180
04	5:50-6:20p	4/9-5/9	\$180
Saturday			
05	9:00-9:30a	1/20-3/30	\$162*
06	10:10-10:40a	1/20-3/30	\$162*
07	9:00-9:30a	4/6-5/18	\$126
08	10:10-10:40a	4/6-5/18	\$126

## TINY STARFISH 102542

Monday/Wednesday			
01	5:15-5:45p	1/17-2/14	\$162
02	5:15-5:45p	4/8-5/8	\$180
Tuesday/Thursday			
03	5:15-5:45p	1/16-2/15	\$180
04	5:50-6:20p	2/27-3/28	\$180
05	5:15-5:45p	4/9-5/9	\$180
Saturday			
06	9:35-10:05a	1/20-3/30	\$162*
07	10:45-11:15a	1/20-3/30	\$162*
08	9:35-10:05a	4/6-5/18	\$126
09	10:45-11:15a	4/6-5/18	\$126

## STARFISH (K1) 102502

Monday/Wednesday			
01	3:30-4:00p	1/17-2/14	\$162
02	3:30-4:00p	2/26-3/27	\$180
03	3:30-4:00p	4/8-5/8	\$180
Tuesday/Thursday			
04	4:05-4:35p	1/16-2/15	\$180
05	4:40-5:10p	1/16-2/15	\$180
06	4:05-4:35p	2/27-3/28	\$180
07	4:40-5:10p	2/27-3/28	\$180
08	4:05-4:35p	4/9-5/9	\$180
09	4:40-5:10p	4/9-5/9	\$180
Saturday			
10	9:35-10:05a	1/20-3/30	\$162*
11	9:35-10:05a	4/6-5/18	\$126

## ANGELFISH (K2) 102503

Monday/Wednesday			
01	4:05-4:35p	1/17-2/14	\$162
02	4:05-4:35p	2/26-3/27	\$180
03	4:05-4:35p	4/8-5/8	\$180
Tuesday/Thursday			
04	4:05-4:35p	1/16-2/15	\$180
05	5:15-5:45p	1/16-2/15	\$180
06	4:05-4:35p	2/27-3/28	\$180
07	4:40-5:10p	2/27-3/28	\$180
08	5:15-5:45p	2/27-3/28	\$180
09	4:05-4:35p	4/9-5/9	\$180
10	5:15-5:45p	4/9-5/9	\$180
Saturday			
11	11:20-11:50a	1/20-3/30	\$162*
12	11:20-11:50a	4/6-5/18	\$126

## BETTA FISH (K3) 102504

Monday/Wednesday			
01	4:40-5:10p	1/17-2/14	\$162
02	4:40-5:10p	2/26-3/27	\$180
03	4:40-5:10p	4/8-5/8	\$180
Tuesday/Thursday			
04	4:40-5:10p	1/16-2/15	\$180
05	4:40-5:10p	2/27-3/28	\$180
06	4:40-5:10p	4/9-5/9	\$180
Saturday			
07	10:10-10:40a	1/20-3/30	\$162*
08	10:10-10:40a	4/6-5/18	\$126

## CLOWNFISH (K4) 102505

Monday/Wednesday			
01	5:15-5:45p	1/17-2/14	\$162
02	5:15-5:45p	2/26-3/27	\$180
03	5:15-5:45p	4/8-5/8	\$180
Tuesday/Thursday			
04	4:40-5:10p	1/16-2/15	\$180
05	3:30-4:00p	2/27-3/28	\$180
06	5:50-6:20p	4/9-5/9	\$180

## LITTLE FISH (K5) 102540

Monday/Wednesday			
01	5:15-5:45p	1/17-2/14	\$162
02	5:15-5:45p	2/26-3/27	\$180
03	5:15-5:45p	4/8-5/8	\$180
Tuesday/Thursday			
04	5:50-6:20p	1/16-2/15	\$180
05	4:40-5:10p	2/27-3/28	\$180
06	5:50-6:20p	4/9-5/9	\$180

## GUPPY 102506

Monday/Wednesday			
01	3:30-4:00p	1/17-2/14	\$162
02	3:30-4:00p	2/26-3/27	\$180
03	3:30-4:00p	4/8-5/8	\$180
Tuesday/Thursday			
04	3:30-4:00p	1/16-2/15	\$180
05	4:40-5:10p	1/16-2/15	\$180
06	3:30-4:00p	2/27-3/28	\$180
07	4:40-5:10p	2/27-3/28	\$180
08	3:30-4:00p	4/9-5/9	\$180
09	4:40-5:10p	4/9-5/9	\$180
Saturday			
10	10:45-11:15a	1/20-3/30	\$162*
11	10:45-11:15a	4/6-5/18	\$126



## MINNOW 102507

Monday/Wednesday			
01	4:05-4:35p	1/17-2/14	\$162
02	4:05-4:35p	2/26-3/27	\$180
03	4:05-4:35p	4/8-5/8	\$180
Tuesday/Thursday			
04	3:30-4:00p	1/16-2/15	\$180
05	4:05-4:35p	1/16-2/15	\$180
06	3:30-4:00p	2/27-3/28	\$180
07	4:05-4:35p	2/27-3/28	\$180
08	3:30-4:00p	4/9-5/9	\$180
09	4:05-4:35p	4/9-5/9	\$180
Saturday			
10	10:45-11:15a	1/20-3/30	\$162*
11	10:45-11:15a	4/6-5/18	\$126



## FISH 102508

Monday/Wednesday			
01	4:05-4:35p	1/17-2/14	\$162
02	4:05-4:35p	2/26-3/27	\$180
03	4:05-4:35p	4/8-5/8	\$180
Tuesday/Thursday			
04	4:05-4:35p	1/16-2/15	\$180
05	5:15-5:45p	1/16-2/15	\$180
06	4:05-4:35p	2/27-3/28	\$180
07	5:15-5:45p	2/27-3/28	\$180
08	5:50-6:20p	2/27-3/28	\$180
09	4:05-4:35p	4/9-5/9	\$180
10	4:40-5:10p	4/9-5/9	\$180
11	5:15-5:45p	4/9-5/9	\$180
Saturday			
12	11:20-11:50a	1/20-3/30	\$162*
13	11:20-11:50a	4/6-5/18	\$126

## FLYING FISH 102509

Monday/Wednesday			
01	3:30-4:00p	1/17-2/14	\$162
02	3:30-4:00p	2/26-3/27	\$180
03	3:30-4:00p	4/8-5/8	\$180
Tuesday/Thursday			
04	3:30-4:00p	1/16-2/15	\$180
05	5:15-5:45p	1/16-2/15	\$180
06	5:50-6:20p	1/16-2/15	\$180
07	5:15-5:45p	2/27-3/28	\$180
08	5:50-6:20p	2/27-3/28	\$180
09	3:30-4:00p	4/9-5/9	\$180
10	5:15-5:45p	4/9-5/9	\$180
11	5:50-6:20p	4/9-5/9	\$180
Saturday			
12	11:20-11:50a	1/20-3/30	\$162*
13	11:20-11:50a	4/6-5/18	\$126

MONDAY/WEDNESDAY

TUESDAY/THURSDAY

SATURDAY



**STING RAY 102510**

<b>Monday/Wednesday</b>		
01	4:40-5:10p	1/17-2/14 \$162
02	4:40-5:10p	2/26-3/27 \$180
03	4:40-5:10p	4/8-5/8 \$180
<b>Tuesday/Thursday</b>		
04	5:50-6:20p	1/16-2/15 \$180
05	5:50-6:20p	2/27-3/28 \$180
06	3:30-4:00p	4/9-5/9 \$180
07	5:50-6:20p	4/9-5/9 \$180
<b>Saturday</b>		
08	9:00-9:30a	1/20-3/30 \$162*
09	9:00-9:30a	4/6-5/18 \$126

**MANTA RAY 102511**

<b>Monday/Wednesday</b>		
01	4:40-5:10p	1/17-2/14 \$162
02	4:40-5:10p	2/26-3/27 \$180
03	4:40-5:10p	4/8-5/8 \$180
<b>Tuesday/Thursday</b>		
04	4:40-5:10p	1/16-2/15 \$180
05	4:40-5:10p	2/27-3/28 \$180
06	4:40-5:10p	4/9-5/9 \$180
<b>Saturday</b>		
07	9:35-10:05a	1/20-3/30 \$162*
08	9:35-10:05a	4/6-5/18 \$126

