

Adult Programs



Piano Lessons

Ages 7-Adult or as arranged with the instructor

Megan Hennings. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We're offering holistic music instruction with an emphasis on creating an **enjoyable** learning experience. Cultivation of a life-long love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including development of independent learning skills and strong playing skills.

Format: private instruction with scheduled group lessons. Half-hour instruction once a week with 45-minute lessons available for more advanced students. Fee includes event fees for up to 4 events per year. Computer-assisted instruction is included. Daytime slots available for adult and non-traditional students also. **Materials not included in class fee.** Please call the Recreation Center at 360-779-9898 to arrange lesson times. *Recreation Center Piano Studio.*

T, W, TH, F Fall: Sep 12-Dec 16 (14 wks)

30 min lessons: \$344 or \$114 per month (will be prorated if a student begins mid-session)

45 min lessons: \$505 or \$168 per month (will be prorated if a student begins mid-session)

T, W, TH, F Winter: Jan 3-Mar 31 (13 wks)

30 min lessons: \$321 or \$107 per month (will be prorated if a student begins mid-session)

45 min lessons: \$470 or \$156 per month (will be prorated if a student begins mid-session)



Beginning to Advanced Guitar

Ages 8-Adult

Ongoing Monthly Lessons / 4 lessons/mo.

Craig Dell. Private 45-minute acoustic or electric guitar lessons, designed for beginning, intermediate and advanced students. Lessons will be tailored to the student's level and will include reading music notation, tablature, basic chords, and strumming techniques. **Students must bring an acoustic or electric guitar in good working order. Music will be provided for Beginning students; Intermediate/Advanced students will be asked to purchase specific books.** Lessons will not be held in December and the month will be used for make-ups. There will be scheduled lessons on MLK day and Presidents Day.

Lessons will run: Sep 12-Oct 3, Oct 10-31, Nov 7-28, December will be used for make-up lessons, Jan 9-30, Feb 6-27, Mar 6-27. Participants will automatically be registered for the next month on the 15th of the previous month to hold their scheduled lesson time. Monthly fee is due at first lesson of each month. Missed lessons may or may not be made up at the discretion of the instructor for a maximum of 2 lessons, provided 24-hour cancellation notice has been given. Make up lessons are held at instructors discretion. Please call the Recreation Center at 360-779-9898 to arrange a lesson time. *Recreation Center Preschool Room.*

Mondays - time scheduled with instructor
\$167/mo

Craig Alden Dell, a veteran performer of the guitar, has studied and performed the styles of Classical, Flamenco and Impressionistic, as well as, Folk, Ethnic and Progressive guitar.

Teaching the guitar has long since been a passion of Craig's and he is currently teaching at Olympic College as well as other locations in Washington State. He still performs concerts and tours the continental United States. His most recent endeavor is the Ten Course Guitar, which he is currently performing and recording.

register  ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Adult Programs



Poulsbo Community Orchestra:

2016 – 2017 Season *9 months*

Blake Yarbrough, General Manager/Artistic Director. Poulsbo Community Orchestra is made up of musicians from the Puget Sound region who rehearse weekly with three scheduled concerts. The PCO is open to all strings, woodwinds, brass, and percussion looking to gain orchestral experience and to build skill. The age requirement is minimum of high school (9th grade during 2016-2017 school year) to adults, and musicians must have at least 2 years recent playing experience. **Minimum attendance required to perform for concerts. Equipment is limited, so members should bring their own music stands and must have their own instrument.** If you would like more information, please email PoulsboCommunityOrchestra@gmail.com or visit us on our Facebook page! *North Point Community Church located at 1779 NE Hostmark St. Poulsbo.*

Meet & Greet & Informational Meeting:

Mon Sep 12 6-8p
Muriel Williams Waterfront Park.

Rehearsals:

*Mon Sep 19-Jun 26 7-9p \$80**

Concerts will be performed at North Point Community Church

<i>Holiday Concert</i>	<i>Sun, Dec 4, at 3p</i>
<i>Winter Concert</i>	<i>Sun, Apr 2, 2017, at 3p</i>
<i>Spring Concert</i>	<i>Sun, Jun 25, 2017, at 3p</i>

Maestro Bruce Mansfield, Conductor earned a Masters Degree in Music from Duquesne University in 2001. He became Associate Conductor of the US Navy Band in Washington, DC in 2012. In addition to military duties there, he was selected as the director of bands at Anne Arundel Community College in Annapolis, MD, where he directed the wind ensemble and concert band, and taught conducting. Lt. Mansfield is assigned as Director of the United States Navy Band Northwest at Bangor. Mr. Mansfield and his family relocated to Poulsbo during the summer of 2014, and he enthusiastically volunteered to serve as Orchestra conductor in September. In addition to conducting duties, he plays trombone in the Orchestra's Viking Brass ensemble, and is active in numerous community organizations.



Tuba Christmas

Free Family Event

**Saturday
December 17
3:00 PM**

Muriel Iverson
Williams Waterfront Park

Jas Linford, conductor



Local tuba, sousaphone, euphonium, serpent and ophicleide players of all ages and backgrounds will play traditional Christmas Carols in a free public concert.

The public is invited for a holiday sing along.



For More information please call Poulsbo Parks & recreation at 360-779-9898

Adult Programs

LEARN LOCALLY

with Western on the Peninsulas

DEGREE PROGRAMS

Bachelor's Degrees

- Business Administration
- Computer Information and Systems Security
- Environmental Studies
- Human Services
- Multidisciplinary Studies
(Pending NWCCU Approval)
- Teacher Education

Master's Degree

- Educational Administration

LIFELONG LEARNING

- Youth Programs for
Preschool through Grade 9
- Western Lecture Series
- Local Literature Book Club

SEA DISCOVERY CENTER

We welcome visitors of all ages to learn more about the creatures living in the waters that surround us.



www.edu/peninsulas

Active Minds Changing Lives
AA/EQ

Adult Programs

Educated Feet Dance Classes

The following classes are taught by **Sheila Phillips**, certified Swing, Latin & Ballroom instructor. Unless noted, all classes are located at *Vinland Elementary*. Open to teens & adults, no partner necessary!! **PLEASE wear shoes that leave no black marks!!** Register through Poulsbo Parks & Recreation, 360.779.9898, by *Tuesday prior*. Minimum class size - 14. Take your educated feet to the monthly dances Sheila hosts on Bainbridge Island! Details <http://www.educatedfeet.net/dances.htm>

East Coast Swing 5 wks

A favorite jazzy American dance from the 20's and still swingin' today! Swing is the logical place to begin to learn partner dancing. It's easy to learn, intuitive, and not terribly structured. Learn to dance to different tempos by changing rhythm patterns. A popular choice for beginners. Basics & beyond. *Minimum registration by Tue, Oct 4. No class Oct 20.* *Vinland Elementary Gym.*

Thu Oct 6-Nov 10 6-7p \$55*

Cuban Salsa 5 wks

One of the most popular styles in Salsa is the Cuban Style! Instead of dancing "in-the-slot", it's danced in a rotational pattern. It has a more relaxed feel with Swing like patterns. Slotted and Cuban styles can be mixed on the dance floor. They say the best Salsa dancers are well rounded. Basics & beyond. *Minimum registration by Tue, Oct 4. No class Oct 20.* *Vinland Elementary Gym.*

