



Recreation CONNECTION

FALL 2024



RESIDENT REGISTRATION BEGINS
Saturday, August 10 at 9:30am

NON-RESIDENT REGISTRATION BEGINS
Sunday, August 11 at 9:30am

SEE REGISTRATION INFO 71
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Dear Island Residents,

It's hard to believe it's time for the Fall Catalog already! We're proud of this fantastic range of offerings and the exciting things happening at our Parks and Facilities this fall.

We've been hard at work on several great improvement projects. The Strawberry Hill Park and Moritani Preserve thinning was a huge success. The native plants are rebounding beautifully in the open canopy, showing the value of forest management in action.

Our resident troll, Pia the Peacekeeper, will be getting a bath and prepped for the next rainy season. Pia has become quite the attraction! She was voted Best Roadside Attraction in the Northwest by Evening Magazine. Near Pia at Sakai Park, we're in the process of building tennis courts that should be completed soon.

Williams Olson Park has a newly completed covered picnic shelter and paved parking lot. Check it out at the beautiful waterfront park at the end of Koura! Plans are moving forward for the replacement bathroom at Battle Point Park. The four independent gender-neutral bathrooms should be completed by the end of the year.

The Don Nakata Pool is getting a fresh new pool liner. The pool will be closed July 27 – September 1st for the refresh. We're offering a fun community event, Pups in the Pool, on July 26 prior to the pool draining. Bring your dogs for a dip in the pool before the work begins! Learn more about the event at BIAquatics.org.

The Ray Williamson Pool renovation project is progressing. There will be a bond on the ballot for the August 6 election. The community will decide if the renovation will be for a restoration of the pool in its current capacity of six lanes, or to expand the pool to eight lanes and a consistent depth. We enjoyed sharing the info about the pool project at the public meetings in June and July. The results of that election will determine what work will be done in 2025. We remain committed to bringing the pool back up to current standards and minimum of 20-year life expectancy.

Our popular Student Conservation Corps (SCoCo) was back and expanded this summer to offer Neurodiverse SCoCo. Students 15-21 participated in work and learning opportunities, with additional support offered to meet the needs of Neurodivergent students from peer mentors. This program is spearheaded by our Natural Resources Volunteer Program Manager, Morgan Houk and our Adaptive and Accessibility Coordinator, Cody Ogren. Read a profile on Cody on page 6, and see our Adaptive & Specialized Recreation offerings for Fall on page 28.

This upcoming spooktacular season wouldn't be complete without our annual Haunted Hayride! The fun is back this fall, October 15-17. Don't forget to get your tickets early because they sell out fast! This event is made possible through the support of many volunteers, so if you have the time to get involved, please join us! You can find out more information at biparks.org/volunteers.



See you out there,

A handwritten signature in black ink that reads "Dan Hamlin". The signature is fluid and cursive, written in a professional style.

Dan Hamlin, Acting Executive Director

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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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Aquatic Center/Customer Service
206-842-2302

HOW TO REGISTER

REGISTRATION FOR RESIDENTS: Saturday, August 10, 2024 at 9:30a
REGISTRATION FOR NON-RESIDENTS: Sunday, August 11, 2024 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 after 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.

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

SOUNDS OF SUMMER

AT **BATTLE POINT PARK**

WEDNESDAYS
JULY 10 - AUGUST 28
6:30 - 8:30PM
FREE

JULY 10 **NEARLY DAN**

JULY 17 **EDEN**

JULY 24 **THE HIGH STEPPERS**

JULY 31 **CHANCE MCKINNEY**

AUGUST 07 **REPOSADO**

AUGUST 14 **THE WEST COAST FEED**

AUGUST 21 **BACKSTREET JELLYROLL**

AUGUST 28 **LEROY BELL AND HIS ONLY FRIENDS**



BAINBRIDGE ISLAND
PARKS & TRAILS
FOUNDATION

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Transit**

**MORE
INFO:**



Bainbridge Island
Metro Park & Recreation District
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.



CODY OGREN Adaptive & Accessibility Coordinator

CODY, TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO A CAREER AS AN ADAPTIVE & ACCESSIBILITY COORDINATOR?

I was born and raised on Bainbridge Island. I graduated from BHS in 2008. While I was living here, I was working with the district as a lifeguard and swim instructor. Meanwhile, I worked part time for Vitalize Kitsap (Island Time Activities) as a recreation leader. My job was to run activities for neurodivergent folks and people with physical disabilities. We would go to the movies, go for walks around the Island, and held a Saturday Supper Club for dinner and games. We developed an amazing community.

I went to college at Central and got my degree in Education. After graduating I worked for a Middle School teaching Special Education. We developed an Adaptive Physical Education program and did a lot with Special Olympics building a sense of community.

WHAT BROUGHT YOU BACK TO WORK FOR THE BAINBRIDGE ISLAND METRO PARKS AND RECREATION DISTRICT?

When I decided to move back to Western Washington, I reached back out to Vitalize Kitsap and became a Recreation Lead. I led community outings and hikes. We did walks at Fort Ward and Gazzam Lake, and went to Costco, bowling and other experiences. I enjoyed developing meaningful outings for different sensory purposes. One of our group members was blind and deaf. He enjoyed touching tools, so we would take him to Home Depot where one of the employees would help him safely explore. I learned to really consider what each attendee would get out of each outing. It meant a lot to me to be sure they each had an experience that would reach them where they were at.

When the COVID pandemic shut down our outings in 2020 I became a care provider with the state. I had five daily clients. As restrictions lessened, they could do more like going to swimming lessons. That brought me back to the pool. I was hired as a head guard and swim instructor. That enabled me to work mornings and keep my job caring for my clients.

HOW DID YOU COME TO BE THE ADAPTIVE & ACCESSIBILITY COORDINATOR?

The Parks District had offered pottery, nature walks and life–skills cooking for people with disabilities in the past. These were established by Jan Fredrickson, who also ran an adult group home called Manzanita Home.

Executive Director Terry Lande had a vision for the Adaptive and Specialized Recreation Department based on these offerings. In 2023 I started working part time a week as a Recreation Companion in addition to lifeguarding. The Adaptive and Specialized Recreation department officially started in January 2024 and I started in this role full time.

WHAT ARE SOME OF YOUR KEY GOALS OR PRIORITIES FOR THE FIRST YEAR?

Our Student Conservation Corps (SCoCo) was started by Morgan Houk, our Volunteer Program Manager, in summer of 2023 and was a huge success. Morgan approached me early this year to discuss Neurodiverse SCoCo. She wanted to create a secondary program that can bring in one-on-one support and training. We hired eight Neurodiverse SCoCo crew members with six peer mentors. Neurodivergence is a wide range, and some people don't need an assigned peer mentor. Our program filled up quickly and we hope it can be a good guide toward similar programs going forward. It parallels the neurotypical program and is a truly inclusive program.

This summer we've offered Bloedel Reserve walks in partnership with the Bloedel Foundation on Tuesday mornings. I'm bringing in the successful community outings I've had experience with. We're partnering with local organizations like Stephenson's House and Bainbridge Island Special Needs Foundation.

In the fall we'll work with the Teen Center to do social outings for neurodiverse teens. On the first Tuesday of the month, we'll be offering project nights: doing things like pet rocks, glitter bottles, game night, bingo. I think it's important to provide a space for neurodivergent teens to hang out.

One of my long-term goals is to work to build the Special Olympics team here. There's currently a Bainbridge Island team. I'd love to support the growth of that because of my experience with Special Olympics.

PARKS AND RECREATION PLAY A VITAL ROLE IN COMMUNITY WELL-BEING. HOW DO YOU ENVISION THE ADAPTIVE AND SPECIALIZED RECREATION DEPARTMENT'S FUTURE ROLE IN ENHANCING THE COMMUNITY'S QUALITY OF LIFE?

Most neurodivergent people get up every day and give 110% to try to fit into social norms. We aren't all the same type of learner, why are we all trying to fit the same track? I think it's important that we acknowledge that historically we've been expecting everyone to adapt to societal expectations, but it's time to re-evaluate the way things are done.

I've been training our Parks and Recreation staff in Inclusion and Disability Awareness. It's vital to prioritize ways we can support the community to adapt to new ways of thinking about access to recreation.

I'm also working closely with the Parks District to address limitations on accessibility in our Parks and Facilities. We're evaluating what playgrounds, buildings and parks we can make more usable. For a long time, we thought ADA requirements would make everything accessible for everyone. But ADA is the minimum requirement. I'm looking not just at "can they get on the playground?", but "can they participate?" Are our paths rollable, what can we do to reduce limitations on our trails?

We're going into our comprehensive planning process in 2025, and I'm proud to be working with leadership to look at those factors for planning and creating standards for future use.



FREE MOVIES IN THE PARK

Battle Point Park

FRIDAY NIGHTS
IN AUGUST

Free popcorn
and pre-movie fun begin at 8:00p.
Movies begin 30 minutes after sunset.

8/2 Teenage Mutant Ninja Turtles:
Turtle Mayhem **PG**

8/9 10 Things I Hate About You **PG-13**

8/16 Twister **PG-13**

8/23 Barbie **PG-13**

8/30 Ghostbusters: Frozen Empire
PG-13

More
info:



Bainbridge Island
Metro Park & Recreation District
biparks.org | 206-842-2302

In partnership with the Bainbridge Island
branch of the Kitsap Regional Library





Bainbridge Island
Metro Park & Recreation District

Presents:

Haunted Hayride

at

BATTLE POINT PARK

Tuesday
Wednesday
Thursday

October 15-17

5:30-9pm

\$12 per person

Registration Required

Activity #541013

**FAQ's and
Registration info:**

biparks.org

206-842-2302



DIG DEEP!



GIVE TODAY to help build an amazing bike park for riders of ALL skill levels at Strawberry Hill.

DIG DEEP! toward our \$450K campaign goal to break ground this fall, to open the park in 2025.

CAMPAIGN SPONSORS



GIVE TODAY





AFTER-SCHOOL & NO-SCHOOL FUN

ALL-DAY EXPLORER CAMPS!

Ages 6-12

When school is out — EXPLORER CAMP is in!

For those long out-of-school days, the Park District offers families an all-day recreational option. With a variety of fun, interactive, and educational themes, kids will be excited to share what they have been up to. Our All-Day Explorers enjoy daily group games, sports and fitness, hands-on science, the arts, crafts, and individual free-choice activities. Campers also explore their community through field trips, special guests, and group projects. Explorer Camp is held both indoors and out, weather permitting. Join us for safe, supervised, and memorable camp experiences. AQ

New for fall — Try out our single-day Explorer options for busy families, whether you need a day for holiday shopping or to round out your BISD conference week.

WINTER BREAK EXPLORERS ELVES WORKSHOP

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

500101-10 M 8:00a-3:00p 12/23 \$70



FORT BUILDING

Instead of spending the holidays in the stores shopping, join us as we build forts with boxes, blankets and anything else we can find to create a fun space to play. Join us in your comfiest pj's as we enjoy hot cocoa with friends.

500101-11 Th 8:00a-3:00p 12/26 \$70

SHOW AND TELL — GAME EXTRAVAGANZA

Bring in the new games you received during the holiday season or your favorite that you've been playing since preschool. We will spend the day learning new games, creating our own and exploring games outside.

500101-12 F 8:00a-3:00p 12/27 \$70

NEW YEARS

We will be celebrating a few days early with a "noon" year's day ball drop and celebration with sparkling cider and fun treats. We will write our New Year's resolutions and reflect on our favorite things from 2024.

500101-13 M 8:00a-3:00p 12/30 \$70

POLAR BEARS AND ICE

Explore all things polar bear! 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. Bring your favorite bear and join us for an adventure.

500101-14 Th 8:00a-3:00p 1/2 \$70

LUAU

Join us for a luau! We will create our own fun in the sun by having a limbo contest and making "surfboards" during the cold season.

500101-15 F 8:00a-3:00p 1/3 \$70



CONFERENCE DAY EXPLORERS: EXPLORING COSTUMES!

Explore the world of make-believe in this two-day BISD fall conference week camp! Learn some easy tricks of (washable) make-up, how to create ghost effects, and more, then collaborate with fellow Explorers on a costume parade. Enjoy swimming and photo shoots as a mer-person! Experiment with fluorescent coloring under a black light! Play banana soccer while pretending to be monkeys! AQ

500101-01 ThF 8:00a-5:00p 10/31-11/1 \$180

GYMNASTICS BIRTHDAY PARTIES

Gymnastics Birthday Parties are back! Birthday parties are held at the BHS Gymnastics Room with 2 slots available, 11am-12:30pm or 1-2:30pm. Birthday parties are an hour and a half. The first hour is an instructor led party where the instructor sets up courses and teaches participants how to use the equipment and different skills that can be done on them, then allows for 15 minutes of free time. The next 30 minutes are spent in the balcony doing for cake or food (not provided) and presents. For more information, email jason@biparks.org to get things set 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."

NO SCHOOL DAYS

VETERAN'S DAY D&D GAMERS LAIR

Ages 9-14. Like-minded gamers can gather in person in the large room of the Teen Center for a single non-school day RPG mini-quest. Supervised by our experienced adventure masters, players will choose from pre-made characters and level of play. Several snacks provided. Includes some dice giveaways. AQ 572664-04 M 10:00a-3:00p 11/11 \$50



AFTER SCHOOL AT THE SCHOOLS

BRICKS 4 KIDZ AFTER SCHOOL FOR GRADES K-4

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

ORDWAY/ODYSSEY BUILDERZ

570200-22 T 2:20-3:30p 10/1-12/3 \$170

BLAKELY BUILDERZ

570200-20 W 2:20-3:00p 10/2-12/11* \$170

HALILTS BUILDERZ

570200-21 Th 2:20-3:00p 10/3-12/12** \$170

*No class 11/27

**No class 11/28



YOUTH ORCHESTRA AFTER SCHOOL BEGINNING STRINGS I

Ages 7-10. Give your child the gift of music! The Park District is proud to offer a simple, accessible group music lesson option for young string players and their families. Join Bainbridge Island Youth Orchestra teachers Justine Jeanotte and Max Aussendorf after school twice a week for four months as they open up the world of beautiful sound, dedicated practice, and fulfilling teamwork through orchestra. Strings I is a long-term class which continues into January 2025 and will be followed by Strings II in Spring. Students are responsible for providing their own instrument; a limited number of instruments are available to rent from the Bainbridge Island Youth Orchestra. For further inquiries, please email the Bainbridge Island Youth Orchestra at contact@biyo.us. Bethany Lutheran Church **CONTRACTOR**

VIOLIN

570292-10 TTh 3:00-4:00p 10/1/24-1/16/25* \$495

VIOLA

570292-11 TTh 3:00-4:00p 10/1/24-1/16/25* \$495

CELLO

570292-12 TTh 3:00-4:00p 10/1/24-1/16/25* \$495

*No class 10/31, 11/7, 11/26 & 28, 12/24 & 26, 12/31 or 1/2/25

GREEN BALL TENNIS

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green ball tennis will emphasize proper technique and footwork with continued development in topspin, rallying with directional control and competitive point play. Additional focus will be on developing your child's athleticism by challenging their coordination, balance, and strength. More info on page 20.



AFTER-SCHOOL & NO-SCHOOL FUN

AFTER SCHOOL OTHER PLACES

SEWING CIRCLES

Ages 9-14. Sew together on early dismissal Mondays! Beginning and experienced sewing students will have fun learning about machine and hand sewing through practice, creative projects, pattern creation, and items to keep or share! Includes simple machines and all tools. With two instructors, everybody can progress at their own pace. SHC

570220-03	M	3:00-5:00p	9/30-10/28	\$150
05	M	3:00-5:00p	11/4-12/9*	\$150

*No class 11/25



BRICKS 4 KIDZ EVENING CODING: VIDEO GAME BUILDING WITH SCRATCH 3

Ages 7-12. Kids will develop a range of coding and problem-solving skills as they work in teams to create fun video games in this eight-week coding class using Scratch 3. Young game designers will think creatively, reason systematically, and work collaboratively to create various video games. Each game progressively teaches more advanced capabilities within the video game design software. Students will be proud and excited to play their own completed video games. Different team challenges each week are targeted for every age and skill level. All students take home a custom minifigure. This class is beginner-friendly for coding, but previous experience is also welcome. SHC **CONTRACTOR**

570203-02	T	6:00-7:00p	10/8-11/26	\$136
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ART LAB!

We've set aside an entire room in Strawberry Hill Center especially for youth and teen art workshops. The 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 and even 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 3-4

570302-01	M	1:00-1:45p	9/16-10/7	\$75
02	M	1:00-1:45p	10/14-11/4	\$75
03	M	1:00-1:45p	11/18-12/16*	\$75

KinderArt ages 4.5-5

570301-01	M	2:30-3:45p	9/16-10/7	\$80
02	M	2:30-3:45p	10/14-11/4	\$80
03	M	2:30-3:45p	11/18-12/16*	\$80

After-school Art Focus ages 6-9

570304-10	M	4:30-5:45p	9/16-10/7	\$80
11	M	4:30-5:45p	10/14-11/4	\$80
12	M	4:30-5:45p	11/18-12/16*	\$80

*No class 11/25



YOUTH



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PRESCHOOL

LADYBUG NATURE WALKS

Ages 2-4 with an adult. Grab your boots, bundle up, and go outside! Preschoolers and their adults will explore seasonal changes in the natural world around Bainbridge Island. Each walk is led by Park District staff, with a story, interpretive activities, and something created together to take home. Walks meet at various parks and last 60 minutes.

AUTUMN RAINBOW

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

571801-01 F 10:00-11:00a 9/27 \$20 pair

SO MANY, MANY MUSHROOMS

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

571803-03 F 10:00-11:00a 1/8 \$20 pair



ART LAB!

We've set aside an entire room in Strawberry Hill Center especially for youth and teen art workshops. The 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 and even 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

AGES 2-3 WITH ADULT

Colors

570306-10 M 10:00-10:45a 9/16 \$25

Leaves

570306-11 M 10:00-10:45a 10/14 \$25

Rain

570306-12 M 10:00-10:45a 11/18 \$25

Snow

570306-13 M 10:00-10:45a 12/16 \$25

AGES 3-4

570302-01 M 1:00-1:45p 9/16-10/7 \$75

02 M 1:00-1:45p 10/14-11/4 \$75

03 M 1:00-1:45p 11/18-12/16* \$75

*No Class 11/25!

SEE ALSO PARENT/CHILD CLAY PLAY PAGE 29



PROGRAMS FOR TEENS AGES 13-17



YOUTH

COOKING

KIDS CAN COOK!

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



SUSHI ROCK & ROLL!

Ages 6-12. Do your kids love sushi or want to try making things with their hands? In this class they will prepare and choose different rockin' fillings to make their own perfectly individualized rolls! Recipes and rolling kits are provided so kids can continue some delicious rocking and rolling at home. 570249-04 Sa 9:30-11:30a 11/2 \$50

KIDS (AND ADULT) SUSHI ROCK & ROLL!

Ages 5-15. Along with their adults, kids will learn to create some rockin' fillings and roll them up together while having fun and enjoying the end result! Adults will see just how capable and safe kids can be in the kitchen while learning to just roll with it. Everyone will sample the results and take home a sushi rolling mat for their own. 570249-07 Sa 1:00-3:00p 11/2 \$50

EMPLOYMENT OPPORTUNITIES

Do you have a passion for helping people? We are looking for patient and compassionate people to help with our programs. Employment opportunities are available for our Swim Lessons, Nature Walks, Community Outings, and Pottery Classes. Contact Adaptive and Accessibility Coordinator Cody Ogren at 206-565-5811 or codyogren@biparks.org to apply or get more information.

