



# Recreation CONNECTION

WINTER/SPRING 2025

**RESIDENT REGISTRATION BEGINS**

**Saturday, December 7 at 9:30am**

**NON-RESIDENT REGISTRATION BEGINS**

**Sunday, December 8 at 9:30am**

**SEE REGISTRATION INFO 71**

**TABLE OF CONTENTS 3**



## Dear Community Members,

On November 1, I assumed the full-time position of executive director of the Park District after serving as acting executive director since February. I want to take this opportunity to thank outgoing executive director Terry Lande, and the Park District Board of Commissioners. I'm honored to continue the great work that has been done here at the Park District.

A key focus of our current work is the Ray Williamson Pool rehabilitation project. We are grateful for the community's consideration of the bond. That decision has allowed us to define a clear path forward. Currently, contractors are hard at work rehabilitating the pool in its existing configuration to extend its lifespan. This project is crucial in ensuring the pool can continue to meet the needs of our community. You can read more about the project on page six.

In 2025, we will begin the work on our next comprehensive plan. Our comprehensive plan serves as a guiding document that reflects our goals, values, and commitment to the community. This plan is not just a roadmap for today, but a visionary framework that looks ahead 20 years. It captures an inventory of our existing facilities and programs, while also assessing population trends and future needs. As we embark on this update process, we will invite you to engage with us as we seek your input on existing and desired features within our Park District.

As we look to the future, we are committed to asking the hard questions about what we deliver. We'll be exploring ways to leverage our resources responsibly while considering sustainability and climate impact.

As executive director, I've realized that this role is as much about people management as it is about programs. Empowering our staff and fostering teamwork has been incredibly rewarding. Their commitment inspires me daily, and I am honored to lead such a passionate team. I am dedicated to continuing this work and ensuring that our Park District remains a vital part of our community.

Thank you for your ongoing support and engagement. I look forward to hearing your thoughts as we shape the future of our parks and recreation services together.



**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  
Executive Director  
Bainbridge Island Metro Park & Recreation District

## DISTRICT NEWS AND UPDATES

|  |    |
|--|----|
| Project Spotlight.....                                       | 6  |
| Winter Work Parties .....                                    | 69 |
| Bainbridge Island Parks.....                                 | 68 |
| Program Sites, Contact Information and Hours & Closures..... | 70 |
| Fall Registration Information .....                          | 71 |

## SPECIAL EVENTS

|                               |    |
|-------------------------------|----|
| Earth Expo .....              | 5  |
| Pickleball Tournament.....    | 66 |
| Job Fair.....                 | 67 |
| Parks & Tails Foundation..... | 7  |

## AFTER-SCHOOL & NO-SCHOOL FUN

|                                  |      |
|----------------------------------|------|
| All-Day Explorer Camps .....     | 8-9  |
| No School Days.....              | 9    |
| After School at the Schools..... | 9    |
| After School Other Places.....   | 9-10 |



## YOUTH

|                           |       |
|---------------------------|-------|
| Preschool.....            | 11    |
| Arts, Crafts & More.....  | 11    |
| Pottery.....              | 12    |
| Cooking.....              | 13    |
| Gymnastics.....           | 13-18 |
| Exercise & Fitness.....   | 18-20 |
| Racket/Paddle Sports..... | 20-22 |
| Ski Bus.....              | 23    |
| Rock Climbing.....        | 23-24 |
| Mountain Biking.....      | 24-25 |
| Fly Fishing.....          | 25    |

## TEEN

|                   |    |
|-------------------|----|
| Teen Center ..... | 26 |
| Teen Fun .....    | 26 |
| Service.....      | 26 |

## ADAPTIVE & SPECIALIZED REC.

|             |    |
|-------------|----|
| Youth ..... | 27 |
| Adult.....  | 27 |



## YOUTH & ADULT

|                           |    |
|---------------------------|----|
| Wilderness Day Hikes..... | 28 |
| Backpacking .....         | 29 |
| Fly Fishing.....          | 29 |

## ADULT

|                              |        |
|------------------------------|--------|
| Art & Craft.....             | 30     |
| Drawing.....                 | 30-31  |
| Painting .....               | 32-33  |
| Stained Glass Glass Art..... | 33-34  |
| Pottery .....                | 34-37  |
| Language.....                | 37     |
| Special Interests .....      | 38     |
| Canine .....                 | 38-39  |
| Climbing .....               | 39     |
| Exercise/Fitness .....       | 39     |
| Walking/Running .....        | 40, 43 |
| Tennis/Pickleball .....      | 40-41  |
| Birding.....                 | 43     |
| Team Sports/Leagues .....    | 43     |

## BOATING

|                                 |    |
|---------------------------------|----|
| Paddling.....                   | 44 |
| Boating Classroom Courses ..... | 44 |

## AQUATIC

|   |       |
|---|-------|
| Admission Fees & Special Schedules..... | 45    |
| Swim Descriptions & Schedules.....      | 46    |
| Teams .....                             | 47    |
| Aqua Exercise Classes .....             | 48    |
| Adult and Teen Swim Classes .....       | 48    |
| Youth Swim Lessons .....                | 50-51 |
| Swimming Lessons Progressions.....      | 52    |

## BIRC

|  |       |
|--|-------|
| Monthly Membership Options .....                   | 53-54 |
| Gymnasium Drop-Ins, Sports, Leagues, Classes ..... | 54    |
| Drop-In Play.....                                  | 55    |
| Personal Training.....                             | 56-57 |
| Fitness and Exercise.....                          | 58-60 |
| Strength Training.....                             | 59    |
| Pilates Reformer.....                              | 61    |
| Tennis .....                                       | 62-63 |
| Pickleball .....                                   | 63-65 |



## 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.

**Registration .....71**  
**Parks Map .....68**

**Office Info, Facility Locations, Contacts, Extreme Weather Policy and Holiday Closures, please see page 86**

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

# HOW TO REGISTER

**REGISTRATION FOR RESIDENTS: Saturday, December 7, 2024 at 9:30a**  
**REGISTRATION FOR NON-RESIDENTS: Sunday, December 8, 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.107

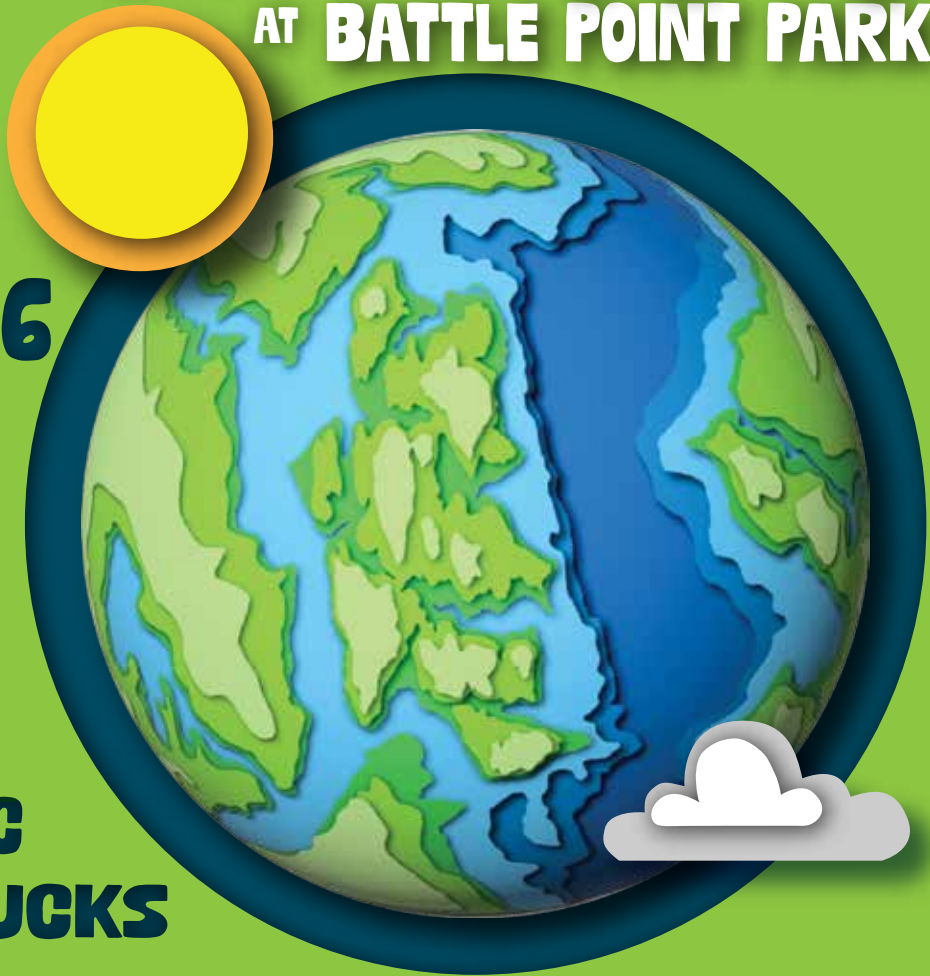


# 2025 EARTH DAY EXPO

AT BATTLE POINT PARK

**SAT.**  
**APRIL 26**  
**10A - 2P**

**FREE**  
**LIVE MUSIC**  
**FOOD TRUCKS**



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

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



# RAY WILLIAMSON POOL PROJECT UPDATE

We are grateful for the community's consideration of the bond in August 2024. The results determined that the pool would be rehabilitated in its current configuration. That decision has allowed us to define a clear path forward. The project is crucial in ensuring that the pool can continue to meet the needs of our growing community.

## REHABILITATION DETAILS

The project is officially under contract, and contractors are hard at work. We are actively carrying out rehabilitation while the pool remains operational.

The extensive rehabilitation will enhance the pool's functionality and safety. All systems are being renovated and updated. The Ray Williamson Pool portion of the Aquatic Center will see a significant overhaul of systems such as HVAC, pool filtration systems, and more.

This comprehensive project will extend the life of the pool by a minimum of 20 years, ensuring that it remains a vital resource for our community.

## LOOKING AHEAD

Our goal is to keep the pool closed for the shortest time possible. We anticipate a spring 2025 shutdown, with the entire project expected to be completed by summer/fall 2026. We are continuously updating the timeline as we progress, so we encourage you to stay tuned for the latest information. Please note that the Don Nakata Pool area will remain open and unaffected during this renovation period.

We appreciate your patience and support as we undertake this vital project to improve our aquatic facilities. We look forward to many enjoyable years at the Ray Williamson Pool!







# SEND TO THE END!

GIVE TODAY to help build  
Strawberry Hill Bike Park

Designed for riders of ALL skill levels

CAMPAIGN SPONSOR



GIVE TODAY



# AFTER-SCHOOL & NO-SCHOOL FUN



## WHAT ARE CONTRACTOR CLASSES?

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

# ALL-DAY EXPLORER CAMPS!

**Ages 6-12**

**When school is out — EXPLORER CAMP is in!**

The Park District offers families an all-day recreational option for those long out-of-school days. With various fun, interactive, and educational themes, kids will be excited to share what they 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** — Try out our single-day Explorer options for busy families during BIDS winter break.

## WINTER BREAK EXPLORERS Elves Workshop

This whimsical workshop is an excellent 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, and 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 celebrate a day 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. Please 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





# AFTER-SCHOOL & NO-SCHOOL FUN

**Mid-Winter & Spring Break Explorers**  
**Flexible Drop-off between 8:00-9:00a**  
**Structured Camp activities from 9:00a-4:00p**

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

## MID-WINTER BREAK EXPLORERS: CABIN FEVER!

February may be dark and cold outside, but Explorer Camp is warm and wild! We are ready to make noise, run, jump, and be silly. From epic "log" obstacle courses and scooter games at base camp to field games and hikes outdoors, the dreary mid-winter days will pass quickly. Join us for a fun week of cabin-building, cabin knocking-down, and getting outside to avoid cabin fever. AQ

110001-01 T-F 8:00a-5:00p 2/18-2/21 \$360

## SPRING BREAK EXPLORERS: SPRING FOREST EXPLORERS!

Spring has sprung, and we're heading into the forest! It's the perfect time to explore the woods, surrounding trails, and beaches. From hidden forts to (safe) fire building and funny skits, the week will fly by. We'll take a field trip to an off-island forest to check out a beaver pond and other signs of spring. AQ

110001-02 M-F 8:00a-5:00p 4/7-4/11 \$450



## NO SCHOOL DAYS

### MID-WINTER BREAK TEEN VIDEO CREATOR BOOTCAMP **NEW!**

Ages 12-18. It's Mid-Winter Break — time to let your creativity flow! Sleep in every day and then focus your afternoons on making videos. Learn some essential professional videographer tips and hacks for distance, lighting, storyboards, backgrounds, effects, sound, and other elements in creating interesting video content. Every project could benefit whether for school assignments, special celebrations, or personal social. Bring your phone. Four full afternoons exploring this creative medium. Separate staging rooms and outside locations will ensure project privacy for those who prefer it (sometimes it feels awkward while recording- we get it!). SHC

170307-02 T-F 2:00-5:00p 2/18-2/21 \$200

## AFTER SCHOOL AT THE SCHOOLS

### BRICKS 4 KIDZ! LEGO®

Ages 5-9. Learn the fundamentals of S.T.E.A.M. (science, technology, engineering, art, mathematics) in an extraordinary atmosphere for children, where we learn, build, and play with LEGO® Bricks! Using proprietary model plans created by engineers and architects, Bricks 4 Kidz believes kids learn best through fun activities that engage their curiosity and creativity. Each class uses models and curriculum that differ from session to session and year to year. All students take home a custom minifigure (build kits are reused, not taken home). Nine-week sessions. **CONTRACTOR**

#### HALITS BUILDERZ

|           |    |            |            |       |
|-----------|----|------------|------------|-------|
| 170241-04 | Th | 2:20-3:30p | 1/16-3/27* | \$148 |
| 05        | Th | 2:20-3:30p | 4/17-6/12  | \$148 |

\*No class 2/13 or 2/20

#### BLAKELY BUILDERZ

|           |   |            |            |       |
|-----------|---|------------|------------|-------|
| 170242-04 | W | 2:20-3:30p | 1/15-3/26* | \$148 |
| 05        | W | 2:20-3:30p | 4/16-6/11  | \$148 |

\*No class 2/12 or 2/19

#### ORDWAY BUILDERZ

|           |   |            |            |       |
|-----------|---|------------|------------|-------|
| 170243-04 | T | 2:20-3:30p | 1/14-3/18* | \$148 |
| 05        | T | 2:20-3:30p | 4/16-6/11  | \$148 |

\*No class 2/18

## AFTER-SCHOOL OTHER PLACES

### SEWING CIRCLES

Ages 9-14. Beginning and experienced sewing students will have fun learning about machine and hand sewing through practice, creative projects, pattern creation, and items to keep or share! This class includes simple machines and all tools. With two instructors, everybody can progress at their own pace. Five weeks. SHC

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 170220-03 | M | 3:00-5:00p | 2/24-3/24 | \$150 |
| 05        | M | 3:00-5:00p | 4/21-5/19 | \$150 |

### BRICKS 4 KIDZ! LEGO® EVENING JUNIOR ROBOTICS

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

|           |   |            |            |      |
|-----------|---|------------|------------|------|
| 170244-01 | T | 6:00-7:00p | 1/14-2/25* | \$99 |
| 02        | T | 6:00-7:00p | 3/4-4/15** | \$99 |
| 03        | T | 6:00-7:00p | 4/22-5/27  | \$99 |

\*No class 2/18 \*\*No class 4/8

# AFTER-SCHOOL & NO-SCHOOL FUN



## AFTER-SCHOOL ORCHESTRA BEGINNING STRINGS II

Ages 7-10. FOR STUDENTS WHO HAVE TAKEN THE FALL STRINGS I SESSION. Support the gift of music to your child. The Park District proudly offers a continuing group music option for young string players and their families. Join experienced youth orchestra leaders after school twice a week as they continue to open the world of beautiful sound, dedicated practice, and fulfilling teamwork through orchestra. Winter Strings II is the second session of a long-term class which builds upon the basics learned in the Fall Strings I class. Students remain responsible for providing their instruments. Instruments may be rented from Kids In Concert (KIC) at kickirsten@gmail.com. For further inquiries, please email the Bainbridge Island Youth Orchestra at contact@biYo.us. Bethany Lutheran Church **CONTRACTOR**

| VIOLIN    |   |            |            |       |
|-----------|---|------------|------------|-------|
| 170291-01 | T | 6:00-7:00p | 1/21-5/15* | \$495 |
| VIOLA     |   |            |            |       |
| 02        | T | 6:00-7:00p | 1/21-5/15* | \$495 |
| CELLO     |   |            |            |       |
| 03        | T | 6:00-7:00p | 1/21-5/15* | \$495 |

\*No class 2/18, 2/20, 4/8 or 4/10

## AFTER-SCHOOL TENNIS AT ORDWAY

Ages 4-10. 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 undercover area.

| AGES 4-5  |   |            |           |      |
|-----------|---|------------|-----------|------|
| 112699-01 | M | 1:00-1:45p |           |      |
| 1/6-2/10  |   |            |           | \$80 |
| 02        | M | 1:00-1:45p | 4/14-5/19 | \$80 |
| AGES 6-10 |   |            |           |      |
| 112698-01 | T | 2:30-3:30p | 1/7-2/11  | \$90 |
| 02        | W | 2:30-3:30p | 1/8-2/5   | \$75 |
| 03        | T | 2:30-3:30p | 4/15-5/20 | \$90 |
| 04        | W | 2:30-3:30p | 4/16-5/21 | \$90 |



## AFTER-SCHOOL PICKLEBALL

Ages 4-16. After-school Pickleball program allows children to gain skills, learn the fundamentals, and play the game in a fun and engaging environment. Join us in learning the game of pickleball. BPP

| AGES 4-5   |    |            |          |      |
|------------|----|------------|----------|------|
| 110010-01  | Th | 3:00-3:30p | 4/17-5/8 | \$70 |
| 02         | Th | 3:00-3:30p | 5/15-6/5 | \$70 |
| AGES 6-10  |    |            |          |      |
| 110011-01  | Th | 3:30-4:15p | 4/17-5/8 | \$75 |
| 02         | Th | 3:30-4:15p | 5/15-6/5 | \$75 |
| AGES 11-16 |    |            |          |      |
| 110012-01  | Th | 4:15-5:15p | 4/17-5/8 | \$80 |
| 02         | Th | 4:15-5:15p | 5/15-6/5 | \$80 |

## YOUTH POWER OF THE PADDLE **NEW!**

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

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 112734-01 | W | 4:15-5:15p | 3/5-3/26  | \$58 |
| 02        | W | 4:15-5:15p | 4/2-4/30* | \$58 |
| 03        | W | 4:15-5:15p | 5/7-5/28  | \$58 |
| 04        | W | 4:15-5:15p | 6/4-6/25  | \$58 |

\*No Class 4/9

## WEST SOUND SOCCER ACADEMY WINTER PROGRAM: TOTAL PLAYER DEVELOPMENT **NEW!**

Girls birth years 2011-2017 (Ages 8-14). This winter program, designed in collaboration with West Sound Soccer Academy, has a dual focus. We will introduce a mental skill players can utilize on and off the field each week. One session will focus on technical soccer skills like receiving, passing, or dribbling and speed, agility, and quickness (SAQ) training, while the second session will feature small-sided scrimmages. Mondays @ BPP & Wednesdays @ Sakai Gym.

| CONTRACTOR             |   |                          |            |       |
|------------------------|---|--------------------------|------------|-------|
| Birth years: 2011-2014 |   |                          |            |       |
| 112305-01              | M | 3-4:30pm & W, 6:00-7:30p | 1/27-3/31* | \$225 |
| Birth years: 2014-2017 |   |                          |            |       |
| 112305-02              | M | 3-4:30pm & W, 4:00-5:30p | 1/27-3/31* | \$225 |

\*No Class 2/17, 2/19

## WINTER INDOOR FUTSOL WITH BIFC

Join BIFC's Coaching Staff and Director of Coaching in weekly skills-based classes and games. This winter program supports player growth, development and inspires a love for the game. The program is open to children born in the years 2018 and 2019 (Ages 5-7), an individual skill-based curriculum allows players to enhance their dribbling, 1v1 attacking/defending and finishing skills through purposeful and fun activities. Game day rosters and schedules will be released on February 10, Saturday games will take place in March (3/1-3/29) at Sakai School gym. Questions - Contact Bainbridge Island FC @ ian@bifc.net

### CONTRACTOR

| Monday @ Haliits Elementary School Gym |   |                    |            |       |
|--|---|--------------------|------------|-------|
| 112317-01                              | M | 1:00-2:00p (GIRLS) | 1/27-3/29* | \$215 |
| 02                                     | M | 2:00-3:00p (BOYS)  | 1/27-3/29* | \$215 |
| Tuesday @ Ordway Elementary School Gym |   |                    |            |       |
| 112317-03                              | T | 2:30-3:30p (GIRLS) | 1/28-3/29* | \$215 |
| 04                                     | T | 3:30-4:30p (BOYS)  | 1/28-3/29* | \$215 |

\*No Class 2/17, 2/18





# YOUTH

## WHAT ARE CONTRACTOR CLASSES?

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

## ARTS, CRAFTS & MORE

### TEEN-AFTER HOURS ART LAB — DRAWING

Ages 12-18. An evening art lab especially for teens! Whether you are a doodler, a sketcher, or want to learn some cool drawing tips and hacks, this four-week evening class is just the thing for creative teens. All supplies are provided, but favorite materials are welcome if preferred. SHC

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 170305-01 | F | 7:00-8:30p | 3/10-3/31 | \$80 |
|-----------|---|------------|-----------|------|

### TEEN VIDEO CREATOR **NEW!**

Ages 12-18. Learn some basic professional videographer tips and hacks for distance, lighting, storyboards, backgrounds, effects, sound, and other elements involved in creating interesting video content. Every project could benefit, whether for school assignments, special celebrations, or personal social. Bring your phone. SHC

|           |   |            |            |       |
|-----------|---|------------|------------|-------|
| 170307-01 | F | 7:00-8:30p | 1/31-2/28* | \$100 |
| 03        | F | 7:00-8:30p | 4/18-5/09  | \$100 |

\*No class 2/21

### ART LAB

Ages 2-9. 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 2-3 WITH ADULT

|                |   |              |      |      |
|----------------|---|--------------|------|------|
| <b>Hearts</b>  |   |              |      |      |
| 170306-10      | M | 10:00-10:45a | 2/3  | \$25 |
| <b>Bugs</b>    |   |              |      |      |
| 170306-11      | M | 10:00-10:45a | 3/3  | \$25 |
| <b>Flowers</b> |   |              |      |      |
| 170306-12      | M | 10:00-10:45a | 4/7  | \$25 |
| <b>Fish</b>    |   |              |      |      |
| 170306-13      | M | 10:00-10:45a | 5/25 | \$25 |

#### PRESCHOOL AGES 3-4

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 170302-01 | M | 1:00-1:45p | 1/20-2/10 | \$75 |
| 02        | M | 1:00-1:45p | 3/3-3/24  | \$75 |
| 03        | M | 1:00-1:45p | 4/28-5/19 | \$75 |

#### KINDERART AGES 4.5-5

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 170301-01 | M | 2:30-3:45p | 1/20-2/10 | \$80 |
| 02        | M | 2:30-3:45p | 3/3-3/24  | \$80 |
| 03        | M | 2:30-3:45p | 4/28-5/19 | \$80 |

#### AFTER-SCHOOL ART FOCUS AGES 6-9

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 170304-10 | M | 4:30-5:45p | 1/20-2/10 | \$80 |
| 11        | M | 4:30-5:45p | 3/3-3/24  | \$80 |
| 12        | M | 4:30-5:45p | 4/28-5/19 | \$80 |

## PRE-SCHOOL

### LADYBUG NATURE WALKS

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

#### WINTER WONDER!

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

|           |   |              |     |           |
|-----------|---|--------------|-----|-----------|
| 171801-01 | F | 10:00-11:00a | 2/7 | \$20 pair |
|-----------|---|--------------|-----|-----------|

#### "G" IS FOR GREEN!

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

|           |   |              |      |           |
|-----------|---|--------------|------|-----------|
| 171801-05 | F | 10:00-11:00a | 3/14 | \$20 pair |
|-----------|---|--------------|------|-----------|

#### FEATHERED FRIENDS

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

|           |   |              |      |           |
|-----------|---|--------------|------|-----------|
| 171801-07 | F | 10:00-11:00a | 4/18 | \$20 pair |
|-----------|---|--------------|------|-----------|





# YOUTH



## POTTERY: YOUTH HAND-BUILDING

Ages 9-11. This all-level class features hand-building and sculpture skills through fun, creative projects. A variety of glazing techniques are used, including decorative brushwork. ED

|           |    |            |           |       |
|-----------|----|------------|-----------|-------|
| 122008-05 | Th | 4:00-5:30p | 1/23-2/13 | \$130 |
| 06        | Th | 4:00-5:30p | 2/27-3/20 | \$130 |
| 07        | Th | 4:00-5:30p | 4/17-5/15 | \$150 |



## GLASS ART

SEE PARENT/CHILD GLASS FUSING CLASSES PAGE 34

## POTTERY



## POTTERY: YOUTH ALL KINDS OF CLAY

Ages 7-9. This beginner class introduces hand-building, sculpture skills, many types of clay, and fun, creative projects. A variety of glazing techniques are used, including decorative brushwork. ED

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 122014-01 | M | 3:00-4:30p | 1/6-2/10* | \$150 |
| 02        | M | 3:00-4:30p | 3/3-3/31  | \$150 |
| 03        | M | 3:00-4:30p | 4/21-5/19 | \$150 |

\*No class 1/20

## POTTERY: YOUTH & TEEN WHEEL BASICS

Ages 11-16. This long-term after-school pottery basics class is for young people who want to try wheel-thrown pottery seriously! Guided projects will be combined with independent studio time and various basic techniques and tools. Perfect for those who didn't get a ceramics elective in school or wish to join the teen clay club in the future. The class fee includes clay. ED

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 122014-10 | W | 4:00-5:30p | 1/8-3/05* | \$228 |
| 11        | W | 4:00-5:30p | 4/16-6/4  | \$228 |

\*No class 2/19



## 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

### WINTER BUNNIES & BUGS!

Work together to make a colorful winter bunny or charming bug keepsake (with mittens?)!

|           |   |            |            |      |
|-----------|---|------------|------------|------|
| 122006-03 | F | 3:30-5:00p | 1/17, 1/31 | \$50 |
|-----------|---|------------|------------|------|

### SPRING FOREVER FLOWERS!

Work together to create some whimsical forever flowers to brighten your world!

|           |   |            |            |      |
|-----------|---|------------|------------|------|
| 122006-04 | F | 3:30-5:00p | 2/28, 3/14 | \$50 |
|-----------|---|------------|------------|------|

### CREATURE FEATURE!

Work together to create one-of-a-kind creatures for a shelf or garden spot!

|           |   |           |           |      |
|-----------|---|-----------|-----------|------|
| 122006-05 | F | 3:30-5:00 | 4/25, 5/9 | \$50 |
|-----------|---|-----------|-----------|------|



# YOUTH

## POTTERY: TEEN CLAY CLUB

Ages 12-16, with previous pottery skills. Facilitated by Heather Polverino. This supervised semi-independent studio time allows young artists to focus on the techniques and projects they find most interesting. The class fee includes one bag of clay of their choice. ED

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 122015-10 | T | 3:45-5:30p | 1/7-2/11  | \$170 |
| 11        | T | 3:45-5:30p | 3/4-4/1   | \$150 |
| 13        | T | 3:45-5:30p | 4/22-5/20 | \$150 |

## COOKING

### KIDS CAN COOK!

For kids who like to help in the kitchen! Join instructor and nutritionist Cait James in the Strawberry Hill kitchen as you learn to create healthier treats! Capable young cooks will have shopping lists and recipes to continue treat-making at home.

### KIDS CAN COOK VALENTINE TRUFFLES!

Ages 6-10. Dark chocolate has numerous health benefits, and easy truffles are a great way to share a treat. Add some sweetness to your Valentine's week or learn how to make this easy gift idea.

|           |    |             |     |      |
|-----------|----|-------------|-----|------|
| 170966-03 | Sa | 9:30-11:30a | 2/8 | \$50 |
|-----------|----|-------------|-----|------|



### KIDS CAN COOK SPRING ROLLS!

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

#### Morning Cooking Kids!

|           |    |             |      |      |
|-----------|----|-------------|------|------|
| 170966-07 | Sa | 9:30-11:30a | 4/19 | \$50 |
|-----------|----|-------------|------|------|

#### Afternoon Cooking Kids & Adults!

|           |    |             |      |      |
|-----------|----|-------------|------|------|
| 170966-08 | Sa | 12:30-2:30p | 4/19 | \$65 |
|-----------|----|-------------|------|------|

## GYMNASTICS

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

### TRANSMITTER BUILDING

11299 Arrow Point Drive NE  
Bainbridge Island, WA 98110

### BHS GYMNASTICS ROOM

9330 NE High School Road  
Bainbridge Island, WA 98110

The Gymnastics Room is located at the back of Bainbridge High School across from the back side of the aquatic center.

### IMPORTANT INFORMATION

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

### INDIVIDUALIZED INSTRUCTION

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

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

\$85/60 minutes for the individual.

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





# YOUTH



## OPEN PLAYTIME AT THE TRANSMITTER BUILDING

Ages 6 months-5 years. Give your little ones a chance to explore their proprioception in a padded indoor environment where they can jump and roll over mats, bounce on a trampoline, swing on bars, and move across balance beams. Great for children who are not quite ready for a fully structured class but still need an outlet for their explorative energy. A parent or guardian must attend with child(ren) with a max limit of two children per person. The cost is per child.