Thu Oct 6-Nov 10 7-8p \$55*

West Coast Swing 5 wks

Learn a fun modern Swing! West Coast is a smooth, slotted style dance, described as a mixture of Latin and Jive. It's danced to slower tempos in Swing, Rhythm & Blues, Country and contemporary music. Stylish, creative and **very versatile**. Basics & beyond. *Minimum registration by Tue, Feb 7. Vinland Elementary Gym.*

Thu Feb 9-Mar 9 6-7p \$55*

Night Club 2 Step 5 wks

One of the most practical and versatile social dances ever conceived, this simple romantic dance fills a gap where no other dance fits. It's a twist on the slow dance done to *mid tempo* ballads & contemporary music. Relaxed and a very smooth style. Suitable for beginners. Basics & beyond. *Minimum registration by Tue, Feb 7. Vinland Elementary Gym.*

Thurs Feb 9-Mar 9 7-8p \$55*

George and Jan Bahr offer dance classes at *Pearson Elementary* on Monday evenings for your enjoyment and education! The following classes will be offered for the Fall/Winter session.

Beginning Ballroom Dance: 7 wks **Foxtrot, Waltz and Swing**

George & Jan Bahr. Learn Ballroom dance skills that will give you confidence on the dance floor. The beginning class will teach you the basic steps and turns. **No class Oct 31.** *Pearson Elem Gym.*

Mon Sep 19-Nov 7 7-8p \$45*

Beginning Latin Dance: 7 wks **Rumba, Cha Cha and Tango**

George & Jan Bahr. Learn skills that will give you confidence to dance to the exciting Latin rhythms. The beginning class will teach you the basic steps and turns. **No class Oct 31** *Pearson Elem Gym.*

Mon Sep 19-Nov 7 8-9p \$45*

Intermediate Ballroom Dance: 7 wks **Foxtrot, Waltz and Swing**

George & Jan Bahr. Learn Ballroom dance skills that will give you confidence on the dance floor. The intermediate class will review some basic steps and turns while building more advanced moves and adding style to your Ballroom dancing. **Class will be held on President's Day, Feb 20.** *Pearson Elem Gym.*

Mon Feb 6-Mar 20 7-8p \$45*

Intermediate Latin Dance: 7 wks **Rumba, Cha Cha and Tango**

George & Jan Bahr. Learn skills that will give you confidence to dance to these exciting Latin rhythms. The intermediate class will review some basic steps and turns while building more advanced moves and adding style to your Latin dancing. **Class will be held on President's Day, Feb 20.** *Pearson Elem Gym.*

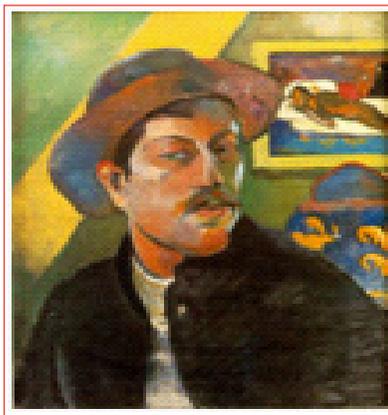
Mon Feb 6-Mar 20 8-9p \$45*



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Adult Programs



8 wks

Pastel Portrait Painting & Drawing

All levels welcome, beginners upward!

Julia Turk. Students will learn to draw life-like portraits of family, friends and other people, working from photographs. Students will discover how to use pastels effectively to create a portrait that will be admired with pleasure. The shape of the face, placement of features and other identifying characteristics will enable students to draw a portrait, as the possibilities are endless with a little creativity and imagination. **Students are welcome to use Julia's pastels or she can make suggestions if they would like to purchase their own.** *Recreation Center Classroom.*

Thu	Sep 22-Nov 10	9:30a-12n	\$149*
Thu	Jan 26-Mar 16	9:30a-12n	\$149*

Yes! You Can Draw!

8 wks

A general drawing class.

Julia Turk. Are you convinced you can't draw? Come to this class for beginning and intermediate students and discover your artistic self! Julia will show you how to draw landscapes, buildings, animals, people and many other subjects. You will be amazed and excited to see your talent emerge! **Bring a 9" x 12" drawing pad, a 2B pencil and a small set of charcoal sticks.** *Recreation Center Classroom.*

Wed	Feb 22-Apr 12	6-8:30p	\$149*
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Drawing Club

10 wks

Scott McDonald. Do you love to draw but have trouble finding some quiet time to do it? Do you have a hard time finding a place to get away to draw? Join the Drawing Club and meet with like-minded artists with similar enthusiasm. Bring your materials and let's draw! This isn't a class- you draw whatever you want without instruction. Club members are encouraged to bring drawings and ideas and share their accomplishments to inspire each other. You might even bring items for drawing a still life so that those who wish to could draw it from different angles. This is a great way to meet with other artists, make the time to draw and share your talents, ideas and artistic passion.

A nominal fee of \$20 will be charged to cover advertising and administrative costs. Registration is through Poulsbo Parks and Recreation, 360-779-9898. Bring your own supplies. Club will meet at the Vikings Crest Condominiums Clubhouse, 20097 Vikings Crest NE, Poulsbo. Please park in any **uncovered parking place.**

Tue	Sep 13-Nov 15	7-9p	\$20
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5 wks

Watercolor: Beginning/Intermediate

Nancy Sefton. Discover the magic of watercolors! In this class, beginning students will learn the basics, moving toward creating finished paintings. Those with some past experience will hone their skills with the instructor's guidance. Instructor Nancy Sefton is a member of the Poulsbo Artist League; her watercolor paintings hang throughout Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center Kitchen/Classroom.*

Mon	Sep 26-Oct 24	10a-12n	\$86*
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Watercolor: Intermediate

4 wks

Nancy Sefton. This class allows students with basic watercolor experience to take further steps, learning to train the eye in planning composition, colors, and other important elements of a successful painting. Nancy Sefton is a member of the Poulsbo Artist League; her paintings hang throughout Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration. No class Feb 20.** *Recreation Center Kitchen/Classroom.*

Mon	Feb 6-Mar 6	12:30-2:30p	\$75*
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Adult Programs

Understanding Digital Photography: Basics 1 class

Crista Dougherty. This class is designed for beginning DSLR photographers interested in learning the full potential of their cameras. Gain confidence to move away from shooting on auto and get creative control of your images. This hands-on class will cover the fundamentals for exposure, ISO, aperture, shutter speed, controlling depth of field, creating interesting compositions and facing specific challenging scenarios in photography. **Students will need their DSLR camera, and a small notepad and pen or pencil to keep in their camera bag. If you have multiple lenses for your camera, please bring them. Please bring a lunch.** *Poulsbo City Hall, 2nd floor conference room.*

Sat	Oct 1	10a-2p	\$49*
Sat	Dec 3	10a-2p	\$49*
Sat	Jan 28	10a-2p	\$49*

Understanding Digital Photography: Intermediate 5 wks

Crista Dougherty. This in-depth course focuses on refining your creative and technical photography skill. Through weekly assignments and group discussions, you'll dig into making powerful compositions and learn to see the world photographically. Topics include using design elements and principles, controlling light and focus, making portraits, color theory, learning from iconic artworks and developing a personal style. **Come with an understanding of exposure and basic camera controls, bring an SLR camera, and get ready to shoot great photos.** *Recreation Center Classroom.*