**DOLPHIN 102512**

<b>Tuesday/Thursday</b>		
01	5:15-5:45p	1/16-2/15 \$180
02	5:15-5:45p	2/27-3/28 \$180
03	5:15-5:45p	4/9-5/9 \$180
<b>Saturday</b>		
04	10:10-10:40a	1/20-3/30 \$162*
05	10:10-10:40a	4/6-5/18 \$126

**SPLASH INTO FITNESS 1 100502**

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>Saturday</b>		
01	9:00-9:30a	1/20-3/30 \$162*
02	9:00-9:30a	4/6-5/18 \$126



**SPLASH INTO FITNESS 2 100503**

Ages 11–17. This class is for the older swimmer capable of swimming front crawl for eight pool lengths continuously. Swimmers age 11 and under 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	1/20-3/30 \$162*
02	9:00-9:30a	4/6-5/18 \$126

**DIVE 1 101101**

<b>Tuesday/Thursday</b>		
01	4:05-4:35p	1/16-2/15 \$180
02	4:05-4:35p	2/27-3/28 \$180
03	4:05-4:35p	4/9-5/9 \$180

**DIVE 2 101102**

<b>Tuesday/Thursday</b>		
01	4:40-5:20p	1/16-2/15 \$240
02	4:40-5:20p	2/27-3/28 \$240
03	4:40-5:20p	4/9-5/9 \$240

**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 \$19.36 - \$26.80  
Swim Instructors \$20.65 - \$28.59  
Water Exercise Instructors \$24.53 - \$33.95

**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

**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 it's 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>Betta 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](http://www.birec.org)  
Customer Service: 206-842-5661

### WINTER/SPRING Facility Hours

Monday-Thursday: 5:30a-9:30p  
Friday: 5:30a-8:00p  
Saturday-Sunday: 6:00a-8:00p

### Flex Hours of Access

Monday-Thursday: 11:00a-3:00p, 7:00-9:30p  
Friday: 11:00a-2:00p, 6:00p-8:00p  
Saturday-Sunday: 1:00-8:00p

### Holiday Closures

New Year, Jan. 1: Closed  
Independence Day, July 4: Closed  
Thanksgiving, Nov. 28: Closed  
Christmas Day, Dec. 25: Closed

For adjusted hours, please visit the Schedules page at [birec.org](http://birec.org).

**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 spring and summer months, 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
Insurance	Free	Free			
Flex/Senior	Free	\$55	Flex/Senior	\$149	\$71
Student (Ages 13-23)	Free	\$65	Student (Ages 13-23)	\$149	\$81
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 30 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.

- **Insurance: Peerfit/SilverSneakers/Silver&Fit**

Peerfit, SilverSneakers, and Silver&Fit are for Bainbridge Island residents only. For information on these programs, please email BIRC Administrator Julie Miller at [julie@biparks.org](mailto:julie@biparks.org).

- **Flex/Senior/Senior Couple**

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 with a flexible daily routine who can visit the gym during off-peak hours, as defined below.

- **Student** membership includes individuals between the ages of 13-23.

**Proof of age and student enrollment are required.**

- **Individual Fitness** membership includes access to all facility amenities except for the tennis courts.

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

- **Family Fitness** 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 30 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**

For individuals between the ages of 13-23 years. **Proof of age and student enrollment are required.**

- **Individual Tennis**

Individual tennis memberships 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 tennis family 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).

## DAY PASS AND PUNCH PASS OPTIONS

### FITNESS DAY PASSES

	RESIDENT*	NON-RESIDENT*
Youth/Senior	\$13	\$19
Student (age 13-23)	\$15	\$20
Adult	\$16	\$21

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

### FITNESS PUNCH PASS

	RESIDENT*	NON-RESIDENT*
<b>Youth/Senior</b>		
10-Punch Pass	\$117	\$155
20-Punch Pass	\$234	\$300
<b>Student (ages 13-23)</b>		
10-Punch Pass	\$135	\$165
20-Punch Pass	\$270	\$320
<b>Adult</b>		
10-Punch Pass	\$144	\$185
20-Punch Pass	\$288	\$360

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

### STUDENT PASS SPECIALS

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

**Passes include the use of:**

- Strength and cardio equipment
- Gymnasium
- Pool

Taxes are not included in the price.

### 30-DAY AND 45-DAY STUDENT WINTER BREAK 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.

Students can purchase additional days (consecutively) for \$2 a day when they have purchased a 30-day OR 45-day student winter break pass—a maximum of 12 days.

### 90-DAY STUDENT SUMMER PASS

**Valid for 90 days from purchase**

**Residents:** \$165

**Non-Residents:** \$50 Joining Fee, \$165

Offer valid May 1-August 31.

Students can purchase additional days (consecutively) for \$5 a day when they have purchased a 90-day student summer pass—a maximum of 12 days.



# 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	Pickleball Drop-In Play 6:00-7:30a	Pickleball Drop-In Play 6:00-7:30a
Pickleball Level Up Your Skills 8:00-9:15a	GroupX Fitness Class 9:00-10:00a	Pickleball Level Up Your Skills 8:00-9:15a	Pickleball Drop-In Play 8:00-9:30a	GroupX Fitness Class 9:00-10:00a	Pickleball Drop-In Play 8:00-9:30a	Pickleball Drop-In Play 8:00-9:30a
Intro to Pickleball Class 9:30-10:45a		Intro to Pickleball Class 9:30-10:45a	Pickleball Drop-In Play 10:00-11:30a		Youth Basketball Drop-In Play 10:00-11:30a	Pickleball Drop-In Play 10:00-11:30a
Basketball Drop-In Play 11:30a-12:30p	SilverSneakers 12:00-1:00p	Basketball Drop-In Play 11:30a-12:30p	SilverSneakers 12:00-1:00p	Basketball Drop-In Play 11:30a-12:30p		Youth Classes 12:00-4:00p
Pickleball Drop-In Play 1:00-2:30p		Pickleball Drop-In Play 1:00-2:30p		Pickleball Drop-In Play 1:00-2:30p		Youth Classes 12:00-4:00p
Pickleball Drop-In Play 3:00-4:30p	Pickleball Drop-In Play 2:00-4:00p	Pickleball Drop-In Play 3:00-4:30p	Pickleball Drop-In Play 2:00-4:00p	Pickleball Drop-In Play 3:00-4:30p		Youth Classes 12:00-4:00p
Youth Basketball Drop-In Play 4:30-6:00p	Youth Basketball Drop-In Play 4:30-6:00p	Youth Pickleball Drop-In Play 4:30-6:00p	Youth Pickleball Drop-In Play 4:30-6:00p	Youth Basketball Drop-In Play 4:30-6:00p		Youth Pickleball League 4:00-5:30p
Adult Volleyball Drop-In Play 6:00-8:00p	Adult Basketball Drop-In Play 6:00-8:00p	Adult Pickleball League 7:00-9:00p	Adult Pickleball Drop-In Play 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



# BIRC



## FITNESS AND EXERCISE

### SMALL-GROUP TRAINING CLASSES

Our small-group classes are a great way to learn new things, meet new friends, and get a great workout in. Classes range in size from 4-6 participants. BIRC members can register for these classes online at [birec.org](http://birec.org), by calling 206-842-5661, or at the BIRC front desk. Non-members can register at [biparks.org](http://biparks.org), by calling 206-842-2302 or at the Aquatics Center front desk. If you are unsure which class to take, 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

### SKI CONDITIONING **NEW!** ★

Ages 16 and up. Conquer the mountains with confidence and skill! Whether you're a seasoned skier or a newbie hitting the slopes for the first time, this class is designed to help you optimize your winter sports performance and minimize the risk of injuries. This class offers expert guidance as Kristine will lead you through specialized exercises tailored to enhance your strength, balance, and agility. The ski-specific workouts will focus on muscle groups essential for skiing, targeting your legs, core, and upper body. Additionally, you will build stamina and improve cardiovascular health to keep you going all day long on the mountain. Sign up today to connect with fellow winter sports enthusiasts in a motivating group setting!



