

City of Poulsbo

# Parks & Recreation

Fall 2016 & Winter 2017 Activity Guide

CityOfPoulsbo.com | 360.779.9898  
19540 Front St (physical) 200 Moe St (mailing) Poulsbo, WA 98370

# Registration

## SIGN ME UP!

There are 4 easy ways to register for programs:

- 1) Online  2) Walk In  3) Mail In+  4) Phone or Fax 

**\*Online registration is easy, fast and available now!**

[www.cityofpoulsbo.com](http://www.cityofpoulsbo.com)  
click on the 'How do I - Register for a Parks & Rec Program/Class'  
on the right hand side

Stop by the office at:  
19540 Front Street, Poulsbo  
or  
Call 360.779.9898  
or  
fax to 360.779.5917

\*Use your email address to set up your account. If that address is already "taken", that means that we have set the account up for you. Please call 360-779-9898 to get your log in password.  
+If you need a registration form, you can find it online at:  
<http://www.cityofpoulsbo.com/parks/images/regpage2014.jpg> or call 360-779-9898.

## START HERE!

Registration begins August 22, 2016, and will continue until classes are full or are canceled due to low enrollment or other unforeseen reasons.

**Classes may be canceled if minimum enrollment has not been met five business days before class start date. YOU WILL BE NOTIFIED ONLY IF THE CLASS YOU WANT IS UNAVAILABLE OR IF THERE ARE ANY CLASS CHANGES.**

### City Resident Discount

City of Poulsbo residents receive an \$8 discount on most classes.

### Refund/Credit Policy\*\*\*

The department may cancel classes that do not meet minimum enrollment and refunds (or credits) will be issued. You may withdraw at any time up to five working days prior to the first day of class or program. There will be no credit given to a patron who withdraws from a program with less than 5 days unless someone else is found to take that place.

## FACILITY RENTALS

### Facility Rentals and Community Sign Boards

The City manages two community sign-boards on Highway 305. Organizations may reserve the space to advertise their special events and activities.

There are three parks with rentable facilities: the Pavilion at Muriel Iverson Williams Waterfront Park, Nelson Park and Raab Park all have picnic shelters for rent.

The Recreation Center also has rooms to rent for parties, classes and events. Call 360-779-9898 for more information.

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

# Registration

## Recreation Center Hours

The building is located at 19540 Front Street in Poulsbo.

**Monday-Thursday:** 8am-6:30pm  
**Friday:** 8am-5pm

If weather is questionable, please call the Recreation Center at 360-779-9898 before traveling to a parks & recreation sponsored program.

## Round Up for Recreation

This is a fee-reduction/scholarship program, which you, the community, can support with donations.

Any time you register for a program and want to give a little back to those in need, just "round up" your payment amount and we'll put it into the fund. When you register online, click the DONATION box to donate. If you're in the office, just ask the receptionist

For instance, if a gymnastics class costs \$35, you could round up the payment to \$40. \$5 would then go into the **Round Up for Recreation** fund. Thank you for helping.

## Americans with Disabilities Act

People with disabilities are welcome to participate in programs. If you have any special needs related to participating in an activity, please contact the Parks & Recreation office at 360-779-9898 (TTY/TDD at 360-779-1483).



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## UH, OH! IT'S BEEN CANCELLED?!



We don't like cancelling classes either!  
Unfortunately, sometimes people wait too long to register and we have to.