VOLUNTEER OPPORTUNITIES

Are you looking to help your community? We are looking for volunteers for our Adaptive Recreation Programs! Volunteer opportunities are available for our Nature Walks, Community Gatherings, and Pottery Classes. Contact Adaptive and Accessibility Coordinator Cody Ogren at 206-565-5811 or codyogren@biparks.org to volunteer or get more information.

POTTERY

HAND-BUILDING POTTERY SAMPLERS CLAY BASICS FOCUS!

Ages 9-11. Older students need sharper focus and more interesting projects to progress their skills. In this Clay Basics class, emphasis is on repetition and technical success through fun, functional projects they'll be proud of! Due to the popularity of youth classes, please register for only one session.



522007-01	Th	4:00-5:30p	9/19-10/24	\$150
05	Th	4:00-5:30p	11/7-12/19*	\$150

*No class 11/28

ALL KINDS OF CLAY!

Ages 7-11. Students will experience the different textures and characteristics of many kinds of clay. From air-dry to modeling to sculpting and fired clay, the fun will be colorful and messy! Due to the popularity of these classes, please register for only one session.

522007-06	M	3:00-4:30p	9/16-10/14	\$150
08	M	3:00-4:30p	10/28-11/18	\$138

TEEN WHEEL-THROWN POTTERY INTRO



Ages 12-17. These 4-week introductory wheel-throwing classes are especially for focused teens wishing to try pottery or for those needing to refresh basic skills prior to enrolling in the teen clay club. Learn basic centering and wheel techniques as well as the development of form. All materials included — give it a whirl! ED



522008-01	W	4:00-5:30p	9/11-10/2	\$115
04	W	4:00-5:30p	11/6-12/4*	\$115

*No class 11/27

PARENT-CHILD FRIDAY CLAY PLAY

Ages 5 and up with a parent. Fun, creative two-afternoon workshops result in beautiful keepsakes and whimsical pieces. Simple guided projects and free play with clay will make giggles and memories! No previous clay experience is needed! Materials included. Space is limited, please enroll for only one session. ED

PUMPKINS!

Work together to make a keepsake pinch pot lantern for harvest or Halloween! 522009-05 F 3:30-5:00p 9/13, 9/27 \$50

LEAVES!

Work together to create colorful autumn leaf-inspired keepsakes! 522009-03 F 3:30-5:00p 10/11, 10/25 \$50

ORNAMENTS!

Work together to create one-of-kind ornaments, decorations, and gift tags!! 522009-06 F 3:30-5:00 11/8, 11/22 \$50

YOUTH



TEEN CLAY CLUB

Ages 12-17. For those creative young potters who have taken past instruction at Eagledale, have strong pottery skills and experience, and are ready to progress to independent supervised time in the pottery studio, the Clay Club is a challenging alternative to a traditional weekly class. ED

522015-10	T	3:45-5:30p	9/10-10/15	\$140
17	T	3:45-5:30p	10/22-11/19	\$120

EXTRA GYMNASTICS WORKOUT (OPEN GYM)

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

541500-01	Sa	9/21	2:00-4:00p	\$15
02	Sa	9/28	2:00-4:00p	\$15
03	Sa	10/5	2:00-4:00p	\$15
04	Sa	10/12	2:00-4:00p	\$15
05	Sa	10/19	2:00-4:00p	\$15
06	Sa	10/26	2:00-4:00p	\$15
07	Sa	11/2	2:00-4:00p	\$15
08	Sa	11/9	2:00-4:00p	\$15

WINTER BREAK MINI-CAMPS

TUMBLING CAMP

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

541547-01	Th-F	2:00-5:00p	12/26-12/27	\$113
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GYMNASTICS

The developmental gymnastics program helps to introduce and refine total body awareness, strength and coordination. A child may enter the program at age 6 months and work through the progressive 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 basic fundamental movement skills conducive to each developmental stage.

TRANSMITTER BUILDING

11299 Arrow Point Dr NE
Bainbridge Island, WA 98110

BHS GYMNASTICS ROOM

9330 NE High School Road
Bainbridge Island, WA 98110

Gymnastics Room located at the back of the high school across from the back of the aquatics center.

INDIVIDUALIZED INSTRUCTION

Special one-on-one instruction. Call the gymnastics department to request your lesson day/time and instructor at 206-842-2306 #126. Instructors will then call to give details and to arrange times.

COST: \$60/45 minutes for individual.
\$85/60 minutes for individual.
Add \$5 for extra child from immediate family (one only).

SPECIALITY CLASSES

HANDSPRING & TUMBLING CLASS

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

541545-01	M	5:30-6:30p	9/16-10/14	\$130
02	M	5:30-6:30p	10/21-11/18*	\$104

*No Class 11/11

03	M	5:30-6:30p	12/2-12/16	\$86
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YOUTH



PARKOUR/NINJA WARRIOR AGES 6-17

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

541557-01	M	6:30-7:30p	9/16-10/14	\$130
02	Sa	11:00a-12:00p	9/21-10/19	\$130
03	M	6:30-7:30p	10/21-11/18*	\$104
04	Sa	11:00a-12:00p	10/26-11/23	\$130

* No class 11/11

05	M	6:30-7:30p	12/2-12/16	\$86
06	Sa	11:00a-12:00p	12/7-12/21	\$86



PRESCHOOL

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

541505-01	W	12:00-12:45p	9/18-10/16	\$119
02	F	12:00-12:45p	9/20-10/18	\$119
03	Sa**	9:00-9:45a	9/21-10/19	\$119
04	W	12:00-12:45p	10/23-11/20	\$119
05	F	12:00-12:45p	10/25-11/22	\$119
06	Sa**	9:00-9:45a	10/26-11/23	\$119
07	W	12:00-12:45p	12/4-12/18	\$79
08	F	12:00-12:45p	12/6-12/20	\$79
09	Sa**	9:00-9:45a	12/7-12/21	\$79

PRESCHOOL & KINDER-AGE (4-6 YEARS)

PRESCHOOL COME PLAY NEW!

Ages 3-4. Intro to gymnastics for both boys and girls. This class is to help those preschool aged students acclimate to a structured class style. Parents are able to join their children to help guide them in the class as they learn gymnastics skills along with social skills like following directions, waiting in lines and so on. Gymnastics skills taught include basic tumbling, uneven bar skills and grip strength, balance beam and jumping techniques. Transmitter Building

541504-01	Tu	12:00-12:45p	9/17-10/15	\$119
04	Th	12:00-12:45p	9/19-10/17	\$119
02	Tu	12:00-12:45p	10/22-11/19	\$119
05	Th	12:00-12:45p	10/24-11/21	\$119
03	Tu	12:00-12:45p	12/3-12/17	\$79
06	Th	12:00-12:45p	12/5-12/19	\$79

FUN SIZE NINJAS

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



This class is for children to explore different ways to climb, jump, crawl, swing, balance... whatever it takes to get over, under and around obstacles while having fun. Transmitter Building; **BHS Gymnastics Room

541534-01	M**	3:30-4:15p	9/16-10/14	\$119
02	W	4:00-4:45p	9/18-10/9	\$93
03	Sa**	10:00-10:45a	9/21-10/19	\$119
04	M**	3:30-4:15p	10/21-11/18*	\$93
05	W	4:00-4:45p	10/23-11/20	\$119
*No Class 11/11				
06	Sa**	10:00-10:45a	10/26-11/23	\$119
07	M**	3:30-4:15p	12/2-12/16	\$79
08	W	4:00-4:45p	12/4-12/18	\$79
09	Sa**	10:00-10:45a	12/7-12/21	\$79

YOUTH



BOYS-ONLY KINDERGYM

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

541512-01	M	4-4:45p	9/16-10/14	\$119
02	M	4-4:45p	10/21-11/18*	\$93
*No Class 11/11				
03	M	4-4:45p	12/2-12/16	\$79

KINDERGYM

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

541506-01	M	4:00-4:45p	9/16-10/14	\$119
02	F	1:00-1:45p	9/20-10/18	\$119
03	Sa**	9:00-9:45a	9/21-10/19	\$119
04	M	4:00-4:45p	10/21-11/18*	\$93
05	F	1:00-1:45p	10/25-11/22	\$119
06	Sa**	9:00-9:45a	10/26-11/23	\$119
*No Class 11/11				
07	M	4:00-4:45p	12/2-12/16	\$79
08	F	1:00-1:45p	12/6-12/20	\$79
09	Sa**	9:00-9:45a	12/7-12/21	\$79



INTERMEDIATE KINDERGYM

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

541507-01	M	4:00-4:45p	9/16-10/14	\$119
02	Sa**	9:00-9:45a	9/21-10/19	\$119
03	M	4:00-4:45p	10/21-11/18*	\$93
04	Sa**	9:00-9:45a	10/26-11/23	\$119
*No Class 11/11				
05	M	4:00-4:45p	12/2-12/16	\$79
06	Sa**	9:00-9:45a	12/7-12/21	\$79

SCHOOL AGE (6-17 YEARS)



BEGINNER GIRLS



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

541531-01	MW	5:00-6:00p	9/16-10/14	\$218
02	Th	6:00-7:00p	9/19-10/18	\$130
03	Sa**	12:15-1:15p	9/21-10/19	\$130
04	MW	5:00-6:00p	10/21-11/20*	\$218
05	Th	6:00-7:00p	10/24-11/21	\$130
06	Sa**	12:15-1:15p	10/26-11/23	\$96
*No class 11/11				
07	MW	5:00-6:00p	12/2-12/18	\$145
08	Th	6:00-7:00p	12/3-12/17	\$86
09	Sa**	12:15-1:15p	12/7-12/21	\$86

INTERMEDIATE GIRLS



Ages 6-17. For girls with a minimum of one year of gymnastics experience who have completed Beginner 2 or have been placed by an instructor. Transmitter Building; **BHS Gymnastics Room

541532-01	MW	6:00-7:30p	9/16-10/14	\$263
02	MW	6:00-7:30p	10/21-11/20*	\$263
03	MW	6:00-7:30p	12/2-12/18	\$177
*No class 11/11				
04	Th	7:00-8:00p	9/19-10/18	\$130
05	Th	7:00-8:00p	10/24-11/21	\$130
06	Th	7:00-8:00p	12/3-12/17	\$86
07	Sa**	11:00a-12:00p	9/21-10/19	\$130
08	Sa**	11:00a-12:00p	10/26-11/23	\$130
09	Sa**	11:00a-12:00p	12/7-12/21	\$86

YOUTH



ADVANCED GIRLS

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

541533-01	TW	6:00-7:30p	9/17-10/16	\$292
02	TW	6:00-7:30p	10/22-11/20	\$292
03	TW	6:00-7:30p	12/3-12/18	\$177

BEGINNER BOYS GYMNASTICS

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



541540-01	MW	5:30-6:30p	9/16-10/16	\$242
02	MW	5:30-6:30p	10/21-11/20*	\$218
03	MW	5:30-6:30p	12/2-12/18	\$145

*No class 11/11

INTERMEDIATE BOYS & TEEN GYMNASTICS

Ages 6-17. For boys with a minimum of one year of gymnastics experience, or those 13 and up who are starting out or coming back to gymnastics. BHS Gymnastics Room

541541-01	MW	6:30-8:00p	9/16-10/16	\$292
02	MW	6:30-8:00p	10/21-11/20*	\$263
03	MW	6:30-8:00p	12/2-12/18	\$177

*No class 11/11

BAINBRIDGE ISLAND BOYS GYM TEAM

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

BAINBRIDGE ISLAND GIRLS GYM TEAMS

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

ROCK CLIMBING

ROCK CLIMBING

Ages 4-12. Get your kids climbing our walls and not yours! This two-week course 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!

All climbing programs are facilitated by experienced instructors from Insight Climbing & Movement. Registration deadline for most climbing programs is three days before the start date. **CONTRACTOR**

Ages 4-6

531989-01	F	4:00-5:00p	9/27 - 10/4	\$91
02	F	4:00-5:00p	10/25-11/1	\$91
03	F	4:00-5:00p	12/6-12/13	\$91

Ages 7-12

531989-04	F	4:00-5:00p	9/13-9/20	\$91
05	F	4:00-5:00p	10/11-10/18	\$91
06	F	4:00-5:00p	11/8-11/15	\$91

WINTER BREAK CAMP

Ages 6-11

533900-01	M-F	1:00-4:00p	12/30-1/3	\$286
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YOUTH



RACKET/PADDLE SPORTS

Tennis lessons are held on the Bainbridge High School tennis courts if the weather permits. They are held in the Ordway covered area if the weather does not. Pickleball lessons are held on the Battle Point Park courts. Pickleball and tennis lessons may be canceled due to inclement weather.

HOTSHOTS TENNIS

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



512709-01	Su	11:15a-12:00p	9/8-9/29	\$80
02	Su	11:15a-12:00p	10/6-10/27	\$80

ROOKIES TENNIS

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

512716-01	Su	12:15-1:15p	9/8-9/29	\$90
02	Su	12:15-1:15p	10/6-10/27	\$90

ROOKIES PLUS TENNIS

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

512713-01	Su	1:30-2:30p	9/8-9/29	\$90
02	Su	1:30-2:30p	10/6-10/27	\$90

HIGH SCHOOL TENNIS PREP **NEW!**

Ages 13-18. This class is for teens already on the high school team or those wanting to make the JV or Varsity team. Focus will be on match play, serve technique, and strategy with drills to better your consistency and confidence. BHS courts or Ordway covered area

512708-01	Su	2:45-3:45p	9/8-9/29	\$90
02	Su	2:45-3:45p	10/6-10/27	\$90

AFTER-SCHOOL TENNIS AT ORDWAY **NEW!**

Join us for after-school tennis lessons at Ordway! Learn the sport in a fun and engaging way while improving your skills. Perfect for kids looking for an active and enjoyable after-school activity. Ordway under cover area

Ages 5-7

510203-01	M	1:00-1:45p	9/9-9/30	\$80
02	M	1:00-1:45p	10/7-10/28	\$80

Ages 7-10

510205-01	T	2:30-3:30p	9/10-10/1	\$90
02	T	2:30-3:30p	10/8-10/29	\$90

FOR MORE YOUTH TENNIS LESSON OPTIONS CHECK OUT THE BAINBRIDGE ISLAND REC CENTER SECTION OF OUR CATALOG.



PRIVATE, SEMI-PRIVATE, AND GROUP PICKLEBALL LESSONS

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

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

PRIVATE, SEMI-PRIVATE, AND GROUP TENNIS LESSONS

Private lessons are affordable for all who want to improve their game. Our Park District tennis staff will help you or your kiddo learn and polish your game. Schedule your private, semi-private, or group lessons. BHS Tennis Courts, BPP Tennis Courts

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



YOUTH

WALKING/RUNNING

GO RUN FOR GIRLS

Grades 4-6. Go run and have fun! Try out running and power walking as an all-girls team experience. Join a team focusing on goal-setting and confidence-building for girls in grades 4-6. Experienced adult coaches and positive school mentors create an environment that supports and enhances team members' physical, emotional, and social well-being. Varied running and power-walking workouts include warm-ups, running games, relays, and runs on the track, field, trails, and neighborhoods. Season special event is the Winter Breeze 5k fun run in Seattle. The fee includes the T-shirt and race entry fee. Meets at Sakai, with field trips to island trails and parks. Scholarships are available through Go-RunBainbridgelsland.com. Sakai **CONTRACTOR**

511388-01 TTh 3:45-5:15p 12/3-2/18 \$225



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. Halilts

GRADES 2-5

512913-01	W	5:15-6:00p	9/11-10/9	\$130
03	W	5:15-6:00p	10/16-11/15	\$130

BEGINNER AND INTERMEDIATE VOLLEYBALL — SKILLS, DRILLS, LEAGUE

Grades 5-8. Open to both boys and girls, with modified rules. Games will be on weeknights and scheduled once we determine the number of teams we have and what gyms are available. Do you know the game of volleyball? Volunteer to coach your child's team. Halilts

Beginner Grades 5-6

512912-01	WF	6:15-7:15p	9/11-11/15	\$215
03	Volunteer to coach your child's team			

Intermediate Grades 7-8

512910-01	WF	7:30-8:30p	9/11-11/15	\$215
03	Volunteer to coach your child's team			

EXERCISE AND FITNESS

FLAG FOOTBALL

Ages 8-12. Experience the excitement of football with Park District Flag Football. Coaches will teach skills like passing, receiving, kicking, and flag-pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. BPP

513714-01 T-Th 4:00-6:00p
9/10-9/12 \$120



AERIAL DANCE INTRO FOR TWEEN/TEENS

We are excited to announce our youth series. Experience the joy of flight in the aerial hammock.

AFTER-SCHOOL LACROSSE

Grades K-6. This class is for beginners and those with limited experience. We aim to keep it fun, safe and build enthusiasm for the game with our 5-class sessions. We'll work on lacrosse fundamentals, skills, and teamwork and play small, sided scrimmages. Players will be grouped by age and playing experience. Some loaner equipment is available. Bring sneakers, a mouthpiece, and athletic supporters for boys. BPP Rink **CONTRACTOR**

510008-01	T-Th	4:00-5:30p	9/4-9/12	\$155
02	T-Th	4:00-5:30p	10/22-10/30	\$155



YOUTH



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
412319-01 Sa 9:30-10:00a 9/21-10/19 \$95

SOCCER SQUIRTS

Ages 2.5-3.5. Parents and Squirts will play organized games together, led by our instructor, that will help develop listening skills, balance, foot-eye coordination, and of course, soccer skills. BPP
412320-01 Sa 10:15-10:45a 9/21-10/19 \$95

PRE-KICKS SOCCER

Ages 3-4. Pre-Kicks is designed for children who want to explore soccer, but who are not quite ready to be on the field without a parent or caregiver. Classes focus on increasing balancing skills, coordination, and fundamental soccer skills, while also helping children build a sense of independence. BPP
412321-01 Sa 11:00a-11:30a 9/21-10/19 \$95

WEEKDAY SOCCER SQUIRTS

Ages 3-5. Introducing Fall Weekday Soccer Squirts - a fun and interactive program designed to help kids learn soccer skills through drills and games. Join us and watch your child develop their abilities while having a blast!
412324-01 T 1:00-1:45p 9/10-10/22 \$150
02 F 10:00-10:45a 9/13-10/25 \$150

*No class T 10/15 & F 10/18



EMPLOYMENT OPPORTUNITIES

Do you have a passion for helping people?

We are looking for patient and compassionate people to help with our programs. Employment opportunities are available for our Swim Lessons, Nature Walks, Community Outings, and Pottery Classes. Contact Adaptive and Accessibility Coordinator Cody Ogren at 206-565-5811 or codyogren@biparks.org to apply or get more information.

TEAM SPORTS/LEAGUES



FALL SATURDAY SOCCER — SKILLS AND SCRIMMAGES SEPTEMBER 21 TO OCTOBER 26

Small-group skills and drills and then small-sided scrimmages. No goalie.

Skill Sessions: Each week coaches will work with our soccer staff to implement the skill sessions that we will provide. Each skill session will be geared toward the appropriate age group.

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

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

Team Placement: Players registered by August 30 will be assigned to teams based on friend or coach request when possible. After August 30, team placement will be dependent on space availability.

October 26: Our last day of soccer falls on the two days before Halloween so we will be having an optional "wear your costume to soccer" event that day.

Program cancellation deadline is August 30.