				Member/Non-member
111695-01	TTh	10:30-11:30a	1/9-2/15	\$195/\$210
02	TTh	10:30-11:30a	2/27-3/28	\$180/\$195
03	TTh	10:30-11:30a	4/9-5/9	\$180/\$195
04	TTh	10:30-11:30a	5/14-6/6	\$160/\$175

### TRI CIRCUIT TRAINING **NEW!** ★

Ages 16 and up. Get ready to conquer your triathlon goals with confidence and endurance. Whether you're a seasoned triathlete or looking to take on your first triathlon, this class will help you build the strength and stamina necessary to excel in this demanding sport. Kristine will guide you through a comprehensive training program designed specifically for triathletes. We'll focus on enhancing your strength, endurance, and flexibility, targeting the triathlon's swim, bike, and run components. Build the stamina required for the intense cardiovascular demands of triathlon racing—work on strengthening your core muscles to improve posture and power during all three disciplines. Sign up today to train alongside fellow triathletes, exchange tips, and stay motivated throughout the winter season.

				Member/Non-member
111694-01	TTh	11:30a-12:30p	1/9-2/15	\$195/\$210
02	TTh	11:30a-12:30p	2/27-3/28	\$180/\$195
03	TTh	11:30a-12:30p	4/9-5/9	\$180/\$195
04	TTh	11:30a-12:30p	5/14-6/6	\$160/\$175

### BIRC COMMUNITY TRIATHLON **NEW!**

Join us this spring for the inaugural Bainbridge Island Recreation Center Community Triathlon, a thrilling event combining indoor and outdoor fitness! Dive into the competition with a refreshing swim in our outside pool, pedal your way to victory on our spinning bikes, and finally, embrace the great outdoors as you enjoy a scenic running route. It's the perfect blend of fitness, fun, and community spirit, so mark your calendars and get ready to tri-it-all!



Photo by Pete Salutos

### WOMEN ON WEIGHTS ★

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

				Member/Non-member
111700-01	MW	11:30a-12:30p	1/8-2/14	\$195/\$210
02	MW	11:30a-12:30p	2/26-3/27	\$180/\$195
03	MW	11:30a-12:30p	4/8-5/8	\$180/\$195
04	MW	11:30a-12:30p	5/13-6/5	\$160/\$175





# BIRC

## WOMEN ON WEIGHTS 2.0 ★

Ages 16 and up. Women On Weights is a program designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of 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 KNOWLEDGEABLE women that you are and that this will translate into you being confident and comfortable within the gym setting. Please note this is not a fitness workout, but you will learn proper techniques to continue after completing the program. This class is for women who want to learn bigger lifts, squats, and deadlifts. We will be using barbells, cable machines, and dumbbells. Prerequisite Women on Weights, or approval by trainer.

				Member/Non-member
111700-05	MW	12:30-1:30p	1/8-2/14	\$195/\$210
06	MW	12:30-1:30p	2/26-3/27	\$180/\$195
07	MW	12:30-1:30p	4/8-5/8	\$180/\$195
08	MW	12:30-1:30p	5/13-6/5	\$160/\$175



## DUDES AND DUMBBELLS NEW! ★

Ages 16 and up. Start the new year off right with an all-skill-level welcome course for men. You will learn the fundamentals and top-notch guidance on how to build muscle, increase strength, lose fat, and stay committed—led by a certified personal trainer and bodybuilding coach who will take a hands-on approach to help you learn what you need to achieve your fitness goals this winter and spring. Classes will focus on compound resistance movements with accessory movements mixed in to provide proper muscle stimulus. We will focus on understanding proper muscular contraction and articulation to prevent injury while performing resistance movements such as barbell bench press and dumbbell shoulder press. In the class, we will use tools such as kettlebells, barbells, resistance bands, and dumbbells.

				Member/Non-member
111700-33	MW	8:30-9:30a	1/8-2/14	\$195/\$210
34	MW	8:30-9:30a	2/26-3/27	\$180/\$195
35	MW	8:30-9:30a	4/8-5/9	\$180/\$195
36	MW	8:30-9:30a	5/13-6/5	\$160/\$175

## 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 cardio and strength intervals in the popular HIIT format.



				Member/Non-member
111700-09	MW	10:30-11:30a	1/8-2/14	\$195/\$210
10	MW	10:30-11:30a	2/26-3/27	\$180/\$195
11	MW	10:30-11:30a	4/8-5/8	\$180/\$195
12	MW	10:30-11:30a	5/13-6/5	\$160/\$175

## TRX 101 ★

Ages 16 and up. Utilize the strong, versatile TRX® straps to leverage individual body weights 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 a great start for beginners and those new to TRX training.



				Member/Non-member
111700-13	TTh	9:00-10:00a	1/9-2/15	\$195/\$210
14	TTh	9:00-10:00a	2/27-3/28	\$180/\$195
15	TTh	9:00-10:00a	4/9-5/9	\$180/\$195
16	TTh	9:00-10:00a	5/14-6/6	\$160/\$175

## HIIT STRENGTH NEW! ★

Ages 16 and up. This class will take your training to the next level by teaching proper form and technique while keeping your heart rate up and incorporating traditional barbell training, battle ropes, kettlebells, med balls, and plyometrics into HIIT format (High-Intensity Interval Training). This class will help you gain strength and increase confidence in the weight room. Focusing on the four main lifts (squats, deadlifts, overhead presses (OHP), and pull-ups). Take your workouts up a notch! Previous lifting background recommended.

				Member/Non-member
111700-29	MW	7:00-8:00a	1/8-2/14	\$195/\$210
30	MW	7:00-8:00a	2/26-3/27	\$180/\$195
31	MW	7:00-8:00a	4/8-5/8	\$180/\$195
32	MW	7:00-8:00a	5/13-6/5	\$160/\$175



## PROGRAMS FOR TEENS AGES 13-17

## WINTER POTTERY CLASSES

Our adult daytime pottery classes now offer an extra hour of independent studio time for added creative freedom!



# BIRC



## TEENS INTRO TO STRENGTH TRAINING – FOR YOUNG MEN **NEW!**

Ages 13-17. A full introduction to strength training for young men, beginner to intermediate levels! This after-school class will meet for four weeks, twice a week. Designed to build a solid foundation and build strength in upper and lower body lifts, using barbells, dumbbells, kettlebells, and bodyweight movements. Build a strong foundation with in-depth and hands-on coaching by a trained strength and conditioning specialist to ensure you get the best results from your training while staying injury-free.

### Member/Non-member

111697-01	TTh	4:00-5:00p	1/9-2/15	\$195/\$210
02	TTh	4:00-5:00p	2/27-3/28	\$180/\$195
03	TTh	4:00-5:00p	4/9-5/9	\$180/\$195
04	TTh	4:00-5:00p	5/14-6/6	\$160/\$175

## TEENS INTRO TO STRENGTH TRAINING – FOR YOUNG WOMEN **NEW!**

Ages 13-17. A full introduction to strength training for young beginner-intermediate women! This after-school class will meet for four weeks, twice a week. Designed to build a solid foundation and build strength in upper and lower body lifts, using barbells, dumbbells, kettlebells, and bodyweight movements. Build a strong foundation with in-depth and hands-on results from your training while staying injury-free.

### Member/Non-member

111697-05	TTh	5:30-6:30p	1/9-2/15	\$195/\$210
06	TTh	5:30-6:30p	2/27-3/28	\$180/\$195
07	TTh	5:30-6:30p	4/9-5/9	\$180/\$195
08	TTh	5:30-6:30p	5/14-6/6	\$160/\$175

## 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 are easily able to teach without them. Join us to become more precise, agile, and powerful in your movement.