*Please remember to register early to avoid disappointment!*



## Poulsbo Parks & Recreation Staff: (360) 779-9898

### **Parks & Recreation Director:**

*Mary McCluskey*

### **Administrative Assistant:**

*Pat Hightower*

### **Recreation Programmers:**

*Joe Schiel & Kris Goodfellow*

### **Preschool Coordinator:**

*Andrea Austin*

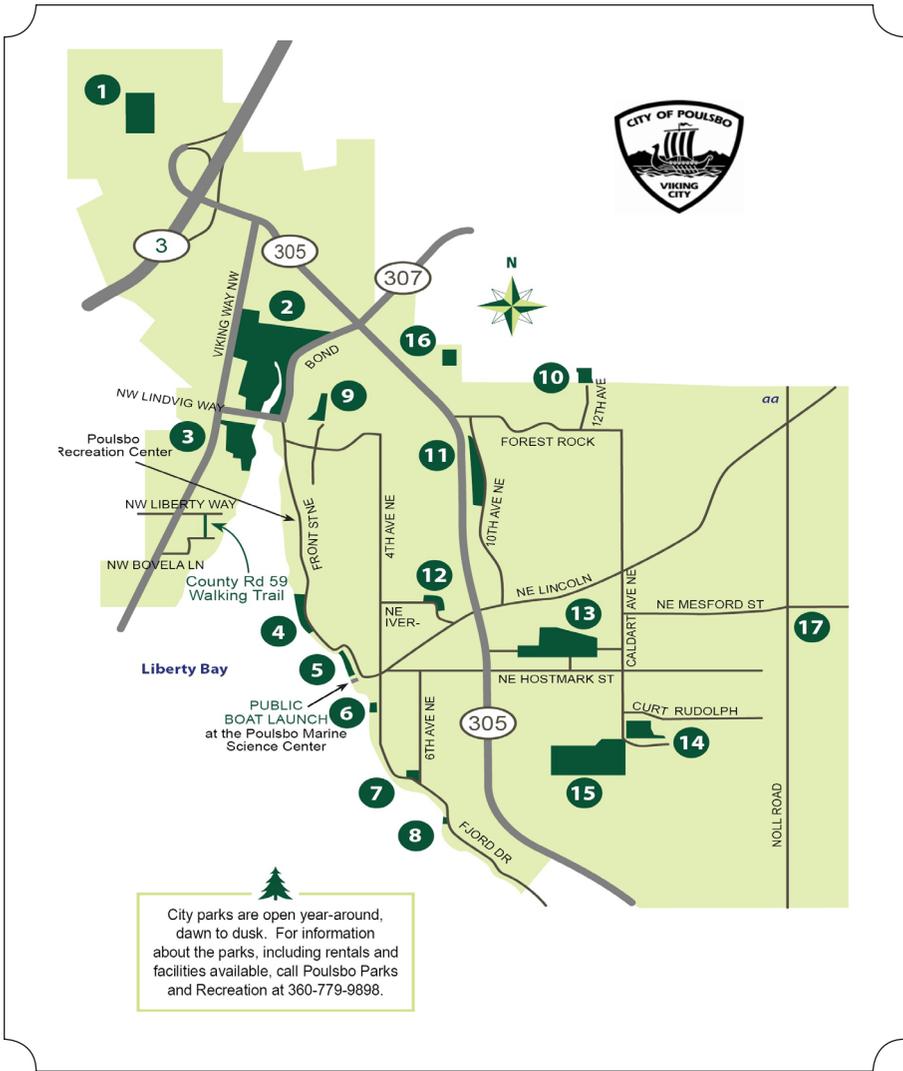
### **Preschool Assistant:**

*Pam Raymond*

### **Receptionists:**

*Debbie Deboodt, Jami Sipila*

# City Parks

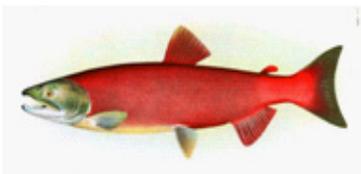


## 1 College Marketplace Ball Fields

NW Reliance Street, 6 acres  
 · Slated for future park development

## 2 Poulsbo's Fish Park 288 NW Lindvig Way

- 40 acres on the Liberty Bay Estuary and Dogfish Creek
- Urban nature park including habitat restoration & interpretive signage
- 1.5 miles of trails, boardwalk and viewing platforms
- Monthly volunteer opportunities held the third Sunday of the month from 1-4pm



## 3 Nelson Park 20296 3rd Ave NW, 11 acres

- A picnic shelter with tables (available for private rental)
- Restrooms, benches, BBQ grills
- Playground
- Pedestrian trail to Poulsbo's Fish Park
- Nelson Family farmhouse (caretaker's residence)
- The Martinson Cabin Museum, operated by the Poulsbo Historical Society

## 4 American Legion Park Front Street, 4 acres

- Wooded trails with Liberty Bay views
- A pedestrian boardwalk that links to Waterfront Park
- Restrooms
- Playground and picnic tables

# City Parks

## Facility Reservations and Community Sign Boards

To reserve one of two community sign boards; a room at the recreation center, or a shelter facility at Raab Park, Muriel Iverson Williams Waterfront Park or Nelson Park, call the Parks and Recreation Office at 360-779-9898. A reservation fee is charged for sign and facility rentals.

### 5 Muriel Iverson Williams Waterfront Park

18809 Anderson Parkway, 1.75 acres

- Austin-Kvelstad Pavilion (available for private rental)
- Restrooms, picnic areas, & great views of Liberty Bay
- A pedestrian boardwalk to American Legion Park

### 6 Net Shed Vista

18500 Fjord Drive, .69 acres

- Liberty Bay viewing area
- Picnic tables and benches

### 7 Lions Park

6<sup>th</sup> Avenue & Fjord Drive, 1.2 acres

- Restrooms and picnic areas
- Two tennis courts
- Playground and open play areas

### 8 Oyster Plant Park

17881 Fjord Dr, .22 acres

- A viewing pier and picnic tables
- Small boat launch

### 9 Betty Iverson Kiwanis Park

20255 1<sup>st</sup> Avenue NE, 2.8 acres

- Picnic shelter and BBQs
- Open play areas
- ADA-accessible playground

### 10 Forest Rock Hills Park

north end of 12<sup>th</sup> Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas

### 11 Hattaland Park

10<sup>th</sup> Avenue NE, 2 acres

- Open space
- Benches, ponds, open space & wetlands

### 12 Centennial Park

corner of 7<sup>th</sup> Ave & Iverson Street, 2.9 acres

- Picnic tables, pergolas and trails
- Footbridges over Dogfish Creek

### 13 Wilderness Park

between Caldart Avenue and Highway 305, 11.56 acres

- Wooded trails and open space

### 14 Austurbruin Park

Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

### 15 Frank Raab Park

18349 Caldart Avenue NE, 21 acres

- Picnic shelter (available for private rental)
- Restrooms
- Community p-patch and youth demonstration gardens
- Playground and playfield
- Horseshoe pits
- Sand volleyball court
- Full sized basketball court
- 1/3 mile walking trail
- Leash free area for dogs
- Skate park

### 16 Poulsbo Pump Track

20523 Little Valley Rd. NE, 1.82 acres

- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

### 17 Morrow Manor Park

Corner of Noll & Mesford St., 1.2 acres

- Slated for future park development



# Preschool Programs

Do you have an active toddler?  
We've got something to keep them busy every day this fall!