Playtime is available Tuesday-Friday from 10:00-11:30a  
 January 3-February 14  
 February 25-April 4  
 April 15-June 6

Drop-in Fee: \$10  
 5-visit punch pass: \$40  
 10-visit punch pass: \$80



## SPRING BREAK CLINICS

### CHEER TUMBLING CLINIC

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

|           |   |            |     |      |
|-----------|---|------------|-----|------|
| 141519-01 | T | 2:00-4:00p | 4/8 | \$66 |
|-----------|---|------------|-----|------|

### PARKOUR/NINJA CLINIC

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

|           |     |            |          |       |
|-----------|-----|------------|----------|-------|
| 141582-01 | WTh | 2:00-4:00p | 4/9-4/10 | \$131 |
|-----------|-----|------------|----------|-------|

## SPECIALTY 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 learn how to do handsprings and other tumbling skills along with the drills, techniques, flexibility, and strength training to perform them correctly. BHS Gymnastics Room

|           |   |            |            |       |
|-----------|---|------------|------------|-------|
| 141545-01 | M | 5:30-6:30p | 1/13-2/10* | \$104 |
| 02        | M | 5:30-6:30p | 2/24-3/24  | \$130 |

\*No class 1/20

|    |   |            |           |       |
|----|---|------------|-----------|-------|
| 03 | M | 5:30-6:30p | 4/14-5/5  | \$104 |
| 04 | M | 5:30-6:30p | 5/12-6/2* | \$86  |

\*No class 5/26

#### PLEASE COMPLY WITH ALL THE RULES POSTED.

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

## EXTRA GYMNASTICS WORKOUT (OPEN GYM)

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

|           |    |      |            |      |
|-----------|----|------|------------|------|
| 141500-01 | Sa | 1/25 | 2:00-4:00p | \$15 |
| 02        | Sa | 2/1  | 2:00-4:00p | \$15 |
| 03        | Sa | 2/8  | 2:00-4:00p | \$15 |
| 04        | Sa | 3/1  | 2:00-4:00p | \$15 |
| 05        | Sa | 3/8  | 2:00-4:00p | \$15 |
| 06        | Sa | 3/15 | 2:00-4:00p | \$15 |
| 07        | Sa | 3/22 | 2:00-4:00p | \$15 |
| 08        | Sa | 3/29 | 2:00-4:00p | \$15 |
| 141500-09 | Sa | 4/19 | 2:00-4:00p | \$15 |
| 10        | Sa | 4/26 | 2:00-4:00p | \$15 |
| 11        | Sa | 5/3  | 2:00-4:00p | \$15 |
| 12        | Sa | 5/10 | 2:00-4:00p | \$15 |
| 13        | Sa | 5/17 | 2:00-4:00p | \$15 |
| 14        | Sa | 5/31 | 2:00-4:00p | \$15 |
| 15        | Sa | 6/7  | 2:00-4:00p | \$15 |

#### PLEASE COMPLY WITH ALL THE RULES POSTED.

When you arrive, please check in with the gym supervisor.  
 All other rules are posted on a handout given to you and in the gym.



# YOUTH



## PARKOUR/NINJA WARRIOR

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

|                |    |               |            |       |
|----------------|----|---------------|------------|-------|
| 141557-01      | M  | 6:30-7:30p    | 1/13-2/10* | \$104 |
| 02             | Sa | 11:00a-12:00p | 1/25-2/8   | \$86  |
| *No class 1/20 |    |               |            |       |
| 03             | M  | 6:30-7:30p    | 2/24-3/24  | \$130 |
| 04             | Sa | 11:00a-12:00p | 3/1-3/29   | \$130 |
| 05             | M  | 6:30-7:30p    | 4/14-5/5   | \$104 |
| 06             | Sa | 11:00a-12:00p | 4/19-5/10  | \$104 |
| 07             | M  | 6:30-7:30p    | 5/12-6/2*  | \$86  |
| 08             | Sa | 11:00a-12:00p | 5/17-6/7*  | \$86  |

\*No class 5/24 and 5/26



## 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 can join their children to help guide them in the class as they learn gymnastics and social skills like following directions, waiting in lines, etc. Gymnastics skills taught include basic tumbling, uneven bar skills and grip strength, balance beam, and jumping techniques. Transmitter Building

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 141504-01 | Tu | 12:00-12:45p | 1/14-2/11 | \$119 |
| 02        | Tu | 12:00-12:45p | 2/25-3/25 | \$119 |
| 03        | Tu | 12:00-12:45p | 4/15-5/6  | \$93  |
| 04        | Tu | 12:00-12:45p | 5/13-6/3  | \$93  |
| 141504-05 | Th | 12:00-12:45p | 1/16-2/13 | \$119 |
| 06        | Th | 12:00-12:45p | 2/27-3/20 | \$119 |
| 07        | Th | 12:00-12:45p | 4/17-5/8  | \$93  |
| 08        | Th | 12:00-12:45p | 5/15-6/5  | \$93  |

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

|           |      |              |           |       |
|-----------|------|--------------|-----------|-------|
| 141505-01 | W    | 12:00-12:45p | 1/15-2/12 | \$119 |
| 02        | F    | 12:00-12:45p | 1/17-2/14 | \$119 |
| 03        | **Sa | 9:00-9:45a   | 1/25-2/8  | \$79  |
| 04        | W    | 12:00-12:45p | 2/26-3/26 | \$119 |
| 05        | F    | 12:00-12:45p | 2/28-3/28 | \$119 |
| 06        | **Sa | 9:00-9:45a   | 3/1-3/29  | \$119 |
| 07        | W    | 12:00-12:45p | 4/16-5/7  | \$93  |
| 08        | F    | 12:00-12:45p | 4/18-5/9  | \$93  |
| 09        | **Sa | 9:00-9:45a   | 4/19-5/10 | \$93  |
| 10        | W    | 12:00-12:45p | 5/14-6/4  | \$93  |
| 11        | F    | 12:00-12:45p | 5/16-6/6  | \$93  |
| 12        | **Sa | 9:00-9:45a   | 5/17-6/7* | \$79  |

\*No class 5/24

## FUN-SIZE NINJAS

Ages 4-6. This class is for children interested in doing things like a Ninja Warrior. The instructor will lead students through various skills that will help them get through obstacle courses that the instructor sets up. Each week will be a different course with a different focus. This class allows children to explore other ways to climb, jump, crawl, swing, balance — whatever it takes to get over, under, and around obstacles while having fun. Transmitter Building; \*\*Sa at BHS Gymnastics Room



|                |      |              |            |       |
|----------------|------|--------------|------------|-------|
| 141534-01      | M    | 4:00-4:45p   | 1/13-2/10* | \$93  |
| 02             | W    | 4:00-4:45p   | 1/15-2/12  | \$119 |
| 03             | **Sa | 10:00-10:45a | 1/25-2/8   | \$79  |
| *No class 1/20 |      |              |            |       |
| 04             | M    | 4:00-4:45p   | 2/24-3/24  | \$119 |
| 05             | W    | 4:00-4:45p   | 2/26-3/26  | \$119 |
| 06             | **Sa | 10:00-10:45a | 3/1-3/29   | \$119 |
| 07             | M    | 4:00-4:45p   | 4/14-5/5   | \$93  |
| 08             | W    | 4:00-4:45p   | 4/16-5/7   | \$93  |
| 09             | **Sa | 10:00-10:45a | 4/19-5/10  | \$93  |
| 10             | M    | 4:00-4:45p   | 5/12-6/2*  | \$79  |
| 11             | W    | 4:00-4:45p   | 5/14-6/4   | \$93  |
| 12             | **Sa | 10:00-10:45a | 5/17-6/7*  | \$79  |

\*No class 5/24 and 5/26

# YOUTH



## BOYS ONLY KINDERGYM

Ages 4-6. Intro to Kindergym for boys ONLY! Students must be able to take directions from the teacher. The instructor will teach all boys' equipment skills, including floor, pommel horse, rings, vault, parallel bars, and high bar. BHS Gymnastics Room

|           |   |         |            |       |
|-----------|---|---------|------------|-------|
| 141512-01 | M | 4-4:45p | 1/13-2/10* | \$93  |
| 02        | M | 4-4:45p | 2/24-3/24  | \$119 |

\*No class 1/20

|    |   |         |           |      |
|----|---|---------|-----------|------|
| 03 | M | 4-4:45p | 4/14-5/5  | \$93 |
| 04 | M | 4-4:45p | 5/12-6/2* | \$79 |

\*No class 5/26



## KINDERGYM

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

|           |      |            |            |       |
|-----------|------|------------|------------|-------|
| 141506-01 | M    | 4:00-4:45p | 1/13-2/10* | \$93  |
| 02        | F    | 1:30-2:15p | 1/17-2/14  | \$119 |
| 03        | **Sa | 9:00-9:45a | 1/25-2/8   | \$79  |

\*No class 1/20

|    |      |            |           |       |
|----|------|------------|-----------|-------|
| 04 | M    | 4:00-4:45p | 2/24-3/24 | \$119 |
| 05 | F    | 1:30-2:15p | 2/28-3/28 | \$119 |
| 06 | **Sa | 9:00-9:45a | 3/1-3/29  | \$119 |

|    |      |            |           |      |
|----|------|------------|-----------|------|
| 07 | M    | 4:00-4:45p | 4/14-5/5  | \$93 |
| 08 | F    | 1:30-2:15p | 4/18-5/9  | \$93 |
| 09 | **Sa | 9:00-9:45a | 4/19-5/10 | \$93 |

|    |      |            |           |      |
|----|------|------------|-----------|------|
| 10 | M    | 4:00-4:45p | 5/12-6/2* | \$79 |
| 11 | F    | 1:30-2:15p | 5/16-6/6  | \$93 |
| 12 | **Sa | 9:00-9:45a | 5/17-6/7* | \$79 |

\*No class 5/24 and 5/26



## PROGRAMS FOR TEENS AGES 13-17

## INTERMEDIATE KINDERGYM

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

|           |    |              |            |      |
|-----------|----|--------------|------------|------|
| 141507-01 | M  | 4:00-4:45p   | 1/13-2/10* | \$93 |
| 02        | Sa | 10:00-10:45a | 1/25-2/8   | \$79 |

\*No class 1/20

|    |    |              |           |       |
|----|----|--------------|-----------|-------|
| 03 | M  | 4:00-4:45p   | 2/24-3/24 | \$119 |
| 04 | Sa | 10:00-10:45a | 3/1-3/29  | \$119 |

|    |    |              |           |      |
|----|----|--------------|-----------|------|
| 05 | M  | 4:00-4:45p   | 4/14-5/5  | \$93 |
| 06 | Sa | 10:00-10:45a | 4/19-5/10 | \$93 |

|    |    |              |           |      |
|----|----|--------------|-----------|------|
| 07 | M  | 4:00-4:45p   | 5/12-6/2* | \$79 |
| 08 | Sa | 10:00-10:45a | 5/17-6/7* | \$79 |

\*No class 5/24 and 5/26

## SCHOOL AGE (6-17 YEARS)

**Late Policy:** If you find that you will be more than 10 minutes late for a class, we ask that your child(ren) refrain from participating that day. Warm-ups and essential skill repetitions are held during the first 10 to 15 minutes of class. These are important for the assurance of muscle safety and memory retention. To reduce the risk of injury, your child(ren) must participate in these warm-up exercises. Please be fair to the other participants, your child(ren), and the instructor by arriving on time.

## BEGINNER GIRLS



Ages 6-17. This class is for girls with no gymnastics experience or who have some experience in all the events but are still working on mastering them. The instructor challenges each participant based on their skill level. The class concentrates on the instruction of basic tumbling and skill work on each of the girls' apparatus. Transmitter Building. \*\*Saturday at BHS Gymnastics Room



|           |      |             |            |       |
|-----------|------|-------------|------------|-------|
| 141531-01 | MW   | 5:00-6:00p  | 1/13-2/12* | \$218 |
| 02        | **Sa | 12:15-1:15p | 1/25-2/8   | \$86  |

\*No class 1/20

|    |      |             |           |       |
|----|------|-------------|-----------|-------|
| 03 | MW   | 5:00-6:00p  | 2/24-3/26 | \$242 |
| 04 | **Sa | 12:15-1:15p | 3/1-3/29  | \$130 |

|    |      |             |           |       |
|----|------|-------------|-----------|-------|
| 05 | MW   | 5:00-6:00p  | 4/14-5/6  | \$193 |
| 06 | **Sa | 12:15-1:15p | 4/19-5/10 | \$104 |

|    |      |             |           |       |
|----|------|-------------|-----------|-------|
| 07 | MW   | 5:00-6:00p  | 5/12-6/4* | \$169 |
| 08 | **Sa | 12:15-1:15p | 5/17-6/7* | \$86  |

\*No class 5/24 and 5/26



# YOUTH

## INTERMEDIATE GIRLS ★

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

|           |      |              |            |       |
|-----------|------|--------------|------------|-------|
| 141532-01 | MW   | 6:00-7:30p   | 1/13-2/12* | \$263 |
| 02        | **Sa | 11:00-12:00p | 1/25-2/8   | \$86  |

\*No class 1/20

|    |      |              |           |       |
|----|------|--------------|-----------|-------|
| 03 | MW   | 6:00-7:30p   | 2/24-3/26 | \$292 |
| 04 | **Sa | 11:00-12:00p | 3/1-3/29  | \$130 |

|    |      |              |           |       |
|----|------|--------------|-----------|-------|
| 05 | MW   | 6:00-7:30p   | 4/14-5/7  | \$233 |
| 06 | **Sa | 11:00-12:00p | 4/19-5/10 | \$104 |

|    |      |              |           |       |
|----|------|--------------|-----------|-------|
| 07 | MW   | 6:00-7:30p   | 5/12-6/4* | \$204 |
| 08 | **Sa | 11:00-12:00p | 5/17-6/7* | \$86  |

\*No class 5/24 and 5/26

\*\*Saturday at BHS Gymnastics Room

## ADVANCED GIRLS ★

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

|           |     |             |           |       |
|-----------|-----|-------------|-----------|-------|
| 141533-01 | TuW | 6:00-7:30p  | 1/14-2/12 | \$292 |
| 02        | Sa  | 12:15-1:15p | 1/25-2/8  | \$86  |

|    |     |             |           |       |
|----|-----|-------------|-----------|-------|
| 03 | TuW | 6:00-7:30p  | 2/25-3/19 | \$292 |
| 04 | Sa  | 12:15-1:15p | 3/1-3/29  | \$130 |

|    |     |             |           |       |
|----|-----|-------------|-----------|-------|
| 05 | TuW | 6:00-7:30p  | 4/15-5/7  | \$233 |
| 06 | Sa  | 12:15-1:15p | 4/19-5/10 | \$104 |

|    |     |             |           |       |
|----|-----|-------------|-----------|-------|
| 07 | TuW | 6:00-7:30p  | 5/13-6/4  | \$233 |
| 08 | Sa  | 12:15-1:15p | 5/17-6/7* | \$86  |

\*No class 5/24

## BOYS GYMNASTICS ★

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

|           |    |            |            |       |
|-----------|----|------------|------------|-------|
| 141540-01 | MW | 5:30-6:30p | 1/13-2/12* | \$218 |
| 02        | MW | 5:30-6:30p | 2/24-3/26  | \$242 |

\*No class 1/20

|    |    |            |           |       |
|----|----|------------|-----------|-------|
| 03 | MW | 5:30-6:30p | 4/14-5/7  | \$193 |
| 04 | MW | 5:30-6:30p | 5/12-6/4* | \$169 |

\*No class 5/26



## INTERMEDIATE BOYS & TEEN GYMNASTICS ★

Ages 6-17. This class is for boys with at least one year of gymnastics experience or those 13 and older who are starting or returning to gymnastics. BHS Gymnastics Room

|           |    |            |            |       |
|-----------|----|------------|------------|-------|
| 141541-01 | MW | 6:30-8:00p | 1/13-2/12* | \$263 |
| 02        | MW | 6:30-8:00p | 2/24-3/26  | \$292 |

\*No class 1/20

|    |    |            |           |       |
|----|----|------------|-----------|-------|
| 03 | MW | 6:30-8:00p | 4/14-5/7  | \$233 |
| 04 | MW | 6:30-8:00p | 5/12-6/4* | \$204 |

\*No class 5/26

## BAINBRIDGE ISLAND BOYS GYM TEAM ★

This class is for grade school through high school age. The team will attend regional events and participate in USAG Levels 3-10 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 ★

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

## TEEN JOB OPPORTUNITIES

Contact Audree at  
[AudreeG@hiparks.org](mailto:AudreeG@hiparks.org) to get more information.

### WINTER/SPRING EMPLOYMENT

Spring Soccer Recreation Assistant Applicants must be 14 years and up.  
 Gym Facilitator Applicants must be at least 18 years old.

### SUMMER EMPLOYMENT

Summer Camp Director Applicants must be at least 18 years old.  
 Summer Camp Counselor Applicants must be at least 16 years old.  
 Summer Recreation Assistant Applicants must be at least 14 years old.

### SUMMER VOLUNTEER

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





# YOUTH



## MARTIAL ARTS

All Martial Arts Classes are held at Family Martial Arts Academy, 8926 Miller Road, Bainbridge Island, WA 98110.

### TINY TIGER — CHILD & GUARDIAN **NEW!**

Ages 1.5-3. Join our fun tiny Tigers program designed especially for guardians and children ages 1.5-3 years. Their little brains and motor skills are advancing rapidly, and they are eager to explore the world around them. This fun class will have you joining them as they learn to step, jump, roll, crawl, and kick with confidence. They will learn how to face small challenges, share, and show respect to their peers and parents. Parent participation is required. **CONTRACTOR**

|           |     |             |          |       |
|-----------|-----|-------------|----------|-------|
| 111735-01 | TTH | 9:00-9:30a  | 1/7-1/30 | \$210 |
| 02        | TTH | 9:45-10:15a | 1/7-1/30 | \$210 |
| 03        | TTH | 9:00-9:30a  | 2/4-3/6* | \$210 |
| 04        | TTH | 9:45-10:15a | 2/4-3/6* | \$210 |

\*No class 2/18, 2/20

### LITTLE DRAGON **NEW!**

Ages 4-5. Our Early Skills Little Dragons program is perfect for teaching the little ones how to listen, function in a group, and follow instructions. We believe that play is the way so we make learning fun. They can earn a strip on their belt in every class as they learn things like focus, control, balance, teamwork, and lots more. All levels welcome no experience necessary. **CONTRACTOR**

|           |     |              |          |       |
|-----------|-----|--------------|----------|-------|
| 111732-01 | TTh | 10:30-11:00a | 1/7-1/30 | \$210 |
| 02        | TTh | 10:30-11:00a | 2/4-3/6* | \$210 |

\*No Class 2/18, 2/20

### LITTLE CHAMPIONS **NEW!**

Ages 6-9. This program teaches cool, age-appropriate martial arts skills, which result in stronger confidence and an "I Can" attitude. They will also learn practical skills for improved concentration and non-violent conflict resolution techniques. All levels welcome no experience necessary. **CONTRACTOR**

|           |     |            |           |       |
|-----------|-----|------------|-----------|-------|
| 111733-01 | MW  | 4:30-5:00p | 1/6-1/29  | \$210 |
| 02        | TTH | 4:30-5:00p | 1/7-1/30  | \$210 |
| 03        | MW  | 4:30-5:30p | 2/3-3/05* | \$210 |
| 04        | TTH | 4:30-5:30p | 2/4-3/6*  | \$210 |

\*No Class 2/17-2/20

### EXTREME SKILLZ **NEW!**

Ages 10-14. This program will teach age-appropriate kickboxing and Brazilian Jiu-Jitsu skills in a safe and fun environment. We like to make learning fun and use martial arts as a tool to teach young people how to be more focused and confident in all areas. We also emphasize non-violent conflict resolution skills. All levels welcome no experience necessary. **CONTRACTOR**

|           |    |            |          |       |
|-----------|----|------------|----------|-------|
| 111734-01 | MW | 5:15-6:00p | 1/6-1/29 | \$225 |
| 02        | MW | 5:15-6:00p | 2/3-3/5* | \$225 |

\*No class 2/17, 2/19

## TEEN ART

Whether it's pottery, drawing, or creating video, we got you! Join other Creatives in a late afternoon or evening art class! See pages 11-13 for details.

### KIDS BRAZILIAN JIU JITSU **NEW!**

Ages 10-14. Give your child the lifelong gifts of confidence, discipline, and self-defense through this fun Jiu jitsu program. They will see that their bodies are capable of empowering martial arts movements as they train with peers and make new friends. We will also provide practical life-skills tools teaching respect, focus, and self-discipline. All levels welcome no experience necessary. No gi uniform required. **CONTRACTOR**

|           |     |            |          |       |
|-----------|-----|------------|----------|-------|
| 111736-01 | TTH | 5:15-6:00p | 1/7-1/30 | \$225 |
| 02        | TTH | 5:15-6:00p | 2/4-3/6* | \$225 |

\*No Class 2/18 & 2/20

## EXERCISE AND FITNESS

### YOUNG BEGINNER VOLLEYBALL — DRILLS AND SKILLS

Grades 2-5. Skills training and mini-games; Volley-Lite volleyballs; Reduced-height net. Do you know the game of volleyball? Please volunteer to help our coaches. Halilts

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 112912-01 | W | 5:15-6:00p | 1/15-2/12 | \$130 |
| 02        | W | 5:15-6:00p | 2/26-3/25 | \$130 |

### BEGINNER AND INTERMEDIATE VOLLEYBALL — DRILLS AND SKILLS

Grades 5-8. Skills training and mini-games. Learn all the basics: hitting, serving, passing, and setting. Our experienced coaches will help you along the way. Halilts

|                            |   |            |           |       |
|----------------------------|---|------------|-----------|-------|
| <b>Grades 5-8 Beginner</b> |   |            |           |       |
| 112913-01                  | W | 6:15-7:15p | 1/15-2/12 | \$150 |
| 02                         | W | 6:15-7:15p | 2/26-3/25 | \$150 |

|                                |   |            |           |       |
|--------------------------------|---|------------|-----------|-------|
| <b>Grades 5-8 Intermediate</b> |   |            |           |       |
| 112914-01                      | W | 7:30-8:30p | 1/15-2/12 | \$150 |
| 02                             | W | 7:30-8:30p | 2/26-3/25 | \$150 |

### BEGINNER AND INTERMEDIATE VOLLEYBALL — LEAGUE

Grades 5-8: seven-game season. Matches are best two of three, but all three sets will be played. The third set will be played to at least 15 points but may go up to 25 points if time allows (no more than 50 minutes per match), and it is not a deciding set. If the third set is a deciding set, then it will be played out to 15 points (with a cap of 25), regardless of time.

**Practices:** Practices are once a week for one hour on Wednesdays.

**League Games:** You will get a total of seven matches per team. League game dates are TBD. Games will be held in the North Kitsap School District gyms.

**Game Days:** TBD

**Team Placement:** Depending on how many registrants we have, we will assign teams based on friend requests and which schools they attend 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.

**Grades 5-8 League All levels**

|           |   |                          |         |       |
|-----------|---|--------------------------|---------|-------|
| 110224-01 | W | 6:15-7:15p or 7:30-8:30p | 4/2-6/4 | \$200 |
|-----------|---|--------------------------|---------|-------|



# YOUTH

## GO RUN FOR GIRLS

Grades 4-6. Go run and have fun! Try out running and power walking as an all-girls team experience. Join a team focusing on goal setting and confidence building for 4th, 5th, and 6th grade girls. Experienced adult coaches and positive high school mentors create an environment that supports and enhances team members' physical, emotional, and social well-being. Varied running and power-walking workouts include warm-ups, running games, relays, and runs on the track, field, trails, and neighborhoods. Our season-special event is the Viking Fest one-mile fun run in Poulsbo on May 17. The class fee includes a T-shirt and a race entry fee. The team meets at Sakai and makes field trips to island trails and parks. **CONTRACTOR**

111388-01 TTh 3:45-5:15p 4/15-5/22 \$225

## SOCCER

### TINY TOTS SOCCER

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

112300-01 Sa 9:30-10:00a 3/15-4/19\* \$95  
02 Sa 9:30-10:00a 4/26-5/31 \$114

\*No class 4/12

### 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

112301-01 Sa 10:15-10:45a 3/15-4/19\* \$95  
02 Sa 10:15-10:45a 4/26-5/31 \$114

\*No class 4/12

### PRE-KICKS SOCCER

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

112302-01 Sa 11:00-11:30a 3/15-4/19\* \$95  
02 Sa 11:00-11:30a 4/26-5/31 \$114

\*No class 4/12



## WINTER SATURDAY SOCCER LEAGUE

**March 15 to April 19**

Ages 4 to 10. 25 minutes of small group skills and drills. 25 minutes of scrimmages.

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

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

**Team Placement:** Players will be placed with friend requests when possible.

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

Volunteer coaching duties include helping manage your team during skill sessions and during scrimmages. BPP

\*No class 4/12

**The program cancellation deadline is March 1.**

|           |                     |              |       |
|-----------|---------------------|--------------|-------|
| 112303-01 | 4-6 year old girls  | 9:30-10:30a  | \$135 |
| 02        | 4-6 year old boys   | 10:45-11:45a | \$135 |
| 03        | 7-10 year old girls | 9:30-10:30a  | \$135 |
| 04        | 7-10 year old boys  | 10:45-11:45a | \$135 |

## SPRING SATURDAY SOCCER LEAGUE

**April 26 to May 31**

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

**Ages 7 to 10:** 25 minutes of small group skills and drills. 25 minutes of scrimmages.

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

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

**Team Placement:** Players will be placed with friend requests when possible.

**Volunteer Coaching:** We rely on volunteers to help make this program successful. No experience is necessary. We can help you along the way. Volunteer coaching duties include helping manage your team during skill sessions and scrimmages. BPP

**The program cancellation deadline is April 12.**

|           |                     |              |       |
|-----------|---------------------|--------------|-------|
| 112303-05 | 4-6 year old girls  | 10:45-11:45a | \$162 |
| 06        | 4-6 year old boys   | 9:30-10:30a  | \$162 |
| 07        | 7-10 year old girls | 10:45-11:45a | \$162 |
| 08        | 7-10 year old boys  | 9:30-10:30a  | \$162 |

## SPRING WEEKDAY SOCCER SQUIRTS

Ages 3-5. Introducing Spring 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! BPP

|           |   |           |              |       |
|-----------|---|-----------|--------------|-------|
| 112320-01 | T | 4/15-5/27 | 12:00-12:45p | \$100 |
| 02        | F | 4/18-5/30 | 12:00-12:45p | \$100 |

# YOUTH



## WEST SOUND SOCCER ACADEMY WINTER PROGRAM: TOTAL PLAYER DEVELOPMENT **NEW!** ★

Girls Birth Years 2011-2017 (Ages 8-14). This winter program, designed in collaboration with West Sound Soccer Academy, has a dual focus. We will introduce a mental skill players can utilize on and off the field each week. One session will focus on technical soccer skills like receiving, passing, or dribbling and speed, agility, and quickness (SAQ) training, while the second session will feature small-sided scrimmages. Monday @ BPP & Wednesday @ Sakai Gym.

### CONTRACTOR

#### Birth years: 2011-2014

112305-01 M, 3-4:30pm & W, 6:00-7:30p 1/27-3/31\* \$225

#### Birth years: 2014-2017

112305-02 M, 3-4:30pm & W, 4:00-5:30p 1/27-3/31\* \$225

\*No Class 2/17, 2/19

## WINTER INDOOR FUTSOL WITH BIFC

Join BIFC's Coaching Staff and Director of Coaching in weekly skills-based classes and games. This winter program supports player growth, development and inspires a love for the game. The program is open to children born in the years 2018 and 2019 (Ages 5-7), an individual skill-based curriculum allows players to enhance their dribbling, 1v1 attacking/defending and finishing skills through purposeful and fun activities. Game day rosters and schedules will be released on February 10, Saturday games will take place in March 1- 29 at Sakai School gym. **CONTRACTOR** Questions - Contact Bainbridge Island FC, [ian@bifc.net](mailto:ian@bifc.net).