### Member/Non-member

111700-18	MW	5:00-6:00p	1/8-2/14	\$195/\$210
19	MW	5:00-6:00p	2/26-3/27	\$180/\$195
20	MW	5:00-6:00p	4/8-5/8	\$180/\$195
21	MW	5:00-6:00p	5/13-6/5	\$160/\$175

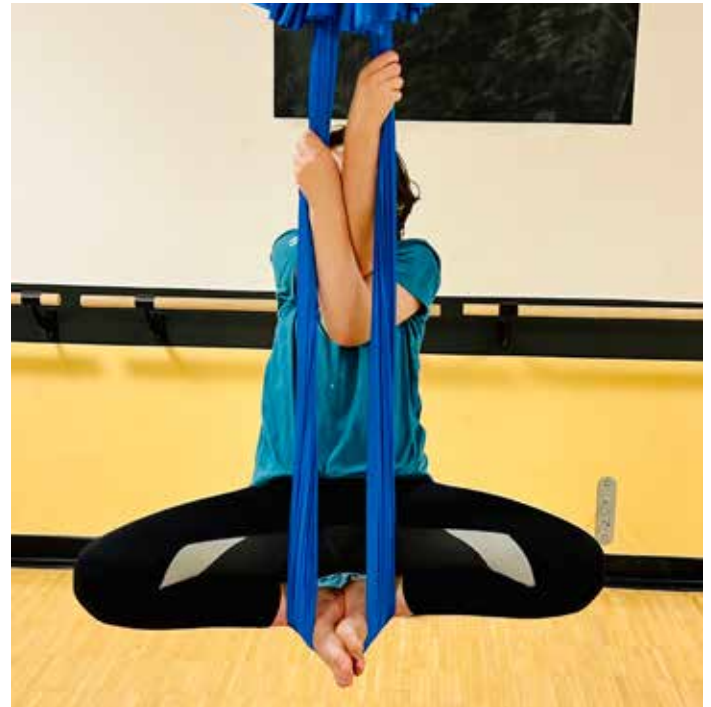


## INTRO TO PLAY FOR TEEN/TWEEN (AERIAL YOGA) **NEW!**

Ages 10-18. Have a kiddo who needs to experience the joy of flight? We are so excited to announce our series. Over six weeks, Bea Rosner will lead kids aged 10-18 (you know your kiddo best!) through beginner-friendly, playful movements and sequences.

### Member/Nonmember

111699-01	TTh	4:00-5:00p	1/2-1/18	\$140/\$155
02	MW	4:00-5:00p	3/4-3/20	\$140/\$155



## INTRO TO AERIAL YOGA WORKSHOPS

Age 16 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 perspective upside-down, and hang with us for the day!



### Member/Non-member

111700-22	Su	9:30a-12:00p	1/14	\$50/\$65
23	Su	9:30a-12:00p	2/25	\$50/\$65
24	Sa	9:30a-12:00p	3/16	\$50/\$65
37	Su	9:30a-12:00p	4/21	\$50/\$65
38	Sa	9:30a-12:00p	5/18	\$50/\$65



# BIRC

## ANTIGRAVITY YOGA FOR FITNESS SERIES

Ages 16 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 your joints and have many other benefits—restore, revitalize, and destress. Accessible for all levels and experiences.

		<b>Member/Non-member</b>		
111700-26	TTh	11:30a-12:30p	3/5-3/21	\$140/\$155
27	WF	9:30-10:30a	5/8-5/24	\$140/\$155

## AERIAL NEXT LEVEL

Ages 16 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>		
111700-28	TTh	1:00-2:00p	2/27-3/21	\$140/\$155

## AERIAL YOGA PRIVATE SESSIONS **NEW!**

One-on-one private sessions, partner or BFF sessions, adult/teen small group sessions. Personalized consultation to customize your needs/ desires for an Antigravity Yoga Fitness Session. It's a great option to explore before trying one of the aerial series. Progress at your own pace and experience the freedom of flight! Email [bear@biparks.org](mailto:bear@biparks.org) to schedule a complimentary consultation.



## MEDITATION WORKSHOP **NEW!**

Ages 13 and up. Have you been reading about the benefits of meditation but don't know how to do it? Have you tried to meditate but become frustrated or concluded that you just can't do it? Jeff Harmes will lead a one-hour + class that will cover the benefits of meditation, a variety of methods for meditating, and how to incorporate meditation into your life. Wear comfortable clothing; written materials will be provided.

111696-01	Sa	11:30a-1:00p	1/27	\$25/\$35
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Photo by Pete Salutos

## EMPOWER PERI/MENOPAUSE TRAINING **NEW!**

Ages 40 and up. Perimenopausal and menopausal coaching with newly certified Menopausal Coaching Specialist Kristine Cox. Are you a woman in your 40s or 50s experiencing the unique challenges of perimenopause and menopause? Discover a holistic approach to wellness that combines strength training with expert coaching tailored to your specific needs. Our comprehensive program empowers you to navigate the hormonal changes of this life change with confidence and vitality. Learn the fundamentals of strength training customized to your fitness level and goals. Strengthen your muscles, bones, and joints to enhance overall health and maintain an active lifestyle. Learn about hormone fluctuations, the importance of sleep and recovery, digestive issues, and pelvic floor health. Connect with like-minded women in a supportive community. Share experiences, exchange tips, and build lasting friendships as you embark on this transformative journey together. Join our program and take charge of your physical and emotional health during perimenopause and menopause. Embrace strength, resilience, and a vibrant future. It's time to flourish in your 40s and beyond! Email [kristinec@biparks.org](mailto:kristinec@biparks.org) for private one-on-one coaching.

## MOUNTAIN BIKING

### Mountain Biking Returns – It's Not Just for Kids Anymore!

We have an array of classes and programs catering to all ages. Parents, are you interested in picking up Mountain Biking to match your kids' pace? We can set up personalized one-on-one instruction and rides just for you! If you're keen to learn about basic bike repairs and saving money in the process, we've got a class tailored to your needs. For additional information, please contact Stacey Stoner, our Outdoor Program Manager, at [staceys@biparks.org](mailto:staceys@biparks.org).





## PERSONAL TRAINING

**BIRC has a well-rounded team of fitness professionals to service your needs. Each fitness team member 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' profiles and contact information.**



**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.



**MAX MARTIN**  
ISSA-CPT  
[maxm@biparks.org](mailto:maxm@biparks.org)

Max has been a Personal Trainer since 2022, specializing in bodybuilding, powerlifting, strength, and conditioning. Max's fitness journey has never been a straight line. Reaching 300lb at 13, he lost 140lb by age 15. After retiring from paddleboard racing due to a shoulder injury, he experienced a lack of consistency with his training that he didn't realize was a fundamental component holding him back from living life to the fullest. Max specializes in working with teens and aims to help give them the structure and the fundamentals of fitness for a lifetime. Max believes that a truly healthy mind and heart need a healthy functioning body, and in today's world, keeping a regular fitness schedule is a significant boost to anyone's mental health. In his spare time, Max volunteers as a counselor and leader in his church's local youth and kids' programs and works with special needs youth in the community.

## 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	\$183	\$261
30-Minute Session — 10-Pack	\$347	\$495
Partner Training (2 people) One Hour	\$44pp	\$50pp
Group Training (3-4 people) One Hour	\$33pp	\$39pp



# BIRC

## PILATES REFORMER

### FITNESS FOR ALL **NEW!**

We are excited to introduce our new Personal Training Program campaign to help individuals of all backgrounds and skill levels build foundational knowledge and skills of fitness in their lives!

### PERSONAL TRAINING PROGRAMS

#### INTRO TO TRAINING

Get a one-on-one assessment to determine which of our prebuilt training programs designed by our top-notch team of trainers works best for you, your schedule, skill level, and goals! Continued coaching will have your trainer review your workout logs weekly and make adjustments, recommendations, alterations, and continued support through an eight-week program.

#### INTRO TO TRAINING BASIC

**Member:** \$170 (\$70 for in-person assessment + \$100 for the written program)

**Non-Member:** \$238 (\$88 for in-person assessment + \$150 for the written program)

#### INTRO TO TRAINING BASIC PLUS

**Member with program coaching\*:** \$370 (\$70 for in-person assessment and \$100 for your written program, \$200 coaching)

**Non-Member with program coaching\*:** \$458 (\$88 for in-person assessment + \$150 for your written program, \$250 coaching)

\*Coaching will be done virtually through the program with your trainer during work hours. Additional in-person sessions are sold separately.

### CUSTOM TRAINING

#### FIVE-WEEK CUSTOM PROGRAM and COACHING PLAN

A custom program made specifically for your needs and goals. Five sessions working with one of our trainers to fine-tune a custom five-week program tailored to your lifestyle and goals! Continued program coaching will apply throughout your program, not during your assessment sessions.

**Member:** \$700 (\$333 for in-person sessions, \$200 for coaching, and \$150-\$200 for your written program)

**Non-Member:** \$918 (\$418 for in-person sessions, \$250 for coaching, and \$300 for your written program)

#### TEN-WEEK CUSTOM PROGRAM AND TRAINING PLAN

For those who want a complete custom training program, our ten-session program pack will spend five sessions working with you to create a custom program catered to your needs and goals. After which, another five sessions can be spent going through your workout program alongside you! Continued program coaching will apply once your program has started during your remaining five sessions.