Tue	Oct 25-Nov 22	1-3p	\$69*
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Calligraphy and Hand-Lettering 1 class

Crista Dougherty. This class will start with the basics, covering the tools and strokes that make up modern and traditional hand-lettering styles, using calligraphy pens and brushes. You will learn letter structures and how to build on these forms to create your own alphabets. While calligraphy takes practice, it's not as difficult as it first appears. This class will leave you with a solid understanding for the modern copperplate style. Wonderful for Do-It-Yourself Wedding invitations! **Please bring a pencil, a ruler, a pad of watercolor paper, and a calligraphy pen with a pointed nib and ink to class.** *Poulsbo City Hall, 2nd floor conference room.*

Sat	Nov 19	10a-1:30p	\$35*
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You Can Write- Nature Writing and Memoir 3 classes

Leigh Calvez. Do you find inspiration from nature? Is your own story waiting for you to tell it? Join other writers of all skill levels in this exploration of the nature and memoir writer's life. Through group discussion, guided writing prompts, and group sharing of written work, we will begin your essay or book. Topics will include the "how to" of getting your work out into the world. The world needs your story now! Take one or all sessions. **No class Nov 24.** *Recreation Center Kitchen/Classroom.*

Thu	Sep 22-Oct 6	12:30-2p	\$99*
Thu	Nov 10-Dec 1	12:30-2p	\$99*
Tue	Jan 17-31	12:30-2p	\$99*
Tue	Mar 14-28	12:30-2p	\$99*

Leigh Calvez is a writing coach and nature writer. Her work has been published in American Nature Writing 2003 by Fulcrum Books and in an anthology for Sierra Club Books entitled Between Species: Celebrating the Dolphin-Human Bond. Her work has also been published in Ocean Realm, The Ecologist, The Christian Science Monitor, The Seattle Times, The Seattle Post-Intelligencer and Bainbridge Island Magazine. Her book The Hidden Lives of Owls: The Science and Spirit of Nature's Most Elusive Birds was published by Sasquatch Books.

"Through Your Eyes" – Writing Your Life Stories!

Heidi Thorsen. Your life is a treasure trove of experiences. Every adventure, encounter, event, or tradition helped mold who you are today. This is an 8 week course in writing the stories of your life. In this class, a weekly life theme is explored through activities and priming questions to help you get started with the writing. A two page story is then written during the week by each class member and shared with classmates the following session. Participants gain a growing appreciation of their own lives and the lives of others while documenting some of their life stories for their families or others to enjoy. This class will be led by Heidi Thorsen, a certified Guided Autobiography instructor. Class will be at the instructor's home studio, located at 21205 Stottlemeyer Rd. NE, Poulsbo.

Tue	Oct 11-Nov 29	1-3p	\$125*
Tue	Oct 11-Nov 29	6:30-8:30p	\$125*
Wed	Jan 18-Mar 8	1-3p	\$125*
Wed	Jan 18-Mar 8	6:30-8:30p	\$125*



Adult Programs

**French lessons offered by Myriam Desau-
nois-Mullen.**

FREE Orientation meetings: *Fall sessions, Mon, Sep 19, 5-6:30p; Winter sessions, Thu, Jan 5, 5-6:30p. Recreation Center, Poulso.* *New this fall! Grammar course, Thursdays, 6-6:45p! See description for details.*

L'aventure Française 10 wks

Conversational Workshop

Myriam Desauois-Mullen. For inter-
mediate-advanced adult students who want
to learn more! Students will be involved in
French conversation that includes reading
and discussion. Conversational exercises will
further your understanding of French gram-
mar as you build confidence in speaking this
beautiful language, and will allow students to
further their abilities. Come prepared to have
a great time! **No class Oct 24, Jan 16 & Feb
20. Recreation Center Kitchen/Classroom.**

Mon	Sep 26-Dec 5	3-4:30p	\$129*
Mon	Jan 9-Mar 27	3-4:30p	\$129*

L'aventure Française 10 wks

Conversation for Travel: Beginning

Myriam Desauois-Mullen. Are you
planning a trip to a French-speaking country?
This class will teach you the conversation skills
needed to make your trip more enjoyable. The
emphasis will be on travel-related vocabulary
and conversation. **No class Oct 24, Jan 16 &
Feb 20. NKHS classroom.**

Mon	Sep 26-Dec 5	5-6:15p	\$109*
Mon	Jan 9-Mar 27	5-6:15p	\$109*

L'aventure Française 10 wks

Conversation for Travel: Continuing Begin- ners/Intermediate

Myriam Desauois-Mullen. Are you
planning a trip to a French-speaking country?
This class will teach you the conversation skills
needed to make your trip more enjoyable. The
emphasis will be on travel-related vocabulary
and conversation. **No class Oct 24, Jan 16 &
Feb 20. NKHS classroom.**

Mon	Sep 26-Dec 5	6:20-7:50p	\$129*
Mon	Jan 9-Mar 27	6:20-7:50p	\$129*

L'aventure Française 10 wks

Grammar Intermediate!

Myriam Desauois-Mullen. This session
will allow discussion on grammatical questions
and use. **No class Oct 20 & Nov 24. NKHS
Classroom.**

Thu	Sep 29-Dec 15	6-6:45p	\$79*
Thu	Jan 12-Mar 15	6-6:45p	\$79*



Spanish

Will Perkins has taught Spanish from
beginning through literature for many years.
He has spent lots of time in Seville, Spain and
some time in different parts of Mexico.

In class, we try to spend as much time as
possible hearing, speaking and understanding
Spanish to build confidence in communicating.
Written exercises occur on occasion, so
please bring paper and pen to class. There is
no textbook or materials fee, but you will need
internet access and some comfort using a
computer to follow the class. Students will use
online resources for supplemental readings
and grammar.

Easy Spanish for Beginners! 6 wks

This class is designed for those with little
or no previous experience in Spanish. The free
online program "Duolingo" provides the basic
curriculum for class as well as the chance to
practice at home. We will use stories, music
and conversation to build comfort with a new
language. We address basic phonetics and
grammar with abundant repetition. **No class
Nov 23. NKHS classroom.**

Wed	Sep 14-Oct 19	5-6:30p	\$89*
Wed	Oct 26-Dec 7	5-6:30p	\$89*
Wed	Jan 11-Feb 15	5-6:30p	\$89*
Wed	Mar 1-Apr 5	5-6:30p	\$89*

6 wks

Intermediate Conversational Spanish!

If you have studied some Spanish, this
class will help you refresh your existing knowl-
edge. We will use stories, music and conver-
sation to shake off the cobwebs and build new
understanding. Depending on class interest,
we will read stories, easy-reader novels, or
plays to build vocabulary and understanding.

No class Nov 23. NKHS Classroom.

Wed	Sep 14-Oct 19	6:45-8:15p	\$89*
Wed	Oct 26-Dec 7	6:45-8:15p	\$89*
Wed	Jan 11-Feb 15	6:45-8:15p	\$89*
Wed	Mar 1-Apr 5	6:45-8:15p	\$89*

Adult Programs

5 wks

How To Build A FREE Web Site & Blog!