### Monday @ Halilts Elementary School Gym

112317-01 M 1:00-2:00p (GIRLS) 1/27-3/29\* \$215

02 M 2:00-3:00p (BOYS) 1/27-3/29\* \$215

### Tuesday @ Ordway Elementary School Gym

112317-03 T 2:30-3:30p (GIRLS) 1/28-3/29\* \$215

04 T 3:30-4:30p (BOYS) 1/28-3/29\* \$215

\*No Class 2/17, 2/18

## PICKLEBALL LADDER LEAGUE FOR TWEENS ★

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

### Member/Non-Member

|           |    |            |          |           |
|-----------|----|------------|----------|-----------|
| 112732-01 | Su | 1:35-2:45p | 1/19-2/9 | \$78/\$98 |
| 02        | Su | 1:35-2:45p | 3/2-3/23 | \$78/\$98 |
| 03        | Su | 1:35-2:45p | 4/13-5/4 | \$78/\$98 |

## YOUTH ★ POWER OF THE PADDLE **NEW!**

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



|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 112734-01 | W | 4:15-5:15p | 3/5-3/26  | \$58 |
| 02        | W | 4:15-5:15p | 4/2-4/30* | \$58 |
| 03        | W | 4:15-5:15p | 5/7-5/28  | \$58 |
| 04        | W | 4:15-5:15p | 6/4-6/25  | \$58 |

\*No Class 4/9

## OUTDOOR TOT PICKLEBALL **NEW!**

Ages 3-6. This class is a fun-filled outdoor 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. BPP

|           |    |              |          |      |
|-----------|----|--------------|----------|------|
| 110008-01 | Su | 12:15-12:45p | 5/11-6/1 | \$40 |
| 02        | Su | 12:15-12:45p | 6/8-6/29 | \$40 |

# PICKLEBALL

## HOT SHOTS PICKLEBALL

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

|           |    |              | Member/ Non-Member |           |
|-----------|----|--------------|--------------------|-----------|
| 112730-01 | Su | 12:15-12:45p | 1/19-2/9           | \$68/\$88 |
| 02        | Su | 12:15-12:45p | 3/2-3/23           | \$68/\$88 |
| 03        | Su | 12:15-12:45p | 4/13-5/4           | \$68/\$88 |

## ROOKIES PICKLEBALL

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

|           |    |             | Member/ Non-Member |           |
|-----------|----|-------------|--------------------|-----------|
| 112731-01 | Su | 12:55-1:25p | 1/19-2/9           | \$68/\$88 |
| 02        | Su | 12:55-1:25p | 3/2-3/23           | \$68/\$88 |
| 03        | Su | 12:55-1:25p | 4/13-5/4           | \$68/\$88 |

## OUTDOOR ROOKIES PICKLEBALL **NEW!**

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

|           |    |             |          |      |
|-----------|----|-------------|----------|------|
| 110009-01 | Su | 12:55-1:25p | 5/11-6/1 | \$50 |
| 02        | Su | 12:55-1:25p | 6/8-6/29 | \$50 |

## AFTER SCHOOL PICKLEBALL **NEW!** ★

Ages 4-10. After-school Pickleball program allows children Ages 4-16 to gain skills, learn the fundamentals, and play the game in a fun and engaging environment. Join us in learning the game of pickleball. BPP

### Ages 4-5

|           |    |            |          |      |
|-----------|----|------------|----------|------|
| 110010-01 | Th | 3:00-3:30p | 4/17-5/8 | \$70 |
| 02        | Th | 3:00-3:30p | 5/15-6/5 | \$70 |

### Ages 6-10

|           |    |            |          |      |
|-----------|----|------------|----------|------|
| 110011-01 | Th | 3:30-4:15p | 4/17-5/8 | \$75 |
| 02        | Th | 3:30-4:15p | 5/15-6/5 | \$75 |

### Ages 11-16

|           |    |            |          |      |
|-----------|----|------------|----------|------|
| 110012-01 | Th | 4:15-5:15p | 4/17-5/8 | \$80 |
| 02        | Th | 4:15-5:15p | 5/15-6/5 | \$80 |





# YOUTH

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

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

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

## ROOKIES PLUS TENNIS

Ages 10-14. Perfect for players with basic skills gained from our Rookies tennis program and others with rally skills looking to move towards gameplay. Here we will use Orange Balls, Green, or Yellow as appropriate to the class dynamic and skill level. BHS courts or Ordway covered area

112704-01 Su 1:20-2:20p 4/20-5/11 \$94

## 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. The focus will be on match play, serve technique, and strategy with drills to better your consistency and confidence. BHS courts or Ordway covered area

112716-01 Su 2:25-3:25p 4/20-5/11 \$94

## TENNIS



## PRIVATE, SEMI-PRIVATE AND GROUP TENNIS LESSONS

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

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

## AFTER-SCHOOL TENNIS AT ORDWAY NEW!

Ages 4-10. 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 4-5

112699-01 M 1:00-1:45p 1/6-2/10 \$80  
02 M 1:00-1:45p 4/14-5/19 \$80

### Ages 6-10

112698-01 T 2:30-3:30p 1/7-2/11 \$90  
02 W 2:30-3:30p 1/8-2/5 \$75  
03 T 2:30-3:30p 4/15-5/20 \$90  
04 W 2:30-3:30p 4/16-5/21 \$90

## HOT SHOTS TENNIS

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

112715-01 Su 11:15a-12:00p 4/20-5/11 \$84

## ROOKIES TENNIS

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

112708-01 Su 12:15-1:15p 4/20-5/11 \$94

## TENNIS AT THE BIRC

### TOTS TENNIS

Ages 4-5. This class is geared toward the littlest player just beginning their tennis journey. We start with basic skill-building exercises (tracking, catching, coordination, balance, etc.). Players will develop listening skills, following directions, teamwork, and resilience. We keep it fun and active while introducing them to the sport of a lifetime. Tot tennis uses racket sizes 19"-21" BIRC



|           |    |              | Member*/Non-Member |           |
|-----------|----|--------------|--------------------|-----------|
| 112703-01 | Su | 12:00-12:30p | 1/12-2/2           | \$65/\$85 |
| 02        | Su | 12:00-12:30p | 2/9-3/16*          | \$75/\$95 |
| 03        | Su | 12:00-12:30p | 3/23-4/27*         | \$75/\$95 |
| 04        | Su | 12:00-12:30p | 5/4-6/1            | \$75/\$95 |

\*No Class 2/16, 4/6

# YOUTH



## RED BALL

Ages 6-7. This is an active class where kids learn the fundamentals of tennis with skill-building exercises and games designed to improve and develop overall coordination/balance, self-confidence, and teamwork on the court. This class will help kids fall in love with tennis and transition to the next level. Red Ball class uses 21"-23" rackets. BIRC

|           |    | Member*/Non-Member |                        |
|-----------|----|--------------------|------------------------|
| 112736-01 | Su | 12:30-1:30p        | 1/12-2/2 \$87/\$113    |
| 02        | T  | 3:30-4:30p         | 1/7-2/4 \$106/\$126    |
| 03        | Su | 12:30-1:30p        | 2/9-3/16* \$106/\$126  |
| 04        | T  | 3:30-4:30p         | 2/11-3/18* \$106/\$126 |
| 05        | Su | 12:30-1:30p        | 3/23-4/27* \$106/\$126 |
| 06        | T  | 3:30-4:30p         | 3/25-4/29* \$106/\$126 |
| 07        | Su | 12:30-1:30p        | 5/4-6/1 \$106/\$126    |
| 08        | T  | 3:30-4:30p         | 5/6-6/3 \$106/\$126    |

\*No class 2/16-2/21, 4/6-4/11

## ORANGE BALL

Ages 8-11. Players must demonstrate a positive attitude and hard work ethic. Orange Ball Tennis will keep your child active, teach them fundamentals in technique and footwork, and introduce the concepts of rallying and point play. Further focus will be on developing your child's athleticism, coordination, balance, and strength. Orange uses 23"-25" rackets. BIRC

|           |    | Member*/Non-Member |                        |
|-----------|----|--------------------|------------------------|
| 112737-01 | Su | 1:30-2:30p         | 1/12-2/2 \$87/\$113    |
| 02        | Th | 3:30-4:30p         | 1/9-2/6 \$106/\$126    |
| 03        | Su | 1:30-2:30p         | 2/9-3/16* \$106/\$126  |
| 04        | Th | 3:30-4:30p         | 2/13-3/20* \$106/\$126 |
| 05        | Su | 1:30-2:30p         | 3/23-4/27* \$106/\$126 |
| 06        | Th | 3:30-4:30p         | 3/27-5/1* \$106/\$126  |
| 07        | Su | 1:30-2:30p         | 5/4-6/1 \$106/\$126    |
| 08        | Th | 3:30-4:30p         | 5/8-6/5 \$106/\$126    |

\*No Class 2/16-2/21, 4/6-4/11

## GREEN BALL

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green Ball Tennis will emphasize proper technique, footwork, and continued development in rallying, directional control, and point play. Additional focus will be developing athleticism, coordination, balance, strength, and spin. Green Ball uses 25"-27" rackets. BIRC

|           |    | Member*/Non-Member |                        |
|-----------|----|--------------------|------------------------|
| 112738-01 | Su | 2:30-3:30p         | 1/12-2/2 \$87/\$113    |
| 02        | W  | 5:00-6:00p         | 1/8-2/5 \$106/\$126    |
| 03        | Su | 2:30-3:30p         | 2/9-3/16* \$106/\$126  |
| 04        | W  | 5:00-6:00p         | 2/12-3/19* \$106/\$126 |
| 05        | Su | 2:30-3:30p         | 3/23-4/27* \$106/\$126 |
| 06        | W  | 5:00-6:00p         | 3/26-4/30* \$106/\$126 |
| 07        | Su | 2:30-3:30p         | 5/4-6/1 \$106/\$126    |
| 08        | W  | 5:00-6:00p         | 5/7-6/4 \$106/\$126    |

\*No Class 2/16-2/21, 4/6-4/11

## CHALLENGER

Ages 13 and up. Pro approval or a completed Green Ball progress report is required. Players must be able to demonstrate a positive attitude & hard work ethic. Emphasis will be placed on developing better strength and balance as they become more comfortable transitioning from Green Ball to the bounce of a heavier, faster, and higher bouncing ball. Players must demonstrate consistency with routine shots, the ability to move forward to play shorter shots with balance, and transition to net play. Players will continue working on stroke development and spin while learning to structure singles and doubles points. BIRC

|           |    | Member*/Non-Member |                        |
|-----------|----|--------------------|------------------------|
| 112739-01 | Su | 3:45-4:45p         | 1/12-2/2 \$96/\$112    |
| 02        | T  | 4:45-6:00p         | 1/7-2/5* \$120/\$140   |
| 03        | Th | 4:45-6:00p         | 1/9-2/6 \$120/\$140    |
| 04        | Su | 3:45-4:45p         | 2/9-3/16* \$96/\$112   |
| 05        | T  | 4:45-6:00p         | 2/11-3/18* \$120/\$140 |
| 06        | Th | 4:45-6:00p         | 2/13-3/20* \$120/\$140 |
| 07        | Su | 3:45-4:45p         | 3/23-4/27* \$96/\$112  |
| 08        | T  | 4:45-6:00p         | 3/25-4/29* \$120/\$140 |
| 09        | Th | 4:45-6:00p         | 3/27-5/1* \$120/\$140  |
| 10        | Su | 3:45-4:45p         | 5/4-6/1 \$96/\$112     |
| 11        | T  | 4:45-6:00p         | 5/6-6/3 \$120/\$140    |
| 12        | Th | 4:45-6:00p         | 5/8-6/5 \$120/\$140    |

\*No Class 1/20, 2/16-2/21, 4/6-4/11

## ADVANCED

Ages 14 and up. Players must have a completed Challenger progress report or have pro approval. Players must be able to demonstrate a positive attitude and hard work ethic. The player level is equivalent to high school varsity and tournament players. These athletes must demonstrate consistency with routine shots and topspins and know the various grips. Further focus/observation will be dedicated to singles and doubles tactics, strategy, and play patterns. BIRC

|           |   | Member*/Non-Member |                        |
|-----------|---|--------------------|------------------------|
| 112740-01 | M | 3:30-4:45p         | 1/6-2/3* \$96/\$112    |
| 02        | W | 3:45-5:00p         | 1/8-2/5 \$120/\$140    |
| 03        | M | 3:30-4:45p         | 2/10-3/17* \$120/\$140 |
| 04        | W | 3:45-5:00p         | 2/12-3/19* \$120/\$140 |
| 05        | M | 3:30-4:45p         | 3/24-4/28* \$120/\$140 |
| 06        | W | 3:45-5:00p         | 3/26-4/30* \$120/\$140 |
| 07        | M | 3:30-4:45p         | 5/5-6/9* \$120/\$140   |
| 08        | W | 3:45-5:00p         | 5/7-6/4 \$120/\$140    |

\*No Class 1/20, 2/17-2/21, 4/7-4/11, 5/26



## PROGRAMS FOR TEENS AGES 13-17



# YOUTH



## Ski Bus

### SUMMIT TO SNOQUALMIE ★

Ages 9-17. Located less than an hour from Seattle, The Summit provides a convenient outdoor escape for the region. With four unique base areas, snow tubing, snowshoeing, and Nordic trails, there's something for everyone. Multiple base areas provide unique experiences for all ability levels. Summit West is THE Place to learn, if it's the steps you're looking for, you'll want to head to the legendary Alpentel, making it a great place to explore before moving on to Crystal Mountain. Seattle's Home Mountain ([summitsnoqualmie.com](http://summitsnoqualmie.com)) Seats fill quickly; space is limited. Price below only includes transportation from Strawberry Hill Park.

131972-01 Sa 6:00a-7:30p 2/1 \$115

### CRYSTAL MOUNTAIN ★

Ages 9-17. More extensive runs, fewer crowds, and 3,100 feet of vertical descent! Crystal Mountain offers fantastic views of Rainier from the summit and legendary skiing and boarding runs. Late winter and early spring skiing at Crystal is hard to beat, so we save it for last! With ten lifts servicing 2,600 acres, Crystal Mountain is the largest ski resort in the state. As a note to parents, Crystal is one of the students' favorite ski buses to join once they have their "season legs" under them. Challenging, fun, and diverse terrain allows for long days of exploration with friends. A list of flexible options to purchase ski/snowboard lessons, rental equipment, and lift tickets can all be viewed online at [www.crystalmountainresort.org](http://www.crystalmountainresort.org) Seats fill quickly. Space limited! The price below only includes transportation from Strawberry Hill Park.

131971-01 Sa 6:00a-7:30p 3/1 \$115



## ROCK CLIMBING

### YOUTH CLIMBING FOR BEGINNERS

Ages 4-12. Get your kids climbing our walls and not yours! This two-week course will introduce new climbers to indoor climbing and youth programming at Insight Climbing & Movement, including top-rope climbing, bouldering, and games with other kids. This class will allow your kids to build confidence on and off



the wall while giving them a preview of what our youth climbing programs offer at Insight Climbing & Movement. After the program, families will have the information they need to decide which recurring youth climbing program at Insight fits their young climber! Experienced instructors from Insight Climbing & Movement facilitate all climbing programs. Registration deadline for most climbing programs is three days before the start date. **CONTRACTOR**

#### Ages 4-6

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 131989-11 | M | 2:30-3:30p | 1/6-1/13  | \$91 |
| 12        | M | 2:30-3:30p | 1/20-1/27 | \$91 |
| 13        | M | 2:30-3:30p | 2/3-2/10  | \$91 |
| 14        | M | 4:30-5:30p | 2/24-3/3  | \$91 |
| 15        | M | 4:30-5:30p | 3/10-3/17 | \$91 |
| 16        | M | 4:30-5:30p | 3/24-3/31 | \$91 |
| 17        | M | 2:30-3:30p | 4/14-4/21 | \$91 |
| 18        | M | 2:30-3:30p | 4/28-5/5  | \$91 |
| 19        | M | 2:30-3:30p | 5/12-5/19 | \$91 |
| 20        | M | 2:30-3:30p | 5/26-6/2  | \$91 |

#### Ages 7-12

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 131989-01 | F | 4:00-5:00p | 1/10-1/17 | \$91 |
| 02        | F | 4:00-5:00p | 1/24-1/31 | \$91 |
| 03        | F | 4:00-5:00p | 2/7-2/14  | \$91 |
| 04        | F | 4:00-5:00p | 2/28-3/7  | \$91 |
| 05        | F | 4:00-5:00p | 3/14-3/21 | \$91 |
| 06        | F | 4:00-5:00p | 3/28-4/4  | \$91 |
| 07        | F | 4:00-5:00p | 4/18-4/25 | \$91 |
| 08        | F | 4:00-5:00p | 5/2-5/9   | \$91 |
| 09        | F | 4:00-5:00p | 5/16-5/23 | \$91 |
| 10        | F | 4:00-5:00p | 5/30-6/6  | \$91 |

### MID-WINTER BREAK CAMP

Ages 6-12. Get your kids climbing our walls and not yours! This one-week camp will introduce new climbers to indoor climbing and youth programming at Insight Climbing & Movement, including top-rope climbing, bouldering, and games with other kids. This class will allow your kids to build confidence, both on and off the wall, while giving them a preview of what our youth climbing programs offer at Insight Climbing & Movement. After the program, families will have the information they need to decide which recurring youth climbing program at Insight fits their young climber! **CONTRACTOR**

133900-01 M-F 1:00-4:00p 2/17-2/21 \$296



# YOUTH



## ROCK CLIMBING

### SPRING BREAK CAMP

Ages 6-12. Get your kids climbing our walls and not yours! This one-week camp will introduce new climbers to indoor climbing and youth programming at Insight Climbing & Movement, which includes top-rope climbing, bouldering, and games with other kids. This class will allow your kids to build confidence, both on and off the wall, while giving them a preview of what our youth climbing programs offer at Insight Climbing & Movement. After the program, families will have the information they need to decide which recurring youth climbing program at Insight fits their young climber! **CONTRACTOR**

131904-01 M-F 1:00-4:00p 4/7-4/11 \$296

## MOUNTAIN BIKING

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

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

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

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

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

### BIKEPACKING 101 ■ ☆

Ages 10-16. If you're interested in bikepacking but could use an introduction or refresher, this program is for you! During this three-day campout, we'll cover many topics to ensure a successful trip before putting our knowledge and skills to the test. After packing our bikes, we'll head to the Lower Big Quilcene River to ride a few miles of easy singletrack to our first camp at Bark Shanty. The next day, we'll pack up and head to Camp Jolly, where we'll enjoy another night along the Lower Big Quilcene River. Between the old-growth trees, the massive mountain views, and the cool, clear water, this is a fun and accessible entry into the endless adventures and joys of bikepacking.

131986-05 Sa-M 8:00a-5:00p 5/24-5/26 \$435

### BIKE TOURING 101 ● ■ ☆

Ages 10-16. Ever wanted to go on a bike tour but needed help figuring out where to start? Let us do the logistics so you can focus on the fun! On this introductory bike tour, we'll skip the traffic and avoid the cars as we ride about 10 miles each day along the south shore of Lake Crescent on the paved Spruce Railroad trail. During the campout, we'll talk about essential gear, how to pack and organize panniers, and the various things to consider when touring. The goal of this campout is to remove the barriers of entry and make bike touring accessible to anyone who's interested in giving it a try. Bikes, camping equipment, and more can be provided to make this fun for anyone and everyone!

131986-06 SaSu 8:00a-5:00p 5/31-6/1 \$290

## WEEKEND AND AFTER SCHOOL ACTIVITIES

### PORT GAMBLE GRAVITY CAMP ◆ ☆

Ages 8-14. Gravity Camp is currently our most advanced instructional mountain bike clinic. It is designed for riders who are already very confident on a mountain bike and want to pursue more challenging trails, higher speeds, and difficult features. This program is not for beginning riders! Gravity Camp aims to provide insight and technical advice on mountain biking technique, body positioning, and control to build confidence on the bike. Skill progression will include high-speed braking, jumping, dropping, steep sections, and navigating rough, rocky terrain. Prerequisites: instructor approval or pre-program evaluation. Transportation provided from SHP. 4 Visit Punch Pass to use from 2/2-5/25. Please schedule the dates you want to ride in advance.

|           |    |             |            |       |
|-----------|----|-------------|------------|-------|
| 131940-01 | Su | 12:30-4:30p | 2/2-2/23   | \$285 |
| 02        | Su | 12:30-4:30p | 3/2-3/23   | \$285 |
| 03        | Su | 12:30-4:30p | 4/6-4/27   | \$285 |
| 04        | Su | 12:30-4:30p | 5/4-5/25   | \$285 |
| 05        | Su | 12:30-4:30p | Punch Pass | \$285 |

### MTB SINGLETRACK ◆ ◆ ☆

Ages 12 and up. This advanced program focuses on recreation and is designed for confident riders searching for more challenging trails, higher speeds, and more significant obstacles. The goal is to connect riders of all ages with some of the incredible trails in our region. Long climbs, technical descents, and inclement weather are all part of the fun, so proficiency and experience with mountain biking are necessary. Locations include Green Mountain, Port Gamble, Lower Big Quilcene, and Mt. Zion. Transportation is provided with a van and trailer. SHP. Four-visit punch pass to be used by 5/24/2025. Please schedule the dates you want to ride in advance.

|           |    |             |            |       |
|-----------|----|-------------|------------|-------|
| 131937-01 | Sa | 12:00-6:00p | 2/1-2/22   | \$380 |
| 02        | Sa | 12:00-6:00p | 3/1-3/22   | \$380 |
| 03        | Sa | 12:00-6:00p | 4/5-4/26   | \$380 |
| 04        | Sa | 12:00-6:00p | 5/3-5/24   | \$380 |
| 05        | Sa | 12:00-6:00p | Punch Pass | \$380 |





# YOUTH

## MOUNTAIN BIKE MONDAYS ★

Ages 8-12. This intermediate-level program focuses on exploring the island trail network. Includes riding Fort Ward Park, Gazzam Lake Nature Preserve, the Grand Forest, and Battle Point Park. This program is excellent for confident riders ready to take on more challenging trails. We'll explore different trails all over while practicing fundamental MTB skills. Transportation is provided from Sakai Intermediate School.

|           |   |            |           |         |
|-----------|---|------------|-----------|---------|
| 131966-01 | M | 3:00-6:00p | 2/3-3/3   | \$175 * |
| 02        | M | 3:00-6:00p | 3/10-3/31 | \$175   |
| 03        | M | 3:00-6:00p | 4/7-4/28  | \$175   |
| 04        | M | 3:00-6:00p | 5/5-6/2   | \$175*  |

\* no class on 2/17 & 5/26

## TUESDAY NIGHT RIDES ● ■ ★

Ages 7-10. 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) and pick up at Grand Forest West on Miller Road.

|           |   |            |          |       |
|-----------|---|------------|----------|-------|
| 131958-01 | T | 5:30-8:30p | 2/4-2/25 | \$175 |
| 02        | T | 5:30-8:30p | 3/4-3/25 | \$175 |
| 03        | T | 5:30-8:30p | 4/8-4/29 | \$175 |
| 04        | T | 5:30-8:30p | 5/6-5/27 | \$175 |

## WHEELIE WEDNESDAYS – TINY TREADERS ●

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

|           |   |            |          |       |
|-----------|---|------------|----------|-------|
| 131951-01 | W | 3:30-5:30p | 2/5-2/26 | \$130 |
| 02        | W | 3:30-5:30p | 3/5-3/26 | \$130 |
| 03        | W | 3:30-5:30p | 4/9-4/30 | \$130 |
| 04        | W | 3:30-5:30p | 5/7-5/28 | \$130 |

## 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 riders 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 allowed to focus on more advanced riding skills and bike control and progress toward more challenging terrain in a format that will enable personalized, instructional feedback from an experienced mountain bike coach. Location TBD.

|           |    |            |      |       |
|-----------|----|------------|------|-------|
| 131944-01 | Sa | 3:00-5:00p | 3/29 | \$100 |
| 02        | Sa | 3:00-5:00p | 4/19 | \$100 |
| 03        | Sa | 3:00-5:00p | 5/10 | \$100 |



## MOUNTAIN BIKE MECHANICS CLASS ★

Ages 8 and up. Learn the essentials in bicycle maintenance and repair. In a jam-packed two-hour session, we'll cover various topics ranging from general maintenance to personalized setup. 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 with a professional mechanic at the Strawberry Hill Center in a classroom setting. Bring your bike to practice applying your new skills! Meet at SHP.

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 131945-01 | Su | 5:30-7:30p | 2/2 | \$75 |
| 02        | Su | 5:30-7:30p | 3/2 | \$75 |
| 03        | Su | 5:30-7:30p | 4/6 | \$75 |
| 04        | Su | 5:30-7:30p | 5/4 | \$75 |

## FLY FISHING

### YOUTH FLY FISHING EXPO AT BATTLE POINT PARK ★

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



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

## PADDLING/HIKING

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



## PROGRAMS FOR TEENS AGES 13-17



# 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 school year. Be a part of the Teen Center and make your mark; come and stop by any afternoon to check out the activities. We have large room games like a pool table, foosball table, ping pong, and air hockey. Play board games or Xbox and relax in a bean bag chair after a long day at school! Enjoy food and drinks with some of the planned activities. For teens of middle and high school age.

**VISIT BIPARKS.ORG  
FOR HOURS OF OPERATION.**

**CONTACT US:  
TEENCENTER@BIPARKS.ORG**

## Fun Activities! Join us for...

### Popcorn Day

Come down and celebrate Popcorn Day with us. Try fun flavors and even different colors. Maybe even make a popcorn ball. Friday, 1/17

### Random Acts of Kindness Day

Come down and tell us what kindness means to you. Add creative ideas or compliments to our kindness jar. Treats Included! 2/17

### Pi Day

How many numbers are in Pi? Do you know? If you recite the most, you can win a prize! (High probability said prize would be a pie of one sort or another.)  
Friday, 3/14

### Jellybean Day

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

### Pizza Party Day

Join us for National Pizza Party Day with free pepperoni and cheese pizza slices. Friday, 5/16

**We will have planned additional activities,  
look for them posted on the calendar  
in the Teen Center or online.**

## TEEN FUN

### TEEN FLASHLIGHT EGG HUNT

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

F 9:00-10:00p 4/18 FREE



### MIDDLE SCHOOL DANCES!

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, 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 [teencenter@biparks.org](mailto:teencenter@biparks.org).

|           |    |            |      |      |
|-----------|----|------------|------|------|
| 172627-01 | Sa | 7:00-9:00p | 2/8  | \$30 |
| 02        | Sa | 7:00-9:00p | 4/19 | \$30 |

### BIRTHDAY RENTALS!

Get ready to throw the ultimate celebration for your amazing child! They'll have a blast with access to the pool table, foosball, air hockey, ping pong, video games, and much more! There is 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 [teencenter@biparks.org](mailto:teencenter@biparks.org). Let's create unforgettable memories together!



### HILLTOP ACOUSTIC JAM

All-ages. Bring your guitar, voice, uke, banjo, box drum, fiddle, or any other acoustic instrument for a (sometimes rowdy) song-swapping circle at Prue's House! Beginners and veterans learn from each other, with no stage fright and no pressure; sit in or just come to listen! All ages are welcome, and it's FREE! Hot drinks by donation. Third Friday, monthly. 7:30p. 1/17, 2/21, 3/21, 4/18, 5/16 and 6/20. HT

## SERVICE

### PARK DISTRICT VOLUNTEER OPPORTUNITIES

Are you looking for meaningful volunteer opportunities this winter/spring? Check out Park District volunteer opportunities and make a difference in our community. Join our team of enthusiastic volunteers and be a part of the magic!

**Visit [biparks.org/volunteers](http://biparks.org/volunteers) for more information on how to get involved.**



# ADAPTIVE & SPECIALIZED REC



## ADULT

### POTTERY FOR ALL! ★

Ages 14 and up. Students will work with clay using hand-building methods. Tailored for neurodivergent People, the class focuses on working within each student's ability, teaching 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



|           |   |             |           |        |
|-----------|---|-------------|-----------|--------|
| 122790-01 | W | 3:30- 5:00p | 1/8-2/12  | \$132  |
| 02        | W | 3:30- 5:00p | 2/26-4/2  | \$132  |
| 03        | W | 3:30-5:00p  | 4/16-5/14 | \$110* |
| 04        | W | 3:30-5:00p  | 5/21-6/18 | \$110* |

\*Five-week class session

## OTHER

### STRENGTH TRAINING FOR ALL! ★

Ages 14 and up. Adaptive Strength Training is tailored for neurodiverse populations and people with physical disabilities, but all are welcome to attend. Learn how to work out on the different machines at the BIRC safely. Each week, participants will learn new machines and other workouts that they can safely practice independently. BIRC

|           |      | Member/Non Member |           |             |
|-----------|------|-------------------|-----------|-------------|
| 111791-01 | T/TH | 4:00-5:00p        | 1/7-1/23  | \$150/\$165 |
| 02        | T/TH | 4:00-5:00p        | 1/28-2/13 | \$150/\$165 |



## YOUTH

### SWIM LESSONS FOR ALL! ★

Ages 7-21. Do you know someone for whom constant ambient noise makes it hard to focus? Are loud, splashy group lessons overwhelming? Sensory needs can be challenging in the group lesson setting; that's where adaptive swim lessons can help. These lessons are provided in a small group setting. They are created for those with anxiety, physical, sensory, communication, and behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. Questions? Please get in touch with Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org). AQ

|           |     |            |           |       |
|-----------|-----|------------|-----------|-------|
| 107900-01 | M   | 1:35-3:15p | 1/6- 2/10 | \$158 |
| 02        | M   | 1:35-3:15p | 2/24-3/31 | \$190 |
| 03        | M   | 1:35-3:15p | 4/14-5/19 | \$190 |
| 04        | M/F | 1:35-3:15p | 6/2-6/13  | \$126 |



## VOLUNTEER OPPORTUNITIES

Are you looking to help your community?  
We are looking for volunteers for our Adaptive & Specialized Recreation Programs! Contact Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org) to volunteer!  
206-842-5661 #107 or [codyogren@biparks.org](mailto:codyogren@biparks.org) to volunteer!



# YOUTH & ADULT



## WILDERNESS DAY HIKES

### WILDERNESS DAY TRIPS

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

### INTERPRETIVE SNOWSHOE AT HURRICANE RIDGE

**~3 mi** **~400ft elev. gain**

This beginner and family-friendly trip is a perfect introduction to snowshoeing. First, we'll try the snowshoes on different surfaces during a guided interpretive walk-through of Hurricane Ridge's gladed woods. Participants will learn about trees — their winter adaptations, relationships with fungi, effects on the air and humans, and more. After lunch, we'll snowshoe on a groomed trail to a viewpoint atop a snow-capped ridge. Snowshoes provided. The trip meets at 6:45am.