**Member:** \$1,030 (\$630 for in-person sessions, \$200 for coaching, and \$200 for your written program)

**Non-Member:** \$1,342 (\$792 for in-person sessions, \$250 for coaching, and \$300 for your written program)

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.

#### Pilates is offered in the following settings:

- Private sessions are the best way to integrate the Pilates methods into the body. Our experienced instructor will create an individualized workout for your body's needs in this personal, one-on-one setting.
- Partner Sessions are for two people. In this partner session format, our instructors will create personalized workouts for you and your Pilates partner, giving personalized attention to both participants. \*Partner packages may not be shared.
- Reformer Classes benefit from a semi-private session with three participants per class.
- To book a Private, Duet, or Class, please get in touch with the instructor. To purchase, please pay for session(s)/class at the BIRC Front Desk before the session or class.



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

PRIVATE SESSIONS	Member	Non-Member
One-Hour Private Single Session	\$70	\$88
One-Hour Private Session — 5-Pack	\$333	\$418
One-Hour Private Session — 10-Pack	\$630	\$792
Duet (2 people) One-Hour Session	\$44pp	\$50pp
Duet (2 people) One hour Session— 4-pack	\$168pp	\$192pp
Group (3 people) One-Hour Session	\$25pp	\$35pp

CLASS PACKS	Member	Non-Member
4-Pack Class Session (1x/week)	\$110	\$132
8-Pack Class Session (2x/week)	\$209	\$231





## PILATES INSTRUCTORS

We are pleased to bring a well-rounded team of fitness professionals to service your needs. Each fitness team member is certified by a nationally recognized certifying body and brings a unique style and personality to their work.



### KATE TITUS

**Pilates Instructor**  
[katet@biparks.org](mailto:katet@biparks.org)

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 now and then!

### PILATES CLASSES WITH KATE

#### INTEGRATION PILATES I & II

Experience a dynamic full-body Pilates routine designed to enhance core strength, promoting safety and fitness for your daily endeavors. This program also offers comprehensive upper and lower body workouts, making it an ideal preparation for biking, hiking, paddling, dancing, golfing, and various everyday movements. With an emphasis on maintaining a neutral body posture, this approach contributes to improved posture, flexibility, coordination, and balance in a health-conscious manner. (Instructor approval required for Intergration Pilates II.)

Monday	9:15a, 10:30a, 11:45a
Tuesday	9:15a, 10:30a, 11:45a
Wednesday	9:15a, 10:30a, 11:45a
Thursday	9:15a, 10:30a, 11:45a



### KIM WILSON

**Pilates Instructor**  
[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 Registered Nurse. Kim has been committed to Pilates practice for 20-plus years and has been a dedicated Pilates instructor for over 16 years.

### PILATES CLASSES WITH KIM

#### PILATES FOR SPORTS PERFORMANCE

Designed for recreational athletes, equestrians, golfers, tennis players, and bikers. Using the Pilates Reformer machines and mat exercises, participants will learn to enhance personal performance by developing strong core stability, improved movement efficiency, power, increased flexibility, and balance.

Saturday	8:00a
Monday	6:00p

### BONEFIT REFORMER

This specialized class promotes spinal health and safety for osteoporosis and bone density. Using the reformer and mat exercises for fun and focused practice enables participants to improve balance, flexibility, and strength.

Saturday	9:00a
Wednesday	3:00p

### PILATES FUNDAMENTALS

This reformer class is designed for people new to Pilates who want to develop core strength, breathing, balance, and flexibility to learn the language and develop a beginning progressive practice.

Saturday	10:00a
Monday	4:00p



### SHERI WETHERELL

**Pilates Instructor**  
[sheriw@biparks.org](mailto:sheriw@biparks.org)

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. Her passions

are health and wellness, cooking, skiing, and exploring corners of the world with her family.

### PILATES CLASSES WITH SHERI

#### PILATES BEGINNER FOUNDATIONS

This reformer class is designed for people new to Pilates who want to develop core strength, breathing, balance, and flexibility to learn the language and develop a beginning progressive practice.

Tuesday	7:30-8:30a, 1:00-3:45p
Thursday	7:30-8:30a, 1:00-3:45p





# BIRC

## TENNIS INSTRUCTORS



**DAYNA MALTBY-GUIZZETTI**  
**Tennis Program Coordinator, USPTA Elite Professional**  
[daynag@biparks.org](mailto: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](mailto: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](mailto: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!

## JUNIOR TENNIS

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

Ages 4-5. This class is geared toward the littlest player just beginning their tennis journey. We start with basic skill-building exercises (tracking, catching, coordination, balance, etc.). Players will develop listening skills, following directions, teamwork, and resilience. We keep it fun and active while introducing them to the sport of a lifetime.



			Member/Non-Member	
512703-03	Su	12:00-12:30p	1/7-2/11	\$48/\$62
112703-01	Su	12:00-12:30p	2/25-3/24	\$45/\$59
	02	Su	4/7-5/5	\$45/\$59
	03	Su	5/12-6/9	\$45/\$59

### 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	
512706-05	W	3:00-3:45p	1/3-2/14	\$84/\$109
	06	Su	1/7-2/11	\$92/\$120
	07	T	1/2-2/13	\$84/\$109
	08	Th	1/4-2/15	\$84/\$109
112736-01	Su	12:30-1:30p	2/25-3/24	\$90/\$117
	02	T	2/27-3/26	\$68/\$88
	03	W	2/28-3/27	\$68/\$88
	04	Th	2/29-3/28	\$68/\$88
	05	Su	4/7-5/5	\$90/\$117
	06	T	4/9-5/7	\$68/\$88
	07	W	4/10-5/8	\$68/\$88
	08	Th	4/11-5/9	\$68/\$88
	09	Su	5/12-6/9	\$90/\$117
	10	T	5/14-6/11	\$68/\$88
	11	W	5/15-6/12	\$68/\$88
	12	Th	5/16-6/13	\$68/\$88



# 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, and introduce the concepts of rallying and point play. Further focus will be on developing your child's athleticism, coordination, balance, and strength.

		Member/Non-Member			
512704-07	W	3:00-4:00p	1/3-2/14	\$112/\$146	
08	Su	1:30-2:30p	1/7-2/11	\$92/\$120	
09	Th	3:00-4:00p	1/4-2/15	\$112/\$146	
10	T	3:00-4:00p	1/2-2/13	\$112/\$146	
112737-01	Su	1:30-2:30p	2/25-3/24	\$90/\$117	
02	T	3:00-4:00p	2/27-3/26	\$90/\$117	
03	W	3:00-4:00p	2/28-3/27	\$90/\$117	
04	Th	3:00-4:00p	2/29-3/28	\$90/\$117	
05	Su	1:30-2:30p	4/7-5/5	\$90/\$117	
06	T	3:00-4:00p	4/9-5/7	\$90/\$117	
07	W	3:00-4:00p	4/10-5/8	\$90/\$117	
08	Th	3:00-4:00p	4/11-5/9	\$90/\$117	
09	Su	1:30-2:30p	5/12-6/9	\$90/\$117	
10	T	3:00-4:00p	5/14-6/11	\$90/\$117	
11	W	3:00-4:00p	5/15-6/12	\$90/\$117	
12	Th	3:00-4:00p	5/16-6/13	\$90/\$117	

## GREEN BALL (25"-27" RACKET)

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green Ball Tennis will emphasize proper technique, footwork, and continued development in rallying, directional control, and point play. Additional focus will be developing athleticism, coordination, balance, strength, and spin.

		Member/Non-Member			
512705-07	T	3:45-4:45p	1/2-2/13	\$98/\$127	
08	Th	3:45-4:45p	1/4-2/15	\$98/\$127	
09	Su	2:30-3:30p	1/7-2/11	\$84/\$109	
112738-01	Su	2:30-3:30p	2/25-3/24	\$90/\$117	
02	T	5:00-6:00p	2/27-3/26	\$90/\$117	
03	Th	5:00-6:00p	2/29-3/28	\$90/\$117	
04	Su	2:30-3:30p	4/7-5/5	\$90/\$117	
05	T	5:00-6:00p	4/9-5/7	\$90/\$117	
06	Th	5:00-6:00p	4/11-5/9	\$90/\$117	
07	Su	2:30-3:30p	5/12-6/9	\$90/\$117	
08	T	5:00-6:00p	5/14-6/11	\$90/\$117	
09	Th	5:00-6:00p	5/16-6/13	\$90/\$117	



## CHALLENGER (AGES 13 AND UP)

Pro approval or a completed Green Ball progress report is required. Players must be able to demonstrate a positive attitude & hard work ethic. Emphasis will be placed on developing better strength and balance as they become more comfortable transitioning from Green Ball to the bounce of a heavier, faster, and higher bouncing ball. Players must demonstrate consistency with routine shots, the ability to move forward to play shorter shots with balance, and transition to net play. Players will continue working on stroke development and spin while learning to structure singles and doubles points.