Monday	Tuesday	Wednesday	Thursday	Friday
Music Circle	Sports Shorts Mom/Dad & Me Sports Lil Cooks in the Kitchen Dance with Me-Preschool Dance Combo Performing Arts	Preschool Drawing Preschool Sports Parent-Tot Gymnastics Tumbling Tots	Tumbling Tots	Creative Messy Painting

4 wks

## The Music Circle: 6 wks Early Childhood Music and Movement Family Class, Ages 1-5

**Judy Lawrence.** Come sing, dance, play, laugh and learn along with your little one. Age-appropriate songs and activities include musical games, stories, and instrument exploration. Each class will reflect music of the season, employing traditional children's songs, sign language, folk, classical and world music. Adult attends class with child, infants under 1 year free with paid older sibling. Miss Judy has a Master's Degree in music performance and 20 years of adventures teaching Early Childhood Music and Movement. She would love to share her joy and knowledge of music and children with you and your family. **A \$15 materials fee per family is payable to the instructor at the first class of each session. Parent/caregiver participation is required.** No class Nov 21 and Feb 20. *Recreation Center Gym.*

Mon	Sep 26-Oct 31	10-10:45a	\$79*
Mon	Nov 7-Dec 19	10-10:45a	\$79*
Mon	Jan 23 Mar 6	10-10:45a	\$79*



## Free Halloween Party for Preschoolers Mon, Oct 31, 3:30-5p

Celebrate the changing of the seasons with this fun event just for preschoolers! Activities for children **ages 3-5** will include crafts, games, prizes and candy. Activities will also be open to children over 5, but parents will need to purchase a punch card for them for \$1. Emphasis will be on the 3-5 age group. Wear your costume and come to play! Follow up with trick-or-treating in downtown Pousbo. *Recreation Center.*

Mon Oct 31 3:30p-5p  
Children age 5 and under are free;  
Children age 6 and up will need to purchase \$1 punch card to participate in crafts & games.

## Preschool Drawing Class with Young Rembrandts Rembrandts Age 3-5

**Young Rembrandts Staff.** Your preschooler's mind is hard at work building the knowledge and skills it will use for a lifetime. The Young Rembrandts pre-school program for **ages 3-5**, is specifically designed with the needs of our youngest learners in mind. We use subjects they're familiar with such as animals and toys, as well as their favorite learning tools - pictures, stories, touching, and doing - while improving listening, fine-motor skills, and time-on-task. Give your preschooler the information they're hungry for and be amazed by what they'll create! **No class Nov 23.** *Recreation Center Kitchen.*

Wed	Sep 7-28	3:30p-4:15p	\$59*
Wed	Oct 5-26	3:30p-4:15p	\$59*
Wed	Nov 2-30	3:30p-4:15p	\$59*
Wed	Jan 4-25	3:30p-4:15p	\$59*
Wed	Feb 1-22	3:30p-4:15p	\$59*
Wed	Mar 1-22	3:30p-4:15p	\$59*

## Kids Mosaic Saturdays 1 class Ages 4-16

**Anna Hickner.** Holiday themed mosaics projects suitable for **ages 4 and up**. Kids age 3 are ok as long as mom or dad stays with them and help. Spend the morning having fun building a great mosaic for your family or to give as a gift. **Course fee includes all materials and a snack.** *Class is held at Kitsap Mosaics, Downtown Pousbo.*

### Halloween

Sat Oct 8 10:30a-12n \$45\*

### Thanksgiving

Sat Nov 12 10:30a-12n \$45\*

### Christmas

Sat Dec 10 10:30a-12n \$45\*

register ONLINE!

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

# Preschool Programs

## Creative Messy Painting 6 wks / 5 wks

Ages 2 ½-10

**Colleen Doeleman.** This class is designed for children and their parent/grandparent/caregiver who wish to explore the world of creative colors while making a mess! Your little loved ones will get a chance to create many fun messy art projects, while satisfying their natural curiosity and stimulate their imaginations. Painting is a fun and wonderful way to express creativity and imagination, while building self-esteem. Fall Projects include painted pumpkins, holiday gifts and more. Winter projects will include painted Valentines, snow people paintings and other projects. **Parent/caregiver participation is required. A \$45 materials fee is payable to the instructor at the first class of each session. Recreation Center Kitchen.**

Fri	Sep 30-Nov 4	9:45-10:30a	\$79*
Fri	Jan 27-Feb 24	9:45-10:30a	\$79*

## Drop-ins for Creative Messy Painting

Drop-ins for these classes are those older students with a no-school day who have younger siblings already enrolled in Creative Messy Painting. Please enroll older siblings ASAP to ensure that class supplies will be available.

**An additional supply fee of a few dollars may apply.** Fee: \$13

## Dance with Me 5 wks

Ages 1-3 ½

**InMotion Performing Arts Studio.** This instructor-led class is for **parents and children**, using music, props, and instruments to explore movement. These classes are structured to stimulate coordination skills, listening skills, balance, music interpretation, creative movement and motor development in the youngest dancers. This program is an excellent introduction to the world of dance. **No class Nov 22.** +November session includes 1 free child's ticket to see Dance Ensemble Northwest's Nutcracker Thanksgiving weekend. InMotion Performing Arts Studio, Poulso.

Tue	Sep 20-Oct 18	9:45-10:30a	\$66*
Tue	Nov 1- Dec 6+	9:45-10:30a	\$66*
Tue	Jan 10-Feb 7	9:45-10:30a	\$66*
Tue	Feb 21- Mar 21	9:45-10:30a	\$66*

**FIT4MOM**  
Bainbridge/Poulso

**WE BELIEVE IN HEALTH, COMMUNITY, BONDING AND YOU!**

Fitness classes for moms in all stages of motherhood

- FIT4Baby
- Stroller Strides
- Stroller Barre
- Body Back!