**\*\*Note that the Super Bowl is 2/9 and President's Day is 2/17**

|           |    |             |      |      |
|-----------|----|-------------|------|------|
| 131909-01 | Sa | 6:45a-5:00p | 2/1  | \$90 |
| 03        | Su | 6:45a-5:00p | 2/9  | \$90 |
| 04        | Su | 6:45a-5:00p | 2/16 | \$90 |

### MOONLIGHT SNOWSHOE

**~3.5 mi** **~500ft elev. gain**

We'll take the ferry to Seattle and drive to Blewett Pass, arriving right around sunset. As the daylight fades and the almost full moon rises, we'll hike along the Wenatchee Crest. We'll pass through an open forest with snow sparkling around us, slowly climbing to a high point with moonlit views of the surrounding mountains. The trip meets at 1:30 pm and returns around 11:30 pm. Snowshoes provided.

|           |    |              |     |      |
|-----------|----|--------------|-----|------|
| 131909-02 | Sa | 1:30p-11:30p | 2/8 | \$90 |
|-----------|----|--------------|-----|------|

### STEEPLE ROCK SNOWSHOE

**~5.2 mi** **~800ft elev. gain**

From Hurricane Ridge, head away from the crowds and groomed trails for extensive views, deep snow, and a great sense of solitude. This intermediate-level trip features spectacular views of the Strait of Juan de Fuca and snow-capped Olympic mountains. Snowshoes provided. Trip meets at 6:45 am.

|           |    |             |      |      |
|-----------|----|-------------|------|------|
| 131909-05 | Su | 6:45a-5:00p | 2/23 | \$90 |
|-----------|----|-------------|------|------|

### COMMONWEALTH BASIN SNOWSHOE

**~5 mi** **~1200ft elev. gain**

Near Snoqualmie Pass, Commonwealth Basin gets a TON of snow! Snow-loaded trees look like strange sculptures, and there is enough space between them for some great views of the surrounding peaks. It's a beautiful, sprawling area — we'll explore and find a quiet corner for lunch. Snowshoes provided.

|           |    |             |     |      |
|-----------|----|-------------|-----|------|
| 131909-06 | Su | 8:00a-6:30p | 3/2 | \$90 |
|-----------|----|-------------|-----|------|

### LAKE ANGELES SNOWSHOE

**~7 mi** **~2300ft elev. gain**

This well-graded trail climbs steadily through thick forests to reach its spectacular destination, Lake Angeles. Thousand-foot cliffs encircle the lake with ice and snow packed into every crevice, and waterfalls struggle to free themselves from winter's icy grip. It's well worth the hard work to get there! Snowshoes provided. Trip meets at 9am.

|           |    |             |     |      |
|-----------|----|-------------|-----|------|
| 131909-07 | Su | 9:00a-7:00p | 3/9 | \$90 |
|-----------|----|-------------|-----|------|



### HIDDEN BEACH

**~7 mi** **~600ft elev. gain**

Come visit this new state park before the crowds find it! The trail winds past leaning madronas, along old roads, and through a cool lush ravine to an isolated beach. We'll walk along the coast to Thompson Spit, enjoy views of Protection Island, and check out the sea life — there's a very low tide on this date! A good one to do with a guide, as there are many crisscrossing trails. The trip meets at 9am.

|           |   |             |      |      |
|-----------|---|-------------|------|------|
| 131909-08 | W | 9:00a-5:00p | 4/16 | \$90 |
|-----------|---|-------------|------|------|

### PRATT RIVER

**~6.8 mi** **~700ft elev. gain**

We'll take a ferry ride and a short drive to the Pratt River Trail, where we'll walk alongside the powerful Middle Fork Snoqualmie River. Highlights of this lush area include views of the snowy surrounding mountains and a wide variety of forest textures.

|           |    |             |      |      |
|-----------|----|-------------|------|------|
| 131909-09 | Su | 8:00a-6:30p | 4/27 | \$90 |
|-----------|----|-------------|------|------|





# YOUTH & ADULT

## BEST OF THE DUCKABUSH AND DOSEWALLIPS

**~5 mi** **~600ft elev. gain**  
 We'll visit three beautiful waterfalls, a roaring canyon, and a peaceful river delta. This trip combines several short trails, including Murhut Falls, Rocky Brook Falls, Ranger Hole, and Falls View overlook, which are all the highlights of the Duckabush and Dosewallips areas in one trip! With the shorter mileage, we'll take our time and soak it all in. The trip meets at 9:00 am.  
 131909-10 Tu 9:00a-6:00p 5/6 \$90

## ELK LAKES

**~5.5 mi** **~500ft elev. gain**  
 Enjoy a beautiful and seldom-visited lake in the Hamma Hamma River area of the Olympic Mountains! Elk Lake features miles of lakeshore trail, old-growth cedars, and views of towering mountains reflected on the surface. We'll look for beavers and examine their handiwork at a smaller pond. With the shorter mileage, we'll take our time and soak it all in! The trip meets at 9:00 am.  
 131909-11 Su 9:00a-6:00p 5/18 \$90

## DUNGENESS MEADOWS

**~9mi** **~900ft elev. gain**  
 This gentle trail follows the Dungeness River through big stands of Douglas fir, past the confluence with Royal Creek, and into the Buckhorn Wilderness. There, we'll turn onto the seldom-visited Heather Creek trail and pass through a series of bright riverside meadows —perfect spots for a Memorial Day picnic!  
 131909-12 M 8:00a-6:00p 5/26 \$90



## ORCAS ISLAND FAMILY BIKE CAMP

Ages 7 and up. Forget Mexico; spend your spring break in the San Juan Islands! During this five-day campout, we'll explore the forests, beaches, lakes, and peaks at Moran State Park on Orcas Island. Each day will offer various riding experiences, from mellow cross-country single track to steep, technical descents. Do you like hanging out at the lake instead, or reading a book in a cozy camp chair? There's plenty of room for that too! This campout is designed to be fun for the whole family — so if hiking, swimming, or relaxing by the campfire is more your speed, you will have just as much fun. Avoid the stress of the airport and spend your vacation somewhere that feels like a world away but is much closer to home! An adult must accompany children under the age of 10. Transportation included. Meet at SHP.  
 131986-07 M-F 8:00a-5:00p 4/7-4/11 \$650 per person

# BACKPACKING

## BACKPACKING 101

Ages 8 and up. Are you interested in backpacking? In this hands-on class, you'll get to practice the basic skills and learn what gear you need to get started. We'll cover trip planning, safety and safety equipment, practice setting up tents, stoves, and water filters, learn how to pack a backpack, what to bring, and much more. Meets at Strawberry Hill Center.  
 131900-01 Th 5:00-7:30p 4/17 \$55



# FLY FISHING

## INTRO TO FLY FISHING ★

Ages 14 and up. Interested in learning to fly fish? This class includes hands-on instruction for new beginners who would like to learn the exciting sport of fly fishing on Bainbridge Island. Start with instruction on the basics of fly fishing, equipment, local spots, knots, and end with casting lessons from an instructor so you will be ready to try your luck in the waters of the Puget Sound. All equipment is included for use. SB  
 131866-01 Sa 10:00a-12:00p 1/18 \$20

## INTERMEDIATE FLY FISHING: ★ CASTING FOCUS

Ages 14 and up. Interested in perfecting your cast or becoming proficient after a beginner class? This class is for all skill levels (beginning & intermediate) and is focused on advancing your casting with an instructor. All equipment is included for use. SB  
 131866-03 Sa 10:00a-12:00p 3/15 \$20





# ADULT



## ART AND CRAFT

### CEDAR BASKET WEAVING ★

Ages 16 and up. Cedar bark weaving is a traditional skill that is thousands of years old. The technique is widely used by the HAIDA of the Queen Charlotte islands, Coast Salish people. Hosted by David Repyak, artist educator and program director of Shine Art Academy. Together, we will create something of use and beauty in the community with others! Skills: weaving a plaited, cross-weft basket pattern in a unique design. Twining and wrapped warp techniques will be introduced. All materials provided. SHC 166772-01 F 1/17 3:30-7:30p \$100



### MAKE IT & TAKE IT CRAFTS: SPRING MOSAICS ★

Ages 16 and up. Spend a Saturday making something colorful and fun for your garden! Learn how to mosaic various items using our tiles, glass beads, and broken china supply. You can continue the fun at home once you get the hang of it. All materials provided. SHC



|                               |    |      |               |      |  |
|-------------------------------|----|------|---------------|------|--|
| <b>Flowerpots</b>             |    |      |               |      |  |
| 170310-01                     | Sa | 4/26 | 10:00a-12:00p | \$50 |  |
| <b>Fanciful Garden Stakes</b> |    |      |               |      |  |
| 02                            | Sa | 4/26 | 10:00a-12:00p | \$50 |  |
| <b>Steppingstones</b>         |    |      |               |      |  |
| 03                            | Sa | 4/26 | 10:00a-12:00p | \$50 |  |

## 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 how you see and approach realistic drawing. No experience necessary. Absolute beginners welcome! All materials provided. Jamie Brouwer instructs. SHC 166704-01 T 1/7-2/4 6:00-7:30p \$90  
02 W 1/8-2/5 10:30a-12:00p \$90

### 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 experiment with a broader range of materials, including charcoal, ink, and toned paper. I CAN DRAW is recommended but not a prerequisite. All materials provided. Jamie Brouwer instructs. SHC 166702-01 T 2/25-3/25 6:00-7:30p \$90  
02 W 2/26-3/26 10:30-12:00p \$90

### INTRODUCTION TO LIFE DRAWING

Throughout history, artists have used the human body to develop observational drawing skills. It is a challenging subject due to our familiarity with it. Learn the basics of human anatomy, starting with the skeleton and how it informs how we draw the figure. We will cover structures, proportions, and relationships that will give you confidence in your drawing practice. Note: We will not use live models in this class but will use photos for reference. Figure references will be nude. Jamie Brouwer instructs. SHC 166708-01 T 4/15-5/13 6:00p-7:30p \$90  
02 W 4/16-5/14 1:00-2:30p \$90



### CRAFT SAMPLERS ★

Ages 16 and up. Claim some weekend time for yourself! You don't need any experience or artistry to enjoy making crafts. Try out a variety of craft projects and materials without commitment or supply purchases. Meet like-minded crafters and enjoy a relaxing lunch break. One or two completed projects will go home with you each class. Enroll in a short-term sampler class and see how you like that method first. You might be a crafter! All materials provided. SHC



|                           |    |      |              |      |  |
|---------------------------|----|------|--------------|------|--|
| <b>Diamond Art</b>        |    |      |              |      |  |
| 170310-01                 | Sa | 1/14 | 10:00a-1:00p | \$75 |  |
| <b>Felt &amp; Felting</b> |    |      |              |      |  |
| 170310-02                 | Sa | 2/1  | 10:00a-1:00p | \$75 |  |
| <b>Macrame</b>            |    |      |              |      |  |
| 170310-03                 | Sa | 3/8  | 10:00a-1:00p | \$75 |  |
| <b>Soap Making</b>        |    |      |              |      |  |
| 170310-04                 | Sa | 4/12 | 10:00a-1:00p | \$75 |  |
| <b>Paper Crafting</b>     |    |      |              |      |  |
| 170310-05                 | Sa | 5/10 | 10:00a-1:00p | \$75 |  |

## YOGA BREATHING WORKSHOP

A workshop on 4 successive Saturdays that can help you overcome some of the most common health challenges today using the power of your own breath. Many individuals can begin to discover immediate and positive mind-body results in 10 minutes or less. At the end of each session or module, you will have "homework" in the form of breathing exercises.



# ADULT

## ART FOR SELF-CARE

All levels are welcome! Learn how making art and developing your creativity can be a beneficial practice for self-care. We will spend 4 weeks examining different practices and exercises to promote self-awareness, self-regulation, presence, and confidence. All materials are provided, but feel free to bring any materials you might want to use. Jamie Brouwer instructs. SHC

|           |   |           |            |      |
|-----------|---|-----------|------------|------|
| 166709-01 | W | 2/26-3/26 | 1:00-2:30p | \$90 |
| 02        | T | 5/20-6/17 | 6:00-7:30p | \$90 |

## I CAN DRAW PERSPECTIVE

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

|           |   |         |            |      |
|-----------|---|---------|------------|------|
| 166705-01 | W | 1/8-2/5 | 1:00-2:30p | \$90 |
|-----------|---|---------|------------|------|

## 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 experiment with a broader range of materials, including charcoal, ink, and toned paper. I CAN DRAW is recommended but not a prerequisite. All materials provided. Jamie Brouwer instructs. SHC

|           |   |           |               |      |
|-----------|---|-----------|---------------|------|
| 166702-01 | W | 2/26-3/26 | 10:30a-12:00p | \$90 |
|-----------|---|-----------|---------------|------|

## I CAN DRAW COLOR

In our time together, we will learn about the basic color wheel, complementary colors, value in color, and more. Using various materials, we will mix, blend, and experiment to familiarize ourselves with the principles of color theory and applications. Observational drawing of still lives and master copies will be our vehicle for discovery. Add a new dimension to your drawing practice, whether sketching, observational, or imaginative. All materials provided. Jamie Brouwer instructs.



|           |   |           |               |      |
|-----------|---|-----------|---------------|------|
| 166706-01 | W | 4/16-5/14 | 10:30a-12:00p | \$90 |
|-----------|---|-----------|---------------|------|

## ART BUFFET

Do you want to try different art mediums and techniques but want to know if you'll even like them before buying all the supplies? Look no further! Art Buffet will offer a new medium to experiment with each week. 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. Various papers and supports will also show how these materials interact with surfaces. All materials provided. Jamie Brouwer instructs. SHC

|           |   |           |            |      |
|-----------|---|-----------|------------|------|
| 166701-01 | W | 5/21-6/18 | 1:00-2:30p | \$90 |
|-----------|---|-----------|------------|------|

## COLORED PENCIL TUESDAYS



Age 14 and up. Do you have colored pencils you have never used? Wanting to get into art again or start something new? Here is the class for you. This class is designed for all to succeed and have fun. You'll learn the basics of creating with colored pencils. We go over materials, strokes, composition, and design. Susan Wiersema welcomes all levels. No experience is needed. All materials are provided, but feel free to bring your pencils if you have them. SHC



|           |   |           |            |      |
|-----------|---|-----------|------------|------|
| 166710-01 | T | 1/7-1/28  | 2:00-3:30p | \$80 |
| 02        | T | 2/4-2/25  | 2:00-3:30p | \$80 |
| 03        | T | 3/18-4/8  | 2:00-3:30p | \$80 |
| 04        | T | 4/22-5/13 | 2:00-3:30p | \$80 |



## WATER COLOR SKETCHERS' DELIGHT



Ages 13 and up. In these sessions, we will explore watercolor techniques and drawing in mixed media and watercolor books. Each class offers a warm-up exercise, a class assignment, and an encouraging environment. We will learn watercolor techniques and explore a variety of subject matter, from life and photos. Come with questions, explore techniques, and have a space away from home to create. We are creating a community of creative "sketchers" - come join us! Anne-Marie Sargent instructs with special guests. SHC

|           |   |          |                                   |      |
|-----------|---|----------|-----------------------------------|------|
| 166733-01 | W | 1/8-1/29 | 5:15-7:15p (some will be on Zoom) | \$75 |
| 02        | W | 3/5-3/26 | 5:15-7:15p                        | \$75 |
| 03        | W | 4/9-4/30 | 5:15-7:15p (first class on Zoom)  | \$75 |
| 04        | W | 5/7-5/28 | 5:15-7:15p (first class on Zoom)  | \$75 |





# ADULT



## BEGINNING PORTRAIT DRAWING I ★

Ages 16 and up. Beginning artists discover tools for creating and drawing portraits, drawing features, and exploring media and styles. Work with media including charcoal, pencil, conte, and pen. Progress from line drawing to shading and contouring. All materials are provided, but students can bring their own. Models may be provided for part of the session. Margaret Wright-Niemann instructs. SHC

|           |    |            |             |       |
|-----------|----|------------|-------------|-------|
| 166713-01 | Sa | 1/11-2/1   | 12:00-2:00p | \$120 |
| 03        | Sa | 3/29-4/26* | 12:00-2:00p | \$120 |

\* No class 4/12

## CONTINUING PORTRAIT DRAWING II

Ages 16 and up. Further explore media and tools for contouring and shading. Depict likeness and personality in drawings, explore diverse compositions, and incorporate details in portraits. Some materials are provided, but students can bring their own. Models may be provided for part of the session. Prerequisite: Beginning Portrait Drawing I or instructor approval. Margaret Wright-Niemann instructs. SHC.



|           |    |            |             |       |
|-----------|----|------------|-------------|-------|
| 166713-02 | Sa | 5/03 -5/24 | 12:00-2:00p | \$120 |
|-----------|----|------------|-------------|-------|

## LIFE DRAWING

Join our dynamic, open sessions for artists of all levels seeking to enhance their drawing and painting skills from real-life subjects. A model fee, ranging from \$50 to \$75 based on class size, will be collected during the first class to cover model expenses throughout the session. For further details, contact Gregg Onewein at 206-842-0259. Due to limited space, drop-ins are no longer available. SHC

|           |   |           |              |      |
|-----------|---|-----------|--------------|------|
| 166714-01 | F | 2/7-3/21* | 9:30a-12:30p | \$50 |
| 02        | F | 3/28-5/9* | 9:30a-12:30p | \$50 |
| 03        | F | 5/16-6/20 | 9:30a-12:30p | \$50 |

\*No class 2/21, 4/11

# 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. Watercolor supplies are not provided. Leading the class is John Adams, a renowned full-time artist and esteemed member of both the National and Northwest Watercolor Societies. For more information about our instructor, visit [www.johnadamsdesign.com](http://www.johnadamsdesign.com). SHC



|           |    |            |               |       |
|-----------|----|------------|---------------|-------|
| 166715-01 | Th | 1/16-2/6   | 10:00a-12:30p | \$160 |
| 02        | Th | 2/13-3/13* | 10:00a-12:30p | \$160 |
| 03        | Th | 3/20-4/17* | 10:00a-12:30p | \$160 |
| 04        | Th | 4/24-5/15  | 10:00a-12:30p | \$160 |

\*No class 2/20, 4/10

## BEGINNING WATERCOLOR FOR EVERYONE ★

Ages 16 and up. Have you always wanted to paint with watercolors, but all you've ever heard was how difficult it is? In this four-week class, you will learn the essential basics of watercolors and have fun doing it. No previous experience is required, just the willingness to learn. We'll review traditional watercolor techniques such as flat and graded washes, wet into wet, dry brush, and more. You will be encouraged to work with a color wheel and learn about design elements. Materials will be available, but please feel free to bring your watercolor supplies. Susan Wiersema instructs. SHC



|           |   |          |            |       |
|-----------|---|----------|------------|-------|
| 166415-01 | T | 1/7-2/28 | 4:00-5:30p | \$100 |
|-----------|---|----------|------------|-------|

## BEGINNING WATERCOLOR FOR EVERYONE 2

Now that you know the basics from the beginning watercolor class, let's continue practicing those skills. In this four-week class, you will learn to use those essential basics of watercolors more freely and have fun creating watercolors for your enjoyment. We'll use those traditional watercolor techniques of washes, dry on dry, and wet on wet; no previous experience is required, just the willingness to learn. We'll review traditional watercolor techniques such as flat and graded washes, wet into wet, dry brush, and more. You will be encouraged to work with a color wheel and learn about design elements. Materials will be available, but please feel free to bring your own. Susan Wiersema instructs. SHC

|           |   |          |            |       |
|-----------|---|----------|------------|-------|
| 166415-03 | T | 2/4-2/25 | 4:00-5:30p | \$100 |
|-----------|---|----------|------------|-------|

## WATERCOLORS AND COLORED PENCILS

Ages 14 and up. 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. If you have previous watercolor and colored pencil experience or none, join us for an introduction to this fun and creative mixed-media technique. Susan Wiersema instructs. SHC

|           |   |          |            |      |
|-----------|---|----------|------------|------|
| 166783-01 | T | 3/18-4/8 | 4:00-5:30p | \$80 |
|-----------|---|----------|------------|------|







# ADULT



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

Ages 16 and up. It's spring and time to take our art-making outside into nature. Instructor Susan Wiersema will take you out into nature to find inspiration amongst the trees, flowers, birds, and bugs. We'll explore these wonders of nature in different mediums such as watercolor, colored pencil, and ink and even combine them into incredible mixed media artworks. Susan Wiersema will reference *The Laws Guide to Nature Drawing and Journaling* for this class. Materials will be available, but please feel free to bring your supplies. No previous experience is required. SHC

166417-01 T 4/22-5/27 4:00-5:30p \$100

## OIL & ACRYLIC PAINTING with Gigi Godfrey

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



## MAKING AN INTERESTING COMPOSITION

Artists at all levels of experience benefit by concentrating on the arrangement of shapes in a painting. We'll try new approaches and exercises (including looking at the masters) to improve our skills in creating a pleasing composition. Gigi Godfrey instructs. SHC

|           |   |           |              |       |
|-----------|---|-----------|--------------|-------|
| 166720-11 | W | 1/15-2/12 | 9:30a-12:00p | \$100 |
| 12        | W | 1/15-2/12 | 1:00-3:30p   | \$100 |

## PLAYING WITH COLOR LIMITS

Back by popular demand, the "limits" class will focus on color this year. Each week, we'll try a new "limitation" type, but this time with a "color" twist. For example, paint the same scene focusing on changing the dominant color. New colors will be introduced into our "limited palette." We'll work on color scales and "triads"—so much to learn about color! Gigi Godfrey instructs. SHC

|           |   |           |              |       |
|-----------|---|-----------|--------------|-------|
| 166720-09 | W | 2/26-3/26 | 9:30a-12:00p | \$100 |
| 10        | W | 2/26-3/26 | 1:00-3:30p   | \$100 |

## PERSONAL PAINTING CHALLENGE

Have you been wanting to improve something specific in your painting journey? Rework or finish old paintings? Get thicker with the paint? Loosen up your brush strokes? Paint your pet? This class will be the perfect setting to boost your confidence and motivation. Painting is always a question — what if? We'll work together as a class to inspire each other and improve our skills. Come to class with your personal painting questions. Gigi Godfrey instructs. SHC

|           |   |          |              |      |
|-----------|---|----------|--------------|------|
| 166720-04 | W | 4/16-5/7 | 9:30a-12:00p | \$80 |
|-----------|---|----------|--------------|------|

## OUTDOOR PAINTING

Painting on location allows artists to capture a moment's emotional and sensory spirit. The plein-air experience can be a challenge with changing light and weather; however, we will follow some general guidelines to explore composition, simplify the large masses, and "see" nuances in color. Two separate day-workshops. Sign up for one or both. Location TBA. Gigi Godfrey instructs.

|           |   |      |             |      |
|-----------|---|------|-------------|------|
| 166720-05 | W | 5/14 | 9:30a-1:00p | \$30 |
| 06        | W | 5/21 | 9:30a-1:00p | \$30 |

## STAINED GLASS

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

## STAINED GLASS CLASSES

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

|           |   |           |              |       |
|-----------|---|-----------|--------------|-------|
| 166770-01 | T | 1/7-2/11  | 10:00a-1:00p | \$235 |
| 02        | W | 1/8-2/12  | 6:00p-9:00p  | \$235 |
| 03        | T | 3/11-5/6* | 10:00a-1:00p | \$235 |
| 04        | W | 3/12-5/7* | 6:00p-9:00p  | \$235 |

\*No class 3/25, 3/26, 4/1, 4/2, 4/8, 4/9

# ADULT



## GLASS FUSING WORKSHOPS

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

### SUNCATCHERS

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

|           |    |      |               |                                |
|-----------|----|------|---------------|--------------------------------|
| 166666-01 | Sa | 1/18 | 10:00a-12:00p | \$100 Adult                    |
| 02        | Sa | 1/18 | 2:00-4:00p    | \$100 Child and Adult together |

### BE MY VALENTINE

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

|           |    |     |               |                                |
|-----------|----|-----|---------------|--------------------------------|
| 166668-01 | Sa | 2/1 | 10:00a-12:00p | \$100 Adult                    |
| 02        | Sa | 2/1 | 2:00-4:00p    | \$100 Child and Adult together |

### IT'S A BUG'S LIFE

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

|           |    |     |               |                                |
|-----------|----|-----|---------------|--------------------------------|
| 166667-01 | Sa | 3/1 | 10:00a-12:00p | \$100 Adult                    |
| 02        | Sa | 3/1 | 2:00-4:00p    | \$100 Child and Adult together |



## POTTERY

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



### Things to know:

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

### Friendly reminders:

- Registration and activity attendance is non-transferable.
- Only tested Egledale Pottery Studio clay and glazes may be fired in the studio's kilns.
- Pottery class fees include clay. Figurative sculpture students purchase clay according to the project. Additional clay is available for current Egledale Pottery Studio students for \$30 per bag.

## CLAY BASICS SAMPLERS

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

|           |    |            |            |           |      |
|-----------|----|------------|------------|-----------|------|
| 122044-01 | Th | 1:00-3:00p | 1/9-2/6*   | \$95      |      |
|           | 02 | Th         | 6:00-8:00p | 1/23-2/13 | \$95 |

\*No class 1/20





# ADULT

## DAYTIME POTTERY

### MONDAY WHEEL CLASSES

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

|           |   |              |            |       |
|-----------|---|--------------|------------|-------|
| 122050-01 | M | 9:30a-12:30p | 1/6-3/24*  | \$290 |
| 03        | M | 9:30a-12:30p | 3/31-6/9** | \$290 |

\*No class 1/20 or 2/17

\*\*No class 5/26



### MONDAY AFTERNOON STUDIO WORKSHOP TIME

**NOTE: Must be a current Eagledale Pottery Studio student**

Make a day of it! Utilize the additional two hours of studio time with staff to explore new tools and perfect skills introduced during the morning class or attend Monday afternoons as part of your ongoing studio time. ED

|           |   |             |            |       |
|-----------|---|-------------|------------|-------|
| 122051-01 | M | 12:30-2:30p | 1/6-3/24*  | \$160 |
| 03        | M | 12:30-2:30p | 3/31-6/9** | \$160 |

\*No class 1/20 or 2/17

\*\*No class 5/26



### WEDNESDAY CONTINUING POTTERY

For folks with any level of clay experience, These mid-length day classes will help deepen clay skills and understanding. Be introduced to a new level of creativity with skilled finishing techniques and materials for some wonderful outcomes! Includes all materials. Two hours of instruction plus one hour of optional open studio time. Weeks vary. ED

|           |   |              |           |       |
|-----------|---|--------------|-----------|-------|
| 122050-02 | W | 9:30a-12:30p | 1/8-2/26  | \$240 |
| 04        | W | 9:30a-12:30p | 3/5-4/16* | \$180 |
| 06        | W | 9:30a-12:30p | 4/23-5/28 | \$180 |

\*No class 3/26



### POTTERY FOR ALL!



Ages 14 and up. Students will work with clay using handbuilding methods. Tailored for Neurodivergent People, the class focuses on working within each student's ability, teaching 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. Six weeks. ED

|           |   |            |           |        |
|-----------|---|------------|-----------|--------|
| 122790-01 | W | 3:30-5:00p | 1/8-2/12  | \$132  |
| 02        | W | 3:30-5:00p | 2/26-4/2  | \$132  |
| 03        | W | 3:30-5:00p | 4/16-5/14 | \$110* |
| 04        | W | 3:30-5:00p | 5/21-6/18 | \$110* |

\*Five-week class session

### WEDNESDAY AFTERNOON STUDIO TIME

**NOTE: Must be a current Eagledale Pottery Studio student**

Make a day of it! Utilize the additional two hours of studio time with studio staff to explore new tools and perfect skills introduced during the morning class or attend Wednesday afternoons as part of your ongoing studio time. Weeks vary. ED

|           |   |              |           |      |
|-----------|---|--------------|-----------|------|
| 122051-02 | W | 1:00-3:00p   | 1/8-2/26  | \$96 |
| 04        | W | 9:30a-12:30p | 3/5-4/16* | \$72 |
| 06        | W | 9:30a-12:30p | 4/23-5/28 | \$72 |

\*No studio 3/26

### THURSDAY MORNING CLASS

Thursdays welcome beginners and those with previous wheel and hand-build experience. Choose from all-level pottery or specific project focus. The class will teach surface decorating techniques such as sgraffito and transfers, and small-form sculpture demonstrations will be introduced. Individual projects are welcome! Two hours of instruction, plus one hour of independent studio. Weeks vary. ED

### EVERYTHING CUPS!

|           |    |              |          |       |
|-----------|----|--------------|----------|-------|
| 122048-02 | Th | 9:30a-12:30p | 1/9-1/30 | \$126 |
|-----------|----|--------------|----------|-------|

### POTTERY FOUNDATIONS

|    |    |              |           |       |
|----|----|--------------|-----------|-------|
| 04 | Th | 9:30a-12:30p | 4/11-5/16 | \$190 |
|----|----|--------------|-----------|-------|

### THROWING LARGER!

|    |    |              |          |       |
|----|----|--------------|----------|-------|
| 05 | Th | 9:30a-12:30p | 4/3-4/23 | \$126 |
|----|----|--------------|----------|-------|

### THROWING & ALTERING FORMS!

|    |    |              |          |       |
|----|----|--------------|----------|-------|
| 06 | Th | 9:30a-12:30p | 5/8-5/29 | \$126 |
|----|----|--------------|----------|-------|



### THURSDAY AFTERNOON STUDIO TIME

**NOTE: Must be a current Eagledale Pottery Studio student**

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

|           |    |            |           |      |
|-----------|----|------------|-----------|------|
| 122049-02 | Th | 1:00-3:00p | 2/13-3/20 | \$96 |
| 04        | Th | 1:00-3:00p | 4/3-4/24  | \$64 |
| 05        | Th | 1:00-3:00p | 5/8-5/29  | \$64 |



# ADULT



## INTERMEDIATE FIGURATIVE SCULPTURE with Debbie Fecher Gramstad

Figurative sculpture classes are designed for students with previous clay experience or completion of at least one session of the "Sculpt & Build" class. Independent projects are encouraged.

### TUESDAY CLASSES

Students will explore their ideas and tap into endless opportunities to create their work. Individual projects encouraged! ED

|           |   |             |           |       |
|-----------|---|-------------|-----------|-------|
| 122057-01 | T | 9:30-11:30a | 1/7-3/11  | \$285 |
| 03        | T | 9:30-11:30a | 3/25-5/27 | \$285 |

### TUESDAY FIGURATIVE STUDIO TIME\*\*

\*\*Must be a current Eagledale student.