		Member/Non-Member			
512707-07	W	5:00-6:00p	1/3-2/14	\$108/\$140	
08	Su	4:00-5:00p	1/7-2/11	\$96/\$125	
09	M	5:00-6:00p	1/8-2/12*	\$96/\$125	
112739-01	Su	4:00-5:00p	2/25-3/24	\$90/\$117	
02	M	5:00-6:00p	2/26-3/25	\$90/\$117	
03	W	5:00-6:00p	2/28-3/27	\$90/\$117	
04	Su	4:00-5:00p	4/7-5/5	\$90/\$117	
05	M	5:00-6:00p	4/8-5/6	\$90/\$117	
06	W	5:00-6:00p	4/10-5/8	\$90/\$117	
07	Su	4:00-5:00p	5/12-6/9	\$90/\$117	
08	M	5:00-6:00p	5/13-6/10*	\$90/\$117	
09	W	5:00-6:00p	5/15-6/12	\$90/\$117	

\* No class 1/15, 5/27

## ADVANCED (AGES 14 AND UP)

Players must have a completed Challenger progress report or have pro approval. Players must be able to demonstrate a positive attitude and hard work ethic. The player level is equivalent to High School Varsity, Junior Varsity, or tournament players. Players must demonstrate consistency with routine shots, topspin on groundstrokes, and knowledge of and use the continental grip on the serve and volleys. Further focus/observation will be dedicated to singles and doubles strategy and play patterns.

		Member/Non-Member			
512718-05	W	3:45-5:00p	1/3-2/14	\$135/\$160	
06	M	3:45-5:00p	1/8-2/12*	\$116/\$150	
07	Th	3:45-5:00p	1/4-2/15	\$135/\$160	
08	T	3:45-5:00p	1/2-2/13	\$135/\$160	
112740-01	M	3:45-5:00p	2/26-3/25	\$112/\$146	
02	T	3:45-5:00p	2/27-3/26	\$112/\$146	
03	W	3:45-5:00p	2/28-3/27	\$112/\$146	
04	Th	3:45-5:00p	2/29-3/28	\$112/\$146	
05	M	3:45-5:00p	4/8-5/6	\$112/\$146	
06	T	3:45-5:00p	4/9-5/7	\$112/\$146	
07	W	3:45-5:00p	4/10-5/8	\$112/\$146	
08	Th	3:45-5:00p	4/11-5/9	\$112/\$146	
09	M	3:45-5:00p	5/13-6/10**	\$112/\$146	
10	T	3:45-5:00p	5/14-6/11	\$112/\$146	
11	W	3:45-5:00p	5/15-6/12	\$112/\$146	
12	Th	3:45-5:00p	5/16-6/13	\$112/\$146	

\*No Class 1/15

\*\*No class 5/27

For Activity Codes 112740, sign up for three or more days, and receive 15% off



# BIRC

## TENNIS FOR TEENS ★

Ages 13-17. T4T is a class for Beginning to advanced beginning player who wants to improve their knowledge and skill set. This class will focus on understanding fundamental footwork, technique, and strategy. This could also be the third day for our Green Ball players looking to transition into Challenger. We will work on rally skills and some light point play to engage the competitive spirit and improve each player's overall game.



		<b>Member/Non-Member</b>	
512719-03	Su	5:00-6:00p	1/7-2/11 \$92/\$120
112721-01	Su	4:00-5:00p	2/25-3/24 \$90/\$117
02	Su	4:00-5:00p	4/7-5/5 \$90/\$117
03	Su	4:00-5:00p	5/12-6/9 \$90/\$117

## ADULT TENNIS

### TENNIS 101

Health benefits of tennis include increasing aerobic capacities, lowering resting heart rate and blood pressure, improving metabolic function, increasing bone density, reducing body fat, improving muscle tone, strength, and flexibility, and increasing reaction times. Come learn how to play the sport of a lifetime from the pros at the BIRC with over 85 years of experience.

		<b>Member/Non-Member</b>	
112700-01	Sa	1:00-2:15p	1/6-1/27 \$80/\$104
02	Sa	1:00-2:15p	2/3-2/24 \$80/\$104
03	Sa	1:00-2:15p	3/2-3/23 \$80/\$104
04	Sa	1:00-2:15p	4/6-4/27 \$80/\$104
05	Sa	1:00-2:15p	5/4-5/25 \$80/\$104

### BIRC ADULT TENNIS CLINICS

The following clinics can be reserved by non tennis members three days in advance by calling 206-842-5661.

#### Need For Speed (4.0 Level)

A fast-paced, point play drill class designed to get you moving and hitting. Those who want to run, sweat, and grind show up!

M	7:15-8:30p	\$32 Non-Tennis Members
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#### Doubles & Development (2.5-3.0 Level)

This clinic is for the 2.5-3.0 level player. Have fun learning doubles while improving your development and consistency with point play-based drills.

T	7:15-8:30p	\$32 Non-Tennis Members
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★

## PROGRAMS FOR TEENS AGES 13-17

### 3.0-3.5 Singles Clinic

Level up your singles game with a 75-minute skills and drills session for the 3.0-3.5 tennis player with point play observation.

W	10:00-11:15a	\$32 Non-Tennis Members
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### 401 Clinic (3.5+ Level)

A 75-minute skills and drills session for the 3.5 tennis player with fast-paced drills and point play observation.

W	7:15-8:30p	\$32 Non-Tennis Members
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### 4.0 Singles Clinic

Enhance your single's play in this clinic designed to improve your point structure, footwork, and shot selection with skill-building drills and point play observation.

F	10:00-11:15a	\$32 Non-Tennis Members
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## TENNIS LEAGUES AND LADDERS

### SATURDAY MEN'S TENNIS LEAGUE

Join us for this fun Men's Tennis Doubles League. Levels 3.0 and up. 10-weeks of organized play. Players rotate on their court and play with everyone—weekly movement up and down courts.

		<b>Member/Non-Member</b>	
112705-01	Sa	11:15a-12:30p	2/17-4/20 \$30/\$80
02	Sa	11:15a-12:30p	4/27-6/29 \$30/\$80

### USTA LEAGUES

At BIRC, we have a healthy appetite for playing competitive tennis against other teams across the greater Seattle area. If you want to join us in our goals to reach Nationals, email our Tennis Coordinator, Dayna Guizzetti, at [daynag@biparks.org](mailto:daynag@biparks.org). All levels are welcome and encouraged to inquire!

### BIRC SINGLES LADDER ★

If you want more singles match-play, join the Singles Ladder at the BIRC! You can challenge up to three people above you and find yourself moving up to the top! No fees to join. Go to our website at [www.birc.org](http://www.birc.org) > Racket and Paddle Sports > Adult Tennis > Scroll down to Leagues and Ladders > Register for Singles Ladder. Normal guest/punch pass fees apply.