Jami Sipila, owner of local video production & media company, LondonBLUE Studios. This class is for beginners with some computer and internet knowledge. In these classes you will learn how to set up a web-site and blog with Wix.com for FREE! You will learn navigation of the site and how to customize the site's themes. Don't be intimidated, it's easier than you think!! In addition to setting up the account, we will create pages to make it suitable either for blogging or as a web site for you or your business. You will also learn about adding different types of content including text, pictures, and video. We'll cover widgets and creating and managing blog posts. **You should bring a laptop & have an email account (any provider) to follow along, but are welcome to come and take notes if you don't.** (See LondonBlueStudios.com & MyKitsapWedding.com for examples). For class questions, please feel free to contact Jami directly by emailing her at LondonBlueStudios@gmail.com or message her on Facebook at [facebook.com/LondonBlueStudios](https://www.facebook.com/LondonBlueStudios). *Recreation Center.*

Tue Sep 20-Oct 18 1:30-2:30p \$92*

1 class

Quick Wix! How To Build A FREE Web Site & Blog!

Jami Sipila, ondonBLUE Studios. This class is for beginners with some computer and internet knowledge. In these classes, you will learn how to set up a website and blog with Wix.com for FREE! You will learn navigation of the site and how to customize the sites themes. Don't be intimidated, it's easier than you think!! In addition to setting up the account, we will create pages to make it suitable either for blogging or as a web site for you or your business. You will also learn about adding different types of content including text, pictures, and video. We'll also cover creating blogging posts. **You should bring a laptop & have an email account (any provider) to follow along, but are welcome to come and take notes if you don't.** For class questions, please feel free to contact Jami directly by emailing her at LondonBlueStudios@gmail.com or message her on Facebook at [facebook.com/LondonBlueStudios](https://www.facebook.com/LondonBlueStudios). (See LondonBlueStudios.com & MyKitsapWedding.com for examples). *Recreation Center.*

Thu Nov 3 11:30a-2:30p \$75*
Thu Mar 23 11:30a-2:30p \$75*

www.cityofpoulsbo.com



Financial Seminars 1 class workshops

Don Soderquist, CMFC, Financial Advisor with Waddell & Reed, is offering the following financial and investment classes to the community this fall and winter. For questions regarding the workshops, please contact him at (360) 613-7031. Everyone who attends will receive a free full-color workbook.

Don Soderquist and Waddell & Reed receive no compensation for the seminar. Registration fees are charged by Poulsbo Parks & Recreation which Waddell & Reed has no affiliation to. Waddell & Reed, Inc. Member SIPC. Insurance products are offered through insurance companies with which Waddell & Reed has sales arrangements. All classes are held at City Hall – 2nd floor conference room.

Long-Term Care Choices in a Changing World

This workshop will discuss long-term care issues and solutions. Careful financial planning can help protect you and your family from debilitating bills associated with long-term care.

Tue Sep 20 6-7:30p \$10

Turbulence, Perspective & Opportunity:

Build a Plan to Pursue Your Goals Through All Market Cycles

This workshop will help attendees understand how markets can be especially turbulent during periods of rapid economic change and political uncertainty. An understanding of the stock market's history can provide perspective for the years ahead.

Tue Oct 18 6-7:30p \$10

Financial Management:

Six Steps to Financial Success

This workshop will help attendees understand how to develop realistic financial goals as well as overcome the common roadblocks to success. It will give you the education and motivation needed to put your finances in order and save for the future.

Tue Nov 15 6-7:30p \$10

Poulsbo Parks and Recreation

Adult Programs

Retirement:

Building a Comfortable Lifestyle for Tomorrow

This workshop will educate attendees about the importance of starting early to save for retirement. We will cover how to calculate the cost of retirement, identifying potential sources of retirement income and evaluating investment strategies.

Tue Jan 17 6-7:30p \$10

Retirement Income:

Charting a Course to Help Your Money Last

This workshop will include strategies to help you make the most of your savings and investments during retirement. Topics to be discussed include retirement plan distributions, protecting income and assets from the unexpected and developing an investment strategy.

Tue Feb 21 6-7:30p \$10

College Funding:

Investing in Your Children's Future

This workshop helps educate families about various college funding sources including personal accumulation. Current and future college costs, different savings vehicles and financial aid will all be addressed.

Tue Mar 14 6-7:30p \$10

Carol D Hoffman, MBA, is a Financial Advisor with First Command Financial Planning and a 27-year Navy Veteran where she served as a captain in the Supply Corps. Carol holds Series 7 and 66 securities licenses plus state life and health insurance licenses in WA, NC, AZ, PA and CA.

Planning the Future for Military Personnel:

The New Military Retirement 1 class

Carol Hoffman. After a couple of years of discussion and rumors and speculation about changes to the 70-year-old military retirement system, plans for a new system have finally been unveiled. Though it won't go into effect until 2018, fully understanding the changes will better prepare you to make the right financial decisions now and when the transition occurs. *Poulsbo City Hall 3rd floor Conference room.*

Wed	Sep 14	7-8p	\$15
Thu	Nov 3	7-8.	\$15
Thu	Jan 12	7-8p	\$15
Wed	Mar 8	7-8p	\$15

1 class

Understanding the Thrift Savings Plan for U.S. Service Members

Carol Hoffman. This class on the Thrift Savings Plan (TSP) covers the benefits of enrolling, earnings potential, fund descriptions, loans, withdrawals and beneficiary information, plus specific information related to service members including contribution limits, which types of pay may be contributed to the TSP, Roth 401(k) option and moving from the military to federal civilian employment. *Poulsbo City Hall 2nd floor Conference room.*

Wed	Oct 5	7-8p	\$15
Mon	Dec 7	7-8p	\$15
Wed	Feb 15	7-8p	\$15

1 class

Tax Strategies for Smart Investors

Carol Hoffman. Saving money on taxes is a priority. And why wouldn't it be? Taxes are likely to be your single largest expense each year. Do you have a "tax diversification strategy"? One that properly allocates and diversifies your investments between the three possible tax scenarios – taxable, tax-deferred, and tax-free? Learn what you can do to put yourself in the best tax situation to pursue your retirement income goals. *Recreation Center Classroom.*

Wed	Sep 21	7-8p	\$15
Wed	Oct 12	12-1p	\$15
Thu	Dec 1	7-8p	\$15
Fri	Feb 24	7-8p	\$15

1 class

Understanding the Federal Long Term Care Insurance Program

Carol Hoffman. This brief presentation explains what long term care insurance is and who may need it at some point in their lives. The presentation covers details about the Federal Long Term Care Insurance Program (FLTCIP) including expenses covered, types of benefit plans, payout of benefits and paying for coverage. It also includes a comparison of FLTCIP benefits and options to private long term care insurance plans. *Recreation Center Classroom.*

Wed	Nov 16	7-8p	\$15
Wed	Jan 18	7-8p	\$15



register
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<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Adult Programs

Marilyn Miller is an Investment Advisor Representative with OnPointe Advisory and Financial Services, LLC. She also is licensed for life, annuities, long term care, final expenses and disability insurance. In addition, she has National Social Security Advisor certification from the National Social Security Association LLC in Cincinnati.