GIRLS

Age 4

412322-01 Sa 9:00-10:00a 9/21-10/26 \$162

Ages 4.5-6

02 Sa 10:15-11:15a 9/21-10/26 \$162

BOYS

Age 4

412323-01 Sa 9:00-10:00a 9/21-10/26 \$162

Ages 4.5-6

02 Sa 11:30a-12:30p 9/21-10/26 \$162

YOUTH



FALL RECREATIONAL SOCCER LEAGUES

NEW!

Grades K-6. Join our new fall recreational soccer leagues and enjoy weeknight practices that will help you improve your skills in a competitive yet fun environment. Don't miss out on this opportunity to take your soccer game to the next level. Fee includes reversible jersey.



412330-07	Kindergarten	\$165
01	Grades 1-2	\$165
03	Grades 3-4	\$180
05	Grades 5-6	\$180
06	Volunteer to coach your child's team	

Registration closes: August 23.

Program cancellation deadline is August 23.

Rosters Announced: August 30.

- Kindergarten:** 4 vs.4 No goalie; (4) 8 Minute Quarters; equal playing time
- Grades 1-2:** 7 vs. 7 with Goalie; (4) 10 Minute Quarters; equal playing time
- Grade 3-4:** 7 vs.7 with Goalie; (2) 25 Minute Halves; equal playing time
- Grades 5-6:** 9vs 9 with Goalie; (2) 25 Minute Halves; equal playing time

Training starts: September 9.

Season ends: November 9

Training days: Will be decided by volunteer coaches. Can be M-F any time after school at Battle Point.

Grades K, 1-2 will get one practice a week.

Grades 3-6 will get two practices a week.

Game days: Grades 1-6 on Saturday 9/21-11/2 @ BPP

*No Practices Week of 10/14 and No Games on 10/19

Team Placement: Players registered by August 16 will be assigned to teams based on friend request or coach when possible. After August 16, teams will be based on sign-ups. We will separate teams into genders depending on registration numbers.

Volunteer Coaches: We rely on volunteers to help make this program successful. No experience necessary. We can help you along the way.



Grades 9-10: Six-game season; 20-minute halves, running clock; three-minute overtime; Two one-hour practices a week; no basketball; potential end-of-season double elimination tournament if we have enough teams

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

Practices: Practices are twice a week for one hour. They can be held as early as 4:00p and as late as 8:00p and held at Blakely, Halilts, Ordway, or Sakai. The time and location of practice are determined at our coaches' meeting on November 6.

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

Basketball Jerseys: Each new player receives a reversible basketball jersey that is included in their basketball fee. Returners will use jerseys from last year. If you need a replacement jersey, please contact audreeg@biparks.org.

Team Placement: Returning players registered by November 17 will be automatically assigned to the same team as last season unless there aren't enough players left from that team or a request is made otherwise. After November 17, team placement will be dependent on space availability. New players will be assigned to teams based on friend requests when possible.

Volunteer Coaching: We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Program cancellation deadline is November 27. Coaches' meeting will be on Wednesday, November 13.

GIRLS—RETURNER (PLAYED IN BI LEAGUE IN 2023)

510607-05	Grade 2	\$175
01	Grade 3	\$175
02	Grade 4	\$190
03	Grade 5	\$190
04	Grades 6-8	\$190

GIRLS—NEW TO LEAGUE

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

WINTER BASKETBALL LEAGUES

BOYS GRADES 1-10 • GIRLS GRADES 1-8

Grades 1-3: Seven-game season; 20-minute halves, running clock; no overtime; equal playing time for all players; Two one-hour practices a week; basketball to keep

Grades 4-5: Seven-game season; 20-minute halves, running clock; no overtime; equal playing time for all players; Two one-hour practices a week; basketball to keep

Grades 6-8: Six-game season; 20-minute halves, running clock; three-minute overtime; Two one-hour practices a week; no basketball; potential end-of-season double elimination tournament if we have enough teams

YOUTH



BOYS—RETURNER (PLAYED IN BI LEAGUE IN 2023)

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

BOYS—NEW TO LEAGUE

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

PARENT VOLUNTEER COACH FOR BASKETBALL

We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Need more information? Contact Audree at 206-823-9838 or Audreeg@biparks.org.

510614-01	Girls team coach
02	Boys team coach

HIGH SCHOOL VOLUNTEER COACH FOR BASKETBALL

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

510614-01	Girls team coach
02	Boys team coach

MOUNTAIN BIKING

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

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 more. Questions? Contact Outdoor Program Manager Stacey Stoner at staceys@biparks.org

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

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

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

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

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

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

Transportation — Transportation is provided from Strawberry Hill Park for all off-island programs. Transportation will be provided using one of the Park District's 15-passenger vans and bike trailer.





YOUTH

TRAIL DIFFICULTY RATING SYSTEM

Sections of the trail may be easier or more difficult than the criteria listed below. For questions regarding a specific program, contact the program staff. In order to help you choose the right fit, the mountain bike programs are rated from 1.0-6.0 to represent program difficulty. With each additional numerical rating, rides will increase in distance, pace, and technicality.

○ **(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.



SINGLE TRACK 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 is a must. Locations include Green Mountain, Port Gamble, Lower Big Quilcene, and Mt. Zion. Transportation is provided with a van and trailer. SHP.

531937-01	Su	9:00a-3:00p	9/15-10/6	\$300
02	Su	9:00a-3:00p	10/13-11/3	\$300
03	Su	9:00a-3:00p	11/10-12/1	\$300

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 confident on a mountain bike and want to pursue more challenging trails, higher speeds, and difficult features. This program is not for beginning riders! The goal of Gravity Camp is to provide insight and technical advice on mountain biking technique, body positioning and control in order to build confidence on the bike. Skill progression will include high-speed braking, jumping, dropping, steep trails and navigating rough, rocky terrain. Prerequisites: instructor approval or pre-program evaluation. Transportation provided from Strawberry Hill Park.

531943-01	Sa	9:00a-2:00p	9/14-10/5	\$250
02	Sa	9:00a-2:00p	10/12-11/2	\$250
03	Sa	9:00a-2:00p	11/9-11/30	\$250

MOUNTAIN BIKE MONDAYS ■ ☆

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

531966-01	M	2:00-5:00p	9/9-9/30	\$175
02	M	2:00-5:00p	10/7-10/28	\$175
03	M	2:00-5:00p	11/4-11/25	\$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.

531974-04	T	4:00-7:00p	9/10-10/1	\$175
05	T	4:00-7:00p	10/8-10/29	\$175
06	T	4:00-7:00p	11/5-11/26	\$175



PROGRAMS FOR TEENS AGES 13-17

YOUTH



WHEELIE WEDNESDAYS ●

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

531951-01	W	3:30-5:30p	9/11-10/2	\$136
02	W	3:30-5:30p	10/9-10/30	\$136
03	W	3:30-5:30p	11/6-11/27	\$136

ONE-ON-ONE MTB DEVELOPMENT ★

Ages 5 and up. This program is designed for riders of any age or skill level, from brand-new riders to seasoned veterans, 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 enroll to learn fundamental skills and bike control in a low-stress, relaxed environment. More advanced riders will be given the option to 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. Location TBD.

531940-01	M	6:00-8:00p	9/9	\$55
02	M	6:00-8:00p	9/16	\$55
03	M	6:00-8:00p	9/23	\$55
04	M	6:00-8:00p	9/30	\$55

MOUNTAIN BIKE MECHANICS CLASS ★

All ages. Learn the essentials in bicycle maintenance and repair. In a jam-packed 2-hour session, we'll cover a wide variety of 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.

531967-01	Sa	3:00-5:00p	9/21	\$55
02	Sa	3:00-5:00p	10/19	\$55

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!

531964-01	M	6:00-8:00p	10/7	\$55
02	M	6:00-8:00p	10/14	\$55
03	M	6:00-8:00p	10/21	\$55
04	M	6:00-8:00p	10/28	\$55

SATURDAY G.O. RIDES ●■

Ages 7-10. The Saturday G.O. Rides are intended to create space for a girls only group ride where participants can explore the trails in an uplifting and welcoming environment. Mountain Biking is fun for everyone, but it can sometimes be harder for some to get involved. If this sounds familiar, come join us for a fun, instructional and recreational ride where we can progress our skills in a small-group setting. We'll cover everything from fundamentals like braking and shifting, to more advanced techniques such as cornering and descending. Meet at GFE

03	Sa	3:00-5:30p	9/14-10/5	\$175
04	Sa	3:00-5:30p	10/12-11/2	\$175
05	Sa	3:00-5:30p	11/9-11/30	\$175



BOYS GYMNASTICS INTERMEDIATE & TEEN

This class is a continuation of the Beginning Boys Class but is also open to teen boys who are just starting out in gymnastics. Participants work on drills and skills on each of the apparatus (floor, vault, high bar, pommel horse, rings, parallel bars) while also increasing strength and flexibility. This class meets at the BHS Gymnastics Room on Monday and Wednesday evenings. More info on page 19.



TEEN PROGRAMS

TEEN CENTER

Location: Aquatic Center in Meeting Room B and C | 8521 Madison Avenue, Bainbridge Island. Access the Teen Center through the main entrance on the side of the building or the glass door in the main lobby. We provide a safe space for teens to connect, become leaders, learn, play, hang out, and make a difference.

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

For teens of middle and high school age.

VISIT BIPARKS.ORG/TEEN-CENTER FOR HOURS OF OPERATION.

CONTACT US: RACHELR@BIPARKS.ORG



TEEN FUN

MIDDLE SCHOOL DANCE! THEME: GLOW PARTY

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

572627-01 Sa 7:00-9:00p 11/2 \$30

SERVICE

PARK DISTRICT VOLUNTEER OPPORTUNITIES

Are you looking for meaningful volunteer opportunities this fall? Check out Park District volunteer opportunities and make a difference in our community! From Special Events to Work Parties to Adaptive Recreation, we have a place for you. Join our team of enthusiastic volunteers and be a part of the magic this fall! Visit biparks.org/volunteers for more information on how to get involved.

Fun Activities! Join us for...

FIRST DAY OF SCHOOL!

Welcome back! Swing by the Teen Center after the final bell on the first day to enjoy a sweet treat while celebrating a new school year, mourning the end of summer, getting back in touch with missed friends, and informing our staff about all your summer fun!

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

POPCORN TASTING DAY

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

M 2:00-6:00p 9/23

PIZZAFEST

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

T 3:00-6:00p 10/15

HALLOWEEN

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

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

DAYS OF THANKS

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

MT Times vary 11/25-11/26

EARLY HOLIDAY GIFTS AT THE TEEN CENTER

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

F 3:00-8:00p 12/13

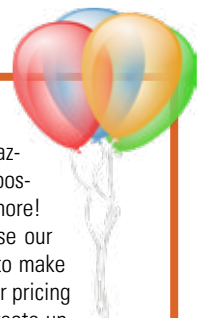
HOLIDAY SPIRIT WEEK

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

M-F Times vary 12/16-12/20

BIRTHDAY RENTALS!

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



ADAPTIVE & SPECIALIZED REC



YOUTH

SOCIAL GATHERINGS FOR ALL! ★

Ages 12-18. Looking for an after-school activity with friends? Come on down to Social Gatherings at the Aquatic Center. Designed for neurodivergent populations and hosted on the second Tuesday of the month, we will do fun things like make Pet Rocks, Glitter Bottles, and Sticker Scrap Books. If making things isn't your speed, we will also have games and puzzles. AC

572790-01	Pet Rock	T	3:00-4:30p	9/10
02	Glitter Bottles	T	3:00-4:30p	10/8
03	Sticker Books	T	3:00-4:30p	11/12
04	Board Games	T	3:00-4:30p	12/10



POTTERY FOR ALL! — PARENT/CHILD

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

522060-03	Parent/Child Pottery	W	3:30-5:00p	10/16-11/6	\$72
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SWIM LESSONS FOR ALL! ★

Ages 7-45. 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, communication, and/or behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. AQ

507900-01	Ages 7-10	Time TBD	Timeline of AC Lessons	\$156
02	Ages 8-14	Time TBD	Timeline of AC Lessons	\$156
03	Ages 11-18	Time TBD	Timeline of AC Lessons	\$156
507901-01 New!	Ages 18-45	Time TBD	Timeline of AC Lessons	\$156

ADULT

BLOEDEL RESERVE — LOW-SENSORY NATURE WALKS

Ages 18-45. Experience tranquility and transformation in nature with our exciting new Low-Sensory Nature Walks at Bloedel Reserve. Thanks to our new partnership with the reserve, we can offer weekly walks in this serene and peaceful environment. Designed for people with a passion for the outdoors who have limitations to exploring trails independently! Routes will be planned and modified to accommodate participants' needs. We hope to see you on Fridays this fall. Caregivers welcome; as a bonus, all participants will receive a complimentary 6-month membership to Bloedel Reserve. A shuttle bus from Strawberry Hill is provided. Questions? Please contact Cody Ogren at codyogren@biparks.org. Location: Bloedel Reserve.

531790-01	F	9:00a-12:00p	9/13	\$20
02	F	9:00a-12:00p	9/20	\$20
03	F	9:00a-12:00p	9/27	\$20
04	F	9:00a-12:00p	10/4	\$20
05	F	9:00a-12:00p	10/11	\$20
06	F	9:00a-12:00p	10/18	\$20
07	F	9:00a-12:00p	10/25	\$20

POTTERY FOR ALL! GROUP CLAY PLAY ★

Ages 16 and up. Students will work with clay using hand-building methods. This class is tailored for neurodivergent 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. ED

522060-01	Group Clay Play	W	3:30-5:00p	9/11-10/9	\$89
02	Ornaments!	W	3:30-5:00p	11/13-12/11	\$89





YOUTH & ADULT

PRESCHOOL & PARENT

PRESCHOOL LADYBUG NATURE WALKS

Ages 2-4 with an adult. Grab your boots, bundle up, and go outside! Preschoolers and their adults will explore seasonal changes in the natural world around Bainbridge Island. Each walk is led by Park District staff, with a story, interpretive activities, and something created together to take home. Walks meet at various parks and last 60 minutes.



AUTUMN RAINBOW

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

571801-01 F 10:00-11:00a 9/27 \$20 pair

SO MANY, MANY MUSHROOMS

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

571803-03 F 10:00-11:00a 11/8 \$20 pair



PARENT / CHILD ART

ART LAB!

Ages 2-3 with Adult. We've set aside an entire room in Strawberry Hill Center especially for youth and teen art workshops. The 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 and even 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



Colors	570306-10	M	10:00-10:45a	9/16	\$25
Leaves	570306-11	M	10:00-10:45a	10/14	\$25
Rain	570306-12	M	10:00-10:45a	11/18	\$25
Snow	570306-13	M	10:00-10:45a	12/16	\$25

KIDS' (AND ADULT) SUSHI ROCK & ROLL!

Age 5-15. Along with their adults, kids will learn to create some rockin' fillings and roll them up together while having fun and enjoying the end result! Adults will see just how capable and safe kids can be in the kitchen while learning to just roll with it. Everyone will sample the results and take home a sushi rolling mat for their own. SHC

570249-07 Sa 12:30-2:30p 11/2 \$50



BRICKS & BREWS: LEGO® HAPPY HOUR

Adults 21+ will build several motorized LEGO models while having the opportunity to purchase and enjoy a beverage of your choice at the Bainbridge Brewery. Bring your own teammate or meet someone new working in pairs while you re-learn some fun physics concepts and explore the expanding world of LEGO®. Everyone takes home a custom minifigure. Check out the Adult Special Interest section for details.

YOUTH & ADULT



WILDERNESS DAY HIKES

WILDERNESS DAY TRIPS

Ages 10 and up. (Participants ages 13 and younger must be accompanied by a parent or guardian.) Come explore the great outdoors! We'll visit some of the most beautiful spots around — lush river canyons, open wildflower meadows, breathtaking ridge top views, and sparkling alpine lakes. Meet at SHP at 8:00am unless otherwise noted; most trips return 6:00-8:00m. Mileages are round-trip. For questions about refunds, please see page 71.

CRYSTAL LAKES AND SOURDOUGH GAP

~8.5mi **~3,000ft elev. gain**

Crystal Lakes are nestled in a wide, meadowy basin surrounded by craggy peaks. Hike along the lake shore, then up through those beautiful meadows to a narrow pass between the crags. There we'll join the PCT and enjoy spectacular views of huge volcanoes, and blue lakes shimmering below.

531909-01 Su 9/15 Crystal Lakes and Sourdough Gap \$88



TWIN LAKES AND TWIN FALLS

~5mi **~900ft elev. gain**

First we'll visit Twin Lakes near Snoqualmie pass — a quiet forested trail — to a beautiful and secluded alpine lake. Then we'll head to the North Bend area and Twin Falls, where the Snoqualmie River rushes through a narrow gorge and pours over two beautiful and powerful waterfalls. With the shorter mileage, we'll make sure to take our time and soak it all in!

531909-02 W 9/25 Twin Lakes and Twin Falls \$88

GRAND RIDGE

~6mi **~900ft elev. gain**

One of the highest trails in in the Olympics — we'll be over 6,000 feet the entire time! Walk along the top of an open ridge and enjoy 360° views the whole way: jagged peaks, open talus slopes, and majestic views out over the Strait of Juan de Fuca, where waves shimmer more than a mile below.

531909-03 Sa 10/5 Grand Ridge \$88

GOLD CREEK

~7mi **~700ft elev. gain**

Experience some of the most spectacular fall colors around! Hike through a broad, picturesque valley near Snoqualmie Pass, surrounded by alpine peaks and open talus slopes. We'll follow tumbling Gold Creek, lined with vine maples and huckleberry plants displaying their bright leaves.

531909-04 M 10/14 Gold Creek \$88

ROSARIO HEAD AND LIGHTHOUSE POINT

~5mi **~600ft elev. gain**

Add a hike to your Thanksgiving weekend! Packed with national park-worthy scenery, Deception Pass State Park is like a visit to the San Juans or the rugged Olympic Coast. The area features grassy bluffs with great ocean views, narrow channels and coves with swirling currents, and plentiful sea creatures and birds. With the shorter mileage, we'll make sure to take our time and soak it all in!

531909-05 Sa 11/30 Rosario Head and Lighthouse Point \$88



FALL SKI CONDITIONING

Conquer the mountains this winter with confidence and skill. This class will help you optimize your winter sports performance and minimize risk of injuries. Connect with fellow winter sports enthusiasts in a motivating group setting.

More info on page 57.



ADULT

ART AND CRAFT

ADULT MAKE IT & TAKE IT CRAFTING NEW!



Ages 16 and up. Let us prep the supplies (and clean up after) while you enjoy some creative time for yourself or with a friend. Join like-minded adult crafters for a Saturday afternoon "Make It & Take It" fairy dwelling project. Using different shapes of glass jars wrapped with specific types of polymer clays and a variety of found objects and miniatures, these enchanting creations can be lighted from inside. Make something fun for yourself or as a gift for someone special. Choose one – or all – monthly projects to make and take home the same day. SHC



Autumn Fairy Dwelling					
571811-01	Sa	11:00a-1:00p	9/21	\$50	
Tiny Haunted Cottage					
02	Sa	11:00a-1:00p	10/12	\$50	
Cozy Critter Bungalow					
03	Sa	11:00a-1:00p	11/16	\$50	
Frosty Holiday Chateau					
04	Sa	11:00a-1:00p	12/14	\$50	

HOLIDAY GIFT SEWING CIRCLE NEW!