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

|           |   |             |           |       |
|-----------|---|-------------|-----------|-------|
| 122058-01 | T | 12:30-2:30p | 1/7-3/11  | \$160 |
| 03        | T | 12:30-2:30p | 3/25-5/27 | \$160 |

### FRIDAY CLASSES

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

|           |   |             |           |       |
|-----------|---|-------------|-----------|-------|
| 122055-01 | F | 9:30-11:30a | 1/10-3/14 | \$285 |
| 03        | F | 9:30-11:30a | 3/28-5/30 | \$285 |

### FRIDAY FIGURATIVE STUDIO WORKSHOP TIME\*\*

\*\*Must be a current Eagledale student.

Enjoy a lunch break, then work another two and a half hours after class. ED

|           |   |             |           |       |
|-----------|---|-------------|-----------|-------|
| 122056-01 | F | 12:00-2:30p | 1/10-3/14 | \$160 |
| 03        | F | 12:00-2:30p | 3/28-5/30 | \$160 |

## SATURDAY POTTERY MORNING "FOUNDATION" CLASSES

Eagledale Pottery Studio offers a foundational Saturday morning class for all levels to enjoy! Optional lessons include both wheel-thrown and hand-building techniques, as well as exploring texture and glazes. Emphasis on individual successes and fun! Two hours of instruction is a great way to start your weekend. ED



|           |    |               |          |       |
|-----------|----|---------------|----------|-------|
| 122045-01 | Sa | 10:00a-12:00p | 1/11-3/1 | \$190 |
| 02        | Sa | 10:00a-12:00p | 4/5-6/7* | \$190 |

\* No class 4/19 or 5/24

### AFTERNOON STUDIO WORKSHOP TIME

NOTE: Must be a current Eagledale Pottery Studio student.

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

|           |    |             |          |      |
|-----------|----|-------------|----------|------|
| 122046-01 | Sa | 12:30-2:30p | 1/11-3/1 | \$96 |
| 02        | Sa | 12:30-2:30p | 4/5-6/7* | \$96 |

\* No class 4/19 or 5/24

## SUNDAY SCULPT AND BUILD

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

|           |    |              |            |       |
|-----------|----|--------------|------------|-------|
| 122043-01 | Su | 11:00a-1:30p | 1/12-3/9   | \$242 |
| 02        | Su | 11:00a-1:30p | 3/16-5/18* | \$216 |

\*No workshop 4/20 or 5/11

## POTTERY "TRY IT!" SKILL WORKSHOPS NEW!

Try some third firing finish options this winter and spring, including raku, metallic luster glazes and decals, and even a hands-on stamp and roller intro. Bring your own piece or adopt one of the studio "orphan" pots.



### Try It Skill: DIY stamps & rollers

|           |    |            |      |      |
|-----------|----|------------|------|------|
| 122081-06 | Su | 2:00-4:30p | 1/26 | \$50 |
|-----------|----|------------|------|------|

### Try It Skill: Naked raku

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 122081-02 | Su | 2:00-7:00p | 2/2 | \$95 |
|-----------|----|------------|-----|------|

### Try It Skill: Saggar raku

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 122081-03 | Su | 2:00-7:00p | 3/2 | \$95 |
|-----------|----|------------|-----|------|

### Try It Skill: Basic raku

|           |    |            |      |      |
|-----------|----|------------|------|------|
| 122081-13 | Su | 2:00-7:00p | 3/23 | \$95 |
|-----------|----|------------|------|------|

### Try It Skill: Lustre & gold decals

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 122081-01 | Su | 2:00-4:30p | 4/6 | \$50 |
|-----------|----|------------|-----|------|

### Try It Skill: Crackle raku

|           |    |            |      |      |
|-----------|----|------------|------|------|
| 122081-14 | Su | 2:00-7:00p | 4/13 | \$95 |
|-----------|----|------------|------|------|

### Try It Skill: Obvara raku

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 122081-15 | Su | 2:00-7:00p | 5/4 | \$95 |
|-----------|----|------------|-----|------|

### Try It Skill: Horsehair raku

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 122081-16 | Su | 2:00-7:00p | 6/1 | \$95 |
|-----------|----|------------|-----|------|

### Try It Skill: Entire six-class raku series

|           |    |            |         |       |
|-----------|----|------------|---------|-------|
| 122081-17 | Su | 2:00-7:00p | 2/2-6/1 | \$475 |
|-----------|----|------------|---------|-------|

### Try It Skill: Underglaze decals

|           |   |            |          |      |
|-----------|---|------------|----------|------|
| 122081-18 | F | 2:00-4:30p | 4/25-5/9 | \$95 |
|-----------|---|------------|----------|------|





# ADULT

## EVENING POTTERY

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



### MONDAY EVENING CLAY FOUNDATIONS FOR BEGINNERS

This class is designed to appeal to all levels of ability. Lessons will include slab work, sculpture, and basic throwing instruction. We will use a variety of stone-ware clay to explore texture with underglaze and glazes. ED

|           |   |            |            |       |
|-----------|---|------------|------------|-------|
| 122052-01 | M | 6:00-8:00p | 1/6-2/10*  | \$165 |
| 03        | M | 6:00-8:00p | 2/24-3/31  | \$190 |
| 05        | M | 6:00-8:00p | 4/21-6/2** | \$190 |

\*No class 1/20

\*\*No class 5/26

### TUESDAY INTRO TO THE WHEEL **NEW!**

An evening beginners class focusing on wheel throwing.

|           |   |            |           |       |
|-----------|---|------------|-----------|-------|
| 122052-07 | T | 6:00-8:00p | 1/7-2/11  | \$144 |
| 08        | T | 6:00-8:00p | 2/25-4/1  | \$144 |
| 09        | T | 6:00-8:00p | 4/15-5/20 | \$144 |

\*No workshop 2/20

### WEDNESDAY EVENING SCULPTURE FOR RAKU **NEW!**

A brand-new evening class focused on creative decorative sculpture pieces, especially for raku firing.

|           |   |            |         |       |
|-----------|---|------------|---------|-------|
| 122074-01 | W | 6:00-8:30p | 3/5-4/9 | \$216 |
|-----------|---|------------|---------|-------|



### WEDNESDAY EVENING WHEEL THROWING

A friendly wheel throwing-focus class for all levels.

|           |   |            |          |       |
|-----------|---|------------|----------|-------|
| 122052-02 | W | 6:00-8:00p | 1/8-2/26 | \$190 |
| 06        | W | 6:00-8:00p | 4/16-6/4 | \$190 |

### THURSDAY EVENING STUDIO WORKSHOP TIME

Evening inspiration is time for all levels to creatively experiment. Six weeks.

|           |    |            |           |      |
|-----------|----|------------|-----------|------|
| 122054-01 | Th | 6:00-8:00p | 2/13-3/20 | \$96 |
|-----------|----|------------|-----------|------|

### FRIDAY NIGHT "MAKE IT!" WORKSHOPS

Try making creative, functional, decorative items for your home or for gifting. These casual Friday evening experiences make a fun friend's night out, memorable date, or just some focused creative time for yourself. ED

#### WINTER LUMINARIES

|           |   |            |             |      |
|-----------|---|------------|-------------|------|
| 122080-01 | F | 6:00-8:00p | 1/17 & 1/31 | \$50 |
|-----------|---|------------|-------------|------|

#### SPRING FOREVER FLOWERS

|           |   |            |             |      |
|-----------|---|------------|-------------|------|
| 122080-02 | F | 6:00-8:00p | 2/28 & 3/14 | \$50 |
|-----------|---|------------|-------------|------|

#### SPRING TOTALLY TILES

|           |   |            |             |      |
|-----------|---|------------|-------------|------|
| 122080-05 | F | 6:00-8:00p | 5/27 & 6/10 | \$50 |
|-----------|---|------------|-------------|------|



### FLEXIBLE STUDIO TIME OPTION

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

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

#### WINTER FLEX TIME

|           |                     |           |       |
|-----------|---------------------|-----------|-------|
| 122047-02 | days and times vary | 1/13-3/29 | \$175 |
|-----------|---------------------|-----------|-------|

#### SPRING FLEX TIME

|           |                     |           |       |
|-----------|---------------------|-----------|-------|
| 122047-03 | days and times vary | 3/31-6/15 | \$175 |
|-----------|---------------------|-----------|-------|

## 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 grammar exercises 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**

|           |   |             |           |       |
|-----------|---|-------------|-----------|-------|
| 166753-01 | W | 9:20-10:50a | 1/8-2/12  | \$110 |
| 02        | W | 9:20-10:50a | 4/16-5/21 | \$110 |

Note to new students: Please contact the instructor Will Perkins to help determine which class may be best for you—email [senorperkins@gmail.com](mailto:senorperkins@gmail.com).

# ADULT



## SPECIAL INTEREST

### HILLTOP ACOUSTIC JAM

All-ages. Bring your guitar, voice, uke, banjo, box drum, fiddle, or any other acoustic instrument for a (sometimes rowdy) song-swapping circle at Prue's House. Beginners and veterans learn from each other, with no stage fright and no pressure; sit in or just come to listen. All ages are welcome, and it's FREE! Hot drinks by donation. Third Friday, monthly. 7:30p. 1/17, 2/21, 3/21, 4/18, 5/16 and 6/20. HT

## CANINE

**Group classes are a great way to learn new skills with your puppy or dog in a fun environment with other dogs and their humans! Classes are a judgment-free zone — get friendly encouragement and helpful support for all of you and your dog's behavior goals. We are committed to using progressive, force-free training methods. All classes support a maximum of seven dogs, so you and your dog can get plenty of quality, individual attention from your class instructor.**



### ROOKIE ROVER

For puppies ages 8 weeks to 5 months. In this supportive environment, your puppy will learn essential cues, good manners, and socialization skills while building a solid foundation for a well-behaved and confident future. This class includes off-leash play. Your puppy can safely start puppy class as early as eight weeks old, and they will need to have their first set of puppy shots, we recommend having your pup home for at least one week before starting classes. Families welcome. Meet at the ICH. **CONTRACTOR 3** Hounds Training.



|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126190-01 | W  | 5:00 -5:50p  | 1/8-2/12  | \$200 |
| 02        | Sa | 10:00-10:45a | 3/1-4/5   | \$200 |
| 03        | W  | 6:00-6:50p   | 4/16-5/21 | \$200 |
| 04        | Th | 4:00 -4:50p  | 5/8-6/12  | \$200 |

### CANINE GOOD CITIZEN

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. This class is open to those who have previously taken a training class and are wanting to practice and take the CGC test. For dogs 8 months of age or older. Meet at ICH.

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126125-01 | S  | 10:00-10:50a | 1/11-2/15 | \$200 |
| 02        | Th | 6:00-6:50p   | 2/27-4/3  | \$200 |
| 03        | S  | 10:00-10:50a | 4/19-5/24 | \$200 |

### TEENAGE TAILS

For dogs 5 to 18 months. This class is specifically designed to support your adolescent dog as they navigate teenage-hood. We will work on reinforcing manners and handling common adolescent dog behaviors, emphasizing focus and self-control skills around exciting distractions. We do play time in appropriate groups. Families welcome. Meet at the ICH. **CONTRACTOR 3** Hounds Training.

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126191-01 | W  | 6:00-6:50p   | 1/8-2/12  | \$200 |
| 02        | Sa | 12:00-12:50p | 3/1-4/5   | \$200 |
| 03        | Th | 5:00-5:50p   | 5/8 -6/12 | \$200 |

### BEYOND TUGS & TANGLES

For dogs 6 months and older. Experience the joy of walking side-by-side with your furry companion through our loose leash walking class. Master the art of walking (without the tug-of-war) as we guide you toward a relaxed and enjoyable stroll. Say goodbye to leash tension and hello to leisurely walks where you and your dog can genuinely connect and explore together. Families welcome. Meet at the ICH. **CONTRACTOR 3** Hounds Training.

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126192-01 | Sa | 12:00-12:50p | 1/11-2/1  | \$135 |
| 02        | Th | 5:00-5:50p   | 2/27-3/20 | \$135 |
| 03        | Sa | 12:00-12:50p | 4/19-5/10 | \$135 |

### WELL-MANNERED WOOFs

For dogs 6 months and older. Polish up your relationship with your older puppy or dog with this foundation class. This course focuses on teaching good behavior at home and getting ready to get out in the community for your dog. You and your dog will learn specific skills like sit, down, stay, come, loose-leash walking, greeting people and dogs calmly, and more! Families welcome. Meet at the ICH.

**CONTRACTOR 3** Hounds Training.

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126193-01 | Sa | 11:00-11:50a | 1/11-2/15 | \$200 |
| 02        | Th | 7:00-7:50p   | 2/27-4/3  | \$200 |
| 03        | Sa | 11:00-11:50a | 4/19-5/24 | \$200 |

### WELL-MANNERED WOOFs 2

This intermediate dog manners class is designed to build upon the foundational skills learned in Well-Mannered Woofs or Teenage Tails. We will refine existing behaviors and introduce more complex behaviors, while increasing duration, distractions, and distance. Learn fun and engaging tricks, build confidence, and strengthen the bond between you and your dog. \*Prerequisite: One of the following - Well Mannered Woofs, Teenage Tails, or prior approval from the instructor. Meet at the ICH. **CONTRACTOR 3** Hounds Training.

|           |    |              |           |       |
|-----------|----|--------------|-----------|-------|
| 126194-01 | Sa | 11:00-11:50a | 3/1-4/5   | \$200 |
| 02        | W  | 7:00-7:50p   | 4/16-5/21 | \$200 |

### MANNERS ON THE MOVE

Explore the beauty of Bainbridge Island with your furry friend! This class is dedicated to perfecting a heel, empowering your dog to settle anywhere calmly, and giving you the confidence to accompany your pup to dog-friendly locations. Throughout our journey, we'll introduce engaging games to enjoy in various public spaces, ensuring you and your dog relish every moment. The class meets at a different location each week, including Winslow, Battle Point Park, and the Grand Forest. \*Prerequisite: Well-Mannered Woofs, or Well-Mannered Woofs 2, or Teenage Tails, or prior approval from instructor. **CONTRACTOR 3** Hounds Training.

|           |    |            |          |       |
|-----------|----|------------|----------|-------|
| 126195-01 | Th | 6:30-7:30p | 5/8-5/29 | \$135 |
|-----------|----|------------|----------|-------|





# ADULT

## ROCKSTAR RECALL

Looking for active games to play with your dog that double as training? Want a dog that thinks and uses good behaviors? A recall that is quick and with purpose? Look no further than the Recall class with Grayson. Learn 20 games you can play on your walks that promote listening through high-level distractions, such as deer and bunnies, while promoting an awesome relationship with your four-legged friend. **CONTRACTOR** Dog Barn Training.



|           |   |            |             |       |
|-----------|---|------------|-------------|-------|
| 126197-01 | M | 3:00-4:00p | 1/6-2/3*    | \$160 |
| 02        | M | 4:00-5:00p | 1/6-2/3*    | \$160 |
| 03        | M | 5:00-6:00p | 1/6-2/3*    | \$160 |
| 04        | M | 3:00-4:00p | 2/10-3/10** | \$160 |
| 05        | M | 4:00-5:00p | 2/10-3/10*  | \$160 |
| 06        | M | 5:00-6:00p | 2/10-3/10*  | \$160 |
| 07        | M | 3:00-4:00p | 3/17-4/7    | \$160 |
| 08        | M | 4:00-5:00p | 3/17-4/7    | \$160 |
| 09        | M | 5:00-6:00p | 3/17-4/7    | \$160 |

\* No Class 1/20, 2/17

## ADULT CLIMBING

### CLIMBING FOR ADULTS NEW!

Ages 18 & up. Are you interested in a new way to get moving this season? Are you looking for a group of adults to climb with who motivate and encourage each other to stay active? Join us for our adult training program, no previous climbing experience required! Over three weeks, each 90-minute session will include warm-up and cool-down, as well as an exercise for the whole group related to a specific element of climbing training, followed by independent climbing time. Classes may include bouldering, the use of auto belays, and top-rope climbing. Membership to Insight Climbing & Movement is included for the class duration. **CONTRACTOR**



Taught by experienced climbing instructors at Insight Climbing & Movement.

\*Requires arriving early to the first session or making advance arrangements with the instructor.

|           |   |            |          |       |
|-----------|---|------------|----------|-------|
| 131997-01 | T | 6:00-7:30p | 3/4-3/18 | \$105 |
|-----------|---|------------|----------|-------|

## FITNESS/ EXERCISE

### MORNING EXERCISE FUNTASTIC FITNESS!

This class combines aerobic exercises, range of motion, and strength training in a positive, energizing environment. You will learn exercises 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

Weekly Classes: MWF, 9-10a runs 1/13-6/13\*

|           |                        |      |
|-----------|------------------------|------|
| 116726-01 | 10-class punch pass    | \$80 |
| 02        | Drop-in (1 class) pass | \$9  |

\*No class on 1/20, 5/26



### 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

Weekly classes: T & TH, 11a-12:00p runs 1/14-6/12

|           |                        |      |
|-----------|------------------------|------|
| 116725-01 | 10-class punch pass    | \$80 |
| 02        | Drop-in (1 class) pass | \$9  |

### YANG TAI CHI CHUAN NEW!

18 and up. This class focuses on the world-famous Yang Style Long Form, along with the purposes and use of each individual movement. On the surface, Yang Style Tai Chi Chuan looks like an elegant slow-motion dance. But, looking deeper, we find an ancient wisdom, born of centuries of experience, designed to create and maintain a healthy lifestyle. What you learn here will last a lifetime. ICH

|           |   |            |           |      |
|-----------|---|------------|-----------|------|
| 116740-01 | M | 6:30-8:00p | 1/27-3/17 | \$88 |
| 02        | M | 6:30-8:00p | 3/24-5/12 | \$88 |

### 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

|           |    |              |           |      |
|-----------|----|--------------|-----------|------|
| 116739-01 | T  | 10:00-11:30a | 1/7-2/25  | \$88 |
| 02        | T  | 10:00-11:30a | 3/4-4/22  | \$88 |
| 03        | T  | 10:00-11:30a | 4/29-6/17 | \$88 |
| 116738-01 | Th | 10:00-11:30a | 1/9-2/27  | \$88 |
| 02        | Th | 10:00-11:30a | 3/6-4/24  | \$88 |
| 03        | Th | 10:00-11:30a | 5/1-6/19  | \$88 |



## PROGRAMS FOR TEENS AGES 13-17

# ADULT



## ZUMBA with Mariah

Ages 13 and up. Burn your calories with a big smile on your face! Zumba takes the "work" out of workout. Zumba uses contemporary Latin and World rhythms along with current radio tunes to get your heart pumping. All levels are welcome. ICH. **CONTRACTOR**  
Weekly Classes: Sundays, 11a-12p runs 1/12-6/15.

11319-01 10-class punch pass \$85  
02 Drop-in (1 class) \$17



## YOGA AT ICH

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

111204-01 W 9:00-10:15a 1/8-2/12 \$78  
02 W 9:00-10:15a 2/26-4/2 \$78  
03 W 9:00-10:15a 4/16-5/21 \$78



## DISCOVER BAINBRIDGE RUNS

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

111315-01 T 8:30-9:30a 1/14-2/11 \$65  
02 Th 8:30-9:30a 1/16-2/13 \$65  
03 T 8:30-9:30a 2/25-3/25 \$65  
04 Th 8:30-9:30a 2/27-3/27 \$65  
05 T 8:30-9:30a 4/8-5/6 \$65  
06 Th 8:30-9:30a 4/10-5/8 \$65  
07 T 8:30-9:30a 5/13-6/10 \$65  
08 Th 8:30-9:30a 5/15-6/12 \$65  
09 5-visit punch pass \$80  
10 10-visit punch pass \$160

## ADULT SPORTS

### OPEN GYM SPORTS

High School Lower Gym Players can drop in and play for \$7.00 per visit or buy a five-visit pass for \$30 or a 12-visit pass for \$63. \*Subject to changes and cancellations due to school functions, holidays, or low attendance. Check out our open gym options for our BIRC members in our Recreation Center catalog section on page 55. Commodore Gym

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



## TENNIS/ PICKLEBALL

### SAVE THE DATE!

### 1ST ANNUAL BAINBRIDGE ISLAND METRO PARK AND RECREATION DISTRICT PICKLEBALL TOURNAMENT

Join us March 7-9 at the Bainbridge Island Recreation Center for our First Annual Pickleball Tournament. Men's Doubles Friday, March 7, Mixed Doubles Saturday, March 8, and Women's Doubles Sunday, March 9. All matches will be played on our indoor tennis courts. Register on [pickleball-brackets.org](http://pickleball-brackets.org) beginning November 1st. BIRC

### PICKLEBALL 101

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

112723-01 Su 11:00a-12:00p 3/16 \$32  
02 Su 11:00a-12:00p 4/13 \$32  
03 Su 11:00a-12:00p 5/18 \$32  
04 Su 11:00a-12:00p 6/8 \$32





# ADULT

## PICKLEBALL DRILLS AND SKILLS

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

|           |    |             |           |      |
|-----------|----|-------------|-----------|------|
| 112725-01 | MW | 12:00-1:30p | 3/10-3/19 | \$60 |
| 02        | MW | 12:00-1:30p | 3/24-4/2  | \$60 |
| 03        | MW | 12:00-1:30p | 4/14-4/23 | \$60 |
| 04        | MW | 12:00-1:30p | 4/28-5/7  | \$60 |
| 05        | MW | 12:00-1:30p | 5/12-5/21 | \$60 |
| 06        | MW | 12:00-1:30p | 6/2-6/11  | \$60 |



## ADVANCED BEGINNERS PICKLEBALL

Ages 18 and up. This class is perfect for players who understand the game and want to enhance their skills to move into Skills & Drills. Expand your knowledge of strategies and techniques while you play. All equipment provided. All fitness levels are welcome. BPP

|           |     |             |           |      |
|-----------|-----|-------------|-----------|------|
| 112726-01 | TTh | 12:00-1:30p | 2/25-3/6  | \$60 |
| 02        | TTh | 12:00-1:30p | 3/11-3/20 | \$60 |
| 03        | TTh | 12:00-1:30p | 3/25-4/3  | \$60 |
| 04        | TTh | 12:00-1:30p | 4/15-4/24 | \$60 |
| 05        | TTh | 12:00-1:30p | 5/13-5/22 | \$60 |
| 06        | TTh | 12:00-1:30p | 6/3-6/12  | \$60 |

## OUTDOOR PICKLEBALL LADDER LEAGUE FOR ADULTS

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

|           |    |            |           |      |
|-----------|----|------------|-----------|------|
| 112733-01 | Su | 5:30-7:30p | 4/13-5/18 | \$60 |
| 02        | Su | 5:30-7:30p | 5/25-6/29 | \$60 |
| 03        | W  | 5:30-7:30p | 4/16-5/21 | \$60 |
| 04        | W  | 5:30-7:30p | 5/28-7/2  | \$60 |

## BIRC PICKLEBALL GAME DAYS **NEW!**

Competitive play. Players are assigned to a court for a round robin with 4 to 5 players. Scores are recorded after each game day. Players are grouped week-to-week with others of similar skill level. BIRC Court 4.

| Women's Game Day |   |              | Member*/Non-Member |           |
|------------------|---|--------------|--------------------|-----------|
| 112735-01        | M | 11:30a-1:30p | 1/20-2/10          | \$68/\$88 |
| 02               | M | 11:30a-1:30p | 2/17-3/10          | \$68/\$88 |
| 03               | M | 11:30a-1:30p | 3/17-4/7           | \$68/\$88 |
| 04               | M | 11:30a-1:30p | 4/14-5/5           | \$68/\$88 |
| 05               | M | 11:30a-1:30p | 5/12-6/2           | \$68/\$88 |

| 60+ Game Day |   |              | Member*/Non-Member |           |
|--------------|---|--------------|--------------------|-----------|
| 112735-06    | W | 11:30a-1:30p | 1/22-2/12          | \$68/\$88 |
| 07           | W | 11:30a-1:30p | 2/19-3/12          | \$68/\$88 |
| 08           | W | 11:30a-1:30p | 3/19-4/9           | \$68/\$88 |
| 09           | W | 11:30a-1:30p | 4/16-5/7           | \$68/\$88 |
| 10           | W | 11:30a-1:30p | 5/14-6/4           | \$68/\$88 |

| Men's Game Day |   |              | Member*/Non-Member |           |
|----------------|---|--------------|--------------------|-----------|
| 112735-11      | F | 11:30a-1:30p | 1/24-2/14          | \$68/\$88 |
| 12             | F | 11:30a-1:30p | 2/21-3/14          | \$68/\$88 |
| 13             | F | 11:30a-1:30p | 3/21-4/11          | \$68/\$88 |
| 14             | F | 11:30a-1:30p | 4/18-5/9           | \$68/\$88 |
| 15             | F | 11:30a-1:30p | 5/16-6/6           | \$68/\$88 |

## BIRC PICKLEBALL LADDER LEAGUE FOR ADULTS

Ages 18 and up. Are you interested in playing more Pickleball with people at your same level at a set time each week? Then our Ladder Play might be the answer. Whether you want to be competitive or play with people of similar ability. BIRC Court 4 & Gymnasium

|           |    |            | Member/Non-Member |           |
|-----------|----|------------|-------------------|-----------|
| 112744-01 | Su | 5:30-7:30p | 1/19-2/9          | \$68/\$88 |
| 02        | Su | 5:30-7:30p | 2/16-3/9          | \$68/\$88 |
| 03        | Su | 5:30-7:30p | 3/16-4/6          | \$68/\$88 |
| 04        | W  | 7:00-9:00p | 1/22-2/12         | \$68/\$88 |
| 05        | W  | 7:00-9:00p | 2/19-3/12         | \$68/\$88 |
| 06        | W  | 7:00-9:00p | 3/19-4/9          | \$68/\$88 |

## INTRO TO PICKLEBALL — SUNDAY

Ages 16 and up. Learn the basics in this introductory Pickleball class. You'll learn how to serve, drink, and the basic rules of the game in this four-week clinic. BIRC Court 4.

|           |    |            | Member/Non-Member |           |
|-----------|----|------------|-------------------|-----------|
| 112742-01 | Su | 4:00-5:00p | 1/19-2/9          | \$78/\$98 |
| 02        | Su | 4:00-5:00p | 3/2-3/23          | 78/\$98   |
| 03        | Su | 4:00-5:00p | 3/30-4/27*        | \$78/\$98 |

\*No Class 4/20





# ADULT



## INTRO TO PICKLEBALL WEEKDAY **NEW!**

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

|           |    |             | Member/Non-Member |           |
|-----------|----|-------------|-------------------|-----------|
| 112743-01 | MW | 9:30-10:45a | 1/27-2/5          | \$78/\$98 |
| 02        | MW | 9:30-10:45a | 2/10-2/19         | \$78/\$98 |
| 03        | MW | 9:30-10:45a | 2/24-3/5          | \$78/\$98 |
| 04        | MW | 9:30-10:45a | 3/10-3/19         | \$78/\$98 |
| 05        | MW | 9:30-10:45a | 3/24-4/2          | \$78/\$98 |
| 06        | MW | 9:30-10:45a | 4/14-4/23         | \$78/\$98 |
| 07        | MW | 9:30-10:45a | 4/28-5/7          | \$78/\$98 |
| 08        | MW | 9:30-10:45a | 5/12-5/21         | \$78/\$98 |
| 09        | MW | 9:30-10:45a | 6/2-6/11          | \$78/\$98 |

## LEVEL UP YOUR PICKLEBALL **NEW!**

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

|           |    |            | Member/Non-Member |           |
|-----------|----|------------|-------------------|-----------|
| 112719-01 | MW | 8:00-9:15a | 1/27-2/5          | \$76/\$98 |
| 02        | MW | 8:00-9:15a | 2/10-2/19         | \$76/\$98 |
| 03        | MW | 8:00-9:15a | 2/24-3/5          | \$76/\$98 |
| 04        | MW | 8:00-9:15a | 3/10-3/19         | \$76/\$98 |
| 05        | MW | 8:00-9:15a | 3/24-4/2          | \$76/\$98 |
| 06        | MW | 8:00-9:15a | 4/14-4/23         | \$76/\$98 |
| 07        | MW | 8:00-9:15a | 4/28-5/7          | \$76/\$98 |
| 08        | MW | 8:00-9:15a | 5/12-5/21         | \$76/\$98 |
| 09        | MW | 8:00-9:15a | 6/2-6/11          | \$76/\$98 |

## INTRO TO PICKLEBALL FOR TENNIS PLAYERS

Ages 18 and up. Interested in learning Pickleball as a tennis player? Join our Intro to Pickleball for Tennis Players class to master the basics, rules, fun drills, and skills needed to excel in this exciting sport. BIRC

|           |     |             | Member/Non-Member |           |
|-----------|-----|-------------|-------------------|-----------|
| 112745-01 | TTh | 9:30-10:45a | 1/28-2/6          | \$78/\$98 |
| 02        | TTh | 9:30-10:45a | 2/25-3/6          | \$78/\$98 |

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

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

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

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

Ages 4 and up. Schedule your private, semi-private, or group lesson. Lessons are held outside on the Bainbridge High School Tennis Courts, Strawberry Hill Tennis Court, or Battle Point Park Tennis Courts.

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

BIRC members can schedule private, semi-private, and group lessons indoors. For more information, see page 62.