Social Security: _____ **1 class**
What you should know before you retire

Marilyn Miller. As if navigating Social Security isn't daunting enough; employees at the Social Security are not trained or allowed to give advice on the numerous benefit options available. There are 2,728 rules for Social Security benefits as well as 567 ways to claim benefits. All the changes put into law Nov 2015 will be discussed. With life expectancy increasing, retirees outliving their income is a major concern. With the number of claiming options that can impact an applicant's income, it is critical to have somewhere to turn for guidance. This seminar will provide the information for making informed decisions. As a follow up to the course, if requested, attendees will be provided with a written report of their options. **Materials included in the cost of the class.** There is no cost for the report but attendees will need to schedule a time to meet with Marilyn in her Pouslbo office for review. *Recreation Center Classroom.*

Tue	Sep 20	6:30-7:30p	\$25
Thu	Oct 20	6:30-7:30p	\$25
Tue	Nov 15	6:30-7:30p	\$25
Thu	Jan 19	6:30-7:30p	\$25
Thu	Feb 16	6:30-7:30p	\$25
Tue	Mar 14	6:30-7:30p	\$25



Aging in Place: _____ **1 class-**
Housing is the HUB of Your Successful Longevity

Aaron Murphy, Architect and Certified Aging-in-Place specialist. We're all living longer, one third longer than just 100 years ago, in fact. Do you have a plan for what that will look like? Your HOME is the HUB of your happiness, livelihood, independence, and freedom. The vast majority of us say "yes" to aging-in-place as our first choice. Is your HOME ready to support you for that? This class guides you through the steps you can take pro-actively now, to modify your home so it can support you longer, keep you safer, and save you money too! Make your future the one you envision for yourself, your family and your loved ones - come learn about "Aging in Place" ideas with ADM Architecture. *Pouslbo City Hall 2nd floor conference room.*

Sat	Oct 22	10a-12n	\$122*
Sat	Nov 5	10a-12n	\$122*

1 class

Self Defense Workshop for Seniors

Mike Cain. Learn how to protect yourself in this informative class taught by martial arts instructor, Mike Cain. Class includes hands-on instruction in how to defend against choking, punching, grabbing and pushing. No hard hitting or throws. You will learn about pressure points, joint locks and practical application for self defense. There is controlled contact as you learn the various moves. We will definitely work within your physical limitations. *Pouslbo City Hall Council Chambers.*

Sat	Oct 8	9:30-12:30p	\$35*
Sat	Nov 5	9:30-12:30p	\$35*
Sat	Jan 28	9:30-12:30p	\$35*
Sat	Feb 25	9:30-12:30p	\$35*

Adult Programs

The P-Patch

Raab Park Community Garden: (The P-Patch)

The Raab Park Community Garden (The P-Patch) is a partnership between the WSU Extension Kitsap Master Gardener Program and the Poulsbo Parks and Recreation Department. The P-Patch has 51 sunny garden plots in three sizes: *10' x 20' plot for \$55 per year, 10' x 10' plot for \$38 per year and the 8x4x2' plots for \$32 per year. (Fee covers March 1-February 28 of each year). Poulsbo city residents receive an \$8 discount.*

Gardeners must use organic gardening practices, products and materials. Information and resources on organic gardening are provided, as well as many hand tools and gardening implements. Produce may not be sold, but may be shared or donated to a food bank. Participants are responsible for signing a "Gardener's Agreement" and providing their own seeds, plants, organic fertilizers and/or compost. They are also required to contribute six (6) hours of community work in the garden's common areas. Water is included.

Summer 2016 Gardening

The P-Patch is currently full, but plots may become available. Call Parks and Recreation at 360-779-9898 to be put on a waitlist.

Fall 2016 / Winter 2017 Gardening

There are a limited number of plots available in the fall of 2016. Please call for information: 360-779-9898.

Spring / Summer 2017 Gardening

Returning gardeners who have successfully completed their garden service hours in 2016 will get plot priority and may register and pay for the new season between Aug 22, 2016 and Feb 28, 2017, but will need to stay with their current plot through Feb 28 and wait for confirmation of any requested new plot after March 1 before they may use it. New gardeners will be assigned plots after Mar 1, 2017. New gardeners please call now or register online for the waitlist for 2017! For more information, call Parks and Recreation, 360-779-9898.

2 classes

Tree Selection, Planting & Aftercare

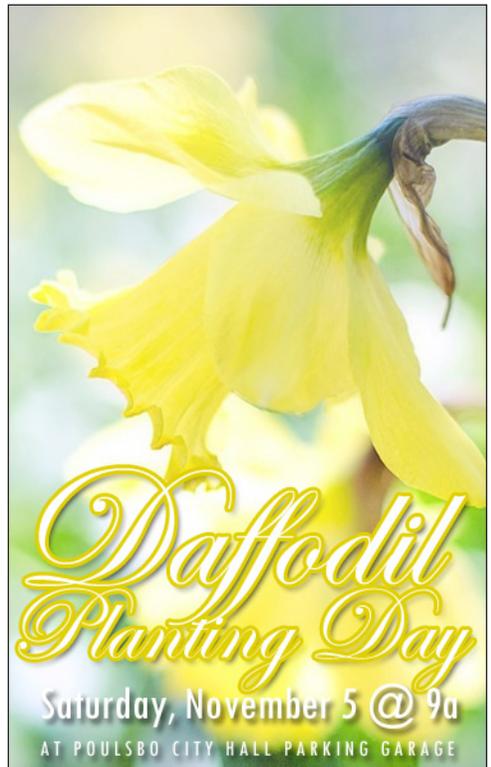
Poulsbo Tree Board members. Fall is a wonderful time to plant a new tree in your landscape. The evening session will cover tree selection issues, including basic design considerations and a review of various tree species' pros and cons. Low maintenance, pest and disease resistance, and matching the tree's cultural needs to the site will be emphasized. The most up-to-date tree planting standards and techniques, along with necessary aftercare, will also be covered. The outdoor field session will include hands-on tree planting practice and demonstration of appropriate aftercare. Join Poulsbo Tree Board members Bess Bronstein (Certified arborist and horticulture educator), Jim Leary (Master Gardener and architect), Janet Brown (ISA Certified arborist, Puget Sound Energy), and City arborist Kevin McFarland in this two-day class. Be prepared to practice what you've learned by planting a tree in a city park on Saturday. **This class is free, but please pre-register in advance for planning purposes.** Oct 27-Poulsbo City Hall Conference Room; Oct 29- Outside location to be determined.