Ages 16 and up. Spend some Monday evenings creating holiday gifts by hand! Beginning and experienced adult sewing students will have fun learning about machine and hand sewing through practice, creative holiday projects, pattern creation, and items to keep or share! Includes simple machines and all tools. With two instructors, everybody can progress at their own pace. Best of all, once you learn how, you can keep going from home! SHC

570221-03	M	6:30-8:00p		
		11/4-12/9*	\$150	

*No class 11/25



ART AS SELF CARE

All levels are welcome! Come learn how making art and developing your creativity can be a beneficial practice for self-care. We will spend five weeks examining different practices and exercises to promote self-awareness, self-regulation, presence and confidence. All materials will be provided, but feel free to bring any materials you might like to use. SHC

566709-01	W	10/16-11/13	1:00p-2:30p	\$90
02	Th	11/14-12/19*	6:00p-7:30p	\$90

*no class 11/28

DRAWING

I CAN DRAW

If you've ever envied people 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. SHC

566704-01	W	9/11-10/09	10:30a-12:00p	\$90
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I CAN DRAW VALUE

In this class, we examine the nature of light and shadow. Discover how to add depth and form to your work, while building on skills and concepts developed in I CAN draw! In addition to 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. SHC



566702-01	W	10/16-11/13	10:30a-12:00p	\$90
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ART BUFFET

Do you want to try out different art mediums and techniques, but don't want to invest in buying all the supplies without knowing if you'll even like them? Look no further! Art Buffet will offer a new medium each week to experiment with. A quick demonstration of basic techniques will allow you to get started with these new materials risk free! Mediums we will explore will include chalk pastel, charcoal, oil pastel, watercolor, acrylic paint, and India ink. A variety of papers and supports will also allow you to see how these materials interact with surfaces. All materials provided. SHC

566706-01	W	9/11-10/9	1:00-2:30p	\$90
02	Th	10/10-11/7	6:00-7:30p	\$90

"BAD" ART

Let me guess: You're so bad at art you can't draw a straight line. Who wants to draw straight lines anyway!? Come to this pressure and product-free class to see how the process of art making can be fun and rewarding. We will focus on ideology around making art and cultural conditioning that has trained us to see only a "good" product as success. Be ready to potentially get messy and enjoy yourself. All materials provided. SHC

566707-01	W	11/20-12/18*	1:00-2:30p	\$72
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*no class 11/27

I CAN DRAW COLOR

In our time together, we will learn about the basic color wheel, complementary colors, value in color and more. Through the use of a variety of materials we will mix, blend and experiment in order to familiarize ourselves with the principles of color theory and applications. Observational drawing of still lifes and master copies will be our vehicle for discovery. Come add new dimension to your drawing practice whether it is sketching, observational or imaginative. All materials provided. SHC

566703-01	W	11/20-12/18*	10:30a-12:00p	\$72
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*No class 11/27

ADULT



WATERCOLORS AND COLORED PENCILS

Have you ever made a watercolor painting that didn't work or a colored pencil piece that lacks contrast? Well, here's the class for you.

In this class, you will start your artwork with a watercolor underpainting, creating areas of color and creating contrast. Then, we'll enhance the artwork with water-soluble and wax-based colored pencils to create textures, movement, and interest. Each week, we'll work on a different subject matter. Please bring whatever watercolors and colored pencils you have. If you don't have any supplies, we will provide you with some. SHC



If you have previous watercolor and colored pencil experience or none, join us for an introduction to this fun and creative mixed-media technique.

566781-01 T 11/5-12/3* 4:00-5:30p \$80
*no class 11/26

LIFE DRAWING

Join our dynamic, open sessions for artists of all levels seeking to enhance their drawing and painting skills from real-life subjects. A model fee, ranging from \$50 to \$75 based on class size, will be collected during the first class to cover model expenses throughout the session. Due to limited space, drop-ins are no longer available. SHC

566714-01 F 9/13-10/18 9:30a-12:30p \$50
02 F 10/25-12/6* 9:30a-12:30p \$50

*No class 11/29

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."

INTRODUCTION TO LIFE DRAWING

Throughout art history, artists have used the human body to develop their observational drawing skills. It is a challenging subject due to our familiarity with it. Come learn the basics of human anatomy starting with the skeleton and how it informs the way we draw the figure. We will cover structures, proportions and relationships that will give you confidence in your own drawing practice. Note: We will not use live models at this class but will use photos for reference. Figure references will be nude. SHC

566708-01 Th 9/12-10/3 6:00p-7:30p \$72

EVENING OPEN ART TIME

The class formerly known as Sketch Journaling has evolved. Each student has a passion for exploring different subjects. In these sessions, you will learn to choose the subjects you want to paint. We will learn watercolor techniques and play in our sketchbooks. Come with questions, explore techniques, or just have a quiet space away from home to explore your chosen subject and medium. This is an open art space with lots of encouragement and guidance from instructor and classmates alike. All media, and beginners and children are welcome! We are creating a community of creative hobbyists – come join us! SHC

566433-01 W 9/11-10/16 5:15-7:00p \$70
02 W 10/23-12/4* 5:15-7:00p \$70

*no class 11/27

AUTUMN NATURE SKETCHBOOK

It's autumn! The leaves are turning colors and planning trips to the pumpkin patch. We'll explore the wonders of the changing seasons in various mediums like watercolor, colored pencils, and ink and combine them into mixed media while making entries into your nature sketchbook. We'll discuss strategies to keep you working in your sketchbook when the weather turns and you cannot be outside. Students should have their own sketchbook (5x7, 8x10, or 9x12) and whatever mediums they want to work with. The instructor will have some extra supplies, but quantities will vary. The Laws Guide to Nature Drawing and Journaling will be used as a reference book. No previous experience is necessary. SHC



566780-01 T 10/1-10/22 4:00-5:30p \$80

PAINTING

WATERCOLOR BOLD AND EXPRESSIVE

All levels are welcome! Join this class that will focus on creating loose and colorful Northwest scenes and florals. Each class starts with a painting demonstration, followed by individual instruction, while students work on the demo or an idea of their own. Watercolor supplies are not provided. Leading the class is John Adams, a renowned full-time artist and esteemed member of both the National and Northwest Watercolor Societies. For more information about our instructor, visit www.johnadamsdesign.com. SHC **CONTRACTOR**

566715-01 Th 10:00a-12:30p 9/19-10/10 \$150
02 Th 10:00a-12:30p 10/24-11/14 \$150
03 Th 10:00a-12:30p 11/21-12/19* \$150

*No class 11/28





ADULT



DATE WITH THE MASTERS **NEW!** ☆

Let us provide supplies and space and inspiration while you enjoy a little creative time for yourself with some art Speed Dating! Here's your opportunity to get to know some of those artists and concepts from a past art history class or previous vacation museum visit. Join other inquisitive budding adult artists (and non-artists!) once a month for an evening of hands-on exploring the art styles and techniques of famous "Masters" in Self-Portraiture, Still Life, Landscape, and Abstract Art. You'll gain deeper appreciation while meeting famous artists and trying out a variety of their materials and concepts in a friendly, experimental environment. Take home your own masterpiece! SHC

Meet Self-Portraiture

571812-01 W 6:00-8:00p 9/18 \$40

Meet Still Life

02 W 6:00-8:00p 10/9 \$40

Meet Landscape

03 W 6:00-8:00p 11/13 \$40

Meet Abstract

04 W 6:00-8:00p 12/11 \$40

MARITIME PLEIN AIR PAINTING

Artists of all ages, skills and mediums are welcome! Please join David Repyak of SHINEArtAcademy.com to paint outdoors beside some of the most beautiful harbors in the Northwest. We will capture lifelike reflections of sailboats through demonstrations: composition, value, contrast, layering of colors, in the mediums of watercolor and oil. Please bring an easel, brushes, and your favorite paints. Watercolor paper and one canvas provided. Rain or shine. Location sequence will be provided via email prior to the first week of class: Port Madison, Poulsbo marina, Eagle Harbor, Port Blakely, Lytle and Pleasant beaches.

566740-01 Th 9/12-10/17 4:00-6:00p \$90

In Oil & Acrylic Painting each class is designed to inform and motivate individual style in painting. General guidelines, a limited color palette, and good habits are demonstrated and encouraged. Exercises are used to warm up and enhance the painter's progress. The small classroom setting promotes peer support and personal growth. All levels are welcome.

THE LIVELY STILL LIFE

Painting from life is key to improving artistic skills. This class will utilize a light-filled still-life arrangement for inspiration. Composition, simplifying shapes and values, and color mixing will be addressed. SHC

566720-01 W 10/2-10/30 9:30a-12:00p \$100
02 W 10/2-10/30 1:00-3:30p \$100

PAINT YOUR TRAVELS

Using personal photos from travels or cherished experiences, students will create a distinctive series of paintings. Focus will be on composition, color harmony, gesture, simplification, and painterly brushwork. SHC.

566720-03 W 11/6-12/11* 9:30a-12:00p \$100

*No class November 27



POTTERY

DAYTIME POTTERY

These daytime classes welcome beginners and those with wheel and hand-build experience. Surface decorating techniques will be introduced, as well as small-form sculpture demonstrations. Individual projects are welcome! All classes include clay, firings, and the use of tools.

MONDAY WHEEL POTTERY

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, your skills will progress! Two hours of instruction plus one hour of optional independent open studio time. ED

522050-01 M 9:30a-12:30p 9/9-11/18* \$330

*No class 11/11



WINTER FINISH-UP

522050-04 M 9:30a-12:30p 12/2-12/9 \$65

ADULT



WEDNESDAY POTTERY

These shorter session classes are for basic clay skills and understanding. Includes materials. Two hours of instruction plus one hour of optional open studio time. ED

522050-02	W	9:30-12:30a	9/11-10/16	\$255
05	W	9:30-12:30a	10/23-12/4	\$255

TUESDAY POTTERY LET THERE BE COLOR!

For experienced potters. Learn how to color your clay by making colored slips and applying it to your work in several interesting ways. Two hours of instruction plus one hour of independent studio. Includes all materials. ED

522050-07	Th	9:30a-12:30p	9/12-10/3	\$300
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THURSDAY POTTERY

This class welcomes beginners as well as those with previous wheel and hand-building experience. Surface decorating techniques such as sgraffito and transfers will be introduced as well as small form sculpture demonstrations. Individual projects welcome! Two hours of instruction plus one hour of independent studio. ED



522048-04Th		9:30-12:30a	10/10-11/14	\$255
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DAYTIME STUDIO OPEN WORKSHOP TIME

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

MONDAY

522051-01	M	12:45-2:45p	9/9-11/18*	\$160
04	M	12:45-2:45p	12/2, 12/9	\$32

*No workshop 11/11

THURSDAY

522049-03Th		12:45-2:45p	10/10-11/14	\$96
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WEDNESDAY WHEEL FINISH STUDIO WORKSHOP

For experienced wheel students able to throw a semi-reliable upright cylinder.

Move beyond cylinders and bowls. Join our instructors and master the skills needed to expertly finish your wheel-thrown pots. 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! ED

522051-02	W	1:00-3:00p	9/18-10/9	\$96
05	W	1:00-3:00p	11/6-12/4*	\$96



FLEXIBLE WORKSHOP OPTION

As a ceramic student or hobbyist, we know you're busy and appreciate some space in your schedule, so Eagledale Pottery Studio offers a flexible workshop option! 10 visits to any existing workshops for current quarter students whenever you are available or able. Travel, have guests, and make an appointment without worrying about missing time in the studio to finish your stuff, depending on workspace available. Check-in with staff when you arrive. ED

522047-01	days and times vary	9/9-12/14*	\$175
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*No workshops 11/25-11/30

DAYTIME CLAY BASICS INTRO SAMPLERS

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



522044-01	Th	1:00-3:00p	9/12-10/3	\$95
02	W	12:30-2:30p	10/16-11/6	\$95

EVENING CLAY BASICS SAMPLER

522044-03	Th	6:00-8:00p	9/12-10/3*	\$95
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ADULT

FIGURATIVE SCULPTURE

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



TUESDAY FIGURATIVE SCULPTURE CLASS

With the wealth of knowledge that our instructors have 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! ED

522058-01 T 9:30-11:30a 10/1-12/3 \$260

TUESDAY FIGURATIVE STUDIO TIME**

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

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

522057-01 T 12:00-2:30p 10/1-12/3 \$160

FRIDAY FIGURATIVE SCULPTURE CLASS

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

522056-01 F 9:30-11:30a 9/20-11/22 \$260

FRIDAY FIGURATIVE STUDIO TIME**

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

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

522055-01 F 12:00-2:30p 9/20-11/22 \$160

SCOUT GROUP BADGE VISITS

If you've got a Scout or youth group looking for a fun and exciting experience, we have staff who will facilitate a workshop! A fee of \$200 covers 12 youths for two independent two-and-a-half-hour workshops and all supplies. We have done our homework on what Scout groups of all ages need for their recognition, and we would love to help your group earn their next badge or patch! Contact Park District staff at 206-842-5661 #125 for available dates, times, and more info.



PUMPKIN PARTY!

Back for a second year! Carve your very own ceramic jack-o-lantern just in time for spooky season. We'll have a frighteningly good time! One night of carving and one of glazing. No previous clay experience needed! ED

522040-07 F 6:00-8:30p 9/27 and 10/4 \$45

EVENING POTTERY

These two-hour evening classes are designed to appeal to both beginning and advanced levels of ability. Lessons will include both wheel-thrown and hand-building techniques, exploring texture and glazes. A variety of stoneware clay bodies for gas, electric, and raku kilns. Emphasis on individual successes and fun. Includes clay. ED



EVENING CLASSES

522052-01	M	6:00-8:00p	9/9-10/14	\$180
02	W	6:00-8:00p	9/11-10/16	\$180
06	M	6:00-8:00p	10/21-12/2*	\$180
07	W	6:00-8:00p	10/23-12/4**	\$180

*No class 11/11

**No class 11/27

EVENING STUDIO TIME

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

522052-08	T	6:00-8:00p	9/10-10/15	\$96
522053-03	Th	6:00-8:00p	10/10-11/14	\$96
09	T	6:00-8:00p	10/22-12/3*	\$96

*No studio time 11/26

ADULT



SATURDAY POTTERY

This Saturday morning class is for all levels to enjoy! Includes two hours of guided instruction then one hour of practice time in the studio. Includes both wheel-thrown and hand-building techniques, exploring texture and glazes, and a variety of stoneware for gas, electric, and raku kilns. Emphasis on individual successes and fun! Includes clay. ED

522045-01	Sa	9:30a-12:30p	9/14-10/19	\$255
04	Sa	9:30a-12:30p	10/26-12/7*	\$255

*No class or studio time 11/30

SATURDAY STUDIO TIME

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

522046-01	Sa	12:30-2:30p	9/14-10/19	\$96
03	Sa	12:30-2:30p	10/26-12/7*	\$96

* No class or studio time 11/30

SUNDAY SCULPT & BUILD

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

522043-01	Su	11:00a-1:30p	9/15-11/17	\$340
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SUNDAY RAKU SERIES

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

Choose from naked raku burnished with slip, a red-hot plunge into Obvara, amazing horsehair patterns, unpredictable saggar, or semi-controlled crackle. You'll learn the differences and similarities of these fun processes as well as techniques for surface finishing to bring the best outcome. Choose one or enroll for the entire series. ED



NAKED

522100-10	Su	2:00-7:00p	10/6	\$95
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OBVARA

522100-11	Su	2:00-7:00p	10/20	\$95
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HORSEHAIR

522100-12	Su	2:00-7:00p	11/3	\$95
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SAGGAR

522100-13	Su	2:00-7:00p	11/17	\$95
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CRACKLE

522100-14	Su	2:00-7:00p	12/8	\$95
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ENTIRE 5-CLASS SERIES

522100-15	Su	2:00-7:00p	varies	\$400
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WEEKEND SKILL WORKSHOPS

HOLIDAY OVERGLAZE DECAL WORKSHOP

Start the weekend off with a new skill! Bring your already glazed platters, plates, bowls, mugs, etc. and add fun and festive overglaze decals in this special third firing. Decals work best over white or light-colored glazes as they are semitransparent. Have decals of your own? Bring them! ED

522100-08	F	6:00-8:00p	11/15	\$45
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LOW FIRE "FIX IT" GLAZE WORKSHOP

Save all those previously glazed pots that have imperfections or just need a little something extra for this special third firing, one-night workshop. Glaze "fix" options include crystal glazes, crackle glazes, Mayco Wonderglaze, and more. ED

522100-09	F	6:00-8:00p	12/6	\$45
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SEE ALSO "POTTERY FOR ALL" PAGE 28

ADULT

GLASS ART

GLASS ART with Julie Hews-Everett

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

STAINED GLASS CLASSES

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



CONTRACTOR

566770-01	T	10:00a-1:00p	9/17-10/29	\$235
02	W	6:00-9:00p	9/18-10/30	\$235
03	T	10:00a-1:00p	11/5-12/17*	\$235
04	W	6:00-9:00p	11/6-12/18*	\$235

*No class 11/26 or 11/27

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. Adult/child classes are for ages 8-14. Classes are taught at Island Spectrum Design located at 6006 NE Bligh Court.

SUNCATCHERS

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**

566668-01	Sa	10:00a-12:00p	9/21	\$100 Adult
02	Sa	2:00-4:00p	9/21	\$100 Adult and Child together

HALLOWEEN FUSING

Create spooky ghost and goblin suncatchers. Tools and materials for one project included.

566668-11	Sa	10:00a-12:00p	10/12	\$100 Adult
12	Sa	2:00-4:00p	10/12	\$100 Adult and Child together

HANDKERCHIEF VOTIVES

Create a beautiful and colorful fused glass votive holder. You will decorate two 4" x 4" squares of glass with stringers, frit, or small pieces of glass. The squares will be draped over molds to create a one-of-a-kind votive.

566668-13	Sa	10:00a-12:00p	11/9	\$100 Adult
14	Sa	2:00-4:00p	11/9	\$100 Adult and child together

HOLIDAY FUSING WEEKEND

Have fun making holiday decorations for friends and family. All tools and materials for four ornaments are included.

566668-05	Sa	10:00a-12:00p	12/7	\$100 Adult
06	Sa	2:00-4:00p	12/7	\$100 Adult and child together
07	Su	10:00a-12:00p	12/8	\$100 Adult
08	Su	2:00-4:00p	12/8	\$100 Adult and child together

CANINE

YOU'RE NOT ALONE — SO LET'S TRAIN TOGETHER

We understand you might be facing some ups and downs while training, so our goal is to provide you with, not only the tools and knowledge necessary to overcome these challenges, but also the community that will help create a positive change in your pup's behavior!

Whether you have a new puppy that needs a positive introduction to training or if you have a dog that is always at the end of their leash, our group classes offer a dynamic space where both dogs and their humans can learn, grow, and thrive side by side with other pet parents. Rooted in positive reinforcement, our classes ensure that each step of the training journey is not only effective, but also fun for both you and your pup!

PUPPY PRIMER WORKSHOP

Expecting a new puppy?! Congrats! How exciting! This human-only workshop will be covering all you need to know to navigate the first six months of your puppy's life. What are reasonable expectations for a young puppy? What is socialization? How important is crate training? Why is potty training so hard? These topics and more will be covered so that you can set your new puppy up for success. This class fulfills the prerequisite requirement for the Semi-Private CGC class. ICH **CONTRACTOR Mary-Lou Vibrans**

426113-02	M	6:00-8:00p	9/16	\$20
526113-02	M	6:00-8:00p	11/18	\$20

I'M READY TO TRAIN MY DOG! WORKSHOP

This human-only workshop will be covering training strategies, management techniques, and invaluable dog behavior analysis that every dog owner needs to know to be an effective training teammate for their dog. Meet at ICH.