## DOUBLES SKILLS AND PLAY

Ages 18 and up. Learn the fundamentals of doubles while learning the skills and techniques through drills and practice points. This class is ideal for those who have yet to play doubles or lack confidence in match play. BPP

|           |   |                |          |       |
|-----------|---|----------------|----------|-------|
| 112701-01 | M | 11:00a-12:00pm | 4/14-6/9 | \$60* |
| 02        | M | 6:00-7:00p     | 4/14-6/9 | \$60* |

\*5-Class Punch Pass \$60

## CARDIO TENNIS

Ages 18 and up. Heart-pumping fitness for all levels. Fast-paced and great for all players. Cardio tennis is the fastest-growing program in the country. All strokes are practiced and developed. BPP

|           |   |              |          |      |
|-----------|---|--------------|----------|------|
| 112713-01 | M | 10:00-11:00a | 4/14-6/9 | \$60 |
| 02        | M | 5:00-6:00p   | 4/14-6/9 | \$60 |

\*5-Class Punch Pass \$60

## TABLE TENNIS OPEN PLAY

Ages 12 and up. All levels are welcome. We practice strokes, footwork, serves, and tactics. Weekly Classes: Tuesday 6:30pm-9:30pm runs 1/7-6/17

|           |                        |      |
|-----------|------------------------|------|
| 112729-01 | 5-class punch pass     | \$20 |
| 02        | Drop-in (1 class) pass | \$4  |





# ADULT

## WALKS



### DISCOVER BAINBRIDGE WALKS

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

#### WALK ACROSS BAINBRIDGE ISLAND

One-and-a-half hour hikes in Grand Forest, Full Cross Island Hike day approximately two-hours. Have you ever wanted to hike the Cross Island Trail? Well, here is your chance! We will spend three weeks exploring the middle section of the hike in the Grand Forest, building up to the 4.5-mile, two-hour east-west hike. A shuttle will be available at the end of the full hike to take us back to the trail head.

|           |   |             |             |      |
|-----------|---|-------------|-------------|------|
| 111909-01 | M | 9:30-11:00a | 1/6- 1/27*  | \$40 |
| 02        | M | 9:30-11:00a | 2/3-2/24*   | \$40 |
| 03        | M | 9:30-11:00a | 3/3 - 3/24* | \$40 |
| 04        | M | 9:30-11:00a | 4/14 - 4/28 | \$40 |
| 05        | M | 9:30-11:00a | 5/5 -5/19   | \$40 |

\*no class 1/20, 2/17, 3/17

#### TWO-MILE WALKS

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

|           |    |             |           |      |
|-----------|----|-------------|-----------|------|
| 111911-01 | Th | 9:00-10:15a | 1/23-3/6  | \$40 |
| 02        | Th | 9:00-10:15a | 3/13-4/24 | \$40 |
| 03        | Th | 9:00-10:15a | 5/1-6/12  | \$40 |

#### FOUR-MILE WALKS

Sunday

|           |    |             |          |      |
|-----------|----|-------------|----------|------|
| 111912-01 | Su | 9:00-11:00a | 1/19-3/2 | \$40 |
| 02        | Su | 9:00-11:00a | 3/9-4/20 | \$40 |
| 03        | Su | 9:00-11:00a | 4/27-6/8 | \$40 |

## TEAM SPORTS/LEAGUES



#### COED 50+ SOFTBALL

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

|           |    |               |          |      |
|-----------|----|---------------|----------|------|
| 113701-01 | TF | 10:00a-12:00p | 4/8-9/19 | \$62 |
|-----------|----|---------------|----------|------|



#### MEN'S RECREATIONAL SOFTBALL LEAGUE

Ages 18 and up. Ten games in the regular season plus at least one game in our end-of-season tournament. ASA or USA rules will be used, except where noted. For a complete list of rules, contact us. The season runs roughly from June to August. Team Managers are required to attend all mandatory preseason meetings. Meetings will be held in April and May — times and dates to be determined. Registration deadline is May 16; all team fees are due in full. Game times: 6:15p and 7:30p. Questions? Contact Audree at 206-842-5661 #142 or AudreeG@biparks.org. BPP

|           |            |  |         |       |
|-----------|------------|--|---------|-------|
| 113702-01 | MTh        |  | 6/2-8/7 | \$925 |
| 02        | Free Agent |  |         |       |

## BIRDING

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

In this ten-week course (Eight classroom sessions & two field trips), we will learn about the common bird species found on and around the island. We will discuss identification, life histories, birding-by-ear, eBird, and places to go birding. Limit 14 people. Field trips will start at 8:00 am on 3/19 & 4/30. Classroom: Nakata B Aquatic Center.

|           |   |             |           |      |
|-----------|---|-------------|-----------|------|
| 111916-01 | W | 9:30-11:00a | 3/5-5/14* | \$80 |
|-----------|---|-------------|-----------|------|

\*No class 4/9



# BOATING



## PADDLING

### KAYAK RESCUE SKILLS ★

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

|           |    |            |     |      |
|-----------|----|------------|-----|------|
| 130741-02 | Su | 3:00-6:00p | 4/6 | \$60 |
| 03        | Su | 3:00-6:00p | 5/4 | \$60 |



## SINGLE DAY PADDLES

### SPRING SOCIAL PADDLE ★

Ages 14 and up. Enjoy paddling with others and learning new skills? Join us for a weekly paddling get-together filled with exploration and camaraderie! We'll have opportunities to learn kayaking techniques while taking advantage of the more extended daylight to explore different parts of the island together over the course of four weeks. We invite you to be part of our paddling community!

**A Park District Swim License is required for anyone under 18.** Location varies.

|           |    |            |          |       |
|-----------|----|------------|----------|-------|
| 130738-01 | Th | 5:00-8:00p | 5/1-5/22 | \$230 |
|-----------|----|------------|----------|-------|



## BOATING CLASSROOM COURSES

### MIDDLE SCHOOL FJ ★

Grades 6-8. This class is designed for middle schoolers who want to learn how to sail a doublehanded dinghy or improve their sailing/racing skills. All levels of experience are welcome! Beginner sailors will be paired with intermediate-level sailors. Individualized instruction will ensure classes are engaging and challenging, social, and fun through teamwork and games. Topics include rigging, wind direction and shifts, safe docking, sail trim, body position, boat handling, person-overboard rescue techniques, right-of-way rules, knots, and racing basics. During the first week, sailors should be prepared for one capsize in controlled conditions near the dock to practice safe, efficient techniques for righting their boat with a partner. **Park District Swim License required.** Meet at the top of Waterfront Park across from the Bainbridge Island Senior Community Center.

|           |    |            |          |       |
|-----------|----|------------|----------|-------|
| 130721-01 | Tu | 4:00-6:30p | 5/13-6/3 | \$296 |
|-----------|----|------------|----------|-------|

### INTRODUCTION TO KEELBOATING ★

Ages 14 and up. Would you like to learn the basics of sailing on a stable, comfortable keelboat or trimaran? Do you like sailing on friends' boats but want to be a more active crew member? Do you need to refresh your sailing skills? Are you thinking about buying a boat? This course may be perfect for you! Through hands-on instruction taught by US Sailing-certified instructors, you will learn the fundamentals of safe, confident day sailing on a 35' keelboat or 28' trimaran in light to moderate winds. Lessons will cover boat safety, rigging and de-rigging, sail trim, steering, basic navigation, casting off and docking, using a winch, and right-of-way. No experience is necessary. A parent or guardian must accompany participants under 16. **Park District Swim License or Adult Swimming Skills Acknowledgment Form required.** \*Waterfront Park for Trimaran

|           |      |            |           |       |
|-----------|------|------------|-----------|-------|
| 130769-01 | T-F  | 5:00-8:00p | 5/27-5/30 | \$240 |
| 02        | SaSu | 2:00-8:00p | 5/31-6/1  | \$240 |

## AFTER SCHOOL PADDLE CAMPS

### AFTER-SCHOOL ADVENTURE PADDLES ★

Ages 7-14. This program helps youth develop and expand upon their paddling skills, focusing on destination paddles around Bainbridge's shoreline. Weather permitting, we will take trips from Hidden Cove to Fay Bainbridge, the petroglyphs, Fort Ward to Pleasant Beach, or Eagle Harbor. Instructors will help participants get comfortable and confident and learn the skills they need to keep themselves safe, including rescue techniques in case of a capsize. Based on conditions and group ability, we will meet at various on-island paddling locations on different weeks. **District Swim License required.**

|                  |   |            |           |       |
|------------------|---|------------|-----------|-------|
| <b>Ages 7-10</b> |   |            |           |       |
| 130710-01        | M | 3:30-6:30p | 4/28-5/19 | \$230 |

|                   |   |            |           |       |
|-------------------|---|------------|-----------|-------|
| <b>Ages 10-14</b> |   |            |           |       |
| 130710-02         | T | 3:45-6:45p | 4/29-5/20 | \$230 |





# AQUATIC CENTER ADMISSION FEES WINTER/SPRING 2025

The Ray Williamson Pool is scheduled to close for construction in the first quarter of 2025. Please refer to the Google calendar before every visit to to pool at [biaquatics.org/schedules](http://biaquatics.org/schedules). Times will fluctuate during the construction period for the entire Aquatic Center.

|                      | SINGLE ADMISSION                                   |              | PUNCH PASSES               |                            | MONTHLY                   |                           |
|----------------------|--|--------------|----------------------------|----------------------------|---------------------------|---------------------------|
|                      | Resident   | Non-Resident | 10-Punch<br>(non-res +\$6) | 20-Punch<br>(non-res +\$6) | 1-Month<br>(non-res +\$6) | 6-Month<br>(non-res +\$6) |
| <b>Youth (3-17)</b>  | \$10.00  | \$11.00      | \$90                       | \$162                      | \$90                      | \$440                     |
| <b>Adult (18-59)</b> | \$11.00  | \$12.00      | \$100                      | \$182                      | \$100                     | \$500                     |
| <b>Senior (60+)</b>  | \$10.00  | \$11.00      | \$90                       | \$162                      | \$90                      | \$440                     |
| <b>Family</b>        | \$36<br>(4 passes — one must be an adult/guardian) |              |                            |                            | \$188<br>(same household) | \$850<br>(same household) |

## WATER EXERCISE CLASS RATES

|                      | 10-PUNCH (NON-RES +\$6) | 20-PUNCH (NON-RES +\$6) | MONTHLY (NON-RES +\$6) |
|----------------------|-------------------------|-------------------------|------------------------|
| <b>Adult (18-59)</b> | \$132                   | \$230                   | \$134                  |
| <b>Senior (60+)</b>  | \$111                   | \$184                   | \$111                  |
| <b>Drop-in</b>       | \$14                    |                         |                        |

## SWIM PASSES INFORMATION

Passes cannot be used for special events. Classes and programs are not included in punch passes or basic monthly swim passes.

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

**10-Punch and 20-Punch Passes:** suitable for general lap swimming and facility use.



**DON NAKATA  
POOL**



**RAY WILLIAMSON  
POOL**

Facility schedules will be adjusted on holidays, event days, and school district breaks.  
Please refer to the google calendar before your visit at [biaquatics.org/schedules](http://biaquatics.org/schedules)

# WINTER/SPRING 2025

## Swim Descriptions & Schedules

Visit [biaquatics.org](http://biaquatics.org) 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 waterpark is open for recreational swimming, including the hot tub, sauna, steam room, diving area, water slide, lazy river, and beach. Children under 15 must have a swim license to use the lap area and deep end of the pool. Children under 7 years old without a swim license must have an adult within arm's reach in the water. Those under eight must have an adult in the facility unless they are participating in a specific coached program. WATERSLIDE requirements: Must be 42" 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 shallow beach areas, a tot pool, a frog slide, and a 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](http://biaquatics.org) to find all the options and the rooms available for your event. Please [jenetter@bipark.org](mailto:jenetter@bipark.org) for pricing and availability. Scheduling an after-hour event requires a minimum of four weeks prior to the event.

## SPRINGTIME OVERNIGHT MOUNTAIN BIKING TRIPS

Forget Mexico, come spend your Spring Break in the San Juan Islands!

During this five-day campout, we'll explore the forests, beaches, lakes, and peaks at Moran State Park on Orcas Island. Each day will offer a variety of riding experiences from mellow cross country single track to steep, technical descents. Feel like hanging out at the lake instead, or reading a book in a cozy camp chair? There's plenty of room for that too! This campout is designed to be fun for the whole family. Avoid the stress of the airport and spend your vacation somewhere that feels like a world away but is much closer to home!







# AQUATIC CENTER

## BIRTHDAY PARTIES AT THE AQUATIC CENTER



Celebrate your special day with an afternoon of fun at the pool! Each package has 1 hour of party room time, with up to two hours of swimming time during the open swim for 12 kids and three adults. Please remember all pool rules still apply to birthday parties. Please call to reserve your party two weeks in advance.

All packages include: 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 food and decorations: \$195  
Additional children up to 20: \$8.00 each

**Package B:** Includes cake, ice cream, beverage (juice), paper, utensils, and balloons: \$292

Additional children up to 20: \$8.00 each

## TEAMS

### BAINBRIDGE AQUATIC MASTERS (BAM)

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



To join our vibrant community of over 170 athletes, please get in touch with Head Coach April Cheadle at [aprilc@biparks.org](mailto:aprilc@biparks.org)

### BAINBRIDGE ISLAND SWIM CLUB (BISC)

Our club is a team offering high-quality, professional coaching for youth ranging in abilities. Each swimmer will be provided with the opportunity to improve technical skills and achieve success commensurate with their knowledge and commitment. Swimmers will be in a safe, team environment where they may experience personal growth from their experience. All swimmers must also be registered with USA Swimming.



For information on how to join our swim club, email Head Coach Monique Shelton at [moniques@biparks.org](mailto:moniques@biparks.org).





# ADULT AQUA EXERCISE CLASSES

## SCHEDULE BEGINS JANUARY 2, 2025

PRE-REGISTRATION IS NOT REQUIRED—SEE PASS PRICES BELOW

|                             | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|-----------------------------|--|---|--|---|--|
| MORNING CLASSES             | <b>Deep Mixology</b><br>7:15-8:15a & 8:30-9:30a<br><br><b>Motion and Mindfulness</b><br>10:00-10:50a | <b>Deep Mixology</b><br>8:00-8:50a  | <b>Deep Mixology</b><br>7:15-8:15a & 8:30-9:30a<br><br><b>Motion and Mindfulness</b><br>10:00-10:50a | <b>Deep Mixology</b><br>8:00-8:50a  | <b>Deep Mixology</b><br>7:15-8:15a & 8:30-9:30a<br><br><b>Motion and Mindfulness</b><br>10:00-10:50a |
| AFTERNOON & EVENING CLASSES | <b>Deep Water Run &amp; Yoga</b><br>12:00-12:50p   | <b>Noon Mash-Up</b><br>12:00-12:50p<br><br><b>Evening Deep Mixology</b><br>7:00-7:50p | <b>Deep Water Run &amp; Yoga</b><br>12:00-12:50p   | <b>Noon Mash-Up</b><br>12:00-12:50p<br><br><b>Evening Deep Mixology</b><br>7:00-7:50p |  |

### DEEP MIXOLOGY

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

### MOTION AND MINDFULNESS

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

### DEEP WATER RUNNING AND YOGA

Experience the best of what the water has to offer. Cross-train in the water while achieving the same cardiovascular benefits as going for your training run. Prevent injury and promote body recovery while getting a fantastic workout. Then, challenge your core and stability and refresh with yoga-inspired movements. No swimming is required.

### NOON MASH-UP

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



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

### WATER EXERCISE CLASS RATES

|                  | 10-PUNCH<br>(NON-RES +\$6) | 20-PUNCH<br>(NON-RES +\$6) | MONTHLY<br>(NON-RES +\$6) |
|------------------|----------------------------|----------------------------|---------------------------|
| Adult<br>(18-59) | \$132                      | \$230                      | \$134                     |
| Senior<br>(60+)  | \$111                      | \$184                      | \$111                     |
| Drop-in          | \$14                       |                            |                           |

## ADULT AND TEEN SWIM

### LET'S GET COMFORTABLE IN THE WATER

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

|           |     |            |          |       |
|-----------|-----|------------|----------|-------|
| 102519-01 | M   | 6:20-7:00p | 1/6-2/10 | \$95* |
| 02        | TBD |            |          |       |
| 03        | TBD |            |          |       |

### INTRO TO LAP SWIM

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

|           |     |            |          |       |
|-----------|-----|------------|----------|-------|
| 102517-01 | W   | 6:20-7:00p | 1/8-2/12 | \$114 |
| 02        | TBD |            |          |       |
| 03        | TBD |            |          |       |

### SWIM LESSONS FOR ALL!

Ages 7-21. Do you know someone for whom constant ambient noise makes it hard to focus? Are loud, splashy group lessons overwhelming? Sensory needs can be challenging in the group lesson setting; that's where adaptive swim lessons can help. These lessons are provided in a small group setting. They are created for those with anxiety, physical, sensory, communication, and behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. Questions? Please get in touch with Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org). AQ

|           |     |            |           |       |
|-----------|-----|------------|-----------|-------|
| 107900-01 | M   | 1:35-3:15p | 1/6-2/10  | \$158 |
| 02        | M   | 1:35-3:15p | 2/24-3/31 | \$190 |
| 03        | M   | 1:35-3:15p | 4/14-5/19 | \$190 |
| 04        | M/F | 1:35-3:15p | 6/2-6/13  | \$126 |





# AQUATIC CENTER

## SPECIALTY

### BABYSITTER TRAINING (AMERICAN RED CROSS)

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



|           |     |              |            |       |
|-----------|-----|--------------|------------|-------|
| 102536-01 | WTh | 10:00a-2:00p | 1/22, 1/23 | \$170 |
| 02        | F   | 4:00-8:00p   | 5/23, 5/30 | \$170 |
| 03        | F   | 4:00-8:00p   | 6/6, 6/13  | \$170 |

### SPRING BREAK CAMP

Ages 11 and up. Babysitter camp offers participants both Babysitter and CPR certifications! Additionally, each camper will enjoy fun activities to share while babysitting and receive the beginnings of a babysitter toolkit to kickstart their babysitting adventure!

|           |     |             |          |       |
|-----------|-----|-------------|----------|-------|
| 102536-04 | T-F | 9:00a-3:00p | 4/8-4/11 | \$350 |
|-----------|-----|-------------|----------|-------|

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

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

|           |    |            |      |       |
|-----------|----|------------|------|-------|
| 102522-01 | Sa | 1:00-4:00p | 1/11 | \$125 |
| 02        | F  | 5:00-8:00p | 1/24 | \$125 |
| 03        | Sa | 1:00-4:00p | 2/8  | \$125 |
| 04        | Sa | 1:00-4:00p | 3/8  | \$125 |
| 04        | Sa | 1:00-4:00p | 4/12 | \$125 |
| 05        | F  | 5:00-8:00p | 4/25 | \$125 |
| 06        | Sa | 1:00-4:00p | 5/10 | \$125 |
| 07        | F  | 5:00-8:00p | 5/30 | \$125 |

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

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

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

|           |         |              |           |       |
|-----------|---------|--------------|-----------|-------|
| 102520-01 | ThFSaSu | 11:00a-6:00p | 2/20-2/23 | \$350 |
| 02        | ThFSaSu | 11:00a-6:00p | 4/10-4/13 | \$350 |
| 04        | SaSuM   | 10:00a-6:30p | 5/24-5/26 | \$350 |



## 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 \$19.94-\$26.80

Swim Instructors \$21.27 - \$28.59

Water Exercise Instructors \$25.26 - \$33.95

### WHY WORK WITH US?

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

**Apply online at [biparks.org](http://biparks.org) under the Employment tab.**





# SWIM LESSONS

Quick Reference Progression Guide on page 52

## TINY TOTS 102501

| Monday/Wednesday |              |           |       |
|------------------|--------------|-----------|-------|
| 01               | 5:15-5:45p   | 2/24-4/2  | \$266 |
| Tuesday/Thursday |              |           |       |
| 02               | 5:50-6:20p   | 1/7-2/13  | \$228 |
| 03               | 5:15-5:45p   | 2/25-4/3  | \$266 |
| 04               | 5:50-6:20p   | 4/15-5/15 | \$190 |
| 05               | 5:15-5:45p   | 5/20-6/12 | \$152 |
| Saturday         |              |           |       |
| 06               | 9:00-9:30a   | 1/4-3/1*  | \$152 |
| 07               | 10:10-10:40a | 1/4-3/1*  | \$152 |
| 08               | 9:00-9:30a   | 3/8-4/26  | \$152 |
| 09               | 10:10-10:40a | 3/8-4/26  | \$152 |
| 10               | 9:00-9:30a   | 5/3-6/14  | \$133 |
| 11               | 10:10-10:40a | 5/3-6/14  | \$133 |

## TINY STARFISH 102542

| Monday/Wednesday |              |            |       |
|------------------|--------------|------------|-------|
| 01               | 5:15-5:45p   | 1/6-2/12*  | \$209 |
| 02               | 5:15-5:45p   | 4/14-5/14  | \$190 |
| 03               | 5:15-5:45p   | 5/19-6/11* | \$133 |
| Tuesday/Thursday |              |            |       |
| 04               | 5:15-5:45p   | 1/7-2/13   | \$228 |
| 05               | 5:50-6:20p   | 2/25-4/3   | \$266 |
| 06               | 5:15-5:45p   | 4/15-5/15  | \$190 |
| Saturday         |              |            |       |
| 07               | 9:35-10:05a  | 1/4-3/1*   | \$152 |
| 08               | 10:45-11:15a | 1/4-3/1*   | \$152 |
| 09               | 9:35-10:05a  | 3/8-4/26   | \$152 |
| 10               | 10:45-11:15a | 3/8-4/26   | \$152 |
| 11               | 9:35-10:05a  | 5/3-6/14   | \$133 |
| 12               | 10:45-11:15a | 5/3-6/14   | \$133 |

## STARFISH (K1) 102502

| Monday/Wednesday |             |            |       |
|------------------|-------------|------------|-------|
| 01               | 3:30-4:00p  | 1/6-2/12*  | \$209 |
| 02               | 3:30-4:00p  | 2/24-4/2   | \$266 |
| 03               | 3:30-4:00p  | 4/14-5/14  | \$190 |
| 04               | 3:30-4:00p  | 5/19-6/11* | \$133 |
| Tuesday/Thursday |             |            |       |
| 05               | 4:05-4:35p  | 1/7-2/13   | \$228 |
| 06               | 4:40-5:10p  | 1/7-2/13   | \$228 |
| 07               | 4:05-4:35p  | 2/25-4/3   | \$266 |
| 08               | 4:40-5:10p  | 2/25-4/3   | \$266 |
| 09               | 5:50-6:20p  | 2/25-4/3   | \$266 |
| 11               | 4:05-4:35p  | 4/15-5/15  | \$190 |
| 12               | 4:40-5:10p  | 4/15-5/15  | \$190 |
| 13               | 3:30-4:00p  | 5/20-6/12  | \$152 |
| Saturday         |             |            |       |
| 14               | 9:35-10:05a | 1/4-3/*    | \$152 |
| 15               | 9:35-10:05a | 3/8-4/26   | \$152 |
| 16               | 9:35-10:05a | 5/3-6/14   | \$133 |

## ANGELFISH (K2) 102503

| Monday/Wednesday |              |            |       |
|------------------|--------------|------------|-------|
| 01               | 4:05-4:35p   | 1/6-2/12*  | \$209 |
| 02               | 4:05-4:35p   | 2/24-4/2   | \$266 |
| 03               | 4:05-4:35p   | 4/14-5/14  | \$190 |
| 04               | 4:05-4:35p   | 5/19-6/11* | \$133 |
| Tuesday/Thursday |              |            |       |
| 05               | 4:05-4:35p   | 1/7-2/13   | \$228 |
| 06               | 5:15-5:45p   | 1/7-2/13   | \$228 |
| 07               | 4:05-4:35p   | 2/25-4/3   | \$266 |
| 08               | 4:40-5:10p   | 2/25-4/3   | \$266 |
| 09               | 5:15-5:45p   | 2/25-4/3   | \$266 |
| 10               | 5:50-6:20p   | 2/25-4/3   | \$266 |
| 11               | 4:05-4:35p   | 4/15-5/15  | \$190 |
| 12               | 5:15-5:45p   | 4/15-5/15  | \$190 |
| 13               | 4:05-4:35p   | 5/20-6/12  | \$152 |
| Saturday         |              |            |       |
| 14               | 11:20-11:50a | 1/4-3/1*   | \$152 |
| 15               | 11:20-11:50a | 3/8-4/26   | \$152 |
| 16               | 11:20-11:50a | 5/3-6/14   | \$133 |



## BETTA FISH (K3) 102504

| Monday/Wednesday |              |            |       |
|------------------|--------------|------------|-------|
| 01               | 4:40-5:10p   | 1/6-2/12*  | \$209 |
| 02               | 4:40-5:10p   | 2/24-4/2   | \$266 |
| 03               | 4:40-5:10p   | 4/14-5/14  | \$190 |
| 04               | 4:40-5:10p   | 5/19-6/11* | \$133 |
| Tuesday/Thursday |              |            |       |
| 05               | 4:40-5:10p   | 1/7-2/13   | \$228 |
| 06               | 4:40-5:10p   | 2/25-4/3   | \$266 |
| 07               | 4:40-5:10p   | 4/15-5/15  | \$190 |
| 08               | 4:40-5:10p   | 5/20-6/12  | \$152 |
| Saturday         |              |            |       |
| 09               | 10:10-10:40a | 1/4-3/1*   | \$162 |
| 10               | 10:10-10:40a | 3/8-4/26   | \$126 |
| 11               | 10:10-10:40a | 5/3-6/14   | \$133 |

## CLOWNFISH (K4) 102505

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 5:15-5:45p | 1/6-2/12*  | \$209 |
| 02               | 5:15-5:45p | 2/24-4/2   | \$266 |
| 03               | 5:15-5:45p | 4/14-5/14  | \$190 |
| 04               | 5:15-5:45p | 5/19-6/11* | \$133 |
| Tuesday/Thursday |            |            |       |
| 05               | 4:40-5:10p | 1/7-2/13   | \$228 |
| 06               | 3:30-4:00p | 2/25-4/3   | \$266 |
| 07               | 5:50-6:20p | 4/15-5/15  | \$190 |
| 08               | 5:15-5:45p | 5/20-6/12  | \$152 |



## LITTLE FISH (K5) 102540

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 5:15-5:45p | 1/6-2/12*  | \$209 |
| 02               | 4:40-5:10p | 2/24-4/2   | \$266 |
| 03               | 4:40-5:10p | 4/14-5/14  | \$190 |
| 04               | 4:40-5:10p | 5/19-6/11* | \$133 |
| Tuesday/Thursday |            |            |       |
| 05               | 5:50-6:20p | 1/7-2/13   | \$228 |
| 06               | 4:40-5:10p | 2/25-4/3   | \$266 |
| 07               | 5:50-6:20p | 4/15-5/15  | \$190 |
| 08               | 4:40-5:10p | 5/20-6/12  | \$152 |

## GUPPY 102506

| Monday/Wednesday |              |            |       |
|------------------|--------------|------------|-------|
| 01               | 3:30-4:00p   | 1/6-2/12*  | \$209 |
| 02               | 3:30-4:00p   | 2/24-4/2   | \$266 |
| 03               | 3:30-4:00p   | 4/14-5/14  | \$190 |
| 04               | 3:30-4:00p   | 5/19-6/11* | \$133 |
| Tuesday/Thursday |              |            |       |
| 05               | 3:30-4:00p   | 1/7-2/13   | \$228 |
| 06               | 4:40-5:10p   | 1/7-2/13   | \$228 |
| 07               | 3:30-4:00p   | 2/25-4/3   | \$266 |
| 08               | 5:15-5:45p   | 2/25-4/3   | \$266 |
| 09               | 3:30-4:00p   | 4/15-5/15  | \$190 |
| 10               | 5:15-5:45p   | 4/15-5/15  | \$190 |
| 11               | 3:30-4:00p   | 5/20-6/12  | \$152 |
| Saturday         |              |            |       |
| 12               | 10:45-11:15  | 1/4-3/1*   | \$152 |
| 13               | 10:45-11:15a | 3/8-4/26   | \$152 |
| 14               | 10:45-11:15a | 5/3-6/14   | \$133 |

## MINNOW 102507

| Monday/Wednesday |              |            |       |
|------------------|--------------|------------|-------|
| 01               | 4:05-4:35p   | 1/6-2/12*  | \$209 |
| 02               | 4:05-4:35p   | 2/24-4/2   | \$266 |
| 03               | 4:05-4:35p   | 4/14-5/14  | \$190 |
| 04               | 4:05-4:35p   | 5/19-6/11* | \$133 |
| Tuesday/Thursday |              |            |       |
| 05               | 3:30-4:00p   | 1/7-2/13   | \$228 |
| 06               | 4:05-4:35p   | 1/7-2/13   | \$228 |
| 07               | 3:30-4:00p   | 2/25-4/3   | \$266 |
| 08               | 4:05-4:35p   | 2/25-4/3   | \$266 |
| 09               | 6:20-6:50p   | 2/25-4/3   | \$266 |
| 10               | 3:30-4:00p   | 4/15-5/15  | \$190 |
| 11               | 4:05-4:35p   | 4/15-5/15  | \$190 |
| 12               | 4:05-4:35p   | 5/20-6/12  | \$152 |
| Saturday         |              |            |       |
| 13               | 10:45-11:15a | 1/4-3/1*   | \$152 |
| 14               | 10:45-11:15a | 3/8-4/26   | \$152 |
| 15               | 10:45-11:15a | 3/8-4/26   | \$133 |



MONDAY/WEDNESDAY

TUESDAY/THURSDAY

SATURDAY



**FISH 102508**

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 4:05-4:35p | 1/6-2/12*  | \$209 |
| 02               | 4:05-4:35p | 2/24-4/2   | \$266 |
| 03               | 4:05-4:35p | 4/14-5/14  | \$190 |
| 04               | 4:05-4:35p | 5/19-6/11* | \$133 |

| Tuesday/Thursday |            |           |       |
|------------------|------------|-----------|-------|
| 05               | 4:05-4:35p | 1/7-2/13  | \$228 |
| 06               | 5:15-5:45p | 1/7-2/13  | \$228 |
| 07               | 4:05-4:35p | 2/25-4/3  | \$266 |
| 08               | 5:15-5:45p | 2/25-4/3  | \$266 |
| 09               | 5:50-6:20p | 2/25-4/3  | \$266 |
| 10               | 6:20-6:50p | 2/25-4/3  | \$266 |
| 11               | 4:05-4:35p | 4/15-5/15 | \$190 |
| 12               | 4:40-5:10p | 4/15-5/15 | \$190 |
| 13               | 5:15-5:45p | 4/15-5/15 | \$190 |
| 14               | 4:05-4:35p | 5/20-6/12 | \$152 |

| Saturday |              |          |       |
|----------|--------------|----------|-------|
| 15       | 11:20-11:50a | 1/4-3/1* | \$152 |
| 16       | 11:20-11:50a | 3/8-4/26 | \$156 |
| 17       | 11:20-11:50a | 3/8-4/26 | \$133 |