Thu Oct 27 7-9

AND

Sat Oct 29 1:30-2:30p

FREE - but please pre-register



Adult Programs



Pruning Mini-Series

Become a more confident and successful tree pruner! The Poulsbo Tree Board is pleased to present several different pruning classes in March. You may take any or all of them. **Instructors will include ISA Certified Arborists and Poulsbo Tree Board members. These classes are free, but please pre-register for planning purposes.**

The Basics of Pruning Trees 1 class

Understanding tree structure, growth and response is as important for successful pruning as knowing how to make proper pruning cuts. Join Poulsbo Tree Board members and ISA Certified Arborists in this class to learn the basics of tree growth and structure, types of pruning cuts, and what responses to expect from your cuts. **This class is free, but please pre-register. Recreation Center.**

Thu Mar 9 7-8:30p FREE

Pruning Ornamental Trees 1 class

Ornamental trees provide many benefits in any landscape or garden, both aesthetic and functional. Different species and varieties of trees often have different pruning needs. In this free class, ISA Certified Arborists and Poulsbo Tree Board members will demonstrate how to prune a variety of common ornamental trees found in the Puget Sound region. **This class is free, but please pre-register. Class will meet outdoors; site to be determined in Poulsbo.**

Sun Mar 12 1-3p FREE

Pruning Fruit Trees 1 class

Did you know that late winter is the best time to prune your trees? Come join the Poulsbo Tree Board and ISA Certified Arborists at a free fruit tree pruning demonstration. Learn tips on how to increase fruit production, improve branch structure, and renovate older, non-productive trees. **This class is free, but please pre-register. Class will meet outdoors, site to be determined in Poulsbo.**

Sun Mar 19 1-3p FREE

Secrets of Keeping a Gluten- and Dairy-Free Kitchen:

Focused on the Holidays Ahead 1 class

Suzanne O'Clair & David Shelly. This workshop covers simple ways to clean up your dietary act, whether you are a full-out celiac, gluten-intolerant, or dairy-sensitive. You probably know the gluten grains, but what about other foods and drinks that contain hidden gluten or dairy? Cleaner food means fewer aches and pain as inflammation in the body subsides. David has great nutritional strategies, too, for the celiac's system! You will leave with shopping lists covering specific everyday foods available at Trader Joe's, Costco, Central Market and online resources. You will also receive a variety of recipes. And, we'll bring food-tastings of main dishes, desserts and drinks focused on the holidays ahead, so don't eat lunch!

David Shelley discovered he was a celiac thirty years ago when it was practically unheard of. Suzanne O'Clair recently discovered her own gluten and dairy intolerance. Both love good food - and neither wants to spend all day cooking! **A materials fee of \$5 per person is paid to the instructor at the class. Recreation Center Kitchen/Classroom.**

Sat	Nov 5	2-4p	\$37*
Sat	Feb 18	2-4p	\$37*

Small Animal Massage 2 wks

Alice Cramer and Janice Hill. Bring your dog and your significant other or family member to classes for hands-on massage techniques. Come and learn the basics of providing soothing and healthy massage for your pets. This class will teach you the basics of Swedish massage strokes for use on cats and dogs. Massaging your cat or dog can improve their circulation, help with their immune system, balance their muscles, improve their muscle strength, help avoid injury, lower blood pressure, and deepen your relationship with your animal. Learn when to massage and when not to massage, what signals your animal is giving you, and how to read their feedback during the massage. **Students will learn how to adapt techniques for cats, but please do not bring cats to class.**

Participants will need to bring a towel or pad for your dog to lie on. Recreation Center.

Fri	Oct 28 & Nov 4	7-8:30p	\$38*
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Adult Programs



Essential Oils 101: 1 class

A Make and Take Class

Kristin Ulanday. Experience the power of pure essential oils and enjoy your own handmade products! Have you been looking for ways to cut down on toxins and chemicals in your home? Looking for an all natural body care product? Join us for an essential oils do-it-yourself class and learn how to transform and simplify your health and life. We will show you how to simply, inexpensively and naturally form your own pantry and then transform them into household cleansers and body care products. Participants will get to make and take home a variety of products that fit the theme of each class. For a specific list of everything made for each class please see the course listing online. **A materials fee of \$15 is due to the instructor at the class.** *Recreation Center Classroom.*

Back to School

Thu	Sep 8	6:30-8p	\$20
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Green Clean

Tue	Oct 4	6:30-8p	\$20
Thu	Jan 12	6:30-8p	\$20

Getting Ready for the Cold & Flu Season

Thu	Oct 27	6:30-8p	\$20
Tue	Jan 31	6:30-8p	\$20

Holiday Gifts

Thu	Nov 10	6:30-8pm	\$20
Tue	Dec 6	6:30-8pm	\$20

Body Care

Wed	Sep 28	6:30-8p	\$20
Tue	Nov 29	6:30-8p	\$20
Thu	Feb 9	6:30-8p	\$20



register ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Introduction to Brain Gym® 2 classes

Heather Gudmundson. During stress, the non-dominant brain and non-dominant sensory modalities shut down. The implications for learning are huge! Can you learn visually or are you visually blocked? Can you process auditory stimulation or are your abilities to listen and remember impaired? My experience is that 3 out of 4 (75%) of people are auditorally blocked! Are you able to communicate effectively or unable to access language? Do you become clumsy and feel 'stuck' or can you move with fluidity? Through a simple process of bio-feedback your learning profile will be determined in a few minutes. Empower yourself with simple movements that integrate both hemispheres of the brain and activate visual and auditory centers for ease of learning. For more information, visit braingym.org. **Students should bring plenty of bottled water to class.** *Poulsbo City Hall 3rd floor Conference Room.*

Parent/Child (Youth 12 & older may attend without a parent)

Sat	Sep 10 & 24	10a-12n	\$65*
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Adults

Thu	Sep 15 & 29	6-8p	\$65*
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Brain Gym® for Educators 2 classes

Heather Gudmundson. Brain Gym is a series of simple movements that reduce stress, integrate both hemispheres of the brain and activate listening and visual centers! Specific activities enhance communication skills and whole brain learning. As an educator for 45 years, I have witnessed the profound ability of Brain Gym® to empower students and improve self esteem. Once learned, students are able to apply the simple techniques in any new learning situation. As a classroom teacher, I completed the entire series of activities in 5 to 7 minutes! It was no longer necessary to repeat directions numerous times. Parents reported that their children settled into homework assignments more easily and it is proven effective for children labeled A.D.D. and A.D.H.D.!

For more information, visit braingym.org. **A fee of \$30 for the required course manual, *Teacher's Edition of Brain Gym®*, is payable to the instructor at the first class. Students should bring plenty of bottled water to class.** *Poulsbo City Hall 3rd floor Conference room.*

Sat	Oct 8 & 22	10a-12n	\$65*
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2 classes

Adult Programs

Rain Garden Funding Available



Funded by



WASHINGTON STATE
CONSERVATION
COMMISSION



Homeowners in the City of Poulsbo can receive free technical assistance and up to \$1000 for rain gardens or other solutions that collect and clean stormwater runoff.

A free demonstration workshop will be held this fall.

For details, call Kitsap Conservation District at 360-204-5529.



www.kitsapcd.org

Learn the Art of Muscle Checking

Heather Gudmundson. Have you ever wondered which foods and supplements are supportive to your health and which are not? Take the guesswork out of it! Learn simple bio-feedback techniques used by many professionals including naturopaths, dentists and chiropractors to tune into the wisdom of your body. Practice includes self-check techniques and a method for facilitating others. **Bring foods and supplements you would like to muscle check. Students should bring plenty of bottled water to class.** *Poulsbo City Hall 3rd floor Conference room.*

Sat	Oct 8	1-3p	AND	
Sat	Oct 22	1-2p		\$51*

NEW!! Heather Gudmundson is offering these classes for fall. Her background includes a B.A. Elementary Ed., Master's Degree Special Education, Administrative Credential and Educational Kinesiologist. National and international Brain Gym® consultant. Co-creator of DVD *Education in Motion* (continued next column).