CONTRACTOR Mary-Lou Vibrans

526130-01	T	6:00-8:00p	10/15	\$20
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SEMI-PRIVATE CLASS: CANINE GOOD CITIZEN (CGC)

The AKC Canine Good Citizen™ (CGC) program provides a perfect framework for training your dog to become a polite member of society. This class will cover loose-lead walking skills, greeting strangers, neutrality to other dogs, recalls, grooming, supervised separation, and engagement with distractions. The progressive structure and small class size creates a calm and positive working environment for both dog and handler. Meet at ICH.

CONTRACTOR Mary-Lou Vibrans

526122-01	W	9:00-10:00a	9/4-10/9	\$360
02	W	10:15-11:15a	9/4-10/9	\$360
03	W	4:00-5:00p	9/4-10/9	\$360
04	W	5:15-6:15p	9/4-10/9	\$360
05	W	9:00-10:00a	11/6-12/11*	\$360
06	W	10:15-11:15a	11/6-12/11*	\$360
07	W	4:00-5:00p	11/6-12/11*	\$360
08	W	5:15-6:15p	11/6-12/11*	\$360

*no class 12/4

ADULT



CANINE GOOD CITIZEN (CGC) PRACTICE AND TESTING

Ready to put your skills to the test? Or maybe you and your dog need a tune-up? CGC testing is available. Offered by RED DOG training. For dogs eight months of age or older. Meet at ICH. **CONTRATOR Mary-Lou Vibrans**

526129-01	W	9/4-10/9	11:30a-12:30p	\$360
02	W	9/4-10/9	6:30-7:30p	\$360
03	W	11/6-12/18*	11:30a-12:30p	\$360
05	W	1/8-2/12	11:30a-12:30pm	\$360
06	W	1/8-2/12	6:30-7:30pm	\$360

*no class 12/4

FEARFUL AND FRIENDLY

Does your dog bark at every other dog that passes by? Do they seem to lack confidence when in a new situation or environment? If so, this class may help you through some of these issues. We will work to build up their confidence so that walks or venturing out become something to look forward to rather than something that you both dread. Meet at ICH. **CONTRATOR Three Hounds Training**

526195-01	W	11:45a-12:45p	9/4-10/9	\$240
02	W	11:45-12:45p	10/23-12/4*	\$240

*no class Nov 20

CO-OPERATIVE CARE

Has your vet ever told you that your 'oh so friendly' canine should be muzzled? Has the groomer ever turned you down for a second appointment? We would like to show you ways to alleviate the stress for all involved by teaching you how to achieve a calmer and more cooperative scenario. Meet at ICH. **CONTRATOR Three Hounds Training**

526194-01	T	6:30-7:30p	9/3-10/8	\$240
02	T	6:30-7:30p	10/22-11/26	\$240

ROOKIE ROVER

For puppies ages eight weeks - five months. In this supportive environment, your puppy will learn essential cues, good manners and socialization skills while building a strong foundation for a well-behaved and confident future. We are here to guide both you and your furry companion through this exciting learning journey! Your puppy can safely start puppy class as early as 8 weeks old, and they will need to have their first set of puppy shots and recommend having your pup home for at least one week before starting classes. This class includes off-leash play. Families welcome. Meet at the ICH.

CONTRATOR Three Hounds Training

526190-01	W	9/11-10/16	6:00-6:50pm	\$180
02	S	9/28-11/9	10:00-10:50am	\$180*
03	Th	10/17-11/21	6:00-6:50pm	\$180

*no class 10/19



TEENAGE TAILS

For dogs six - 18 months. Our adolescent dog class is designed for dogs that have moved beyond the puppy stage and are entering adolescence. We'll focus on the specific challenges and behaviors that arise during this exciting developmental period, while also working on reinforcing manners, and handling common adolescent dog behaviors. Meet at the ICH. **CONTRATOR Three Hounds Training**

526191-01	Th	10/17-11/21	7:00-7:50pm	\$180
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BEYOND TUGS AND TANGLES: LOOSE LEASH WALKING

For dogs six months and older. In this class you'll learn strategies and training techniques for getting your dog to walk with a loose leash. We'll be focusing on how to get your dog's attention and how to keep their attention with outdoor distractions like crows, squirrels, other people, and dogs. You will gain the knowledge and skills necessary to overcome leash pulling, strengthen your bond with your dog, and confidently enjoy walks together. All classes are on-leash only. Meet at ICH. **CONTRATOR Three Hounds Training**

526192-01	S	9/28-10/26	12:00-12:50pm	\$120*
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*no class 10/19

WELL-MANNERED WOOFs

For dogs six months and older. Our basic obedience class will transform your dog's behavior! Through our guidance and positive reinforcement, your dog will grasp fundamental cues, improve their listening skills, and cultivate good manners. Join us to foster a stronger bond and a well-behaved canine companion. Meet at the ICH. **CONTRATOR Three Hounds Training**

526193-01	W	9/11-10/16	7-7:50pm	\$180
02	S	9/28-11/9	11-11:50pm	\$180*

*no class 10/19

SPECIAL INTERESTS

BRICKS 4 BIZ

BRICKS AND BREWS LEGO® HAPPY HOUR NEW!

Are you still a kid at heart? Do you still love to build with LEGO® bricks? Then this event is for you! Adults 21+ will build several motorized LEGO models while having the opportunity to purchase and enjoy a beverage of your choice. Bring your own teammate or meet someone new working in pairs while you re-learn some fun physics concepts and explore the expanding world of LEGO®. Everyone takes home a custom minifigure (kits are re-used, not taken home). **CONTRATOR**

570205-01	Sa	5:00-6:00p	10/19	\$30
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HILLTOP ACOUSTIC JAM

All-ages music jam. 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, no stage fright and no pressure; sit in or just come to listen! All ages welcome and it's FREE! Light refreshments and hot drinks available. Third Friday, monthly at 7:30p. 9/20, 10/18, 11/15, and 12/20. HT





ADULT

LANGUAGE

INTERMEDIATE CONVERSATIONAL SPANISH

If you have taken some classes in high school or college, or have studied online with tutors or programs, this class should help advance your skills and boost confidence. The goal is to be able to communicate with native speakers and other aficionados of Spanish. We will study an easy reader book (usually \$5 to \$15), listen to recordings, and do exercises in grammar from self-correcting websites. We spend most of the class speaking Spanish, making mistakes and correcting them. We also use Duolingo, a free online program. We have a Duolingo classroom that takes away the ads and removes the penalties for errors, so it is less annoying than the non-classroom version. AQ

CONTRACTOR

566753-01	W	9:20-10:50a	9/11-10/16	\$110
02	W	9:20-10:50a	10/30-12/11*	\$110

*No class 11/27

Note to new students: Please contact Will Perkins to help determine which class may be best for you. Email senorperkins@gmail.com.

ADVANCED CONVERSATIONAL SPANISH

If you have solid skills in Spanish, but hope to approach fluency in speaking, this class can help. We spend the whole class talking in Spanish while we discuss challenging readings (stories, plays, novels), videos and some difficult points of grammar. AQ **CONTRACTOR**

566754-01	W	11:00a-12:30p	9/11-10/16	\$110
02	W	11:00a-12:30p	10/30-12/11*	\$110

*No class 11/27

EXERCISE/FITNESS



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 to integrate the practice into everyday life. Slow-motion training encourages participants to feel, correct, and strengthen balance and postural alignment. ICH

516739-01	T	10:00-11:30a	9/17-10/29	\$80
02	T	10:00-11:30a	11/5-12/17	\$80
03	Th	10:00-11:30a	9/19-10/31	\$80
04	Th	10:00-11:30a	11/7-12/19*	\$69

*No class 11/28

FUNTASTIC FITNESS!

This class combines 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

516726-01	MWF	9:00-10:00a	9/9-1/10**	\$80
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*\$80.00 for 10-punch pass/\$9.00 for drop-in

**No class 11/11, 11/29, 12/25, or 1/1



STAY STRONG!

This class is 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

516725-01	TTh	11:00a-12:00p	9/10-1/9**	\$80
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*\$80.00 for 10-punch pass/\$9.00 for drop-in

*No Class 11/28 or 12/26

ZUMBA WITH MARIAH

Ages 13 and up. Get your steps in with a smile on your face! Zumba takes the "work" out of workout by using contemporary Latin and World rhythms to get your heart pumping and whole body moving in this high-energy class. All levels welcome, you only need to know how to have fun! ICH **CONTRACTOR**

511308-02	Su	11:00a-12:00p	9/1-1/5	\$85 for a 10-class pass/\$17 for drop-ins
03	Su	11:00a-12:00p	Drop-in Pass	



YOGA AT ICH NEW!

Ages 13 and up. This flow-based yoga class is a balance of breath work, fast-moving vinyasas (posture sequences) slow stretching and ends with savasana (relaxation). In this class, we will focus on postures that will counterbalance the actions found in your daily life, such as computer work, and sitting. With provided modifications, this class welcomes all levels of experience. ICH

511204-01	WF	9:00-10:00a	9/11-12/13	\$150
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*Drop in for \$16 or purchase a yoga punch pass of 10 tickets for \$150

*No class 11/29



ADULT



WALKING/RUNNING



DISCOVER BAINBRIDGE WALKS ★

Come walk with us and discover the back roads and trails of Bainbridge. You'll learn some of the history of the island and meet new friends. Walks are a steady pace, rain or shine. First walk starts at Rotary Park on Weaver Road. Please contact Stacey Stoner at staceys@biparks.org with any questions.

TWO-MILE WALKS

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

511911-01	Th	9:00-10:15a	9/19-10/31	\$40
02	Th	9:00-10:15a	11/7-12/19*	\$35

*No class 11/28

THREE-MILE WALKS

511914-01	M	9:00-10:30a	9/16-10/28	\$40
03	M	9:00-10:30a	11/4-12/16	\$40

FOUR-MILE WALKS

Sunday

511912-01	Su	9:00-11:00a	9/15-10/27	\$40
02	Su	9:00-11:00a	11/3-12/15	\$40

AFTER-WORK WALK AND TALK

Whether you are new to the island and want to learn about some of the best available walks, or you would just like to get some exercise within the splendor of our natural beauty and interesting neighborhoods while meeting new friends — after-work walk and talks might be for you. Guided by longtime island residents who are passionate about plants and animals who will show you the way so you can relax and socialize. Some walks include brief tours of interesting private properties along the route that belong to friends of the Parks Department. Walk sites vary each session with seven different places to explore. Walkers will enjoy a leisurely pace that allows guides and participants to learn a bit along the way.

511911-03	Th	7-8:30p	9/19-10/31	\$40
04	Th	7-8:30p	11/7-12/19*	\$40



DISCOVER BAINBRIDGE RUNS ★

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

511315-01	T	9:00-10:00a	9/10-10/8	\$70
02	Th	9:00-10:00a	9/12-10/10	\$70
03	T	9:00-10:00a	10/15-11/12	\$70
04	Th	9:00-10:00a	10/17-11/14	\$70
05	T	9:00-10:00a	11/19-12/17	\$70
06	Th	9:00-10:00a	11/21-12/26*	\$60*
07	5-visit punch pass			\$80
08	10-visit punch pass			\$160

*No class 11/28

RACKET/PADDLE SPORTS

TABLE TENNIS OPEN PLAY ★

Ages 12 and up. All levels are welcome. We practice strokes, footwork, serves, and tactics. We also play competitive matches. \$4 drop-in fee per visit. SHMG 512723-01 TW 6:30-9:30p 9/10-12/11 \$15 for 5-visit punch cards

ADULT

PICKLEBALL SKILLS AND DRILLS

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

511336-01	MW	12:00-1:30p	9/9-9/18	\$55
02	MW	12:00-1:30p	9/23-10/2	\$55
03	MW	12:00-1:30p	10/7-10/16	\$55
04	MW	12:00-1:30p	10/21-10/30	\$55
05	MW	12:00-1:30p	11/4-11/13	\$55



BEGINNERS PICKLEBALL

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

511337-01	TTh	12:00-1:30p	9/10-9/19	\$55
02	TTh	12:00-1:30p	9/24-10/3	\$55
03	TTh	12:00-1:30p	10/8-10/17	\$55
04	TTh	12:00-1:30p	10/22-10/31	\$55
05	TTh	12:00-1:30p	11/5-11/14	\$55

PICKLEBALL 101

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

511200-01	Su	10:00-11:15a	9/15	\$32
02	Su	10:00-11:15a	10/13	\$32
03	Su	10:00-11:15a	11/3	\$32
04	Su	10:00-11:15a	12/8	\$32

PRIVATE, SEMI-PRIVATE, AND GROUP PICKLEBALL LESSONS

Ages 12 and up. Private, semi-private, and group pickleball lessons for youths, adults, and seniors. Fun, interactive lessons designed for beginner and intermediate players. Learn to play or improve your skills in America's fastest-growing sport. After you register, our pickleball instructor will reach out to get your lesson scheduled.

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



CARDIO TENNIS — PRACTICE, PLAY, AND WORK OUT NEW!

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

512701-01	M	10:00-11:00a	9/9-9/30	\$58
02	M	5:00-6:00p	9/9-9/30	\$58
03	M	10:00-11:00a	10/7-10/28	\$58
04	M	5:00-6:00p	10/7-10/28	\$58

BEGINNING/INTERMEDIATE TENNIS — DOUBLE SKILLS AND MATCH PLAY NEW!

Will be split up based on skill level. This class is perfect for players ready to learn everything they need to begin playing matches as well as refine your strokes with fast-paced drills and learn strategy as you practice points. All fitness levels are welcome. BPP

512700-01	M	11:00a-12:00p	9/9-9/30	\$60
02	M	6:00-7:00p	9/9-9/30	\$60
03	M	11:00a-12:00p	10/7-10/28	\$60
04	M	6:00-7:00p	10/7-10/28	\$60

PRIVATE, SEMI-PRIVATE, AND GROUP TENNIS LESSONS

Private lessons are affordable for all who want to improve their game. Our Park District Tennis staff will help you or your child learn and polish your game. Schedule your private, semi-private, or group lessons on the weekends or weekdays. Lessons are on the BHS Courts, SHP courts, BPP courts, or Eagledale courts. After you register, our tennis instructor will reach out to get your lesson scheduled.

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

For more tennis lesson options check out our Bainbridge Island Rec Center tennis section in this catalog.

TEAM SPORTS/LEAGUES

OPEN GYM BAINBRIDGE HIGH SCHOOL LOWER GYM

Players can drop in and play for \$7.00 per visit or buy a five-visit pass for \$30, 12-visit pass for \$63, or 20-visit for \$100. *Subject to changes and cancellations due to school functions, holidays, or low attendance. Please see the website biparks.org for an updated calendar.

Tuesday	Wednesday	Thursday	Friday
Pickleball	Basketball	Volleyball	Futsal
7:30-9:30p	7:30-9:30p	7:30-10:00p	7:30-9:30p

BOATING



SAILING PROGRAMS

"Freedom, open air, and adventure are found on the sea!"

— Anonymous

Leave your worries on shore and go sailing this fall! Learn the basics or improve your skills through daily lessons, drills, games, and adventures. Whether you want to be a cruiser or a racer, a dinghy or a keelboat sailor, we can teach you everything you need to know about sailing! Classes are led by U.S. Sailing-certified sailing instructors and assistant instructors.

GENERAL INFORMATION & FAQs

The Welcome Email: A detailed introductory email will be sent out approximately one week prior to the start of each session. This email will include required forms as well as logistical information such as where to meet, what to bring, and contact information for the camp director and instructors.

Registration: It's easy! Log into your Park District account at biparks.org or call the Customer Service Desk at the Aquatic Center. If a weekday class has reached its minimum number of participants at least 5 days ahead of the first day, registrations are allowed until the maximum is reached or the first class begins. Saturday classes must reach their minimum at least 2 days ahead. If a class is canceled, participants will be notified right away by email and a credit issued to their Park District account. The Park District reserves the right to require a doctor's note to clear a participant for participation.

District Swim License: For all **youth** participants under 18 who will be engaging in on-the-water programs, the **Park District Swim License is required**. It is acquired through a one-time test given at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at <https://biaquatics.org/>. Call the Aquatics Center at 206-842-2302 to find out times 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 boating class.

Adult participants ages 18 and over must take the Park District Swim License test or sign off on a Swimming Skills Acknowledgment Form, self-certifying they can meet or exceed the requirements.

Waivers and Forms: Participants must complete and sign the required waiver and forms attached to the welcome email to participate. These must be turned in to instructors on the first day of a sailing class and remain valid for all 2024 summer sailing classes.

Refunds: For questions about refunds, please see page XX. If bad weather or a no-contact water advisory cancels a class, a pro-rated credit will be refunded to your Park District account.

Courteous Communication: We kindly ask that parents and adult participants inform the camp director or lead instructor as early as possible about absences, late arrivals, early departures, and important issues that may affect participation. For youth sailors, please also let us know about any change in the pick-up driver or method of departure. Because our meeting location is different than our sailing location, instructors will wait only long enough to make phone calls if someone doesn't show up for class. A sign-in/sign-out clipboard will be used for drivers of youth sailors.

Which class should I pick? Sailing is often compared to swim lessons, where participants need time and practice to master skills. As such, we recommend finding the right level to develop a solid foundation of skills and repeating that class until ready to move on to the next level. We offer Opti Ospreys for children 6-8 years old to give them a very basic, closely supervised, fun introduction to sailing. The beginning classes for Optis, FJs, and RS Teras cover rigging and how to safely sail from A to B through mini lessons, games, drills, and group sails. *Before progressing to intermediate or intermediate-advanced, we require at least one in-season beginner or intermediate class as a refresher if your sailor hasn't taken the prerequisite class since the previous summer.* Sailors who have taken an intermediate class (or have equivalent experience) may skipper during the Opti Open Sails or Eagle Harbor Dinghy Checkout; anyone at least 6 years old may crew if they are registered and submit the required paperwork. The intermediate/advanced level youth sailing class includes higher level technical instruction, longer-distance sails, and racing. When in doubt about which class you or your child should take next, please talk to the instructor.





BOATING

SAILING



INTERMEDIATE DINGHY SAILING FOR 7TH-8TH GRADERS ★

This class is designed for 7th-8th graders who want to improve their sailing skills. Less experienced sailors will be paired with sailors who have more experience. Individualized instruction will ensure classes are engaging and challenging while social and fun through teamwork and games. Topics will include review of safe docking, sail trim, boat handling in different types of conditions, person-overboard rescue techniques, right-of-way rules, knots, and racing basics. Sailors should be prepared for one capsize in controlled conditions near the dock the first week to practice efficient, safe techniques for righting their boat with a partner. Park District Swim License is required. Meet at the top of Waterfront Park across from the Bainbridge Island Senior Community Center for the first class and then gather on the public dock at the BIMPRD moorage spot.

530737-01 Th 3:45-6:15p 9/12-10/17 \$222

ADULT DINGHY SAILING

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

530761-01 TTh 11:00a-2:00p 9/10-9/26 \$250

INTRODUCTION TO KEELBOATING ★

Ages 14 and up. Would you like to learn the basics of sailing on a fun, stable trimaran? Do you like sailing on friends' boats but would like to be a more active crew member? Do you need to refresh your sailing skills? Thinking about buying a boat? This course may be perfect for you! Through hands-on instruction taught by US Sailing-certified instructors, you will learn the fundamentals of safe, confident day sailing on a 28-foot 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 Acknowledgment Form required. Meet at city dock below Waterfront Park and look for a trimaran.