Classes Daily in Poulso & Bainbridge Island

**CHECK US OUT!**  
www.bainbridge-poulso.fit4mom.com  
More info: MagdaPratt@fit4mom.com  
Find us on Facebook

## Preschool Dance Combo 5 wks

Ages 3-5

**InMotion Performing Arts Studio.** Calling all would be ballerinas and ballet dancers, here's a class just for you. Spend each week exploring different fairy tale stories through music and dance. Basic ballet movement, story and props will bring each story to life. **What to wear: Girls- tights, leotard & ballet shoes are recommended- not color or style specific; Boys- t-shirt and sweatpants or athletic shorts & ballet shoes are recommended. No class Nov 22.**

+November session includes 1 free child's ticket to see Dance Ensemble Northwest's Nutcracker Thanksgiving weekend. InMotion Performing Arts Studio, Poulso.

Tue	Sep 20-Oct 18	10:30-11:15a	\$66*
Tue	Nov 1- Dec 6+	10:30-11:15a	\$66*
Tue	Jan 10-Feb 7	10:30-11:15a	\$66*
Tue	Feb 21- Mar 21	10:30-11:15a	\$66*

**NEW**

## Preschool Performing Arts 5 wks

**InMotion Performing Arts Staff.** Singing, acting, and playing make believe with friends. You 3-5 year old will be play games and have fun under the direction of an accredited drama teacher. Add the dance combo class right after and help you little one become the star they truly are. **No class Nov 22.** InMotion Dance Studio, Poulso.

Tue	Sep 20-Oct 18	9:45-10:30a	\$66*
Tue	Nov 1- Dec 6	9:45-10:30a	\$66*
Tue	Jan 10-Feb 7	9:45-10:30a	\$66*
Tue	Feb 21- Mar 21	9:45-10:30a	\$66*

# Learn & Grow Preschool

Imagine Dream Play Learn Grow

## Learn and Grow Preschool at Poulsbo Parks & Recreation

Website: [CityOfPoulsbo.com](http://CityOfPoulsbo.com)  
Phone: (360) 779-9898  
Email: [learnandgrow@cityofpoulsbo.com](mailto:learnandgrow@cityofpoulsbo.com)

Physical Address:  
19540 Front St. NE  
Poulsbo, WA 98370

Mailing Address:  
300 NE Main St.  
Poulsbo, WA 98370



### 2016-2017 Learn and Grow Preschool Classes:

Tweeners (age 3 by 8/31/2016)	T/Th	9:30a-11:30a	\$144 mo/\$55 registration fee
Tweeners (age 3 by 8/31/2016)	T/Th	12:30-2:30p	\$144 mo/\$55 registration fee
Pre-K (age 4 by 8/31/2016)	M/W/F	9:30a-12n	\$229 mo/\$60 registration fee
Pre-K (age 4 by 8/31/2016)	M/W	12:45p-3:15p	\$155 mo/\$60 registration fee

# Preschool Programs

5 wks **NEW**

## Preschool Performing Arts Academy

Register for both Dance combo class and Drama class and get \$25 off registration. No class Nov 22. *InMotion*

*Dance Studio, Poulsbo.*

Tue	Sep 20-Oct 18	9:45-11:15a	\$107*
Tue	Nov 1- Dec 6+	9:45-11:15a	\$107*
Tue	Jan 10-Feb 7	9:45-11:15a	\$107*
Tue	Feb 21- Mar 21	9:45-11:15a	\$107*

## Lil' Cooks Adventure in the Kitchen

Ages 3-5 4 wks

**Laura Rencher.** Enjoy exploring the world of cooking through storybooks. Each week, we will listen to a fun story and then use the story's theme to create our cooking project. In addition to cooking, we will also do a craft and a game or activity **All materials are included.** This is a great way to introduce your child to cooking without having to worry about cleaning up your kitchen. *Recreation Center Kitchen.*

Tue	Nov 1-22	10:45-11:45a	\$69*
Tue	Feb 7-28	10:45-11:45a	\$69*

## Sports Shorts (Sports for Tots)

Ages 18 months-3 years 3 wks/4 wks

**Laura Rencher.** Children will have an opportunity to explore basic concepts of sports and develop skills like kicking, throwing, and hitting. We will explore movement through games and activities. We will also develop social skills such as how to take turns and how to follow directions. **Parent/caregiver participation is required.** *Recreation Center Gym.*

Tue	Nov 1-22	9:30-10:15a	\$53*
Tue	Dec 6-20	9:30-10:15a	\$41*
Tue	Jan 3-17	9:30-10:15a	\$41*
Tue	Feb 7-28	9:30-10:15a	\$53*
Tue	Mar 7-28	9:30-10:15a	\$53*

**NEW!**

## Mommy/Daddy & Me Sports 4 wks

Ages 2-3

**Laura Rencher.** Soccer, T-ball and Basketball! This introductory sports class will cover each sport through fun warm-ups, games and coordination development. Kids will be introduced to participating in group activities and following simple directions. **Parent/caregiver participation is required.** *Raab Park.*

Tue	Sep 20-Oct 11	3:30-4p	\$39*
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## Parks & Recreation Free Family Event

# Preschool Spooktacular

Monday, Oct 31  
3:30pm — 5pm  
*at the Recreation Center*

## Carnival Games

**Snacks Prizes!**

**Cupcake walk**

**Candy**



For more information,  
please call  
(360) 779-9898

Free for kids ages 5 and under;  
those over age 6 will need to  
purchase a \$1 punch card.