**FLYING FISH 102509**

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 3:30-4:00p | 1/6-2/12*  | \$209 |
| 02               | 3:30-4:00p | 2/24-4/2   | \$266 |
| 03               | 3:30-4:00p | 4/14-5/14  | \$190 |
| 04               | 3:30-4:00p | 5/19-6/11* | \$133 |

| Tuesday/Thursday |            |           |       |
|------------------|------------|-----------|-------|
| 05               | 3:30-4:00p | 1/7-2/13  | \$228 |
| 06               | 5:15-5:45p | 1/7-2/13  | \$228 |
| 07               | 5:50-6:20p | 1/7-2/13  | \$228 |
| 08               | 4:05-4:35p | 2/25-4/3  | \$266 |
| 09               | 5:50-6:20p | 2/25-4/3  | \$266 |
| 10               | 3:30-4:00p | 4/15-5/15 | \$190 |
| 11               | 4:05-4:35p | 4/15-5/15 | \$190 |
| 12               | 5:50-6:20p | 4/15-5/15 | \$190 |
| 13               | 3:30-4:00p | 5/20-6/12 | \$152 |

| Saturday |              |          |       |
|----------|--------------|----------|-------|
| 14       | 11:20-11:50a | 1/4-3/1* | \$152 |
| 15       | 11:20-11:50a | 3/8-4/26 | \$152 |
| 16       | 11:20-11:50a | 5/3-6/14 | \$133 |

**STING RAY 102510**

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 4:40-5:10p | 1/6-2/12*  | \$209 |
| 02               | 4:40-5:10p | 2/24-4/2   | \$266 |
| 03               | 4:40-5:10p | 4/14-5/14  | \$190 |
| 04               | 4:40-5:10p | 5/19-6/11* | \$133 |

| Tuesday/Thursday |            |           |       |
|------------------|------------|-----------|-------|
| 05               | 5:50-6:20p | 1/7-2/13  | \$228 |
| 06               | 5:50-6:20p | 2/25-4/3  | \$266 |
| 07               | 3:30-4:00p | 4/15-5/15 | \$190 |
| 08               | 5:50-6:20p | 4/15-5/15 | \$190 |
| 09               | 4:40-5:10p | 5/20-6/12 | \$152 |

| Saturday |            |          |       |
|----------|------------|----------|-------|
| 10       | 9:00-9:30a | 1/4-3/1* | \$152 |
| 11       | 9:00-9:30a | 3/8-4/26 | \$152 |
| 12       | 9:00-9:30a | 5/3-6/14 | \$133 |

**MANTA RAY 102511**

| Monday/Wednesday |            |            |       |
|------------------|------------|------------|-------|
| 01               | 4:40-5:10p | 1/6-2/12*  | \$209 |
| 02               | 5:15-5:45p | 2/24-4/2   | \$266 |
| 03               | 5:15-5:45p | 4/14-5/14  | \$190 |
| 04               | 5:15-5:45p | 5/19-6/11* | \$133 |

| Tuesday/Thursday |            |           |       |
|------------------|------------|-----------|-------|
| 05               | 4:40-5:10p | 1/7-2/13  | \$228 |
| 06               | 4:40-5:10p | 2/25-4/3  | \$266 |
| 07               | 4:40-5:10p | 4/15-5/15 | \$190 |
| 08               | 5:15-5:45p | 5/20-6/12 | \$152 |

| Saturday |             |          |       |
|----------|-------------|----------|-------|
| 09       | 9:35-10:05a | 1/4-3/1* | \$152 |
| 10       | 9:35-10:05a | 3/8-4/26 | \$152 |
| 11       | 9:35-10:05a | 5/3-6/14 | \$133 |

**DOLPHIN 102512**

| Tuesday/Thursday |            |           |       |
|------------------|------------|-----------|-------|
| 01               | 5:15-5:45p | 1/7-2/13  | \$228 |
| 02               | 5:15-5:45p | 2/25-4/3  | \$266 |
| 03               | 5:15-5:45p | 4/15-5/15 | \$190 |

| Saturday |              |          |       |
|----------|--------------|----------|-------|
| 04       | 10:10-10:40a | 1/4-3/1* | \$152 |
| 05       | 10:10-10:40a | 3/8-4/26 | \$152 |
| 06       | 10:10-10:40a | 5/3-6/14 | \$133 |



**SPLASH INTO FITNESS 1 100502**

| Saturday |            |          |       |
|----------|------------|----------|-------|
| 01       | 9:00-9:30a | 1/4-3/1* | \$152 |
| 02       | 9:00-9:30a | 3/8-4/26 | \$152 |

**SPLASH INTO FITNESS 2 100503**

| Saturday |            |          |       |
|----------|------------|----------|-------|
| 01       | 9:00-9:30a | 1/4-3/1* | \$152 |
| 02       | 9:00-9:30a | 3/8-4/26 | \$152 |

**DIVE 1 101101**

| Tuesday/Thursday |            |          |       |
|------------------|------------|----------|-------|
| 01               | 4:05-4:35p | 1/7-2/13 | \$228 |

**DIVE 2 101102**

| Tuesday/Thursday |            |          |       |
|------------------|------------|----------|-------|
| 01               | 4:40-5:10p | 1/7-2/13 | \$228 |

**SWIM LESSONS FOR ALL!**

Ages 7-21. Do you know someone for whom constant ambient noise makes it hard to focus? Are loud, splashy group lessons overwhelming? Sensory needs can be challenging in the group lesson setting; that's where adaptive swim lessons can help. These lessons are provided in a small group setting. They are created for those with anxiety, physical, sensory, communication, and behavior challenges. Instructor Cody Ogren will connect with each family prior to the introductory class meeting. Questions? Please get in touch with Cody Ogren at [codyogren@biparks.org](mailto:codyogren@biparks.org). AQ

|           |    |            |            |           |       |
|-----------|----|------------|------------|-----------|-------|
| 107900-01 | M  | 1:35-3:15p | 1/6-2/10*  | \$158     |       |
|           | 02 | M          | 1:35-3:15p | 2/24-3/31 | \$190 |
|           | 03 | M          | 1:35-3:15p | 4/14-5/19 | \$190 |
|           | 04 | M/F        | 1:35-3:15p | 6/2-6/13  | \$126 |

\*No class 1/20, Five-week class

**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 \$19.94 - \$26.80 • Swim Instructors \$21.27 - \$28.59  
Water Exercise Instructors \$25.26 - \$33.95

**WHY WORK WITH US?**

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

**How do you get hired? Apply online at [biparks.org](http://biparks.org) under the Employment tab.**



# SWIMMING LESSONS

## A Quick Guide to the Progression

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



# BIRC

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

Our facility includes more than 53,000 square feet of recreation opportunities. We have multi-use fitness rooms, fitness areas for cardio and weightlifting, a Pilates 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 and 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 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](http://www.birec.org)

**Customer Service: 206-842-5661**

**\*Facility schedule is subject to change, for holiday closures and adjusted hours, please visit the Schedules page at [birec.org](http://birec.org).**

## MONTHLY MEMBERSHIP OPTIONS

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

### FITNESS & AQUATICS MEMBERSHIP

|                    | RESIDENT     |         |                    | NON-RESIDENT |         |
|--------------------|--------------|---------|--------------------|--------------|---------|
| User Levels        | Joining Fee* | Monthly | User Levels        | Joining Fee  | Monthly |
| 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 Rec Center's amenities, except the tennis courts. Our membership offers various benefits, including 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**. 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 permanently.

- **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 23)**.

- **Insurance Fitness**

Bainbridge Island residents only. For information, please email BIRC Administrator Julie Miller at [julie@biparks.org](mailto:julie@biparks.org).





## 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 access to all complimentary group exercise classes offered 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 permanently.

- **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 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   |

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

Our monthly Metro Park Premium Membership for Bainbridge Island residents! The Metro Park Premium Membership gives members access to the Bainbridge Island Recreation Center and 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        | \$14      | \$19          |
| Student (age 13-23) | \$15      | \$20          |
| Adult               | \$16      | \$21          |

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

### PUNCH PASS

|                             | RESIDENT* | NON-RESIDENT* |
|-----------------------------|-----------|---------------|
| <b>Youth/Senior</b>         |           |               |
| 10-Punch Pass               | \$126     | \$155         |
| 20-Punch Pass               | \$238     | \$300         |
| <b>Student (ages 13-23)</b> |           |               |
| 10-Punch Pass               | \$135     | \$165         |
| 20-Punch Pass               | \$239     | \$320         |
| <b>Adult</b>                |           |               |
| 10-Punch Pass               | \$144     | \$185         |
| 20-Punch Pass               | \$288     | \$360         |

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



# BIRC

## DROP-IN SPORTS SESSIONS IN THE GYMNASIUM

- **Pickleball:** Three courts available.
- **Basketball:** One full court or two short courts. Basketballs provided.
- **Volleyball:** One court. Volleyballs provided.

**DROP-IN SPORTS SESSIONS ARE FREE TO BIRC MEMBERS.**

**NON-MEMBER MAY ATTEND DROP-IN PLAY SESSIONS BY PURCHASING A DAY PASS OR PUNCH PASS.**

**FOR DAY PASS AND PUNCH PASS PRICING SEE PAGE 54.**

**ONLY BIRC MEMBERS MAY ATTEND BIRC MEMBER ONLY PICKLEBALL DROP-IN SESSIONS.**

**DUE TO THE POPULARITY OF DROP-IN PICKLEBALL – ENROLLMENT IS REQUIRED FOR ALL DROP-IN SESSIONS.**

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

**Please visit [birec.org](http://birec.org) for the current drop-in sports sessions and the general gymnasium schedule.** The schedule is subject to changes and cancellations due to BIRC functions, holidays, or low attendance.



**PROGRAMS FOR TEENS AGES 13-17**

## EVENTS



*Save the Date!*

## **1ST ANNUAL BAINBRIDGE ISLAND METRO PARK AND RECREATION DISTRICT PICKLEBALL TOURNAMENT AT THE BIRC**

Join us March 7-9 at the Rec Center for our 1st Annual Pickleball Tournament. Men's Doubles Friday, March 7, Mixed Doubles Saturday, March 8, and Women's Doubles Sunday, March 9.

All matches will be played on our indoor tennis courts. Register on [pickleballbrackets.org](http://pickleballbrackets.org) beginning November 1st.







## PERSONAL TRAINERS

Our training motto at the BIRC is Fitness For All. We want everyone to have access to personal training, so we offer many options to fit your lifestyle. From one-on-one training to written programs, you do on your own to small group training classes for groups of 4-6 people. We've got it all.

At the BIRC, we have an excellent team of personal trainers ready to help you achieve your fitness goals. Each of our trainers is certified by a nationally recognized certifying body and brings a professional and unique style and personality to their work. Visit [birec.org](http://birec.org) to find trainers' complete profiles and to fill out a Training Request Form.



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

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



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

Kristine holds a Bachelor of Science from Willamette University, is an ACE Certified Personal Trainer, Certified Menopause Coach, and a USA Swimming Coach. He is an AFAA Certified Group Fitness Instructor with additional TRX, Barre, and Indoor Cycling certifications.



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

Max has been a personal trainer since 2022, specializing in bodybuilding, powerlifting, strength, and conditioning. Max specializes in working with teens and aims to help to 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.



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

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



**HEATHER KIRKWOOD**  
ACE-CPT  
[heatherk@biparks.org](mailto: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.



**BEBE ROWLETTE**  
NASM-CPT, Group Fitness  
[beber@biparks.org](mailto:beber@biparks.org)

Bebe is a passionate fitness professional with over 15 years of experience. She began her journey in 2007 as a certified Zumba Instructor, sharing her love for dance and fitness by bringing joy, movement, and community to others. Believing that fitness is a lifelong commitment for all ages, Bebe expanded her expertise by becoming an AFAA-certified group fitness instructor specializing in aquatic exercise and senior fitness. With a strong focus on helping older adults maintain their strength and independence, Bebe also earned her Personal Trainer certification from the National Academy of Sports Medicine. She holds an Associate of Applied Science in Physical Therapy Assisting from Southern Illinois University and a Bachelor of Science from San Francisco State University. Bebe is excited to be part of the Bainbridge Island Recreation Center, where she continues to inspire and motivate her community, making fitness a fun and lifelong adventure — especially for the senior community she loves serving.



## FITNESS INSTRUCTORS NEEDED

**We are looking for certified personal trainers and group exercise instructors to add to the team.**  
**Apply at [biparks.org/employment](http://biparks.org/employment)**



# BIRC

## PERSONAL TRAINING

### PERSONAL TRAINING — IN-PERSON PACKAGES

|                                   | Member             | Non-member         |
|-----------------------------------|--------------------|--------------------|
| <b>One Hour</b>                   |                    |                    |
| Single Session                    | \$75.00            | \$90.00            |
| 5-pack                            | \$355.00           | \$427.00           |
| 10-Pack                           | \$675.00           | \$810.00           |
| <b>30-Minute</b>                  |                    |                    |
| Single Session                    | \$38.00            | \$57.00            |
| 5-Pack                            | \$180.00           | \$272.00           |
| 10-Pack                           | \$342.00           | \$513.00           |
| <b>One-Hour Partner Training</b>  |                    |                    |
| 2 people                          | \$47.00 per person | \$50.00 per person |
| 3-4 people                        | \$35.00 per person | \$40.00 per person |
| <b>30-Minute Partner Training</b> |                    |                    |
| 2 people                          | \$38.00 per person | \$45.00 per person |

### PERSONAL TRAINING — WRITTEN PROGRAMS PACKAGES

#### INTRO TO TRAINING (Written Program Only)

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

| Just The Program     | Member   | Non-member |
|----------------------|----------|------------|
| In-Person Assessment | \$75.00  | \$90.00    |
| Written Program      | \$100.00 | \$150.00   |
| Total                | \$170.00 | \$238.00   |

#### INTRO TO TRAINING (Written Program with Coaching)

You'll get continuous support from your certified trainer throughout your eight-week program. Your trainer will go over your workout logs each week and make needed adjustments, give needed recommendations, and suggest any alterations.

| Program with Coaching | Member   | Non-member |
|-----------------------|----------|------------|
| In-Person Assessment  | \$75.00  | \$90.00    |
| Written Program       | \$100.00 | \$150.00   |
| Coaching*             | \$250.00 | \$250.00   |
| Total                 | \$370.00 | \$458.00   |

#### FIVE-WEEK CUSTOM PROGRAM (Written Program with Coaching)

Our popular five-week custom program is tailored to your fitness needs and goals. Five in-person sessions working one-on-one with a certified trainer to fine-tune a program tailored to your lifestyle and goals!

| Five-Week Program  | Member            | Non-member |
|--------------------|-------------------|------------|
| In-Person Sessions | \$355.00          | \$427.00   |
| Written Program    | \$150.00-\$200.00 | \$300.00   |
| Coaching           | \$200.00          | \$250.00   |
| Total              | \$700.00          | \$918.00   |

#### TEN-WEEK CUSTOM PROGRAM (Written Program with Coaching)

Our ten-week training plan is for those who want an in-depth complete custom training program. Your certified trainer will spend 5 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!

| Ten-Week program   | Member    | Non-member |
|--------------------|-----------|------------|
| In-Person Sessions | \$675.00  | \$810.00   |
| Written Program    | \$200.00  | \$250.00   |
| Coaching           | \$200.00  | \$300.00   |
| Total              | \$1030.00 | \$1342.00  |

**Which written program might be right for you?  
Contact Marie Figgins, our Fitness Program Coordinator,  
at [marief@biparks.org](mailto:marief@biparks.org) for more information.**



# BIRC



## SMALL-GROUP TRAINING CLASSES

Small-group training classes are for those who want to learn something new, fine-tune their training, or take it to the next level. Classes range in size from four-six participants. For more information about our wide variety of small groups, contact Marie Figgins at [marief@biparks.org](mailto:marief@biparks.org).



### HOW TO REGISTER FOR BIRC CLASSES:

|   |                                 |   |  |
|---|---------------------------------|---|--|
|   |                                 |   |  |
| <b>Online at <a href="http://birec.org">birec.org</a> for members</b> | <b>By phone at 206-842-5661</b> | <b>In person at the BIRC front desk</b> | <b>Register on RecTrac for Non-members</b> |

## FITNESS WORKSHOPS



### MEDITATION WORKSHOP

Ages 13 and up. Have you been reading about the benefits of meditation but need to know how to do it? Have you tried to meditate but become frustrated or concluded that you can't do it? The instructor will lead a one-hour-plus class that will cover the benefits of meditation, a variety of methods for meditating, and how to incorporate meditation into your life. Wear comfortable clothing. Written material will be provided.

|           |    |             |      |                           |
|-----------|----|-------------|------|---------------------------|
|           |    |             |      | <b>Member*/Non-member</b> |
| 111696-01 | Sa | 12:00-1:30p | 1/25 | \$30/\$40                 |

### YOGA BREATHING WORKSHOP

Ages 13 and up. A workshop on four successive Saturdays that can help you overcome some of the most common health challenges today using the power of your breath. Many individuals can discover immediate and positive mind-body results in 10 minutes or less. At the end of each session or module, you will have "homework" in the form of breathing exercises. You can go for weeks without food, days without water, but only a few minutes without breathing. Breathing immediately impacts your mind and body; even inhaling vs. exhaling affects your nervous system differently. Training in diet, exercise, and even hydration is common, but almost no one trains their breath.

|           |    |            |          |                           |
|-----------|----|------------|----------|---------------------------|
|           |    |            |          | <b>Member*/Non-member</b> |
| 111692-01 | Sa | 8:30-9:30a | 3/1-3/22 | \$100/\$125               |

## SPECIALTY CLASS SERIES

### COMPLETE SENIOR FITNESS **NEW!**

Ages 65 and up. As we age, we need to be more mindful about our fitness and wellness. This four-week class will focus on exercise program design for those 65 and over. Topics include posture, balance, movement awareness, Neuroprotective drills, and reducing muscle and bone loss. You will learn what to do and why it is important. Specific exercises will be given for each topic.

|           |    |               |          |                           |
|-----------|----|---------------|----------|---------------------------|
|           |    |               |          | <b>Member*/Non-member</b> |
| 111693-06 | Th | 11:30a-12:30p | 1/9-1/30 | \$100/\$115               |

### STRENGTH TRAINING FOR ALL!

14 and up. Adaptive Strength Training is tailored for Neurodiverse populations and people with physical disabilities, but all are welcome to attend. Learn how to work out safely on the different machines at the BIRC. Participants will learn new machines and different workouts to safely practice independently each week. BIRC

|           |     |             |           |                           |
|-----------|-----|-------------|-----------|---------------------------|
|           |     |             |           | <b>Member*/Non-member</b> |
| 111791-01 | TTh | 4:00p-5:00p | 1/7-1/23  | \$150/\$165               |
| 02        | TTh | 4:00p-5:00p | 1/28-2/13 | \$150/\$165               |



### GRIT, GRIND AND GLORY TENNIS **NEW!**

Ages 16 and up. Tennis-specific workout routines and exercises to improve overall strength, power, endurance, and on-court movement and to prevent common tennis injuries.

|           |    |             |          |                           |
|-----------|----|-------------|----------|---------------------------|
|           |    |             |          | <b>Member*/Non-member</b> |
| 111693-01 | Sa | 9:00-10:00a | 1/4-1/25 | \$100/\$115               |
| 02        | Sa | 9:00-10:00a | 2/1-2/15 | \$75/\$90                 |
| 03        | MW | 1:00-2:00p  | 3/3-3/26 | \$200/\$215               |
| 04        | MW | 1:00-2:00p  | 4/14-5/7 | \$200/\$215               |





# BIRC

## STRENGTH TRAINING CLASSES

### STRENGTH TRAINING FOR TEENS

Ages 13-17. A complete introduction to strength training for teens, beginner to intermediate levels! This after-school class will meet for four weeks, twice a week. They are designed to build a solid foundation and build strength in upper and lower body lifts, using barbells, dumbbells, kettlebells, and bodyweight movements.

#### FOR YOUNG MEN

|           |     |            |           | Member*/Non-member |
|-----------|-----|------------|-----------|--------------------|
| 111697-01 | TTh | 4:00-5:00p | 1/7-1/23  | \$150/\$165        |
| 02        | TTh | 4:00-5:00p | 1/28-2/13 | \$150/\$165        |
| 03        | TTh | 4:00-5:00p | 2/25-3/13 | \$150/\$165        |
| 04        | TTh | 4:00-5:00p | 3/18-4/3  | \$150/\$165        |
| 05        | TTh | 4:00-5:00p | 4/15-5/8  | \$200/\$215        |
| 06        | TTh | 4:00-5:00p | 5/13-6/5  | \$200/\$215        |

#### FOR YOUNG WOMEN

|           |     |            |           | Member*/Non-member |
|-----------|-----|------------|-----------|--------------------|
| 111697-07 | TTh | 5:30-6:30p | 1/7-1/23  | \$150/\$165        |
| 08        | TTh | 5:30-6:30p | 1/28-2/13 | \$150/\$165        |
| 09        | TTh | 5:30-6:30p | 2/25-3/13 | \$150/\$165        |
| 10        | TTh | 5:30-6:30p | 3/18-4/3  | \$150/\$165        |
| 11        | TTh | 5:30-6:30p | 4/15-5/8  | \$200/\$215        |
| 12        | TTh | 5:30-6:30p | 5/13-6/5  | \$200/\$215        |

### WOMEN ON WEIGHTS

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

|           |    |               |           | Member*/Non-member |
|-----------|----|---------------|-----------|--------------------|
| 111700-01 | MW | 11:30a-12:30p | 1/6-1/22* | \$125/\$140        |
| 02        | MW | 11:30a-12:30p | 1/27-2/12 | \$150/\$165        |
| 03        | MW | 11:30a-12:30p | 2/24-3/12 | \$150/\$165        |
| 04        | MW | 11:30a-12:30p | 3/17-4/2  | \$150/\$165        |
| 05        | MW | 11:30a-12:30p | 4/14-5/7  | \$200/\$215        |
| 06        | MW | 11:30a-12:30p | 5/12-6/4* | \$175/\$190        |

\*No class 1/20, 5/26



### WOMEN ON WEIGHTS 2.0

Ages 16 and up. Women On Weights 2.0 is a continuation of Women on Weights. This class is for women who want to learn bigger lifts, squats, and deadlifts. We will be using barbells, cable machines, and dumbbells. Our goal is that by the end of this program, you feel like the STRONG, POWERFUL, and KNOWLEDGE-ABLE women 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 class or approval by trainer.

|           |    |             |            | Member*/Non-member |
|-----------|----|-------------|------------|--------------------|
| 111700-07 | MW | 12:30-1:30p | 1/6-1/22*  | \$125/\$140        |
| 08        | MW | 12:30-1:30p | 1/27-2/12  | \$150/\$165        |
| 09        | MW | 12:30-1:30p | 2/24-3/12  | \$150/\$165        |
| 10        | MW | 12:30-1:30p | 3/17-4/2   | \$150/\$165        |
| 11        | MW | 12:30-1:30p | 4/14-5/7   | \$200/\$215        |
| 12        | MW | 12:30-1:30p | 5/12-6/4** | \$175/\$190        |

\*No class 1/20

\*\*No Class 5/26

## TRX CLASSES

### TRX HIIT

Ages 16 and up. Get strong, reduce body fat, and increase core stability with TRX. The instructor 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 improving your strength. Each session will include cardio and strength intervals in the popular HIIT format.



|           |    |              |           | Member*/Non-member |
|-----------|----|--------------|-----------|--------------------|
| 111700-13 | MW | 10:30-11:30a | 1/6-1/22* | \$125/\$140        |
| 14        | MW | 10:30-11:30a | 1/27-2/12 | \$150/\$165        |
| 15        | MW | 10:30-11:30a | 2/24-3/12 | \$150/\$165        |
| 16        | MW | 10:30-11:30a | 3/17-4/2  | \$150/\$165        |
| 17        | MW | 10:30-11:30a | 4/14-5/7  | \$200/\$215        |
| 18        | MW | 10:30-11:30a | 5/12-6/4* | \$175/\$190        |

No Class 1/20, 5/26

### 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 using the TRX straps, battle ropes, medicine balls, and more.

|           |     |             |           | Member*/Non-member |
|-----------|-----|-------------|-----------|--------------------|
| 111700-19 | TTh | 9:00-10:00a | 1/7-1/23  | \$150/\$165        |
| 20        | TTh | 9:00-10:00a | 1/28-2/13 | \$150/\$165        |
| 21        | TTh | 9:00-10:00a | 2/25-3/13 | \$150/\$165        |
| 22        | TTh | 9:00-10:00a | 3/18-4/3  | \$150/\$165        |
| 23        | TTh | 9:00-10:00a | 4/15-5/8  | \$200/\$215        |
| 24        | TTh | 9:00-10:00a | 5/23-6/5  | \$200/\$215        |

# BIRC



## AERIAL YOGA CLASSES

### WHAT IS AERIAL YOGA, AND WHY YOU SHOULD GIVE IT A TRY?

Aerial yoga embraces everybody 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.



### INTRO TO AERIAL YOGA WORKSHOPS ★

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

| AGES 16 AND UP |    |              | Member*/Non-member |           |
|----------------|----|--------------|--------------------|-----------|
| 111694-05      | Su | 9:30a-12:00p | 2/2                | \$55/\$70 |
| 06             | Su | 9:30a-12:00p | 3/16               | \$55/\$70 |
| 07             | Su | 9:30a-12:00p | 4/27               | \$55/\$70 |

| AGES 10 TO 14 (Tween/Teen) <span style="color: red;">NEW!</span> |    |             | Member*/Non-member |           |
|--|----|-------------|--------------------|-----------|
| 111694-11  | Sa | 9:30-11:30a | 1/18               | \$50/\$65 |
| 12   | Sa | 9:30-11:30a | 3/15               | \$50/\$65 |
| 13   | Sa | 9:30-11:30a | 5/10               | \$50/\$65 |

### TWEEN/TEEN AERIAL PLAY ★

Ages 10-14. Learn aerial hammock fundamentals, tricks, and sequences. Each class builds upon skills to explore creative movement, build strength, improve flexibility, and gain body awareness. Get fit, fly, and have fun as you express yourself with this empowering and playful class.

| Member*/Non-member |     |            |           |             |
|--------------------|-----|------------|-----------|-------------|
| 111694-08          | MW  | 4:00-5:00p | 1/20-2/12 | \$150/\$165 |
| 09                 | MW  | 4:00-5:00p | 3/17-4/2  | \$150/\$165 |
| 10                 | TTh | 4:00-5:00p | 5/13-6/5  | \$150/\$165 |

### KIDS AERIAL PLAY NEW!

Ages 5-9. An introduction to the aerial hammock focusing on gaining body awareness, strength, listening skills, and a love for being upside down! This series is an invitation for kids to explore their natural curiosity in navigating a series of aerial hammock experiences.

| Member*/Non-member |    |              |      |           |
|--------------------|----|--------------|------|-----------|
| 111694-14          | Sa | 10:00-11:00a | 2/1  | \$25/\$35 |
| 15                 | Su | 10:00-11:00a | 3/23 | \$25/\$35 |
| 16                 | Sa | 10:00-11:00a | 4/19 | \$25/\$35 |

### AERIAL FIT & FLEXY ★

Ages 16 and up. Improve your overall fitness and your flexibility in one FUN class. A full-body workout improves strength and stamina by heating the body. We will use the hammock to improve flexibility with deep stretches and safe inversions and end with a floating meditation. All levels welcome and supported. Elevate your fitness and flexibility, and hang with us.



| Member*/Non-member |     |             |           |             |
|--------------------|-----|-------------|-----------|-------------|
| 111694-01          | TTh | 12:00-1:00p | 2/11-2/27 | \$150/\$165 |
| 02                 | TTh | 12:00-1:00p | 5/6-5/22  | \$150/\$165 |

### AERIAL DANCE, FLIPS AND CIRCUS TRICKS NEW! ★

Ages 16 and up. We are so excited to offer this new series. You will learn the foundations of aerial hammock, focusing 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 perform circus tricks. Email [bear@biparks.org](mailto:bear@biparks.org) for more info.

| Member*/Non-member |     |             |           |             |
|--------------------|-----|-------------|-----------|-------------|
| 111694-03          | TTh | 12:00-1:00p | 1/21-2/13 | \$150/\$165 |
| 04                 | TTh | 12:00-1:00p | 3/18-4/3  | \$150/\$165 |

**\*Must be a BIRC member at the time of registration to get BIRC member pricing.**

### AERIAL YOGA PRIVATE SESSIONS

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



## GROUP EXERCISE CLASSES

BIRC offers 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 [birc.org](http://birc.org).



## 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 significantly improve 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



**PROGRAMS FOR TEENS AGES 13-17**

## 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 ensure participants get the most out of their time. Visit [birc.org](http://birc.org) to find instructors' complete profiles.



### KIM WILSON

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

Kim is a Balanced Body Certified Instructor, a Bone-Fit Instructor, PATH International Therapeutic Riding Instructor, and an Active Retired Registered Nurse. Kim has been committed to Pilates practice for 20-plus years and has been a dedicated Pilates instructor for over 16 years.



### SHERI WETHERELL

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

After being a pilates reformer student at BIRC, Sheri was inspired to get her Pilates Mat and Reformer certification. She joins the gym as a student teacher with a passion for helping others in their health and fitness journey and believes you are never too old to get in shape. Her passions are health and wellness, cooking, skiing, and exploring corners of the world with her family.