# BIRC



## BIRC RACKET STRINGING MENU

(Some Variations May Occur)

We offer stringing solutions for all racquets, playing styles, and abilities. Prices range from \$27 to \$90, depending on string composition. We also allow clients to provide their own string (\$25 Labor charge)

### Wilson Products

- Synthetic Gut
- NXT Power
- Sensation
- Revolve

### Babolat Products

- RPM Blast
- VS Natural Gut
- Xcel

### Luxilon Products

- 4G
- Alu Power
- LXN Smart
- Natural Gut

### Solinco Products

- Confidential
- Hyper G
- Tour Bite
- Vanquish

## YOUTH PICKLEBALL

### HOT SHOTS PICKLEBALL

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

			Member/ Non-Member	
112730-01	Su	12:15-12:45p	1/21-2/11	\$68/\$88
02	Su	12:15-12:45p	3/3-3/24	\$68/\$88
03	Su	12:15-12:45p	4/14-5/5	\$68/\$88
04	Su	12:15-12:45p	5/12-6/2	\$68/\$88

### 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 fundamental skills and hand-eye coordination. BIRC

			Member/ Non-Member	
112731-01	Su	12:55-1:25p	1/21-2/11	\$68/\$88
02	Su	12:55-1:25p	3/3-3/24	\$68/\$88
03	Su	12:55-1:25p	4/14-5/5	\$68/\$88
04	Su	12:55-1:25p	5/12-6/2	\$68/\$88

### PICKLEBALL 101 FOR TWEENS AND TEENS

Ages 10-15. 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	
112732-01	Su	1:35-2:15p	1/21-2/11	\$76/\$98
02	Su	1:35-2:15p	3/3-3/24	\$76/\$98
03	Su	1:35-2:15p	4/14-5/5	\$76/\$98
04	Su	1:35-2:15p	5/12-6/2	\$76/\$98

### 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? Then our Ladder Play might be the answer. Whether you want to be competitive or want to play with people of similar ability. BIRC

			Member/Non-Member	
112733-01	Su	3:45-5:15p	1/21-2/11	\$68/\$88
02	Su	3:45-5:15p	3/3-3/24	\$68/\$88
03	Su	3:45-5:15p	4/14-5/5	\$68/\$88
04	Su	3:45-5:15p	5/12-6/2	\$68/\$88

## ADULT PICKLEBALL

### INTRO TO PICKLEBALL - SUNDAY

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	
112742-01	Su	2:30-3:30p	1/21-2/11	\$76/\$98
02	Su	2:30-3:30p	3/3-3/24	\$76/\$98
03	Su	2:30-3:30p	4/14-5/5	\$76/\$98
04	Su	2:30-3:30p	5/12-6/2	\$76/\$98

### INTRO TO PICKLEBALL - WEEKDAY **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 equipment provided. All fitness levels are welcome. BIRC

			Member/ Non-Member	
112743-01	MW	9:30-10:45a	1/22-1/31	\$76/\$98
02	MW	9:30-10:45a	2/5-2/14	\$76/\$98
03	MW	9:30-10:45a	2/19-2/28	\$76/\$98
04	MW	9:30-10:45a	3/4-3/13	\$76/\$98
05	MW	9:30-10:45a	3/18-3/27	\$76/\$98
06	MW	9:30-10:45a	4/1-4/10	\$76/\$98
07	MW	9:30-10:45a	4/15-4/24	\$76/\$98
08	MW	9:30-10:45a	4/29-5/8	\$76/\$98
09	MW	9:30-10:45a	5/13-5/22	\$76/\$98
10	MW	9:30-10:45a	5/20-5/29	\$76/\$98





# BIRC

## LEVEL UP YOUR PICKLEBALL NEW!

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. BIRC

			Member/Non-Member	
112719-01	MW	8:00-9:15a	1/22-1/31	\$76/\$98
02	MW	8:00-9:15a	2/5-2/14	\$76/\$98
03	MW	8:00-9:15a	2/19-2/28	\$76/\$98
04	MW	8:00-9:15a	3/4-3/13	\$76/\$98
05	MW	8:00-9:15a	3/18-3/27	\$76/\$98
06	MW	8:00-9:15a	4/1-4/10	\$76/\$98
07	MW	8:00-9:15a	4/15-4/24	\$76/\$98
08	MW	8:00-9:15a	4/29-5/8	\$76/\$98
09	MW	8:00-9:15a	5/13-5/22	\$76/\$98
10	MW	8:00-9:15a	5/20-5/29	\$76/\$98



## PICKLEBALL LADDER LEAGUE FOR ADULTS

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

			Member/Non-Member	
112744-01	Su	5:30-7:30p	1/21-2/11	\$68/\$88
02	Su	5:30-7:30p	2/18-3/10	\$68/\$88
03	Su	5:30-7:30p	3/17-4/7	\$68/\$88
04	Su	5:30-7:30p	4/14-5/5	\$68/\$88
05	Su	5:30-7:30p	5/12-6/2	\$68/\$88
06	W	7:00-9:00p	1/24-2/14	\$68/\$88
07	W	7:00-9:00p	2/21-3/13	\$68/\$88
08	W	7:00-9:00p	3/20-4/10	\$68/\$88
09	W	7:00-9:00p	4/17-5/8	\$68/\$88
10	W	7:00-9:00p	5/15-6/5	\$68/\$88

## BATTLE AT BIRC – TEAM PICKLEBALL EVENTS NEW!

Ages 18 and up. Teams are made up of two males and two females. Teams will play one men's game, one women's game, and two coed games. Each match is one game, first to 15. All games are played with rally scoring. A tiebreaker singles match will be played if teams are tied 2-2.

Player rating 4.0-4.5 Held on Court 4. 4 teams max.

			Member/Non-Member	
112711-01	Su	2:30-7:30p	4/28	\$100/\$125 per team
03	Su	2:30-7:30p	5/19	\$100/\$125 per team

Player rating 3.0-3.5 Held on Court 4. Four teams max.

			Member/Non-Member	
112711-02	Su	9:00a-2:00p	4/28	\$100/\$125 per team
04	Su	9:00a-2:00p	5/19	\$100/\$125 per team

## NO-SCHOOL CAMPS AT BIRC

### MINI CAMPS

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

#### MLK DAY

111501-01 F 9:00a-12:00p

#### Member/Non-Member

1/15 \$55/\$70

#### CONFERENCE DAYS

111502-01 W-F 9:00a-12:00p

2/14-2/16 \$120/\$156

#### MID-WINTER BREAK

111503-01 M-Th 9:00a-12:00p

2/19-2/22 \$160/\$208

#### SPRING BREAK

111504-01 M-Th 9:00a-12:00p

4/1-4/4 \$160/\$208

#### JUNETEENTH

111506-01 M 9:00a-12:00p

1/19 \$55/\$70

## PARENTS' NIGHT OUT NEW!

Take a night to enjoy that girls' or guys' night, stay home and watch your favorite Netflix show, or have dinner at your local restaurant you love while your kids have fun at the BIRC.

### Ages 3-5

111509-01	F	4:00-7:00p
02	F	4:00-7:00p
03	F	4:00-7:00p
04	F	4:00-7:00p
05	F	4:00-7:00p

### Member/Non-Member

1/26	\$50/\$65
2/23	\$50/\$65
3/22	\$50/\$65
4/19	\$50/\$65
5/17	\$50/\$65

### Ages 6-9

111510-01	F	4:00-7:00p
02	F	4:00-7:00p
03	F	4:00-7:00p
04	F	4:00-7:00p
05	F	4:00-7:00p

1/26	\$50/\$65
2/23	\$50/\$65
3/22	\$50/\$65
4/19	\$50/\$65
5/17	\$50/\$65





# BIRC



## PARENTS' DAY OUT **NEW!**

Let us watch your little one while you work on a home project, enjoy a shopping trip, have a late lunch with your besties, or curl up with your favorite book or movie.

Ages 3-5		Member/Non-Member		
111507-01	Sa	2:00-5:00p	1/20	\$50/\$65
02	Sa	2:00-5:00p	2/10	\$50/\$65
03	Sa	2:00-5:00p	3/23	\$50/\$65
04	Sa	2:00-5:00p	4/13	\$50/\$65
05	Sa	2:00-5:00p	5/11	\$50/\$65
Ages 6-9				
111508-01	Sa	2:00-5:00p	1/20	\$50/\$65
02	Sa	2:00-5:00p	2/10	\$50/\$65
03	Sa	2:00-5:00p	3/23	\$50/\$65
04	Sa	2:00-5:00p	4/13	\$50/\$65
05	Sa	2:00-5:00p	5/11	\$50/\$65

## BIRTHDAY PARTIES

### LOOKING FOR A PLACE TO HOST YOUR CHILD'S NEXT PARTY? BIRC IS THE PLACE FOR YOU!

- Parties are based on availability.
- Full payment is required upon booking.
- All participants must complete the BIRC waiver and Code of Conduct.

### THEMED PARTIES

#### FUN ZONE **NEW!**

Our Fun Zone birthday party offers the birthday kiddo and their party friends a chance to play games and do activities that our birthday host leads. Time will be spent in our gymnasium and in our multi-purpose room turned party room. Ages 3-12.

#### GAME ON! **NEW!**

Our Game On! birthday party is filled with all stuff sports, from basketball to soccer to pickleball and much more. Our birthday host will guide all the games. Ages 5-15.

#### PICKLEBALL **NEW!**

What better way to celebrate your birthday than by playing pickleball with family and friends? Our party host will ensure you and your guests play fun games and activities on the courts. Ages 6 and up.