# Preschool Programs



## Preschool Sports Sampler **NEW!** Ages 4-5 4 wks

**Laura Rencher.** Soccer, T-ball and Basketball! This introductory sports class will cover each sport through fun warm-ups, games and coordination development. Kids will be introduced to participating in group activities and following simple directions. *Raab Park.*  
Tue Sep 20-Oct 11 4:15-5p \$49\*

## Preschool Sports! Ages 3-5

**Laura Rencher.** This program is designed to inspire an interest and introduction to physical sports. Are you ready to let the kids burn some energy through games and activities? We will also develop social skills such as taking turns, following directions and playing with others. **Please note, parents may be asked to participate, and children exhibiting unsportsmanlike conduct maybe asked to sit out.** *If the class you want is full, please go on the waitlist; additional staff or classes may be added.*

## Soccer in the Park! 4 wks

Children will have an opportunity to explore basic concepts of soccer and develop skills like kicking, running and conditioning. Most classes are held rain or shine. *Raab Park.*

**Age 3 (MUST be 3 by Sep 1, 2016)**  
Wed Sep 21-Oct 12 3:30-4p \$39\*

**Age 4-5**  
Wed Sep 21-Oct 12 4:10-4:55p \$49\*

## Mighty Mites Basketball! 4 wks

Children will have an opportunity to explore basic concepts of sports and develop skills like passing, dribbling, and shooting. *Poulsbo Elementary Multipurpose Room.*

**Age 3 (MUST be 3 by Jan 1, 2017)**  
Wed Feb 1-22 4:05-4:35p \$46\*  
Wed Mar 1-22 4:05-4:35p \$46\*

**Age 4-5**  
Wed Feb 1-22 4:45-5:30p \$56\*  
Wed Mar 1-22 4:45-5:30p \$56\*

## Holiday Camps

3 classes

### Imagination Station: Winter Wonderland Ages 3-5

**Andrea Austin.** Join Miss Andrea for more preschool fun while we explore a Winter Wonderland! This is a great way for your child to meet new friends while Mom and Dad wrap up some holiday business. This exciting holiday-themed class time includes art activities, music and movement, story time, snack and social interaction. *Learn & Grow Preschool, Recreation Center, Poulsbo.*  
M/T/W Dec 19-21 9:30-11:30a \$67\*

### Holiday Mosaic Madness Camp 4 classes Ages 4-16

**Kitsap Mosaics Staff.** Get in the spirit while you create holiday-themed projects. We'll have fun spending the mornings building four different fun items out of mosaics. **Course fee includes all materials and a snack.** *Class is held at Kitsap Mosaics, Downtown Poulsbo.*  
M-Th Dec 19-22 9-11a \$110\*

### Ballet Camp: Frozen & Friends 3 days Ages 3-8

**InMotion Performing Arts Studio Staff.** Anna, Elsa and Christof are throwing a dance party and you are invited! Our days will be filled with dance, introducing the fundamentals of ballet, along with special ballerina crafts, guest performers and snack time. Space is limited, so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack, juice will be provided. What to wear: Girls- tights, leotard & ballet shoes are recommended-not color or style specific; Boys- t-shirt and sweatpants or athletic shorts & ballet shoes are recommended.** *InMotion Dance Studio, Poulsbo.*  
M-W Dec 19-21 9:30-11:30a \$95\*



# Preschool Programs

## THE ISLAND SCHOOL



## OPEN HOUSE

JOIN US!

January 24, 2017

7:00 PM

FOR ALL GRADES

(Parents only, please)



Kindergarten through Fifth Grade  
Half-Day & Full-Day Kindergarten

Engaging Project-Based Learning

Spanish, Physical Education,  
Library, Music & Art

Small Class Sizes

8553 NE Day Road • Bainbridge Island

206-842-0400

TheIslandSchool.org

WHERE EVERY CHILD MATTERS

## Poulsbo Library Children's and Family Programs

The Poulsbo Branch of Kitsap Regional Library is located at 700 Lincoln Rd NE, Poulsbo. For more information on their programs, call them at (360) 779-2915 or visit their website at <http://www.krl.org/>. **All programs are free. The library will be closed on the following days: Sep 5, 22, Nov 11, 24, 25 & Dec 24.**

The Kitsap Regional Library offers several storytimes to provide babies, toddlers, and preschool children, along with their families or caregivers, opportunities to build early literacy skills. The library also offers S.T.E.M. programs for elementary-aged children on several early release Wednesdays.

**Storytimes:** Stories, songs, puppets and flannel board tales for children **ages 0-6 years**. *Fall storytimes run Sep 19-Nov 16. Winter storytimes run Jan 8-Feb 28. Spring storytimes run Mar 19-May 13.*

Baby (1-18 mo)	Tue	1p
Toddlers (18mo-3)	Wed	10:30a
Preschool (3-5)	Tue	10:30a
Pajama (0-6)	Mon	6:30p

**Family Play Day:** Explore basic scientific principles using Lego, marble runs, gizmos, wooden blocks, and K'nex! Work independently, with friends, or even challenge grown-ups to make alongside you. This free-play program allows kids and families to experiment with gravity and engineering concepts as well as develops spatial skills.

Fri 4-5:30p Sep 16, Oct 21, Nov 18

(more youth program options on page 21)

# UH, OH!

## IT'S BEEN CANCELLED?!



We don't like cancelling classes either! Unfortunately, sometimes people wait too long to register and we have to.

*Please remember to register early to avoid disappointment!*



# Gymnastics

**Program Goals:** To introduce the sport of gymnastics to children ages 18 months to 12 years. This program encourages development of gross motor skills, body awareness, flexibility, strength and confidence in a fun and safe environment.