FACILITY RENTALS

CLASSES..MEETINGS
BIRTHDAY PARTIES..
LUNCHEONS..CRAFT GROUPS



The Parks and Recreation Center has two rooms available for rent. Prices range from \$10-\$25 per hour plus sales tax, and are available around the recreation class schedule. Please give us a call at 360-779-9898 for more information.

Adult Programs



Self Massage using Lymph Drainage Massage

Betty Ann, LMP. In this class, you will learn how to apply gentle effective massage techniques to yourself to help you strengthen your immune system, move toxins out of the body and help the body make its own antibiotics to fight sickness. When lymph's get damaged or removed due to surgeries, injuries, or illnesses such as bronchitis, sinus infections, digestion issues, or edema in extremities (to name a few things that make our lymph systems sluggish), these techniques can really help you to make yourself stronger and obtain some relief. These classes will be two hours of learning technique, sharing, and learning health tips like grounding, breathing and focusing with intention. Each class will include a step-by-step focus on a specific part of the body.

Betty Ann is a licensed massage practitioner and the owner of Holistic self care and massage in Poulso. She does contract work for Hospice Comfort Care of Group Health and CHI Franciscan both. Betty Ann goes into homes and facilities to work with private Clients also and takes some clients in her home business Holistic Self Care and Massage. *Poulso City Hall 2nd floor Conference room.*

Face and Neck

Sat Jan 7 10a-12n \$30*

Upper Limbs

Sat Feb 4 10a-12n \$30*

Lower Limbs

Sat Mar 4 10a-12n \$30*

Sign up for all three classes at the same time and pay only \$75!

Introduction to Your Personal Wisdom

Teresa Brewster is a lifelong student of personal and spiritual development, and has been a professional intuitive healer and reader for the past 13 years.

Dr. Sandra Cross has an extensive background of teaching, counseling and presenting to ages 12-92. She is a Reiki Master as well, and brings her considerable talents in these areas, as well as a passion for writing and self-development to the class.

Introduction to Creativity, Wisdom & Spirit

These classes will provide you with the opportunity to awaken your own self-awareness.

Winter classes will be held at 19020 Front St NE, Poulso, upstairs above The Quilt Shoppe. Class participants can come up the front stairs or park in the back behind the building and come up the back stairs.

Class I will focus on Creativity. We will focus on finding your creative strengths and building on them.

Thu Jan 19 6:30-8:30p \$45*+

Class II will focus on Wisdom. Class participants will learn basic energy concepts, how that will help you in your daily life, and how to become more comfortable using your own personal wisdom.

Thu Jan 26 6:30-8:30p \$45*+

Class III will focus on Spirit. You will participate in activities to strengthen your trust and exercises to leave you feeling more empowered.

Thu Feb 2 6:30-8:30p \$45*+

+ Register for all three classes at the same time and pay only \$115!

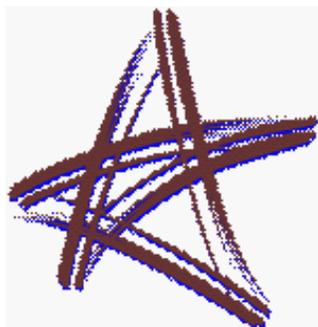
Meeting Your Muse, Your Guides, and Your Spirit

Teresa Brewster. A workshop for expanding & deepening your connection to your passion, your creativity and your life through reflection, listening to your wisdom, & soul awareness. A great way to welcome spring! This workshop is an opportunity for participants to move into a more conscious and personal relationship with their creative spirit. Workshop activities will include removing blocks, playing with their creative self, and celebrating artistic beauty from their souls.

Wear comfortable clothing and bring a sack lunch. Water, tea and snacks will be provided. Space is limited, so don't wait to register.

Sat Mar 4 10a-4p \$115*

Adult Programs



Sassy Star-Talks 1 class

Suzanne O'Clair. Informative, entertaining talks about Astrology. It's a powerful tool for timing, transitions and transformation in our lives. We'll talk what's happening in the stars above right now. And then, apply that information directly to your individual chart. YOU get an on-the-spot mini-reading – which can be an eye-opening event. Fun and interactive! *Recreation Center Kitchen/Classroom.*

Suzanne O'Clair is a practicing astrologer of 46 years who uses astrological charts to ask better questions about life. She writes the Stars Above Kitsap column for the Sound Publishing's five community newspapers. Her website is O Stars Above.com.

Mon	Nov 7	6:30-8p	\$23
Mon	Dec 5	6:30-8p	\$23
Mon	Jan 9	6:30-8p	\$23
Mon	Feb 27	6:30-8p	\$23

Intro to Meditation! 6 classes

Darryl Elves. Learn to meditate and enjoy all of the benefits of reduced stress, lower blood pressure, and increase the sense of love and compassion in your life. Discover the available inner sense of peace and contentment. Participants will be guided in practice while sitting either on a chair or your floor pillow. The class will include discussion of pitfalls and helpful hints as well as useful techniques. The class will meet two times a week for three weeks to help establish a routine. Home practice will be encouraged. *Recreation Center.*

Tu/Th	Oct 4-20	6:45-7:45p	\$59*
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register ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

to our many community
sponsors and
volunteers at
Poulsbo
Parks &
Recreation!



Thank
You!

Hip Hop Hoop Shoot
Pizza Factory-Swift Plumbing

Spooktacular
Central Market-Walter Bale Properties

Viking Fest Road Race
Kitsap Physical Therapy-Tuna
Graphics-Maxx Nutrition-KitsapSun-
Poulsbo Running-Sport Haus

Easter Candy Hunt
Poulsbo-NK Rotary Club-Poulsbo
Lions Club-Hill Moving Services-
Walter Bale Properties

Summer Nights on the Bay
Western Wa University-Port of Poulsbo
Central Market-Marine View Beverage-
Kim & Kregg Hoover, DDS - InMotion
Performing Arts Studio

Sailing
Olympic Sailing Foundation

Senior Trip Volunteers
Diann Hebert, Shelley Fleming, Doug
Murray, Moe O'Rourke, Sally Eastman,
Christine Salo, Suzanne Powers, Jill
Anderson

2016 Volunteer Teen Interns
Nicholas Soboleski-Keiko Ketch-Junko
Ketch-Annelise Pardee

Raab Park Gardens
WSU Kitsap Extension Office—and
many Master Gardeners who help out
at both gardens.
P-Patch: Donna Rae George-Russell
Koons-Lynn McIntyre
Youth Garden: Betsi Kurzawski-Jill
Ray-Cheryl Bosley-Poulsbo Garden
Club members

Adult Fitness & Sports

The Recreation Center is a great place to enjoy fitness classes. The fitness room is air conditioned with a padded floor and large mirrors. Locker rooms and limited showers are available. Bring a water bottle and a towel and/or exercise mat for abdominal floor work.

Purchase a punch card for use in all classes: 10 classes/\$56; 15 classes/\$72. Drop In: \$8. City residents receive an \$8 discount on punch cards.