#### TENNIS **NEW!**

If you love tennis, you 'll love our new tennis birthday parties. Our tennis staff will ensure you and your party guests have a blast out on the courts. They will tailor fun games and activities just for your group. Ages 6 and up.

#### FITNESS **NEW!**

Gather your friends and have a fitness party at BIRC. Some options are Zumba, Boot Camp, TRX, Cycle, and HIIT, or you can design your own with the help of one of our trainers or instructors. Ages 6 and up.

## PLAN YOUR OWN PARTIES

### GYMNASIUM

**COST: \$150**

Our gym has lines for basketball, volleyball, and pickleball. Gym equipment is provided, or bring your own. This package includes one hour of gym time and 45 minutes for celebration in our multi-purpose room or patio area. Gym parties are priced for 12 participants. For additional participants, add \$7 per person. Max 20.

### POOL (SEASONAL)

**COST: \$150**

This package includes one hour of pool time and 45 minutes for celebration in our multi-purpose room or patio area. Gym parties are priced for 12 participants. For additional participants, add \$7 per person. Max 20.



## RENTAL SPACES

### GYMNASIUM

Our gym has lines for basketball, volleyball, and pickleball. It's also a great space to hold a meeting or an event—\$ 80/hour.

### GROUPX STUDIO

Big screen TV, chairs, and tables make our GroupX studio an excellent place for your next meeting or event—\$ 50/hour.

### SMALL GROUP STUDIO

Our small group studio is perfect for those meetings that don't require a larger space—\$ 50/hour.

### MULTI-PUPOSE ROOM

Great space for a meeting. Chairs, tables, big screen TV. \$50/hour.



## PROGRAMS FOR TEENS AGES 13-17

# bikestrawberry.org



- 1 • Skills Area
- 2 • Starting Feature
- 3 • Jump Lines
- 4 • Step-Down Overpass
- 5 • Step-Up Overpass
- 6 • Rolling Overpass

- Easiest
- Intermediate
- Difficult
- Most Difficult
- Climbing



[bikestrawberry.org](http://bikestrawberry.org)

# Dig in and give.





# Make a memory on a trail.



With family or friends, Bainbridge Island trails are where moments and memories are made.



Give today to  
the parks and trails  
that connect us all





# THANK YOU VOLUNTEERS!



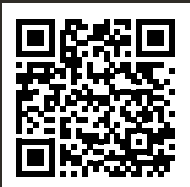
**Join us Thursday, February 8th at the Bainbridge Island Recreation Center to say "THANKS!" to our 2023 volunteers.**

Did you know that the Bainbridge Island Metro Park & Recreation District was founded by volunteers? Now it's our turn to say a big **THANK YOU** to the hundreds of volunteers who made our 2023 programs possible.

Join us for snacks and refreshments as we highlight the amazing contributions of our volunteers throughout the year. Exceptional volunteers will receive a special "Thank You" for their outstanding service to our community.

### Haven't volunteered yet?

If you haven't had a chance to volunteer with us, swing by and learn more about exciting opportunities like joining the Ski Bus team, caring for our beautiful trails, assisting with Summer Concerts in the Park, and much more.



Discover how you can  
make a difference

**Register Now!**

[biparks.org](http://biparks.org) | 206.842.2302



# Winter Work Parties

## Conservation Work Party

Blakely Harbor Park | 10:00a-12:00p | January 13, February 10, March 9

Join the Park District, IslandWood, and the Bainbridge Island Parks & Trails Foundation every second Saturday this winter in the ongoing restoration of Blakely Harbor Park! Thousands of volunteer hours have already been logged, helping transform the site of the former largest mill in the world. Volunteers will help remove invasive species, spread mulch to discourage regrowth, and plant native species where invasives have been controlled. Well suited for children ages six and up who are comfortable using small hand tools and walking off trail on uneven surfaces. Snacks are provided.

## Trails Work Party

Fort Ward Park (Upper Parking Lot) | 10:00a-12:00p | January 20, February 17, March 16

Join the Park District's trails team and the Bainbridge Island Parks & Trails Foundation every third Saturday at Fort Ward Park this winter maintaining trail surfacing and pruning vegetation. Volunteers will meet at the upper parking lot. 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. Snacks are provided.

## Moritani Preserve Work Party

Moritani Preserve | 10:00a-12:00p | January 18, February 15, March 21

Join the Park District's Natural Resources team and the Bainbridge Island Parks & Trails Foundation every third Thursday this winter in caring for the woods and meadows of Moritani Preserve by managing invasive species, maintaining garden beds, and planting natives when the weather is right. Snacks are provided.

## Red Pine Park Work Party

Red Pine Park | 10:00a-12:00p | January 9, February 13, March 12

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

Register Now!





# 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.

## PROGRAM SITES

BHS	Bainbridge High School	9330 High School Road	HT	Hilltop/Prue's House	9600 Mandus Olson Road NE
AQ	BI Aquatic Center	8521 Madison Ave	ICM	Insight Climbing & Movement	9437 Coppertop Loop NE
BHS	Gymnastics Rms	9330 High School Road Rear of High School	ICH	Island Center Hall	8395 Fletcher Bay Road
BIMA	Bainbridge Island Museum of Art	550 Winslow Way E	Ordway	Ordway Elementary School	8555 Madison Ave NE
BIRC	Bainbridge Island Rec Center	11700 NE Meadowmeer Circle	SP	Sakai Park	1560 Madison Ave N
BPP	Battle Point Park	11299 Arrow Point Drive	Sakai	Sakai Intermediate School	9343 Sportsman Club Road
Blakey	Blakely Elementary School	4704 Blakely Ave NE	Sands	Sands Ball Field	8641 Sands Ave. NE
BHP	Blakely Harbor Park	Blakely Ave	SB	Seabold Hall	14450 Komedal
CYC	Camp Yeomalt Classroom	900 Park Avenue	SHC	Strawberry Hill Center	7666 NE High School Road
CYCabin	Camp Yeomalt Cabin	900 Park Avenue	SHMG	Strawberry Hill MiniGym	7666 NE High School Road
ED	Eagledale Pottery Studio	5055 Rose Avenue off Eagle Harbor Dr	SHP	Strawberry Hill Park	7666 NE High School Road
FB	Fay Bainbridge Park	15446 Sunrise Drive	ST	Stottlemeyer Trailhead	24426 Stottlemeyer Rd NE Poulsbo
FWH	Fort Ward Hall	9705 Evergreen Ave NE	TC	Teen Center	8521 Madison Ave
FWP	Fort Ward Park	2241 Pleasant Beach Drive NE	TB	Transmitter Bldg	11299 Arrow Point Drive
GLNP	Gazzam Lake Nature Preserve	6105 NE Marshall Rd	PH	Prue's House	9600 Mandus Olson Rd NE
GFW	Grand Forest West	9752 Miller Road NE	WFP	Waterfront Park	301 Shannon Drive SE
GFE	Grand Forest East	9594 Mandus Olson Rd NE	Wilkes	Wilkes Elementary School	12781 N Madison Ave NE
HSLG	BHS Lower Gym	9330 High School Road	WOP	William Olson Park	6200 Williams Lane
HCP	Hidden Cove Park	8588 Hidden Cove Road	WW	Woodward Middle School	9125 Sportsman Club Rd NE

## PARK DISTRICT FACILITIES PHONE NUMBERS

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

### DISTRICT STAFF

For a District staff list, see [biparks.org/staff](http://biparks.org/staff)

## 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-9:30p

Friday: 5:30-8:00p

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

### District Admin Office:

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

### Facility Closures:

The Park District offices will be closed 1/1, 7/4, 11/28, 12/25

### Extreme Weather Closures:

Park District will open facilities and conduct classes/programs except under extreme adverse conditions. Check our website for closure and cancellation information at [www.biparks.org](http://www.biparks.org). If the Park District cancels your class due to extreme conditions, your instructor will notify you concerning make-up dates.

# WINTER/SPRING 2024 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 6:00a-8:30p, Saturday 8:00a-4:00p and Sunday 10:00a-2:00p (206-842-2302).

**Registration begins for residents Saturday, January 6, 9:30am and for non-residents on Sunday, January 7, 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, minus 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. If you register for an activity within seven days of the start of the program, a refund will not be granted.
- 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				
								/ /	
								/ /	
								/ /	
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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

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