### DANIELLE ZACK

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

Daniel 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 bodies better.

## PILATES PACKAGES

| Private and Duet Options   | Member | Non-member |
|----------------------------|--------|------------|
| One-Hour Single Session    | \$75   | \$90       |
| One-Hour session — 5-Pack  | \$355  | \$427      |
| One-Hour session — 10-Pack | \$675  | \$810      |
| Duet One-Hour Session      | \$47   | \$50       |
| Class Pack Options         |        |            |
| 8-Session Pack             | \$220  | \$235      |
| 4-Session Pack             | \$115  | \$135      |



# BIRC



## TENNIS

### TENNIS AND PICKLEBALL INSTRUCTORS

Our tennis staff is an excellent asset to the community. Our professional and caring tennis pros strive to make every tennis program welcoming and comfortable for every participant.



#### DAYNA MALTBY-GUIZZETTI

Tennis Program Coordinator, USPTA  
[daynag@biparks.org](mailto:daynag@biparks.org)

Dayna is a USPTA Certified Elite Professional with 35+ years of teaching experience. She started teaching at Amy Yee Tennis Center, then the Bellevue Club, was Tennis Director at the Pine Lake Club in Issaquah, WA before moving and teaching tennis in Scottsdale, AZ, eventually finding her way back to the PNW. Dayna played collegiate tennis at Seattle University, where she played #1 singles and doubles and in 2019, was inducted into the Seattle University Athletic Hall of Fame. Dayna emphasizes fundamentals in doubles and stroke development while also enjoying a fast-paced, 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 so many people.



#### PAUL KOESSLER

Tennis Program Specialist, USPTA  
[paulk@biparks.org](mailto: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 USPTA Certified Elite Professional, with prior experience working as the Men's Tennis

Coach at Pacific Lutheran University (PLU), Head Tennis Pro at the 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.



#### ZAC OHNEMUS

PCI Certified  
[pickleball@biparks.org](mailto: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 TENNIS LESSONS

For private or group lessons, or if you have questions, email our tennis and pickleball pros directly at their email addresses above.

### PRIVATE TENNIS LESSON RATES

|                                   | Member             | Non-member         |
|-----------------------------------|--------------------|--------------------|
| <b>Private</b>                    |                    |                    |
| 60 minute                         | \$75.00            | \$90.00            |
| 45 minute                         | \$60.00            | \$72.00            |
| 30 minute                         | \$42.00            | \$50.00            |
| <b>Semi-Private (2 people)</b>    |                    |                    |
| 60 minute                         | \$40.00 per person | \$48.00 per person |
| 45 minute                         | \$32.00 per person | \$38.00 per person |
| 30 minute                         | \$27.00 per person | \$32.00 per person |
| <b>Group Private (3 people)</b>   |                    |                    |
| 60 minute                         | \$28.00 per person | \$34.00 per person |
| 75 minute                         | \$34.00 per person | \$42.00 per person |
| 90 minute                         | \$42.00 per person | \$46.00 per person |
| <b>Group Private (4 + people)</b> |                    |                    |
| 60 minute                         | \$24.00 per person | \$30.00 per person |
| 75 minute                         | \$28.00 per person | \$34.00 per person |
| 90 minute                         | \$30.00 per person | \$36.00 per person |

### PRIVATE PICKLEBALL LESSON RATES

| BIRC Indoor Private Lessons | Member          | Non-member      |
|-----------------------------|-----------------|-----------------|
| One-Hour – One Player       | \$65            | \$80            |
| One-Hour – Two Player       | \$40 per person | \$48 per person |

### RACKET STRINGING

We offer a variety of grips and racket choices for purchase, as well as stringing solutions for all rackets, playing styles, and abilities. Stringing prices range depending on string composition. We also allow clients to provide their own string. For pricing, contact our Tennis Pros.

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



# BIRC

## YOUTH TENNIS AND PICKLEBALL

Tennis and Pickleball are excellent sports for young athletes. They provide a unique social aspect by allowing kids to play alone or with a partner. Tennis and Pickleball are easy on young joints and are also great ways 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? Contact our Tennis Coordinator, Dayna Guizzetti, at [daynag@biparks.org](mailto:daynag@biparks.org) or our Certified Pickleball Pro, Zac Ohnemus, at [pickleball@biparks.org](mailto:pickleball@biparks.org).

### TOTS TENNIS

Ages 4-5. This class is geared toward the littlest player just beginning their tennis journey. We start with basic skill-building exercises (tracking, catching, coordination, balance, etc.). Players will develop listening skills, following directions, teamwork, and resilience. We keep it fun and active while introducing them to the sport of a lifetime. Tot tennis uses racket sizes 19"-21"



|           |    |              | Member*/Non-member |           |
|-----------|----|--------------|--------------------|-----------|
| 112703-01 | Su | 12:00-12:30p | 1/12-2/2           | \$65/\$85 |
| 02        | Su | 12:00-12:30p | 2/9-3/16*          | \$75/\$95 |
| 03        | Su | 12:00-12:30p | 3/23-4/27*         | \$75/\$95 |
| 04        | Su | 12:00-12:30p | 5/4-6/1            | \$75/\$95 |

\*No Class 2/16, 4/6

### RED BALL

Ages 6-7. This is an active class where kids learn the fundamentals of tennis with skill-building exercises and games designed to improve and develop overall coordination/balance, self-confidence, and teamwork on the court. This class will help kids fall in love with tennis and transition to the next level. Red Ball class uses 21"-23" rackets.

|           |    |             | Member*/Non-member |             |
|-----------|----|-------------|--------------------|-------------|
| 112736-01 | Su | 12:30-1:30p | 1/12-2/2           | \$87/\$113  |
| 02        | T  | 3:30-4:30p  | 1/7-2/4            | \$106/\$126 |
| 03        | Su | 12:30-1:30p | 2/9-3/16*          | \$106/\$126 |
| 04        | T  | 3:30-4:40p  | 2/11-3/18*         | \$106/\$126 |
| 05        | Su | 12:30-1:30p | 3/23-4/27*         | \$106/\$126 |
| 06        | T  | 3:30-4:30p  | 3/25-4/29*         | \$106/\$126 |
| 07        | Su | 12:30-1:30p | 5/4-6/1            | \$106/\$126 |
| 08        | T  | 3:30-4:30p  | 5/6-6/3            | \$106/\$126 |

\*No Class 2/16-2/21, 4/6-4/11



### ORANGE BALL

Ages 8-11. Players must demonstrate a positive attitude and hard work ethic. Orange Ball Tennis will keep your child active, teach them fundamentals in technique and footwork, and introduce the concepts of rallying and point play. Further focus will be on developing your child's athleticism, coordination, balance, and strength. Orange uses 23"-25" rackets.

|           |    |            | Member*/Non-member |             |
|-----------|----|------------|--------------------|-------------|
| 112737-01 | Su | 1:30-2:30p | 1/12-2/2           | \$87/\$113  |
| 02        | Th | 3:30-4:30p | 1/9-2/6            | \$106/\$126 |
| 03        | Su | 1:30-2:30p | 2/9-3/16*          | \$106/\$126 |
| 04        | Th | 3:30-4:30p | 2/13-3/20*         | \$106/\$126 |
| 05        | Su | 1:30-2:30p | 3/23-4/27*         | \$106/\$126 |
| 06        | Th | 3:30-4:30p | 3/27-5/1*          | \$106/\$126 |
| 07        | Su | 1:30-2:30p | 5/4-6/1            | \$106/\$126 |
| 08        | Th | 3:30-4:30p | 5/8-6/5            | \$106/\$126 |

\*No Class 2/16-2/21, 4/6-4/11

### GREEN BALL

Ages 11-13. Players must demonstrate a positive attitude and hard work ethic. Green Ball Tennis will emphasize proper technique, footwork, and continued development in rallying, directional control, and point play. Additional focus will be developing athleticism, coordination, balance, strength, and spin. Green Ball uses 25"-27" rackets.

|           |    |            | Member*/Non-member |             |
|-----------|----|------------|--------------------|-------------|
| 112738-01 | Su | 2:30-3:30p | 1/12-2/2           | \$87/\$113  |
| 02        | W  | 5:00-6:00p | 1/8-2/5            | \$106/\$126 |
| 03        | Su | 2:30-3:30p | 2/9-3/16*          | \$106/\$126 |
| 04        | W  | 5:00-6:00p | 2/12-3/19*         | \$106/\$126 |
| 05        | Su | 2:30-3:30p | 3/23-4/27*         | \$106/\$126 |
| 06        | W  | 5:00-6:00p | 3/26-4/30*         | \$106/\$126 |
| 07        | Su | 2:30-3:30p | 5/4-6/1            | \$106/\$126 |
| 08        | W  | 5:00-6:00p | 5/7-6/4            | \$106/\$126 |

\*No Class 2/16-2/21, 4/6-4/11

### CHALLENGER

Ages 13 and up. Pro approval or a completed Green Ball progress report is required. Players must be able to demonstrate a positive attitude & hard work ethic. Emphasis will be placed on developing better strength and balance as they become more comfortable transitioning from Green Ball to the bounce of a heavier, faster, and higher bouncing ball. Players must demonstrate consistency with routine shots, the ability to move forward to play shorter shots with balance, and transition to net play. Players will continue working on stroke development and spin while learning to structure singles and doubles points.

|           |    |            | Member*/Non-member |             |
|-----------|----|------------|--------------------|-------------|
| 112739-01 | Su | 3:45-4:45p | 1/12-2/2           | \$96/\$112  |
| 02        | T  | 4:45-6:00p | 1/7-2/4            | \$120/\$140 |
| 03        | Th | 4:45-6:00p | 1/9-2/6            | \$120/\$140 |
| 04        | Su | 3:45-4:45p | 2/9-3/16*          | \$96/\$112  |
| 05        | T  | 4:45-6:00p | 2/11-3/18*         | \$120/\$140 |
| 06        | Th | 4:45-6:00p | 2/13-3/20*         | \$120/\$140 |
| 07        | Su | 3:45-4:45p | 3/23-4/27*         | \$96/\$112  |
| 08        | T  | 4:45-6:00p | 3/25-4/29*         | \$120/\$140 |
| 09        | Th | 4:45-6:00p | 3/27-5/1*          | \$120/\$140 |
| 10        | Su | 3:45-4:45p | 5/4-6/1            | \$96/\$112  |
| 11        | T  | 4:45-6:00p | 5/6-6/3*           | \$120/\$140 |
| 12        | Th | 4:45-6:00p | 5/8-6/5            | \$120/\$140 |

\*No Class, 2/16-2/21, 4/6-4/11

# BIRC



## ADVANCED

Ages 14 and up. Players must have a completed Challenger progress report or have pro approval. Players must be able to demonstrate a positive attitude and hard work ethic. The player level is equivalent to high school varsity and/or tournament players. These athletes must demonstrate consistency with routine shots and topspins and know the various grips. Further focus/observation will be dedicated to singles and doubles tactics, strategy, and play patterns.

|           |   | Member*/Non-member |                        |
|-----------|---|--------------------|------------------------|
| 112740-01 | M | 3:30-4:45p         | 1/6-2/3* \$96/\$112    |
| 02        | W | 3:45-5:00p         | 1/8-2/5 \$120/\$140    |
| 03        | M | 3:30-4:45p         | 2/10-3/17* \$120/\$140 |
| 04        | W | 3:45-5:00p         | 2/12-3/19* \$120/\$140 |
| 05        | M | 3:30-4:45p         | 3/24-4/28* \$120/\$140 |
| 06        | W | 3:45-5:00p         | 3/26-4/30* \$120/\$140 |
| 07        | M | 3:30-4:45p         | 5/5-6/9* \$120/\$140   |
| 08        | W | 3:45-5:00p         | 5/7-6/4 \$120/\$140    |

\*No Class 1/20, 2/17-2/21, 4/7-4/11, 5/26

## HOT SHOTS PICKLEBALL

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

|           |    | Member*/ Non-member |                    |
|-----------|----|---------------------|--------------------|
| 112730-01 | Su | 12:15-12:45p        | 1/19-2/9 \$68/\$88 |
| 02        | Su | 12:15-12:45p        | 3/2-3/23 \$68/\$88 |
| 03        | Su | 12:15-12:45p        | 4/13-5/4 \$68/\$88 |

## ROOKIES PICKLEBALL

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

|           |    | Member*/ Non-member |                    |
|-----------|----|---------------------|--------------------|
| 112731-01 | Su | 12:55-1:25p         | 1/19-2/9 \$68/\$88 |
| 02        | Su | 12:55-1:25p         | 3/2-3/23 \$68/\$88 |
| 03        | Su | 12:55-1:25p         | 4/13-5/4 \$68/\$88 |



## PICKLEBALL LADDER LEAGUE FOR TWEENS **NEW!**

Ages 10-14. Are you interested in playing more Pickleball with people at the same level at a set time each week? Then our Ladder Play might be the answer. Whether you want to be competitive or want to play with people of similar ability. All levels of fitness and skill welcome. BIRC

|           |    | Member*/Non-member |                    |
|-----------|----|--------------------|--------------------|
| 112732-01 | Su | 1:35-2:45p         | 1/19-2/9 \$78/\$98 |
| 02        | Su | 1:35-2:45p         | 3/2-3/23 \$78/\$98 |
| 03        | Su | 1:35-2:45p         | 4/13-5/4 \$78/\$98 |

## ADULT TENNIS AND PICKLEBALL

### SATURDAY MIXED TENNIS LEAGUE

Join us for this fun Mixed Tennis League, where you play doubles with all genders. Four-weeks of organized play. Players rotate on their court and play with and against each player. Weekly movement up and down courts. Levels 3.0 and up.

|           |    | Member*/Non-member |                    |
|-----------|----|--------------------|--------------------|
| 112705-01 | Sa | 11:15a-12:30p      | 1/11-2/1 \$70/\$90 |
| 02        | Sa | 11:15a-12:30p      | 2/8-3/1 \$70/\$90  |
| 03        | Sa | 11:15a-12:30p      | 3/8-3/29 \$70/\$90 |
| 04        | Sa | 11:15a-12:30p      | 4/5-4/26 \$70/\$90 |
| 05        | Sa | 11:15a-12:30p      | 5/3-5/24 \$70/\$90 |

### USTA LEAGUES

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

### INTRO TO PICKLEBALL FOR TENNIS PLAYERS

Ages 18 and up. Are you interested in learning Pickleball as a tennis player? Join our Intro to Pickleball for Tennis Players class to master the basics, rules, fun drills, and skills needed to excel in this exciting sport. BIRC

|           |     | Member*/Non-member |                    |
|-----------|-----|--------------------|--------------------|
| 112745-01 | TTh | 9:30-10:45a        | 1/28-2/6 \$78/\$98 |
| 02        | TTh | 9:30-10:45a        | 2/25-3/6 \$78/\$98 |

### INTRO TO PICKLEBALL — SUNDAY

Ages 16 and up. Learn the basics in this introductory Pickleball class. You'll learn how to serve, drink, and the basic rules of the game in this four-week clinic. BIRC Court 4.

|           |    | Member*/Non-member |                      |
|-----------|----|--------------------|----------------------|
| 112742-01 | Su | 4:00-5:00p         | 1/19-2/9 \$78/\$98   |
| 02        | Su | 4:00-5:00p         | 3/2-3/23 \$78/\$98   |
| 03        | Su | 4:00-5:00p         | 3/30-4/27* \$78/\$98 |

\*No Class 4/20

### INTRO TO PICKLEBALL — WEEKDAY **NEW!**

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

|           |    | Member*/Non-member |                     |
|-----------|----|--------------------|---------------------|
| 112743-01 | MW | 9:30-10:45a        | 1/27-2/5 \$78/\$98  |
| 02        | MW | 9:30-10:45a        | 2/10-2/19 \$78/\$98 |
| 03        | MW | 9:30-10:45a        | 2/24-3/5 \$78/\$98  |
| 04        | MW | 9:30-10:45a        | 3/10-3/19 \$78/\$98 |
| 05        | MW | 9:30-10:45a        | 3/24-4/2 \$78/\$98  |
| 06        | MW | 9:30-10:45a        | 4/14-4/23 \$78/\$98 |
| 07        | MW | 9:30-10:45a        | 4/28-5/7 \$78/\$98  |
| 08        | MW | 9:30-10:45a        | 5/12-5/21 \$78/\$98 |
| 09        | MW | 9:30-10:45a        | 6/2-6/11 \$78/\$98  |





# BIRC

## LEVEL UP YOUR PICKLEBALL NEW!

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

|           |    |            |           | Member*/Non-member |
|-----------|----|------------|-----------|--------------------|
| 112719-01 | MW | 8:00-9:15a | 1/27-2/5  | \$76/\$98          |
| 02        | MW | 8:00-9:15a | 2/10-2/19 | \$76/\$98          |
| 03        | MW | 8:00-9:15a | 2/24-3/5  | \$76/\$98          |
| 04        | MW | 8:00-9:15a | 3/10-3/19 | \$76/\$98          |
| 05        | MW | 8:00-9:15a | 3/24-4/2  | \$76/\$98          |
| 06        | MW | 8:00-9:15a | 4/14-4/23 | \$76/\$98          |
| 07        | MW | 8:00-9:15a | 4/28-5/7  | \$76/\$98          |
| 08        | MW | 8:00-9:15a | 5/12-5/21 | \$76/\$98          |
| 09        | MW | 8:00-9:15a | 6/2-6/11  | \$76/\$98          |



### Men's Game Day

| Men's Game Day |   | Member*/Non-member |
|----------------|---|--------------------|
| 112735-11      | F | 11:30a-1:30pp      |
| 12             | F | 11:30a-1:30pp      |
| 13             | F | 11:30a-1:30pp      |
| 14             | F | 11:30a-1:30pp      |
| 15             | F | 11:30a-1:30pp      |

### Member\*/Non-member

|           |           |
|-----------|-----------|
| 1/24-2/14 | \$68/\$88 |
| 2/21-3/14 | \$68/\$88 |
| 3/21-4/11 | \$68/\$88 |
| 4/18-5/9  | \$68/\$88 |
| 5/16-6/6  | \$68/\$88 |

## BIRC PICKLEBALL LADDER LEAGUES FOR ADULTS

Ages 18 and up. Are you interested in playing more Pickleball with people at your same level at a set time each week? Then our Ladder Play might be the answer. Whether you want to be competitive or play with people of similar ability. Court 4 & Gymnasium.

|           |    |            | Member*/Non-member |
|-----------|----|------------|--------------------|
| 112744-01 | Su | 5:30-7:30p | 1/19-2/9           |
| 02        | Su | 5:30-7:30p | 2/16-3/9           |
| 03        | Su | 5:30-7:30p | 3/16-4/6           |
| 04        | W  | 7:00-9:00p | 1/22-2/12          |
| 05        | W  | 7:00-9:00p | 2/19-3/12          |
| 06        | W  | 7:00-9:00p | 3/19-4/9           |

**\*Must be a BIRC member at registration to get BIRC member pricing.**



## BIRC PICKLEBALL GAME DAYS NEW!

Competitive play. Players are assigned to a court for a round-robin with four to five players. Scores are recorded after each game day. Players are grouped week-to-week with others of similar skill levels. BIRC Court 4

### Women's Game Day

|           |   |               | Member*/Non-member |
|-----------|---|---------------|--------------------|
| 112735-01 | M | 11:30a-1:30pp | 1/20-2/10          |
| 02        | M | 11:30a-1:30pp | 2/17-3/10          |
| 03        | M | 11:30a-1:30pp | 3/17-4/7           |
| 04        | M | 11:30a-1:30pp | 4/14-5/5           |
| 05        | M | 11:30a-1:30pp | 5/12-6/2           |

### 60+ Game Day

|           |   |               | Member*/Non-member |
|-----------|---|---------------|--------------------|
| 112735-06 | W | 11:30a-1:30pp | 1/22-2/12          |
| 07        | W | 11:30a-1:30pp | 2/19-3/12          |
| 08        | W | 11:30a-1:30pp | 3/19-4/9           |
| 09        | W | 11:30a-1:30pp | 4/16-5/7           |
| 10        | W | 11:30a-1:30pp | 5/14-6/4           |

## INTERMEDIATE BOYS & TEEN GYMNASTICS

Do you have boys who are in their pre-teens or teens who are wanting to learn some tumbling or other gymnastics skills, but are worried about being the oldest in the class? This class is geared for them. In this class they will be working on the 6 apparatus of boys' gymnastics: Floor, Rings, Pommel Horse, Parallel Bars, High Bar and Vault. Gymnastics is a great sport with focus on strength, balance, flexibility and agility which transfers very well into other sports.

# JOB FAIR



**Monday, April 21 from 2-5:30p**

Seeking a job for the spring, summer or fall? Come and learn what positions are available with the Bainbridge Island Metro Park & Recreation District. We will have staff available to answer any questions. Come Join Our Team!

**Bainbridge Island Aquatic Center**

8521 Madison Avenue Bainbridge Island, WA 98110



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

Scan for more  
Information:





# Battle of the Paddle

INDOOR TOURNAMENT

PRESENTED BY



Bainbridge Island  
Metro Park & Recreation District

## March 7-9, 2025

*Men's Doubles Friday, March 7*

*Mixed Doubles Saturday, March 8*

*Women's Doubles Sunday, March 9*

Scan Me  
to Register!



**Register Nov.1- Feb. 26 at [Pickleballbrackets.com](https://Pickleballbrackets.com)**

Hosted  
at the

**Bainbridge Island Recreation Center**



# Bainbridge Island Parks



**Key/Legend**

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



- 8-ACRE WOODS:** 8 Acre pedestrian-only park with walking trails.
- AARON TOT LOT:** (1385 Aaron Ave.) Children's play structure.
- BAINBRIDGE ISLAND RECREATION CENTER:** (11700 Meadowmeer Cir.) 50,000 sq.ft. indoor athletic facility with fitness equipment, outdoor pool, tennis, basketball, and pickleball courts. Location of District administrative offices.
- BATTLE POINT PARK:** (11299 Arrow Pt Dr) 90 acres. Picnic areas, play structure, jogging trail, soccer & softball fields, equestrian trail, picnic shelter, tennis courts, pickleball courts, basketball courts, roller-hockey rink, wildlife pond, and community garden.
- AQUATIC CENTER:** (8521 Madison Ave.) 1 acre. 25 yard/6-lane pool with 1 & 3 meter diving boards, warm water leisure pool with spa, lazy river, water slide and zero depth entry.
- BLAKELY HARBOR PARK:** (Head of Blakely Harbor) 40 acres, shoreline access, passive recreational activities such as picnicking, kayaking and wildlife viewing.
- CAMP YEOMALT:** (900 Park Ave.) 3 acres. Multipurpose building, historic cabin, and woodland trail.
- CAVE FAMILY HERITAGE PARK:** (259 Ferncliff Dr.) .91 acres. Playground, picnic table, benches, and historic two-story home.
- EAGLEDALE PARK:** (5050 Rose Ave NE) 7 acres. Pottery studio and workshop, picnic shelter, tennis court, play area, volleyball court, and off-leash dog area.
- FAY BAINBRIDGE PARK:** (15996 Sunrise Drive) 17 acres. Campsites, cabins, picnic areas, play areas & trails.
- FORT WARD HALL:** (9705 NE Evergreen Ave) Indoor facility with space for programs, classes, and community events.
- FORT WARD PARK:** (Pleasant Beach Drive or Ft. Ward Hill) 137 acres. Picnic and play areas, boat launch & trails.
- GAZZAM LAKE NATURE PRESERVE:** (Deerpath Lane or Marshall Road) 444.6 acres. Trails and wildlife area.
- GIDEON PARK:** (274 Gideon Lane) 2.5 acres. Neighborhood children's play area.
- THE GRAND FOREST OF BAINBRIDGE:** (Miller and Mandus Olson Roads) 240 acres. Equestrian and walking trails.
- HAWLEY COVE PARK:** (1287 Wing Point Way NE) 12 acres. Low bank shoreline and related estuarine wetland communities.
- HIDDEN COVE BALLFIELDS:** (13595 Phelps Rd.) 7.7 acres, two baseball fields and soccer practice field.
- HIDDEN COVE PARK:** (8588 Hidden Cove Rd NE) Beautiful waterfront with dock.
- ISLAND CENTER PARK:** (8395 Fletcher Bay Rd) 3 acres. Community center & picnic area.
- LUMPKIN** (200 Block Gowen Pl.) 4.45 Acres. 400 linear feet of shoreline with tidelands.
- MADISON AVENUE TOT LOT:** (598 Madison Avenue North) Neighborhood children's play area.
- MANITOU BEACH** (9800 Block of Manitou Beach Dr.) .90 Acres. 210 linear feet of shoreline with beach access and landing.
- MANZANITA PARK:** (7644 Day Road West) 120 acres. Hiking & equestrian trails.
- MEIGS PARK:** (Highway 305 & Koura Road) 67 acres. To be developed for nature study & trails.
- MORITANI PRESERVE:** (542 Winslow Way W) 8.5 acres of woodlands and fields in the center of Winslow.
- NUTES POND:** (1601-2101 Toe Jam Hill Rd NE) 31-acres of passive park with a captivating landscape whose central feature is a tranquil pond.
- POINT WHITE PIER:** (3949 Crystal Springs Dr. NE) Public fishing
- PRITCHARD PARK:** (4152 Eagle Harbor Dr. NE) 49 acres. Beach access and upland trails.
- RED PINE PARK:** (418 Wood Ave SW) A half acre pocket park that contains an orchard and berry patches, open lawn with seating and a picnic area.
- ROCKAWAY BEACH:** (4002 Rockaway Dr. NE) Beach property with views of Seattle & Cascades. Excellent place for diving enthusiasts to observe unique underwater fissures.
- ROTARY PARK:** (7969 Weaver Rd) 10 acres. Multipurpose ballfields, meeting space, and award winning Owen's Playground.
- SAKAI PARK:** (1560 Madison Ave N) 22.87 acres. Trails and pond.
- SANDS AVENUE BALLFIELD:** (8641 Sands Rd) 10 acres. Baseball and soccer fields.
- SHEL CHELB PARK:** (Point White Drive near Lynwood Center) This 1.64 acre park features 370 linear feet of saltwater shoreline, swimming beach, open grass area, play area, and trail linking to Gazzam trail network.
- SEABOLD PARK:** (14450 Komedal Rd NE) 3-acre park featuring the historic Seabold Hall, an indoor facility with space for programs, classes, and community events.
- STRAWBERRY HILL PARK:** (7666 NE High School Rd) 39 acres. Multipurpose ballfields, playground, off-leash dog area, tennis court, volleyball court, basketball court, Strawberry Hill Center (meeting and classroom space), skate bowl.
- STRAWBERRY HILL ADMINISTRATIVE OFFICE** (7686 NE High School Rd) Administration staff offices.
- 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.

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



# Winter Work Parties

## Conservation Work Party

Blakely Harbor Park | 10:00a-12:00p | January 11, February 8, March 8

Join the Park District, IslandWood, and the Bainbridge Island Parks & Trails Foundation every second Saturday this winter in the ongoing restoration of Blakely Harbor Park! Thousands of volunteer hours have already been logged, helping transform the site of the former largest mill in the world. Volunteers will help remove invasive species, spread mulch to discourage regrowth, and plant native species where invasives have been controlled.

Well suited for children ages six and up who are comfortable using small hand tools and walking off trail on uneven surfaces.

## Red Pine Park Work Party

Red Pine Park | 10:00a-12:00p | January 14, February 11, March 11

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

## Moritani Preserve Work Party

Moritani Preserve | 10:00a-12:00p | January 16, February 20, March 20

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

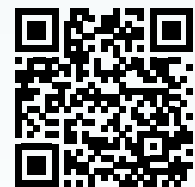
## Trails Work Party

Blakely Harbor Park | 10:00a-12:00p | January 18, February 15, March 15

Join the Park District's trails team, IslandWood, and the Bainbridge Island Parks & Trails Foundation every third Saturday this winter maintaining the many miles of trails connected to Blakely Harbor Park. Volunteers will prune trails, maintain surfacing, and more.

Well suited for children ages eight and up who are comfortable using small hand tools and walking a mile or so throughout the work party.

Register Now!



## 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<br>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<br>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<br>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](http://biparks.org/staff)

## FACILITY RENTALS

All facilities, fields and picnic areas must be reserved by groups intending to use the facilities. Please look online at [www.biparks.org](http://www.biparks.org) for information and rates.



## HOURS & CLOSURES

### 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: 5:30a-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

Facility schedules are subject to change, for holidays, event days, and school district breaks. Please refer to [biparks.org](http://biparks.org) before your visit.

### Extreme Weather Closures:

Park District will open facilities and conduct classes/programs except under extreme adverse conditions. Check our website for closure and cancellation information at [www.biparks.org](http://www.biparks.org). If the Park District cancels your class due to extreme conditions, your instructor will notify you concerning make-up dates.



# WINTER/SPRING 2025 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, December 7, 2024, 9:30am  
and for non-residents on Sunday, December 8, 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 #<br>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

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

ECRWSS  
Postal Customer



INSPIRE  
WHAT  
COMES  
NEXT

10 MILES OF TRAILS  
STRAWBERRY HILL PARK  
EXPANSION  
MORITANI PRESERVE  
HALLS HILL LOOKOUT  
& LABYRINTH  
STUDENT CONSERVATION  
CORPS  
KIDSUP! THE NEXT  
GENERATION OF PLAY  
FOUNDERS COURTS  
PICKLEBALL  
SUMMER TRAILS CREW  
OWEN'S PLAYGROUND  
HAWLEY COVE  
BOARDWALKS  
HIDDEN COVE DOCK  
100+ STEWARDSHIP EVENTS  
130+ COMMUNITY-DRIVEN  
GRANT PROJECTS  
AND SO MUCH MORE...

GIVE TODAY



BAINBRIDGE ISLAND  
**PARKS & TRAILS**  
FOUNDATION