Parents - please read the descriptions carefully as many classes have changed. It is best for your child to be placed appropriately from the start.

## Registration Notes:

Most will need to be enrolled in the same level for several sessions before advancing to the next level. Students are evaluated every 2 sessions. If you are interested in attending all sessions, please register for ALL of them at the same time and as soon as the brochure is published. Classes are limited, so sign up early! As classes fill more may be added so please be sure to add your child's name to the waitlist. All classes are held at the Recreation Center.

**Who's teaching?** Gymnastics supervisor and coach Kris Goodfellow has over 20 years of coaching experience. Kris is the North Kitsap High School head gymnastics coach, and the North Kitsap School District's 2002 & 2014 Coach of the Year, and the 2010 and 2014 WSGCA Coach of the Year. She is safety certified by USA Gymnastics and is a Kinder Accredited Teacher through USA Gymnastics. Also teaching is Coach and certified judge Katie Rochon, volunteer assistant coach for NK and Kingston High Schools. Assisting with classes is NKHS gymnast Keiko Ketch.



## Parent-Tot 4 wks

**Kris Goodfellow** Children ages **18 months to 36 months** and their parents will work on their motor skills in a safe and playful environment. This class is child-led and loosely structured allowing parents and tots access to all gymnastics equipment for lots of fun and exploration. **Parent participation is required and siblings are not allowed to participate unless they are registered for the class. No class Nov 23.**

Wed	9:30-10a	9/28-10/19	11/2-11/30	\$36*
Wed	9:30-10a	1/18-2/8	3/1-3/22	\$36*

## Tumbling Tots 4 wks/6 wks

**Kris Goodfellow 3-year-olds** (and 4-year-olds with lots of energy). Tumblers will use all gymnastics equipment and be introduced to the basic skills on the floor, spring board, bars, beam, rope and rings. Focus is on developing coordination, strength, balance and flexibility. We will also develop social skills such as how to take turns, how to follow directions and how to work with others. **This is a fully structured class but parent participation is encouraged if necessary. No class Nov 23, 24 & Feb 15.**

Wed	10:15-10:45a	9/28-10/19	11/2-11/30	\$43*
Wed	4:45-5:15p	9/28-11/2		\$58*
Thu	11-11:30a	9/29-10/20	11/3-12/1	\$43*
Wed	10:15-10:45a	1/18-2/8	3/1-3/22	\$43*
Wed	4:45-5:15p	Not offered	3/1-3/22	\$43*
Thu	11-11:30a	1/19-2/9	3/2-3/23	\$43*

# Gymnastics

## Beginning Kindergym 4 wks/6 wks

Gymnastics fun for **ages 4-6**. Students will be introduced to basic tumbling, balance beam, bar work, vaulting technique, rings and rope. Class focus is on coordination, strength and spatial awareness. **No class Nov 23 & 24.**

Wed	11-11:45a	9/28-10/19	11/2-11/30	\$52*
Wed	3:55-4:40p	9/28-11/2		\$75*
Thu	9:30-10:15a	9/29-10/20	11/3-12/1	\$52*
Wed	11:00a-11:45a	1/18-2/8	3/1-3/22	\$52*
Wed	3:55-4:40p	not offered	3/1-3/22	\$52*
Thu	9:30a-10:15a	1/19-2/9	3/2-3/23	\$52*

## Intermediate Kindergym 5 wks

Gymnastics fun for **ages 4-6**. Students will be introduced to basic tumbling, balance beam, bar work, vaulting technique, rings and rope. Class focus is on coordination, strength and spatial awareness.

Mon	4:35-5:20p	9/26-10/24		\$64*
Mon	4:35-5:20p		2/27-3/27	\$64*

## Beginning Gym 4 wks

Gymnastics for kids **ages 7-12**. Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings and rope. Class focus will be on strength, flexibility and confidence building. Most students need 2 to 3 sessions before being ready to move onto the next level.

Tue	5-5:50p	9/20-10/11	10/25-11/15	\$52*
Thu	5-5:50p	9/22-10/13	10/27-11/17	\$52*
Tue	5-5:50p	1/17-2/7	2/28-3/21	\$52*
Thu	5-5:50p	1/19-2/9	3/2-3/23	\$52*

## Intermediate Gym 4 wks

Gymnastics for **ages 7-12** building on skills learned in the beginning class. Students need to know all body positions, backward rolls, how to do a handstand with control and cartwheels.

**Instructor permission is required.**

Thu	6-6:50p	9/22-10/13	10/27-11/17	\$52*
Thu	6-6:50p	1/19-2/9	3/2-3/23	\$52*

## Advanced Gym 4 wks

This class is for the serious gymnast **ages 7-12** who has completed several intermediate classes and has mastered a 3-second handstand. **Instructor permission is required.**

Tue	6-6:50p	9/20-10/11	10/25-11/15	\$52*
Tue	6-6:50p	1/17-2/7	2/28-3/21	\$52*

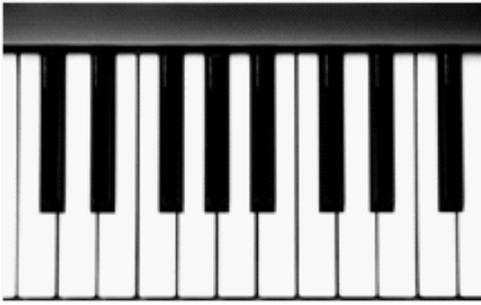
## Holiday Gymnastics Camp 2 classes

Help support the NK and Kingston High School Gymnastics team by attending gymnastics camp. 2 days of fun over the holiday break, gymnastics for the kids – holiday shopping for Mom & Dad. Gymnasts will work out with the high school team during their morning practice. Good for all levels grades K-8<sup>th</sup>. *Breidablik. Elementary.*

Mon/Tue	10a-12n	12/19 & 20		\$75*
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# Youth 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. After-school hours available for conventional students. 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 Sep 12-Dec 16 (14 wks) time varies*

**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 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 15<sup>th</sup> 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 Pre-school 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.