Time & Day	Monday	Tuesday	Wednesday	Thursday	Friday
8:10-9:10 am	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)
10-11a					<i>New!</i> <i>Begins Sept 16!</i> Flow Yoga (Lang)
5:30-6:30 pm	Yoga (Jolene)		<i>New!</i> <i>Begins Sept 7!</i> Yoga (Drew)		

Yoga Basics

Lori Whiting, ACE. A revitalizing mind/body workout designed to increase flexibility and strength through yoga postures, using yoga blocks and straps to modify postures and focusing on proper alignment. We'll work on balance and use breathing and relaxation for stress relief. All levels welcome.

TNT – Tighten 'N Tone

Lori Whiting, ACE. This class will help to define and tone muscles and speed up your metabolism using resistance bands and dumbbells. Core conditioning exercises will help shape and define your physique and strengthen back muscles. We'll finish with stretching to increase flexibility and relaxation, and breathing to relieve stress. All levels welcome.

Yoga

Jolene Culbertson, RYT 200. Gain greater flexibility and strength in this 60-minute yoga class. We will focus on basic yoga postures, correct alignment, and proper breathing techniques in a non-intimidating and fun environment. Yoga is something that is great to do as your primary form of exercise, but it is also a perfect pairing for other fitness activities and sports that you may enjoy. Join us weekly as we learn more about how yoga fits into our lives and about how our mind and body work together. Students will need to provide their own yoga mat and block, if desired. Yoga straps will be provided.



Yoga

NEW INSTRUCTOR beginning Sept 7!

Drew Kunz. Explore and strengthen the body through alignment, breath and mindfulness to help develop a healthy, sustainable Yoga practice. Casual and slow paced with lots of time to dive deep, transform and unfold. Ideal for beginners, those with injuries and/or those just wanting to deepen their practice.

Flow Yoga

NEW! Class begins Sept 16!

Lang Charters. Join us for a work-out and work-in. All levels of yoga practitioners, from beginner to advanced, are welcome. Everyone will strengthen their cores, gain increased flexibility, invigorate their bodies, and calm their minds by flowing through yoga poses in time with their breath. Modifications will be given to intensify or ease poses based on your level.

Adult Fitness & Sports

Basketball: 30+ Adult Open Gym

Do you have time for Sunday evening basketball? Our Open Gym is geared for our 30+ yr olds, but those 18 and older may participate. Everyone plays! Pickup games go continuously from 6-8p. Good sportsmanship is required. *Poulsbo area gyms (normally PMS.)*

Sundays except holidays 6-8p

\$3 drop-in

Fees are paid at the gym.

Pickleball Open Gym

Stop in and tryout a recreational sport created right here in the Northwest! Pickleball is played on a 20'X44' court, over a 36" high net. We will use a drop in fee on site, cash only, to cover expenses for the gym. Bring your own paddle and balls, or rent a pair of paddles and a ball for a buck! Good sportsmanship is required. *Poulsbo area gyms (normally PMS.)*

Sundays except holidays 3:45-5:45p

\$3 drop-in

Fees are paid at the gym.



Learn to Row with Kitsap Rowing

Kitsap Rowing Association. Are you ready to spend quality time outside on beautiful Liberty Bay in Poulsbo? Have you wanted to try rowing, but weren't sure where to start? Kitsap Rowing Association (KRA) is offering Learn to Row (LTR) classes for anyone who has never rowed in a shell before, and has an interest in learning the sport. Rowing is a non-impact lifetime sport with many rowers rowing into their 70's and 80's. Rowing utilizes all of the body's major muscle groups and provides for both a strength and cardio workout. The sport is team oriented and lots of fun. The goal of the LTR is to teach new people how to row so that they can join our regular rowing sessions. Participants are required to lift 30 lbs overhead. Each class consists of 3 sessions: one on-land with 2 on-water sessions. In addition to the sessions are 4 weeks of rowing without fees. We hope you will continue to row with us for years to come!

As a member of the US Rowing Association, KRA supports both recreational rowing and competitive rowing. For more information please visit: www.kitsaprowing.org. If you have rowed before or would like to cox or coach please contact us directly at kitsaprowing@gmail.com. **Registration for Learn to Row is through Poulsbo Parks and Recreation.** Minimum class size is 4; a second boat can be added to any class if there are 10, 11, or 12 registrants. *KRA classroom and dock, located at the Port of Poulsbo.*

Classroom session:

Wed Sep 7 6-8:30p

On-Water Sessions:

Sat Sep 10 9:45a-3:45p

Sun Sep 11 9:45a-3:45p

Session fee: \$199

**TREE
PLANTING
& RESTORATION**

Poulsbo's Fish Park
Saturday, November 19 @ 10a

register ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Adult Fitness & Sports

George and Jan Bahr offer dance classes at Pearson Elementary on Monday evenings for your enjoyment and education! The following classes will be offered for the Fall/Winter session.

Beginning Ballroom Dance: 7 wks

Foxtrot, Waltz and Swing

George & Jan Bahr. Learn Ballroom dance skills that will give you confidence on the dance floor. The beginning class will teach you the basic steps and turns. **No class Oct 31. Pearson Elem Gym.**

Mon Sep 19-Nov 7 7-8p \$45*

Beginning Latin Dance: 7 wks

Rumba, Cha Cha and Tango

George & Jan Bahr. Learn skills that will give you confidence to dance to the exciting Latin rhythms. The beginning class will teach you the basic steps and turns. **No class Oct 31 Pearson Elem Gym.**

Mon Sep 19-Nov 7 8-9p \$45*



Intermediate Ballroom Dance: 7 wks

Foxtrot, Waltz and Swing

George & Jan Bahr. Learn Ballroom dance skills that will give you confidence on the dance floor. The intermediate class will review some basic steps and turns while building more advanced moves and adding style to your Ballroom dancing. **Class will be held on President's Day, Feb 20. Pearson Elem Gym.**

Mon Feb 6-Mar 20 7-8p \$45*

Intermediate Latin Dance: 7 wks

Rumba, Cha Cha and Tango

George & Jan Bahr. Learn skills that will give you confidence to dance to these exciting Latin rhythms. The intermediate class will review some basic steps and turns while building more advanced moves and adding style to your Latin dancing. **Class will be held on President's Day, Feb 20. Pearson Elem Gym.**

Mon Feb 6-Mar 20 8-9p \$45*

register  ONLINE!

<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Poulsbo's 40th Annual 2017 VIKING FEST ROAD RACE

Saturday, May 20th!

Online
Registration only
through Wed,
May 17, midnight.

5 mile: \$19 Start time: 9AM
1 mile: \$9 start time: 9:05AM
Kids Dashes (\$2), start downtown at

A Community Partnership of

Kitsap Sun

MAX NUTRITION

Disposable chip timing for both the
1 and 5 mile runs this year!!

TUNA GRAPHICS INC.
Imprinted Casual Wear
Poulsbo, WA

POULSBO RR RUNNING

Late reg. begins Thurs, May 18th,
At Poulsbo Parks and Rec!
\$22 for 5 mile, \$11 for 1 mile.
Registrations will be taken day of race a
Lion's Park till 8:45am.

kitsap
physical
therapy
AND SPORTS CLINICS



Enjoy Viking Fest Weekend!
May 19-21!