530766-01 T-F 4:30-7:30p 9/3-9/6 \$237



WOMEN'S COASTAL NAVIGATION ★

Ages 14 and up. This class builds on skills learned in the keelboat class. Students will explore intermediate sail trim, coastal navigation, reefing, docking, crew overboard recovery, knot tying, anchoring and weather interpretation on a 28-foot trimaran. Prerequisite is keelboat class or equivalent. A parent or guardian must accompany participants under 16. Park District Swim License or Adult Swimming Skills Acknowledgment Form required. *Waterfront Park for trimaran.

500713-01 M-W 3-7p 9/16-9/18 \$237

BOATING



SOCIAL PADDLES

FALL SOCIAL PADDLES

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

530726-01 Th 5:00-8:00p 9/12-10/3 \$145



ADVENTURE PADDLES

AFTER-SCHOOL ADVENTURE PADDLES

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

530710-01 M 3:30-6:30p 9/9-9/30 \$145



PROGRAMS FOR TEENS AGES 13-17

BLAKE ISLAND DAY PADDLE

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

562219-01 Su 8:00a-2:00p* 9/8 \$160
 02 Su 10:00a-4:00p* 9/22 \$160

*End time varies based on distance and weather conditions

COVE TO SOUND PADDLE

Ages 13 and up. The best way to reward yourself is at the end of the week. Join us for a scenic evening kayak paddle from Hidden Cove Park to Fay Bainbridge Park. We'll practice basic kayak strokes in protected Hidden Cove, then venture out of the bay and around the point to Fay Bainbridge Park, which offers a long sandy shoreline and sweeping views of Puget Sound and the Cascade Mountains. Open to all experience levels. An adult must accompany participants under 14. Park District Swim License and Swim Skills Acknowledgment required; see FAQs for details. HCP

530727-01 Su 2:00-5:00p 9/15 \$40

OUT TO LUNCH SATURDAY PADDLES

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

530728-01 Sa 9:30a-3:30p* 9/14 \$75
 02 Sa 9:30a-3:30p* 9/21 \$75
 03 Sa 9:30a-3:30p* 9/28 \$75

*End time varies based on distance and weather conditions



AQUATIC CENTER ADMISSION FEES FALL 2024

	SINGLE ADMISSION		PUNCH PASSES		MONTHLY	
	Resident	Non-Resident	10-Punch (non-res +\$6)	20-Punch (non-res +\$6)	1-Month (non-res +\$6)	6-Month (non-res +\$6)
Youth (3-17)	\$9.00	\$10.00	\$78	\$150	\$78	\$400
Adult (18-59)	\$10.00	\$11.00	\$88	\$170	\$88	\$450
Senior (60+)	\$9.00	\$10.00	\$78	\$150	\$78	\$400
Family	\$34 (4 passes — one must be an adult/guardian)				\$168 (same household)	\$730 (same household)

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		

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, 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

- 11/11 Veterans Day, Adjusted Hours
- 11/28 Thanksgiving, CLOSED
- 11/29 Adjusted Hours
- 12/24 Christmas Eve, Adjusted Hours
- 12/25 Christmas Day, CLOSED
- 12/31 New Years Eve, Adjusted Hours



*Please see Aquatic Center Google calendar for available lap swim, open swim and family swim times. Schedules are subject to change; visit at biaquatics.org/schedule

FALL 2024

Swim Descriptions & Schedules

Visit biaquatics.org August 1 for a detailed schedule.

LAP SWIM RAY WILLIAMSON AND DON NAKATA POOL

The six lanes in Ray Williamson Pool are kept at 79°F and 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.*

OPEN SWIM DON NAKATA POOL

The water park is open for recreational swimming, including the hot tub, sauna, steam room, diving area, water slide, lazy river, rope swing and beach. Children under 15 must have a swim license to use the lap area and deep end of the pool. Children under seven 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. WATER SLIDE requirements: Must be 42" tall to ride the slide. One person is permitted on the slide at a time.

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.

HOT TUB, SAUNA, AND STEAM ROOM

The hot tub is kept at 101-103°F. It is open to those 13 and older whenever the facility is open to the public. The sauna and steam room are available to those 13 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.



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 to find all the options available and see the rooms available for your event. Please email jenetter@biparks.org for pricing and availability. Scheduling an after-hour event requires a minimum of four weeks before the event.

BLOEDEL NATURE WALKS

Get outside while the weather is still nice! Join us as we explore Bloedel Reserve or go on a community outing with your friends. We have something for you! Find out more in our Adaptive & Specialized Recreation Section of the catalog.



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 twelve kids and three adults. Please remember all pool rules still apply to birthday parties. Please call to reserve your party two weeks in advance.

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

Package A: Bring your own food and decorations. \$185

Additional children up to 20 \$6.50 each

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

Additional children up to 20 \$7 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. Swim competitions, open-water training, and triathlon prep are also available.



To join our vibrant community of over 200 athletes, please contact Head Coach April Cheadle at 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 at moniques@biparks.org. For more information about our club go to the BISC Team Unify website.



ADULT AQUA EXERCISE CLASSES

SCHEDULE BEGINS SEPTEMBER 3, 2024

****ADDITIONAL BIRC AQUA EXERCISE CLASS OFFERINGS, SEE BIRC ON PAGE 81****

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES	Deep Mixology 7:15-8:15a 8:30-9:30a	Deep Mixology 8:00-9:00a	Deep Mixology 8:00-9:00a Motion & Mindfulness 10:00-11:00a	Deep Mixology 8:00-9:00a	Deep Mixology 7:15-8:15a 8:30-9:30a Motion & Mindfulness 10:00-11:00a
AFTERNOON & EVENING CLASSES	Motion & Mindfulness 10:00-11:00a Deep Running and Yoga 12:00-1:00p	Noon Mash-up 12:00-1:00p Deep Mixology 7:00-8:00p	Deep Running and Yoga 12:00-1:00p	Noon Mash-up 12:00-1:00p Deep Mixology 7:00-8:00p	

DEEP MIXOLOGY

Power up the music and put it on shuffle as we keep you moving. This class is geared toward those who want to get their hearts pounding and their bodies working. This class is easily modified to your optimal intensity by making movements smaller or larger. Deep Mixology is taught in the dive tank of the Don Nakata Pool utilizing flotation 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 who already deal 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.

SPECIALTY CLASSES

BABYSITTER TRAINING AFTER SCHOOL (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 you with age-appropriate activities, infant handling, basic first aid and safety skills, marketing ideas, and more. Students who complete the course will receive their Red Cross certificate.

502536-01	F	4:00-6:00p	9/6-9/27	\$175
02	F	4:00-6:00p	10/4-10/25	\$175
03	F	4:00-6:00p	11/1-11/22	\$175

LIFEGUARDING WITH WATER PARK 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. Skill assessments will be given on the first day of the in-person class. For more information go to biaquatics.org.

502520-01	SaSu	1:00-7:00p	10/12-10/20	\$350
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For additional classes please contact the Aquatic Program Administrator at 206-842-2302

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 in with your busy schedule. Complete the online course prior to the in-person skill session.

502522-01	W	5:00-8:00p	9/4	\$115
02	W	9:00a-12:00p	9/25	\$115
03	W	5:00-8:00p	10/9	\$115
04	W	9:00a-12:00p	10/30	\$115
05	W	5:00-8:00p	11/6	\$115
06	W	9:00a-12:00p	11/27	\$115
07	W	5:00-8:00p	12/4	\$115



Ask to be added to the Aquatic Splash Report for weekly updates. Go to 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		



AQUATIC CENTER

FALL TIMES AND DATES AVAILABLE: AUGUST 1, 2024
ONLINE OR AT THE AQUATIC CENTER

ADULT AND TEEN SWIM CLASSES

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. TBD

INTRO TO LAP SWIM

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

SWIM LESSONS FOR ALL!

Ages 7-45. 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, communication, and/or behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. AQ



YOUTH SWIM LESSONS

Quick Reference Progression Guide on page 51

TINY TOTS

This class is for children and their parents to experience the water together with the guidance of a certified instructor. Join our class full of playtime that will help your child adjust to the water in a fun and safe environment. This class is appropriate for children between six months and two years old. Children must be able to hold up their heads independently.

TINY STARFISH

This class is for children and their parents to experience the water together with the guidance of a certified instructor. Join our class full of playtime that will help your child gain confidence in working with an instructor in the water with your support. This class is appropriate for children between two and four years old. Children must be ready to begin working on skills and feel comfortable in the water.

STARFISH K1

Starfish is for children ready to experience the wonderful world of water with an instructor independently of their parents. Swimmers should be able to follow directions and stay with the group. This class is for children who are new to swimming with little to no water experience. This class is also for children who are not comfortable submerging and floating on their front or back with assistance. The instructors will introduce your swimmer to the water in a fun and safe class in our zero-depth entry beach area.

ANGELFISH K2

Angelfish love to be underwater and are very comfortable floating on their front and being on their back. At this level, swimmers will use their floating skills and learn how to glide independently on their front and back.

BETTA FISH K3

Betta fish are comfortable and confident floating and gliding on their front and back. They are excited to learn how to swim in the lanes with water over their head. Swimmers will use their front and back glides to build their flutter kicks and introduce arm motions on their front and back.

CLOWNFISH K4

Clownfish can easily glide and kick on their front and back five body lengths to their instructor. Swimmers will use these skills to build on front and back crawl strokes and increase their distance. Swimmers will also learn to rotate between front and back in the float and glide position. Clownfish are ready and excited to explore swim in the dive tank with their instructor.

LITTLE FISH K5

This level is equivalent to the Fish (3A) class for older children. They are ready and eager to begin building swim strokes. They can swim halfway across the pool on their front and back. Tread water and back float for 15 seconds each. Swimmers will use their front and back rotation skills to begin learning how to side breathe in front crawl. Swimmers will use their back floating and gliding skills to start learning the elementary backstroke kick.

GUPPY

Guppies have little to no experience in the water. Swimmers will learn to be comfortable and confident to submerge underwater, float, and glide independently on their front and back as they begin their swimming adventure.

MINNOW

Minnows love to submerge underwater. They are comfortable floating and gliding on their front and back and are ready to swim in the lanes. Swimmers will use these basic glides to build flutter kicking on the front and back as well as arm motions. Swimmers will also learn how to rotate between front and back glides. Minnow will begin to explore swimming in water over their head with the instructor.

AQUATIC CENTER



FISH

Fish are eager and ready to start building their swimming strokes. They can swim halfway across the pool on their front and back. Tread water and back float for 15 seconds each. Swimmers will use their front and back rotation skills to begin learning how to side breathe in front crawl. Swimmers will use their back rotation skills to begin learning side breathing for front crawl. Swimmers will use their back floating and gliding skills to start learning the elementary backstroke kick. Many of the floating and treading skills are taught in the dive tank.

FLYING FISH

Flying Fish can easily and comfortably float on their back and tread water in the dive tank for 30 seconds each. Swimmers are comfortable swimming 2/3 of the pool length for elementary backstroke kick, back crawl, and front crawl with rhythmic breathing. Swimmers will build on these basic skills to learn the full elementary backstroke and swim front crawl with more consistent side breathing. Scissor kick and sidestroke will be introduced. A successful Flying Fish is ready to get their swim license.

STING RAY

Sting Rays can float on their backs and tread water in the dive tank for one minute each. Sting Rays can swim front crawl with consistent side breathing and correct elementary backstroke for 2/3 of a pool length. Sting Rays can swim front crawl, back crawl, and sidestroke across the dive tank with good kick and rhythmic arm motions. Swimmers will build on these skills to refine the front crawl and elementary backstroke so that swimmers can swim the entire pool length with consistent technique. Swimmers will continue to refine the side stroke and learn the dolphin kick and breaststroke kick on their front.



MANTA RAY

Manta Rays can tread water for one and a half minutes, swim front crawl with correct side breathing, and the elementary backstroke with a consistent glide for one pool length. Manta Rays can swim sidestroke with a consistent scissor kick and breaststroke kick with a glide for 2/3 of a pool length. Manta Rays can dolphin kick in streamlined five-body lengths. Swimmers will use these skills to refine the front crawl, back crawl, elementary backstroke, and sidestroke so that swimmers can swim the strokes with a consistent form for longer distances. Swimmers will use the dolphin kick to develop the butterfly stroke, and the breaststroke kick will be developed into the breaststroke.

DOLPHIN

Dolphins can tread water for two minutes, swim all strokes with proper technique and maintain form for two pool lengths. Swimmers will learn front and back flip turns and focus on stroke refinement, efficiency, and endurance. Swimmers will work on the skills needed to join the swim team, swim for fitness, or gain stroke proficiency to become a lifeguard or swim instructor.



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



THE BAINBRIDGE ISLAND RECREATION CENTER

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 Reformer 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.

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

Facility Address

11700 NE Meadowmeer Cir
Bainbridge Island, WA 98110

Facility Hours

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

www.birec.org

Customer Service: 206-842-5661

For adjusted hours, please visit the Schedules page at birec.org.

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 MEMBERSHIP

	RESIDENT			NON-RESIDENT	
User Levels	Joining Fee*	Monthly	User Levels	Joining Fee	Monthly
Senior Fitness	Free	\$55	Senior Fitness	\$149	\$71
Student Fitness	Free	\$65	Student Fitness	\$149	\$81
Individual Fitness	Free	\$79	Individual Fitness	\$199	\$103
Senior Couple	Free	\$110	Senior Couple	\$149	\$142
Couple Fitness	Free	\$152	Couple Fitness	\$299	\$197
Family Fitness	Free	\$187	Family Fitness	\$499	\$243

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

All monthly fitness memberships come with unlimited access to the gym's amenities, except the tennis courts. Our membership offers various benefits, including 35 weekly group exercise classes, access to the outdoor pool (during the appropriate season), a gymnasium, fitness equipment, and locker rooms. Additionally, members will have access to towel service, steam rooms, and saunas.

- **Senior Fitness/Senior Couple Fitness**

The Senior and Senior couple memberships include individuals ages 60 and over. Proof of age required.

- **Student Fitness**

The Student membership includes individuals between the **ages of 13-23 years**. Proof of age and student enrollment required.

- **Individual Fitness**

An individual fitness membership includes access to all facility amenities except for the tennis courts.

- **Couple Fitness**

A 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**

A 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 only include **two adults (over the age of 23)**.

- **Insurance Fitness**

Bainbridge Island residents only. Check with your insurance company to see if you are eligible. For information, please email BIRC Administrator Julie Miller at julie@biparks.org.



BIRC

TENNIS 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 35 complimentary group exercise classes per week, use of the outdoor pool seasonally, a 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 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 only include **two adults (over the age of 23)**.

METRO PARK PREMIUM FITNESS MEMBERSHIP

User Levels	Joining Fee*	Monthly
Youth (Ages 3-12)	Free	\$105
Student (Ages 13-23)	Free	\$115
Individual	Free	\$135
Senior	Free	\$105
Family	Free	\$285

Our monthly Metro Park Premium Membership for Bainbridge Island residents! The Metro Park Premium Membership gives members access to both the Bainbridge Island Recreation Center and the Bainbridge Island Aquatics Center. It comes with unlimited access to the BIRC's amenities, except the BIRC tennis courts, and unlimited swimming at the Aquatics Center during all general swim hours. Additionally, Metro Park Premium Members will have access to steam rooms and saunas at both facilities and towel service at the Rec Center.

METRO PARK PREMIUM TENNIS MEMBERSHIP

User Levels	Joining Fee*	Monthly
Student (Ages 13-23)	Free	\$160
Individual	Free	\$210
Family	Free	\$360

Same as our Metro Park Premium Memberships but with the addition of preferred access to tennis court reservations, league play, and clinics.

NON-MEMBERSHIP OPTIONS

DAILY ADMISSIONS*

	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.

PUNCH PASS*

	RESIDENT	NON-RESIDENT
Youth/Senior		
10-Punch Pass	\$126	\$155
20-Punch Pass	\$238	\$300
Student (ages 13-23)		
10-Punch Pass	\$135	\$165
20-Punch Pass	\$239	\$300
Adult		
10-Punch Pass	\$144	\$185
20-Punch Pass	\$288	\$360

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

BIRC



DROP-IN SPORTS IN THE GYMNASIUM

PLEASE VISIT BIREC.ORG FOR THE CURRENT GYMNASIUM SCHEDULE.

CHECK-IN AT FRONT DESK AND ENROLLMENT IN DROP-IN IS REQUIRED

- **Pickleball:** Three courts available. Balls available for purchase.
- **Basketball:** One full court or two short courts. Balls provided upon request.
- **Volleyball:** One court. Balls provided upon request.

DROP-IN SPORTS FEES

Drop-In Sports is free to BIRC members. Non-Members may play for a fee.

NON-MEMBER DROP-IN FEES

Youth/Senior: \$6, 10-Visit Punch Card: \$54, 20-Visit Punch Card: \$96
Student*: \$7, 10-Visit Punch Card: \$63, 20-Visit Punch Card: \$112
Adult: \$8, 10-Visit Punch Card: \$72, 20-Visit Punch Card: \$128

*Student is individual between the **ages of 13-23 years.**

- Purchase Drop-In Sports session and Punch Card at the front desk.
- Drop-In Sports Punch Cards are for drop-in sports only and do not include access to the rest of the Rec Center or towel service.
- A drop-in sports fee (or punch card punch) will be accessed for each drop-in session attended.

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



AQUATICS



BIRC POOL

The BIRC has a 23-yard pool that has three lap lanes, open recreational space, walk-in entry stairs, and an ADA chair lift. For the current pool schedule please visit biparks.org.

FITNESS AND EXERCISE



GROUP EXERCISE CLASSES

BIRC has a fantastic offering of complimentary exercise classes such as Silver Sneakers, Zumba, Yoga, Barre, cycling, Cardio Strength, and more. GroupX classes are free to members. Non-members can attend classes by purchasing a day pass fee or a 10 or 20-visit punch pass. Check the classes out on our website at birec.org.



BIRC

SMALL-GROUP TRAINING CLASSES

Small-group training classes are for those folks that want to learn something new, fine tune their training, or take their training to the next level. Classes range in size from 4-6 participants. For more information about our wide variety of small groups, contact Marie Figgins at marief@biparks.org.

HOW TO REGISTER FOR BIRC CLASSES:



Online at birec.org for members



By phone at 206-842-5661



In person at the BIRC front desk



Register on RecTrac for non-members

AERIAL YOGA CLASSES

WHAT IS AERIAL YOGA AND WHY YOU SHOULD GIVE IT A TRY!

Aerial Yoga embraces every body and encourages physical and mental wellness. The aerial hammock is a tool to support yoga postures making them safer and more accessible for a lifelong practice for all ages and levels. Aerial Dance and Fitness incorporates tricks, movements, and expression for a fun form of fitness. Aerial dance is more challenging and requires more conditioning than aerial yoga.



AERIAL YOGA INSTRUCTOR BEA ROSNER

Bea has seen the positive impact that yoga has had in her life and is passionate about sharing these profound benefits with others in the hammock, on the mat or in the pool. After a thirty-year corporate career Bea sought a deeper dive into the ancient teachings and philosophy of yoga. She has completed 1,000 hours of Registered Yoga Teacher trainings (including Aerial Dance, Trauma Informed, Children's, Meditation, Kundalini, Restorative, Facilitator Skills, AIReal, etc.). Bea takes a holistic and inclusive approach as she really enjoys working with tweens/teens and adults of all ages. You are never too old to start something new. She loves to explore and expand her knowledge base with travel. Bea also offers private/partner/group and event aerial sessions.



INTRO TO AERIAL YOGA WORKSHOP

Ages 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 your perspective upside-down and hang with us for the day!