# Youth Programs

# SEA

## DISCOVERY CENTER



### Programs for Preschool through Grade 9

From the arts to the sciences, the SEA Discovery Center offers year-round programming that encourages youth to explore the world around them.



### SEA Discovery Center space is available for:

Birthday Parties • Community Events • Lectures

NOW OPEN

Thursday - Sunday  
11 a.m. - 4 p.m.

Wednesday (summers only)  
11 a.m. - 2 p.m.

[www.wvu.edu/SEA](http://www.wvu.edu/SEA)

(360) 394-2733

Active Minds Changing Lives



AA/EO

# Youth Programs

4 wks

## Youth Drawing Class with Young Rembrandts

Ages 6-12

**Young Rembrandts Staff.** Experience the colorful magic of fall in the Young Rembrandts classroom. Kick off the season with a graphic iguana, a video game favorite Pixel Block Character and the geometrical world of architecture as we draw the Notre Dame Cathedral. We'll draw these (and many more exciting lessons!) while we improve the creative and critical thinking skills today's students need. So what are you waiting for? Sign up

now! *Recreation Center Kitchen.*

Wed	Sep 7-28	4:30-5:30p	\$67*
Wed	Oct 5-26	4:30-5:30p	\$67*
Wed	Jan 4-25	4:30-5:30p	\$67*
Wed	Mar 1-22	4:30-5:30p	\$67*

REGISTER  ONLINE!

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



*Daffodil Planting Day*

Saturday, November 5 @ 9a

AT POULSBO CITY HALL PARKING GARAGE

*Daddy Daughter Dance*

- Ages 5 and up -

Saturday, February 11

6:30-9pm

Kingston Middle School

*\$13 per person*

Register NOW!  
Tickets sell out fast.



# Youth Programs



"A Big World in a Small School"

**Coming This Fall**  
 Science, Technology, Engineering, Arts & Math (STEAM)  
 After School Classes and "Maker" Sessions for  
 Grades 6 - 12

16571 Creative Drive NE  
 Poulsbo, WA 98370  
**360-598-5954**

For More Information Visit  
[www.westsoundacademy.org](http://www.westsoundacademy.org)



4 wks

**Cartooning with Young Rembrandts**  
 Ages 6-12

**Young Rembrandts Staff.** Eating broccoli, expressive vegetables and dog and cat rivalries may not sound like art to some, but in a Young Rembrandts classroom, we turn even the silliest of jokes into masterpieces. We'll draw (and laugh) while we enhance the creative and critical thinking skills today's students need – both in the classroom and in the life-long learning process. Enroll today! **No class on Nov 23. Recreation Center Kitchen.**

Wed	Nov 2-30	4:30-5:30p	\$74*
Wed	Feb 1-22	4:30-5:30p	\$74*



6 wks **NEW!**

**After School Performing Arts Club**  
 Grades K-5

**InMotion Performing Arts Staff.** Stay after school on the early release day and work on the fundamental skills of the performing arts. Class will focus on acting, improv, voice and dance in a fun environment creating the stars of the future. This is a great class to help build confidence and self esteem during weekly classes. We'll teach skills that will help them grow, develop and excel while your child creates memories that will last a lifetime. **No class on Nov 23. Vinland & Gordon Elem Multipurpose Rooms.**

**Vinland Elem**

Wed	Sep 14-Oct 19	3:10-4p	\$67*
Wed	Jan 11-Feb 15	3:10-4p	\$67*

**Gordon Elem**

Wed	Nov 2-Dec 14	3:10-4p	\$67*
Wed	Feb 22-Mar 29	3:10-4p	\$67*

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

# Youth Programs

## Kids Mosaic Saturdays 1 class

Ages 4-16

**Anna Hickner.** Holiday themed mosaics projects suitable for **ages 4 and up.** Kids age 3 are ok as long as mom or dad stays with them and help. Spend the morning having fun building a great mosaic for your family or to give as a gift. **Course fee includes all materials and a snack.** Class is held at *Kitsap Mosaics, Downtown Poulsbo.*

## Halloween

Sat Oct 8 10:30a-12n \$45\*

## Thanksgiving

Sat Nov 12 10:30a-12n \$45\*

## Christmas

Sat Dec 10 10:30a-12n \$45\*

## Culinary Adventure 4 wks

Ages 7-14

**Laura Rencher.** Let the cooking extravaganza begin! Create delicious food inspired by cuisine from around the world. Culinary adventurers will have an absolute blast learning to cook by being introduced to very basic concepts of cooking; mix, measure, beat, chop and whip. They will gain the confidence to take their new skills and knowledge home to cook for their families and friends. Themed classes will include meal planning, food prep, cooking and of course eating! *Recreation Center.*

Tue Nov 1-22 4:30-5:30p \$75\*

Tue Feb 7-28 4:30-5:30p \$75\*

## Babysitter Boot Camp 1 class

Ages 12-17

**Linda Chandler.** Babysitting is usually a teenager's first attempt at building and running a small business. The Child and Babysitting Safety (CABS) course comes with a magazine-format guide designed to engage and inform the aspiring babysitter. It gives teenagers everything they need to know, from getting started, to dealing with parents and children, to key safety, care giving, and first aid tips.