		Member/Non-Member	
511700-22	Sa	9:30a-12:00p	9/21 \$50/\$65
23	Su	9:30a-12:00p	10/13 \$50/\$65
24	Sa	9:30a-12:00p	11/30 \$50/\$65
25	Sa	9:30a-12:00p	12/7 \$50/\$65

AERIAL DANCE — INTRO FOR TWEENS/TEENS **NEW!**

Ages 10-14. Have a kiddo in your life who needs to experience the joy of flight and expression of movement? We are excited to announce our youth series. Bea Rosner will lead through beginner-friendly playful tricks in the aerial hammock.

		Member/Non-Member	
511716-01	MW	4:00-5:00p	9/30-10/23 \$195/\$210
02	MWF	4:00-5:00p	12/2-12/20 \$220/\$235
03	Su	9:30a-12:00p	10/6 \$50/\$65

AERIAL DANCE, FITNESS AND CIRCUS TRICKS **NEW!**

Ages 16 and up. We are so excited to offer this. You will learn the foundations of aerial hammock with focus on warm-ups, fitness conditioning, aerial skill development and awareness in safe practice. It is a process — slow and steady — building strength and flexibility to be able perform circus tricks. Some aerial experience required; email bear@biparks.org for more info.

		Member/Non-Member	
511700-29	TTh	10:30-11:30a	9/10-10/3 \$195/\$210

AERIAL FIT AND FLEXY SERIES **NEW!**

Ages 16 and up. Improve your overall fitness and your flexibility in one FUN class. We'll spend the first half of class focusing on improving strength and stamina by heating up the body. The second half of class is dedicated to improving flexibility with deep stretches, safe inversions and ends with a floating meditation. Perfect complement to all activities and all levels.

		Member/Non-Member	
511700-26	TTh	12:00-1:00p	9/10-9/26 \$160/\$175
27	TTh	12:00-1:00p	10/8-10/24 \$160/\$175
28	TTh	12:00-1:00p	12/3-12/19 \$160/\$175



PROGRAMS FOR TEENS AGES 13-17

BIRC



STRENGTH TRAINING CLASSES



STRENGTH TRAINING FOR TEENS ★

Ages 13-17. This class is designed to build a solid foundation of strength training for teens. Participants will train using upper and lower body lifts, barbells, dumbbells, kettlebells, and body weight movements while receiving in-depth and hands-on coaching by a trained strength and conditioning specialist to ensure that you get the best results from your training.

FOR YOUNG MEN

				Member/Non-Member
511715-01	TTh	4:00-5:00p	9/10-10/3	\$180/\$195
02	TTh	4:00-5:00p	10/8-10/31	\$180/\$195
03	TTh	4:00-5:00p	12/3-12/19	\$140/\$155

FOR YOUNG WOMEN

				Member/Non-Member
511715-05	TTh	5:30-6:30p	9/10-10/3	\$180/\$195
06	TTh	5:30-6:30p	10/8-10/31	\$180/\$195
07	TTh	5:30-6:30p	11/5-11/26	\$160/\$175
08	TTh	5:30-6:30p	12/3-12/19	\$140/\$155

DUDES AND DUMBBELLS

Ages 18 and up. Start the fall off right with an all-skill-level welcome course for men. Classes will focus on compound resistance movements with accessory movements mixed in to provide proper muscle stimulus. We will work 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 various tools such as kettlebells, barbells, resistance bands, and dumbbells.



				Member/Non-Member
511713-01	MW	8:30-9:30a	9/9-10/2	\$180/\$195
02	MW	8:30-9:30a	10/7-10/30	\$180/\$195
03	MW	8:30-9:30a	12/2-12/18	\$140/\$155

WOMEN ON WEIGHTS ★

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

				Member/Non-Member
511700-01	MW	11:30a-12:30p	9/9-10/2	\$180/\$195
02	MW	11:30a-12:30p	10/7-10/30	\$180/\$195
03	MW	11:30a-12:30p	11/4-11/27*	\$140/\$155
04	MW	11:30a-12:30p	12/2-12/18	\$140/\$155

*No class 11/11



WOMEN ON WEIGHTS 2.0 ★

Ages 16 and up. WOW2 is for women who want to learn bigger lifts, squats, deadlifts, and more. We will be using barbells, cable machines, and dumbbells. We 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 woman that you are and that this will translate into you being confident and comfortable within the gym setting. Please note that this is not a fitness workout, but you will learn proper techniques to continue after completing the program. Prerequisite Women on Weights, or approval by trainer.

				Member/Non-Member
511700-16	MW	12:30-1:30p	9/9-10/2	\$180/\$195
17	MW	12:30-1:30p	10/7-10/30	\$180/\$195
18	MW	12:30-1:30p	11/4-11/27*	\$140/\$155
19	MW	12:30-1:30p	12/2-12/18	\$140/\$155

*No class 11/11





TRX CLASSES

TRX HIIT

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



			Member/Non-Member	
511700-07	MW	10:30-11:30a	9/9-10/2	\$180/\$195
08	MW	10:30-11:30a	10/7-10/30	\$180/\$195
09	MW	10:30-11:30a	11/4-11/27*	\$140/\$155
10	MW	10:30-11:30a	12/2-12/18	\$140/\$155

*No class 11/11

TRX FUSION **NEW!**

Ages 16 and up. TRX fusion is a dynamic workout that combines TRX suspension training with elements from other fitness disciplines such as cardio, strength, flexibility, and mobility exercises. It offers a comprehensive full-body workout that challenges strength, core, balance, and stability while promoting cardiovascular fitness.

			Member/Non-Member	
511712-01	TTh	9:00-10:00a	9/10-10/3	\$180/\$195
02	TTh	9:00-10:00a	10/8-10/31	\$180/\$195
03	TTh	9:00-10:00a	11/5-11/26	\$160/\$175
04	TTh	9:00-10:00a	12/3-12/19	\$140/\$155

SPORT SPECIFIC CLASSES

FALL SKI CONDITIONING

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.



			Member/Non-Member	
511695-01	TTh	10:30-11:30a	9/10-10/3	\$180/\$195
02	TTh	10:30-11:30a	10/8-10/31	\$180/\$195
03	TTh	10:30-11:30a	11/5-11/26	\$160/\$175
04	TTh	10:30-11:30a	12/3-12/19	\$140/\$155

PERSONAL TRAINERS

Our training motto is **Fitness For All**. At BIRC we have a great team of personal trainers that are ready to help you achieve your fitness goals. Each trainer is certified by a nationally recognized certifying body and brings a unique style and personality to their work. Visit birc.org to find trainers' full profiles.



MARIE FIGGINS
ACE-CPT, TRX, Group Fitness
marief@biparks.org

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

Kristine's areas of focus include functional movement training, sport-specific conditioning, and TRX. Kristine holds a Bachelor of Science from Willamette University, is an ACE Certified Personal Trainer, Certified Menopause Coach, a USA Swimming Coach, and is an AFAA Certified Group Fitness Instructor with additional certifications in TRX, Barre, and Indoor Cycling.



MAX MARTIN
ISSA-CPT
maxm@biparks.org

Max has been a personal trainer since 2022, specializing in bodybuilding, powerlifting, strength, and conditioning. 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.



HEATHER KIRKWOOD
ACE-CPT
heatherk@biparks.org

Heather has a passion for sports performance and training. Heather's passion began after witnessing many injuries due to improper movement, training technique, or simply not working the right muscles for the right sport. Heather's mission is to help her clients feel at "home" at the gym.

FITNESS INSTRUCTORS NEEDED

We are looking for certified Personal Trainers, Tai Chi, Cycle and Barre Instructors to add to the team.
Apply at biparks.org/employment



MAGGIE MILLER
PT, CSCS
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.

PERSONAL TRAINING

PERSONAL TRAINING PACKAGES

	Member	Non-Member
One Hour		
Single Session	\$70.00	\$88.00
5-pack	\$333.00	\$418.00
10-Pack	\$630.00	\$792.00
30-Minute		
Single Session	\$35.50	\$55.00
5-Pack	\$170.00	\$261.00
10-Pack	\$320.00	\$495.00
One Hour Partner Training		
2 people	\$44.00 per person	\$50.00 per person
3-4 people	\$33.00 per person	\$39.00 per person
30-Minute Partner Training		
2 people	\$36.60 per person	\$52.50 per person



PERSONAL TRAINING — WRITTEN PROGRAMS PACKAGES

INTRO TO TRAINING (Just the program)

Get a one-on-one assessment to determine which one of our pre-built training programs works best for you, your schedule, skill level, and goals!

Just The Program	Member	Non-Member
In-Person Assessment	\$70.00	\$88.00
Written Program	\$100.00	\$150.00
Total	\$170.00	\$238.00

INTRO TO TRAINING (Program with Coaching)

You'll get continuous support from your trainer through your eight-week program. They will go over your workout logs each week and make adjustments, recommendations, and alterations when needed.

Program with Coaching	Member	Non-Member
In-Person Assessment	\$70.00	\$88.00
Written Program	\$100.00	\$150.00
Coaching*	\$250.00	\$250.00
Total	\$370.00	\$458.00

*Coaching will be done via email.

**Additional in-person sessions sold separately

5-WEEK CUSTOM PROGRAM and COACHING PLAN

A five-week custom program made specifically for your fitness needs and goals. Five in-person sessions working one-on-one with a trainer to fine-tune a program that is tailored to your lifestyle and goals!

5-Week Program	Member	Non-Member
In-Person Sessions	\$333.00	\$418.00
Written Program	\$150.00-\$200.00	\$300.00
Coaching	\$200.00	\$250.00
Total	\$700.00	\$918.00

Coaching will take place over the course of your program, not during your assessment sessions.

10-WEEK CUSTOM PROGRAM and COACHING PLAN

Those who want a complete custom training program, our 10-week training plan is for you. Your trainer 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!

10-Week Program	Member	Non-Member
In-Person Sessions	\$633.00	\$792.00
Written Program	\$200.00	\$250.00
Coaching	\$200.00	\$300.00
Total	\$1030.00	\$1342.00



BIRC

SPECIALTY CLASSES

EMPOWER (PERIMENOPAUSAL AND MENOPAUSAL COACHING) **NEW!**

Perimenopausal and menopausal coaching with certified Menopausal Coaching Specialist Kristine Cox. Are you a woman over 40 experiencing the unique challenges of perimenopause and menopause? Discover a comprehensive 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 and collaborative group setting. 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 is time to flourish in your forties and beyond!

				Member/Non-Member
511714-01	TTh	12:00-1:00p	9/10-10/3	\$180/\$195
02	TTh	12:00-1:00p	10/8-10/31	\$180/\$195
03	TTh	12:00-1:00p	11/5-11/26	\$160/\$175
04	TTh	12:00-1:00p	12/3-12/19	\$140/\$155



Photo by Pete Salutos

WORKSHOPS

POSTURE AND FORM WORKSHOP **NEW!**

Ages 18 and up. Poor posture can affect your performance and lead to injuries during daily activities and in the weight room. In this workshop, you will learn how to achieve optimal alignment and reduce wear and tear on your body. Maggie Miller, PT, CSCS will lead you through a self-assessment and a series of exercises to support your fitness and wellness.

				Member/Non-Member
511696-01	W	5:30-7:00p	9/25	\$25/\$35
02	Th	11:30a-1:00p	9/26	\$25/\$35

PILATES REFORMER

The Pilates reformer offers a holistic approach to fitness, combining strength, flexibility, and balance. Whether you're a beginner or an advanced practitioner, incorporating reformer exercises into your routine can lead to significant improvements in your overall well-being!

Benefits of Using the Pilates Reformer:

- **Overall Strength:** The reformer helps build overall strength, including core strength.
- **Flexibility:** Regular use improves flexibility, making daily movements easier.
- **Coordination and Balance:** The reformer enhances coordination and balance.
- **Posture Improvement:** Practicing on the reformer leads to better posture.
- **Efficient Movement:** It encourages graceful and efficient movement patterns.
- **Pain Relief:** Many people experience relief from pain associated with physical imbalances, such as back pain.
- **Healthy Movement Patterns:** It helps develop healthy movement habits for long-term results.
- **Injury Prevention:** Proper technique on the reformer can prevent injuries.

PILATES REFORMER INSTRUCTORS

Our seasoned Pilates instructors are ready to help you with your fitness needs. All our instructors are certified by a nationally recognized certifying body. Each instructor brings their passion for Pilates to every session to make sure participants get the most out of their time. Visit birc.org to find instructors' full profiles.



KIM WILSON

kimw@biparks.org

Kim is a Balanced Body Certified Instructor, a Bone-Fit Instructor, PATH International Therapeutic Riding Instructor, and an active retired RN. Kim has been committed to Pilates Practice for over 20 years and has been a dedicated Pilates Instructor for over 16 years.



SHERI WETHERELL

sheriw@biparks.org

Sheri found herself captivated by the practice of Pilates Reformer and its physical and mental transformative powers. Energized by her health and fitness journey, she pursued certifications in Pilates Mat and Reformer instruction to empower others. Sheri passionately believes that age is no barrier to achieving vitality and strength and that it's never too late or too early to start.



DANIELLE ZACK

daniellez@biparks.org

Danielle has been teaching Pilates for 25 years. Her dance background influences her teaching by using rhythm, musicality, and extreme attention to detail. Influenced by her massage therapy training, she is an active hands-on teacher who loves to use creative visualization to get her clients to know and move their body better.

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PILATES PACKAGES

Private and Duet Options	Member	Non-Member
One-Hour Single Session	\$70	\$88
One-Hour Session — 5-Pack	\$333	\$418
One-Hour Session — 10-Pack	\$630	\$792
Duet One-Hour Session	\$44	\$50
Class Pack Options		
8-Session Pack	\$209	\$231
4-Session Pack	\$110	\$132

*Classes are semi-private sessions with four participants per class.

YOUTH & TEEN TENNIS

Tennis is an excellent sport for young athletes. It provides a unique social aspect by allowing kids to play alone or with a partner. Tennis is easy on young joints while also being a great way for kids to exercise.

At BIRC we offer a wide variety of youth and teen classes. Classes are open to both members and non-members. Not sure which class is right for your child? Reach out to our Tennis Coordinator, Dayna Guizzetti at daynag@biparks.org.

TOTS TENNIS

Ages 4-5. This class is geared toward the littlest player just beginning their tennis journey. Start your little ones with basic skill-building exercises like tracking, catching, coordination, balance, etc. Players will also develop listening skills, following directions, teamwork, and resilience. We keep it fun and active while introducing them to the sport of a lifetime. 19"-21" rackets are used for Tots. BIRC

			Member/Non-Member
512703-01	Su	12:00-12:30p	9/15-10/13 \$63/\$83
02	Su	12:00-12:30p	10/20-11/17 \$63/\$83
03	Su	12:00-12:30p	11/24-12/15 \$53/\$73



RED BALL TENNIS

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 your child fall in love with tennis and transition them to the next level. 21"-23" rackets are used for Red Ball. BIRC

			Member/Non-Member
512706-02	W	3:00-3:45p	9/11-10/9 \$87/\$107
03	Th	3:00-3:45p	9/12-10/10 \$87/\$107
04	Su	12:30-1:30p	9/15-10/13 \$103/\$123
05	Su	12:30-1:30p	10/20-11/17 \$103/\$123
07	W	3:00-3:45p	10/16-11/13 \$87/\$107
08	Th	3:00-3:45p	10/17-11/14 \$87/\$107
10	W	3:00-3:45p	11/20-12/18 \$87/\$107
11	Th	3:00-3:45p	11/21-12/19* \$77/\$97
12	Su	12:30-1:30p	11/24-12/22 \$103/\$123

*No class 11/28



ORANGE BALL

Ages 8-11. Orange ball tennis will keep your child active, teach them technique and footwork fundamentals, and introduce cooperative rallying and competitive point play. Further focus will be on developing your child's athleticism by challenging their coordination, balance, and strength. Orange 23"-25" rackets are used for Orange Ball. BIRC

			Member/Non-Member
512704-02	W	3:00-4:00p	9/11-10/9 \$103/\$123
03	Th	3:00-4:00p	9/12-10/10 \$103/\$123
04	Su	1:30-2:30p	9/15-10/13 \$103/\$123
05	Su	1:30-2:30p	10/20-11/17 \$103/\$123
07	W	3:00-4:00p	10/16-11/13 \$103/\$123
08	Th	3:00-4:00p	10/17-11/14 \$103/\$123
10	W	3:00-3:45p	11/20-12/18 \$103/\$123
11	Th	3:00-3:45p	11/21-12/19* \$93/\$113
12	Su	12:30-1:30p	11/24-12/22 \$103/\$123

*No class 11/28



BIRC

GREEN BALL

Ages 11-13. Green ball tennis will emphasize proper technique and footwork with continued development in topspin, rallying with directional control and competitive point play. Additional focus will be on developing your child's athleticism by challenging their coordination, balance, and strength. 25"-27" racket is used for Green Ball. BIRC



	Member/Non-Member			
512705-01	T	5:00-6:00p	9/10-10/8	\$103/\$123
02	Th	5:00-6:00p	9/12-10/10	\$103/\$123
03	Su	2:30-3:30p	9/15-10/13	\$103/\$123
04	Su	2:30-3:30p	10/20-11/17	\$103/\$123
05	T	5:00-6:00p	10/15-11/12	\$103/\$123
06	Th	5:00-6:00p	10/17-11/14	\$103/\$123
07	T	5:00-6:00p	11/19-12/17	\$103/\$123
08	Th	5:00-6:00p	11/21-12/19*	\$93/\$113
09	Su	2:30-3:30p	11/24-12/22	\$103/\$123

*No class 11/28

CHALLENGER

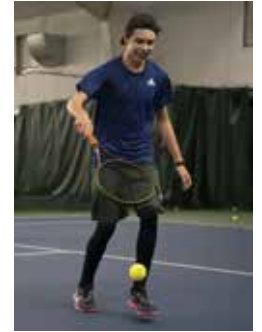
Ages 13 and up. This class requires BIRC Tennis Pro approval or completed Green Ball progression. Emphasis will be placed on developing better strength and balance as they become more comfortable with the transition from a green ball to the bounce of a heavier, faster, and higher bouncing ball. Players must demonstrate consistency with routine shots, the ability to move forward to play shorter shots with balance and transitioning to net play. Players will continue working on stroke development and spin while learning to structure singles and doubles points.

	Member/Non-Member			
512707-01	M	5:00-6:00p	9/9-10/7	\$103/\$123
02	W	5:00-6:00p	9/11-10/9	\$103/\$123
03	Su	4:00-5:00p	9/15-10/13	\$103/\$123
04	Su	4:00-5:00p	10/20-11/17	\$103/\$123
05	M	5:00-6:00p	10/14-11/4	\$103/\$123
06	W	5:00-6:00p	10/16-11/13	\$103/\$123
07	M	5:00-6:00p	11/18-12/16	\$103/\$123
08	W	5:00-6:00p	11/20-12/18	\$103/\$123
09	Su	4:00-5:00p	11/24-12/22	\$103/\$123



ADVANCED

Ages 14 and up. This class requires that players have a completed Challenger progression or have BIRC Tennis Pro approval. The player level for this class is equivalent to high school varsity, junior-varsity, or tournament players with a UTR (Universal Tennis Rating). Players must demonstrate consistency with routine shots, topspin on groundstrokes and knowledge of the correct grips for serve and volleys. Further focus and observation will be dedicated to singles and doubles strategy and patterns of play.



	Member/Non-Member			
512718-01	M	3:45-5:00p	9/9-10/7	\$120/\$140
02	W	3:45-5:00p	9/11-10/9	\$120/\$140
03	M	3:45-5:00p	10/14-11/4	\$120/\$140
04	W	3:45-5:00p	10/16-11/13	\$120/\$140
07	M	3:45-5:00p	11/18-12/16	\$120/\$140
08	W	3:45-5:00p	11/20-12/18	\$120/\$140

ADULT TENNIS

Whether you've just picked up a racket or have been playing tennis for years, our professional tennis staff can guide you to get the most out of your game at any level. We offer lessons, league, clinics, socials, and more. Not sure where to start? Reach out to our Tennis Coordinator, Dayna Guizzetti at daynag@biparks.org.

CLINICS

Clinics are open to both members and non-members. Most clinics are \$26 for members and \$32 for non-members. Members can register online 7 days in advance. Daily/Punch users can register 3 days in advance by calling the BIRC front desk at 206-842-5661.

Clinic participants need to be within a .5 of the designated clinic level if only one level is displayed.

DOUBLES CLINICS

2.5-3.0 LEVEL*

This clinic is excellent for beginners! Learn the fundamentals of tennis and some fun doubles point play activities. Two ongoing clinics available: Saturdays 11:15a-12:30p or Tuesdays 7:15-8:30p.

3.0-3.5 LEVEL*

A skills and drills session for the 3.0-3.5 athletic player with fast-paced drills, shot selection, and point play being the focus. Three ongoing clinics available: Saturdays (3.5 level) 8:45-10:00a, Saturdays (3.0 level) 10:00-11:15a, Wednesdays (3.0-3.5 level) 7:15-8:30p.

NEED FOR SPEED (4.0+)

A fun, fast-paced point play clinic designed to get you moving and hitting. Those who want to run, sweat, and grind need only show up! One ongoing clinic available: Mondays (4.0+ level) 7:15-8:30p.

BIRC



SINGLES CLINICS

Our singles clinics focus on footwork, tactics, patterns of play, and strategy.

3.0-3.5 LEVEL

Wednesday 10:15-11:15a

CARDIO TENNIS (FREE)

Cardio tennis is tennis games to music, lots of laughing and positive vibes. No instruction, just playing fun games as you chase down tennis balls. A great class to train your brain and focus. One ongoing class available: Wednesday (all levels) 8:00-8:45a

LEAGUES

Interested in testing your tennis skills against other players? We have a variety of leagues to choose from. League guidelines can be found on our website at birec.org or contact Dayna Guizzetti at daynag@biparks.org for more information.



COMPETITIVE LEAGUES

SEATTLE AREA CUP TENNIS LEAGUE

This women's daytime league allows our players the opportunity to compete with the Seattle area club players at each respective level. Levels range from 2.5 to 5.0. There are some time commitments so check in with our Tennis Coordinator for more information. Cups season runs from September through February. Contact our Tennis Department for league fees.

USTA LEAGUES (UNITED STATES TENNIS ASSOCIATION)

We have USTA leagues that are offered both daytime and weekends. Leagues range from 2.5-5.0. Teams are formed each season. Contact our Tennis Department for league fees.

SOCIAL LEAGUES

MIXED UP MIXED DOUBLES LEAGUE

Not your typical "mixed doubles". All genders mixed up and playing tennis together. It all depends on points earned and where you land in the standing's week to week. All players welcome! Levels 3.0-4.0

512731-01	Sa	11:15-12:30p	9/7-9/28	\$70/\$90
02	Sa	11:15-12:30p	10/5-10/26	\$70/\$90
03	Sa	11:15-12:30p	11/2-11/23	\$70/\$90
04	Sa	11:15-12:30p	12/7-12/28	\$70/\$90

TENNIS INSTRUCTORS

We believe our tennis staff is an excellent asset to the community. Our Tennis Pros are professional and caring and strive for every tennis program to be welcoming and comfortable for every participant. Each Pro is USPTA/PTR Certified. Together they have collective experience of 92 years of teaching and coaching tennis.



DAYNA GUIZZETTI

Tennis Program Coordinator, USPTA Elite Professional

daynag@biparks.org

Dayna's extensive 30+ years of teaching experience began in Seattle as a young adult. Dayna is currently on the SACT League Board and has led multiple teams to SACT championships. She sports a fast-paced, upbeat teaching style,

always believing in and wanting to challenge her students to achieve their goals and enjoy the sport that has given so much to many people.



PAUL KOESSLER

Tennis Program Specialist, USPTA

paulk@biparks.org

Paul brings a high-energy coaching style to the BIRC courts with over 30 years of experience. He emphasizes fundamentals in movement, stroke mechanics, court positioning and shot selection. He is a USPTA Certified Elite Professional, with prior experience working as the Men's Tennis

Coach at Pacific Lutheran University (PLU), 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.



JAMES CRUTCHFIELD

jamesc@biparks.org

James is a USPTA-certified tennis instructor with 10+ years of teaching experience. 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!

RACKET STRINGING

At the BIRC we offer stringing solutions for all rackets, playing styles and abilities. Prices range depending on string composition. We also allow clients to provide their own string for a nominal labor charge. For pricing, reach out to our Tennis Coordinator.

Wilson Products	Luxilon Products	Babolat Products	Solinco Products
Synthetic Gut	4G	RPM Blast	Confidential
NXT Power	Alu Power	VS Natural Gut	Hyper G
Sensation	LXN Smart	Xce	Tour Bite
Revolve	Natural Gut		Vanquish



BIRC

PRIVATE LESSONS

For private or group lessons, email our tennis pros directly at their email addresses above. Not sure which pro or have more questions? Reach out to our Tennis Coordinator Dayna Guizzetti at daynag@biparks.org.

PRIVATE TENNIS LESSON RATES

	Member	Non-Member
Private		
60 minute	\$70.00	\$85.00
45 minute	\$56.00	\$68.00
30 minute	\$38.00	\$46.00
Semi-Private (2 people)		
60 minute	\$38.00 per person	\$46.00 per person
45 minute	\$29.00 per person	\$35.00 per person
30 minute	\$24.00 per person	\$29.00 per person
Group Private (3 people)		
60 minute	\$26.00 per person	\$32.00 per person
75 minute	\$32.00 per person	\$39.00 per person
90 minute	\$39.00 per person	\$44.00 per person
Group Private (4 + people)		
60 minute	\$22.00 per person	\$27.00 per person
75 minute	\$26.00 per person	\$32.00 per person
90 minute	\$28.00 per person	\$34.00 per person

YOUTH PICKLEBALL

HOT SHOTS PICKLEBALL

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

				Member/Non-Member
512724-01	Su	12:15-12:45p	9/15-10/6	\$70/\$90
02	Su	12:15-12:45p	10/13-11/3	\$70/\$90
03	Su	12:15-12:45p	11/10-12/1	\$70/\$90
04	Su	12:15-12:45p	12/8-12/29	\$70/\$90

ROOKIES PICKLEBALL

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

				Member/ Non-Member
512725-01	Su	12:55-1:35p	9/15-10/6	\$70/\$90
02	Su	12:55-1:35p	10/13-11/3	\$70/\$90
03	Su	12:55-1:35p	11/10-12/1	\$70/\$90
04	Su	12:55-1:35p	12/8-12/29	\$70/\$90

PICKLEBALL 101 FOR KIDS

Ages 9-14. Come 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 welcome. Paddles available for use but if you have your own, please feel free to bring it.

				Member/Non-Member
512726-01	Su	1:40-2:20p	9/15-10/6	\$78/\$98
02	Su	1:40-2:20p	10/13-11/3	\$78/\$98
03	Su	1:40-2:20p	11/10-12/1	\$78/\$98
04	Su	1:40-2:20p	12/8-12/29	\$78/\$98

ADULT PICKLEBALL

INTRO TO PICKLEBALL — WEEKDAY

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.

				Member/Non-Member
512728-01	MW	9:30-10:30a	9/9-9/18	\$82/\$102
02	MW	9:30-10:30a	9/23-10/02	\$82/\$102
03	MW	9:30-10:30a	10/7-10/16	\$82/\$102
04	MW	9:30-10:30a	10/21-10/30	\$82/\$102
05	MW	9:30-10:30a	11/4-11/13	\$82/\$102
06	MW	9:30-10:30a	11/18-11/27	\$82/\$102
07	MW	9:30-10:30a	12/2-12/11	\$82/\$102



PICKLEBALL SKILLS AND DRILLS **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
512720-01	MW	8:00-9:15a	9/9-9/18	\$87/\$107
02	MW	8:00-9:15a	9/23-10/02	\$87/\$107
03	MW	8:00-9:15a	10/7-10/16	\$87/\$107
04	MW	8:00-9:15a	10/21-10/30	\$87/\$107
05	MW	8:00-9:15a	11/4-11/13	\$87/\$107
06	MW	8:00-9:15a	11/18-11/27	\$87/\$107
07	MW	8:00-9:15a	12/2-12/11	\$87/\$107

BIRC



INTRO TO PICKLEBALL FOR ADULTS — WEEKEND

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
512733-01	Su	2:30-3:30p	9/15-10/6	\$82/\$102
02	Su	2:30-3:30p	10/13-11/3	\$82/\$102
03	Su	2:30-3:30p	11/10-12/1	\$82/\$102
04	Su	2:30-3:30p	12/8-12/29	\$82/\$102

PICKLEBALL LADDER LEAGUE FOR ADULTS

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

				Member/Non-Member
512730-01	Su	5:30-7:30p	9/15-10/6	\$70/\$90
02	Su	5:30-7:30p	10/13-11/3	\$70/\$90
03	Su	5:30-7:30p	1/10-12/1	\$70/\$90
04	Su	5:30-7:30p	12/8-12/29	\$70/\$90

PICKLEBALL INSTRUCTOR

We offer private, semi-private, and group pickleball lessons for youth, adults, and seniors. Our instructor Zac's lessons are fun and interactive, and designed for beginner and intermediate players.



ZAC OHNEMUS

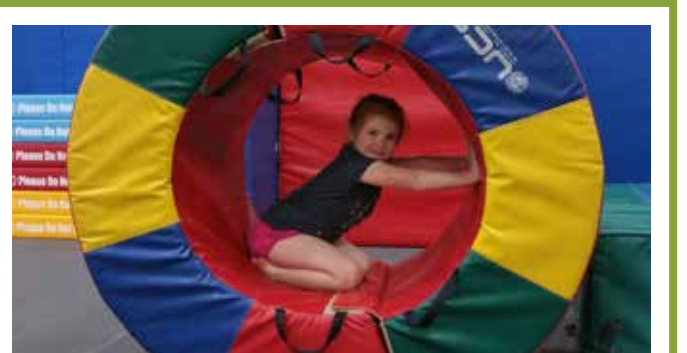
PCI Certified

pickleball@biparks.org

Zac is a lifelong gamer who loves thinking about strategies and techniques. You can frequently find him on the courts at Battle Point Park, playing in tournaments and reviewing tapes of pro pickleball games. Zac is Pickleball Coaching International certified. He has great passion for the game and loves teaching beginners and coaching intermediate players how to take their game to the next level.

PRIVATE PICKLEBALL LESSON RATES

	Member	Non-Member
BIRC Indoor Private Lessons		
One-Hour – One Player	\$60	\$75
One-Hour – Two Player	\$75	\$90
Outdoor Private Lessons		
One-Hour – One Player	\$60	
One-Hour – Two Player	\$75	
One-Hour – Three Player	\$90	
One-Hour – Four Player	\$105	



GYMNASTICS PRESCHOOL COME PLAY

This is a great introductory class into the gymnastics program for preschool age (3-4yrs old). This class is run the same format as our Preschool Gymnastics Class but is geared toward the preschoolers who are not used to structured system of the classes, or maybe are not fully ready to separate from their parents. This class allows for the parents to be involved to help their kid acclimate to the structured system. Parents can be as involved as needed through the class. The class meets on Tuesdays from 12-12:45pm at the Transmitter Building. For more info, see page 17.



AFTERSCHOOL ORCHESTRA BEGINNING STRINGS I

Introduce the gift of music to your child! Strings 1, presented by the friendly teachers from the Bainbridge Youth Orchestra, is a long-term class which continues into January 2025. With twice-weekly lessons and rehearsals, your budding string will make progress on their viola, violin, or cello. Find out more in the youth after school section.

Rent our Mobile Stage!



Ready to kick your next event up a notch? The Bainbridge Island Metro Park & Recreation District's Mobile Stage is available for rental! The Mobile Stage is ideal for your next fundraiser, grand opening, company picnic, poetry slam, family reunion and more. Give your event that extra special touch.



biparks.org/rentals



biparks.org | 206.842.2302

CELEBRATING

10

YEARS OF PARKS AND TRAILS



BECOME A SUSTAINING DONOR FOR PARKS AND TRAILS

From the Hidden Cove Park dock to the KidsUp! playground, from the pickleball Founders Courts to beautiful Blakely Harbor Park, the Bainbridge Island Parks & Trails Foundation has joyfully supported the expansion and enhancement of public parks and trails island-wide.

With your generous contributions, we have:

- Helped build and complete over 10 miles of new public trails and boardwalks
- Raised over \$1 million for Park District capital projects
- Added exciting new acreage to our public parklands
- Led campaigns to build four amazing playgrounds for kids of all ages
- Sponsored more than 100 volunteer stewardship events ... and much more!

Sustained giving provides dependable, essential support that allows us to make such a lasting difference to Bainbridge Island parks and trails, to benefit you, your family and friends – our community.

Become a recurring donor today through our Conifer Club (monthly) or Stewards Circle (annual) giving programs.

Visit our website at www.biparksfoundation.org, follow the QR code or call our office at 206-842-4971 to learn more.



BAINBRIDGE ISLAND
PARKS & TRAILS
FOUNDATION

BOXED
PICNIC
SNACKS!

MORITANI COMMUNITY PICNIC

Live music • Family fun

Monday, Sept. 2 • LABOR DAY • 4-6p
Moritani Preserve

biparksfoundation.org/picnic



Bainbridge Island Parks



Key/Legend	
	Park Boundaries
	Selected Open Space
	Roads
	BIMPRD Maintained trails
	Facilities



For more information: biparks.org

AARON TOT LOT: (1385 Aaron Ave.) Children's play structure.

BAINBRIDGE ISLAND RECREATION CENTER: (11700 Meadowmeer Cir.) 50,000 sq.ft. indoor athletic facility with fitness equipment, outdoor pool, tennis, basketball, and pickleball courts. Location of District administrative offices.

BATTLE POINT PARK: (11299 Arrow Pt Dr) 90 acres. Picnic areas, play structure, jogging trail, soccer & softball fields, equestrian trail, picnic shelter, tennis courts, pickleball courts, basketball courts, roller-hockey rink, wildlife pond, and community garden.

AQUATIC CENTER: (8521 Madison Ave.) 1 acre. 25 yard/6-lane pool with 1 & 3 meter diving boards, warm water leisure pool with spa, lazy river, water slide and zero depth entry.

BLAKELY HARBOR PARK: (Head of Blakely Harbor) 40 acres, shoreline access, passive recreational activities such as picnicking, kayaking and wildlife viewing.

CAMP YEOMALT: (900 Park Ave.) 3 acres. Multipurpose building, historic cabin, and woodland trail.

CAVE FAMILY HERITAGE PARK: (259 Ferncliff Dr.) .91 acres. Playground, picnic table, benches, and historic two-story home.

EAGLEDALE PARK: (5050 Rose Ave NE) 7 acres. Pottery studio and workshop, picnic shelter, tennis court, play area, volleyball court, and off-leash dog area.

FAY BAINBRIDGE PARK: (15996 Sunrise Drive) 17 acres. Campsites, cabins, picnic areas, play areas & trails.

FORT WARD HALL: (9705 NE Evergreen Ave) Indoor facility with space for programs, classes, and community events.

FORT WARD PARK: (Pleasant Beach Drive or Ft. Ward Hill) 137 acres. Picnic and play areas, boat launch & trails.

GAZZAM LAKE NATURE PRESERVE: (Deerpath Lane or Marshall Road) 444.6 acres. Trails and wildlife area.

GIDEON PARK: (274 Gideon Lane) 2.5 acres. Neighborhood children's play area.

THE GRAND FOREST OF BAINBRIDGE: (Miller and Mandus Olson Roads) 240 acres. Equestrian and walking trails.

HAWLEY COVE PARK: (1287 Wing Point Way NE) 12 acres. Low bank shoreline and related estuarine wetland communities.

HIDDEN COVE BALLFIELDS: (13595 Phelps Rd.) 7.7 acres, two baseball fields and soccer practice field.

HIDDEN COVE PARK: (8588 Hidden Cove Rd NE) Beautiful waterfront with dock.

ISLAND CENTER PARK: (8395 Fletcher Bay Rd) 3 acres. Community center & picnic area.

LUMPKIN (200 Block Gowen Pl.) 4.45 Acres. 400 linear feet of shoreline with tidelands.

MADISON AVENUE TOT LOT: (598 Madison Avenue North) Neighborhood children's play area.

MANITOU BEACH (9800 Block of Manitu 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.

Fall Work Parties

Strawberry Hill Park Conservation Work Party

Saturday, September 14, October 12, November 9, 10:00a-12:00p

Join the Park District and the Bainbridge Island Parks & Trails Foundation, every second Saturday this fall at Strawberry Hill Park! Volunteers will pick up where others have left off, removing invasive scotchbroom, ivy, holly and more, across the park including in the site of the new mountain bike park. These projects are well suited for children ages six and up who are comfortable using small hand tools and walking off trail on uneven surfaces.

Manzanita Park Trails Work Party

Saturday, September 21, October 19, November 16, 10:00a-12:00p

Join the Park District's trails team and the Bainbridge Island Parks & Trails Foundation on the trails at Manzanita Park this fall. Explore this lesser-explored northern park, its miles of trails, wetlands, and forest. Volunteers will help improve trail drainage, update surfacing, and prune vegetation.

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.

Red Pine Park Work Party

Tuesday, September 10, October 8, November 12, 10:00a-12:00p

Work with the Park District's horticulture staff and the Bainbridge Island Parks & Trails Foundation every second Tuesday this fall to put the gardens to bed, and care for an historic fruit orchard, edible perennials and other historic plantings in this former homestead in the heart of downtown.

Moritani Preserve Work Party

Thursday, September 19, October 17, November 21, 10:00a-12:00p

Join the Park District's Natural Resources team and the Bainbridge Island Parks & Trails Foundation every third Thursday this fall 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.



Bainbridge Island
Metro Park & Recreation District



BAINBRIDGE ISLAND
PARKS & TRAILS
FOUNDATION

Scan to
Sign up



biparks.org | 206-842-2302

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
BHSG	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
Blakely	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	WMS	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

FACILITY RENTALS

All facilities, fields and picnic areas must be reserved by groups intending to use the facilities. Please look online at www.biparks.org for information and rates.



HOURS & CLOSURES

Bainbridge Island Aquatic Center:

Monday-Friday: 5:00a-8:30p

Saturday: 6:00a-3:30p

Sunday: 9:00a-3:30p

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:

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. If the Park District cancels your class due to extreme conditions, your instructor will notify you concerning make-up dates.

FALL 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, August 10, 2024, 9:30am
and for non-residents on Sunday, August 11, 2024, 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				
								/ /	
								/ /	
								/ /	
								/ /	
								/ /	
								/ /	
								/ /	

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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Bainbridge Island
Metro Park & Recreation District

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Your Community In
These Program Areas:**

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Camps
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Gymnastics
Park Services
Adult Programs
Lifeguards

Starting Wage \$17.43/hr DOE

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Bainbridge Island Recreation Center Membership

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