The CABS course gives teenagers essential information, but it doesn't read like a textbook. We've broken childcare and babysitting down into sections, combining practical information with graphics and images designed to pull teenagers in and keep them engaged. **Participants will need to bring a note pad and pencil along with a snack.** *Recreation Center.*

Sat Oct 1 2-5:30p \$76\*

Sat Feb 4 2-5:30p \$76\*

Sat Mar 11 2-5:30p \$76\*

Join us for The Island School's 33rd Annual  
**Carnival!**



**Saturday, Oct. 1**  
**Noon - 4 PM**

**A Family-Friendly Community Tradition!**  
 Live Music • Used Book Sale • Delicious Food • Games for All Ages



8553 NE Day Road • Bainbridge Island  
 206-842-0400 • [TheIslandSchool.org](http://TheIslandSchool.org)



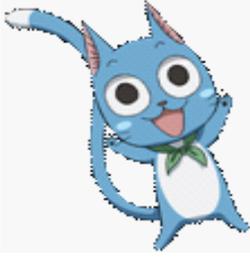
The Tradition Continues...

*The Nutcracker*

Only 4 shows!  
 Thanksgiving Weekend  
 NK-Poulsbo Auditorium

For more information  
 779-7090 Poulsbo  
[www.DENinmotion.org](http://www.DENinmotion.org)

# Youth Programs



## Poulsbo Library Teen Programs

The Poulsbo Branch of Kitsap Regional Library is located at 700 Lincoln Rd NE, Poulsbo. For more information on their programs, call them at (360) 779-2915 or visit their website at [www.krl.org](http://www.krl.org). All programs are free. The library will be closed on the following days: Sep 5, 22, Nov 11, 24, 25 & Dec 24.

**Anime Club:** Come to the Anime Club where you can meet wacky people and enjoy new anime and old favorites. Welcome to newcomers and seasoned veterans alike. For grades 6-12.

Fri 3:30-4:30p Sep 9, Oct 14

**Teen Advisory Board:** Help shape the Library. Discuss programs, make suggestions for special events and earn volunteer credit for school. For grades 7-12.

Fri 3:30-4:30p Sep 16, Oct 21, Nov 18

## Coming this Fall!

November 3-20, 2016



Contact us  
for more information  
@ [kcmt.org](http://kcmt.org)



## 1ST SECURITY BANK

Presents

POULSBO

# Kids Day!

2016



Benefiting  
North Kitsap  
**FISHLINE**

Saturday  
September 10<sup>th</sup>  
10am - 2pm

In the  
College Marketplace  
Parking Lot in Front of  
1st Security Bank

Bring the family out for **A DAY OF FUN** with a bike rodeo, craft booths, balloons, face-painting, hot dogs, safety education, and much, much more!

Premier Sponsors



**GATEWAY**  
CHRISTIAN SCHOOLS



Bring non-perishable food or cash donations for **Fishline** and get a chance to win an extra **cool prize!**

[PoulsboKidsDay.com](http://PoulsboKidsDay.com)

# Youth Programs

## Holiday Camps

4 classes

### Holiday Mosaic Madness Camp

Ages 4-16

**Kitsap Mosaics Staff.** Get in the spirit while you create holiday-themed projects. We'll have fun spending the mornings building four different fun items out of mosaics. **Course fee includes all materials and a snack.** *Class is held at Kitsap Mosaics, Downtown Poulsbo.*

M-Th Dec 19-22 9-11a \$110\*

### Ballet Camp: Frozen & Friends

3 days

Ages 3-8

**InMotion Performing Arts Studio Staff.** Anna and Elsa are throwing a dance party and you are invited! Our days will be filled with dance, introducing the fundamentals of ballet, along with special ballerina crafts, guest performers and snack time. Space is limited, so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack, juice will be provided. What to wear: Girls- tights, leotard & ballet shoes are recommended-not color or style specific; Boys- t-shirt and sweatpants or athletic shorts & ballet shoes are recommended.**

*InMotion Dance Studio, Poulsbo.*

M-W Dec 19-21 9:30-11:30a \$95\*

### Imagination Station:

3 classes

Winter Wonderland

**Andrea Austin.** Join Miss Andrea for more preschool fun while we explore a Winter Wonderland! This is a great way for your child to meet new friends while Mom and Dad wrap up some holiday business. This exciting holiday-themed class time includes art activities, music and movement, story time, snack and social interaction. *Learn & Grow Preschool, Recreation Center, Poulsbo.*

M/T/W Dec 19-21 9:30-11:30a \$67\*

### Winter Break Workshop:

1 class

Winter Wonderland

Age 6-10

**Recreation Center Staff.** Why should the preschoolers have all the fun? Join us for this fantastically fun workshop as we create crafts, do ice experiments, decorate cookies and enjoy all the fun things about winter!

Thu Dec 22 10a-2p \$57\*

register  ONLINE!

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

### Holiday Circus Camp

4 days

**Bob Webb.** Did you ever want to run away and join the circus? Campers will learn how to juggle, ride a unicycle, and walk on a large ball. Mr. Webb runs the RATS program and has many years of experience with the Circus arts. Register for 1 camp or both! **Camper will need to bring a snack and a water bottle. Bike helmets and wrist guards are recommend but not necessary.** *Vinland Elementary*

*Elementary*

M-Th Dec 19-22 9a-12n \$79\*

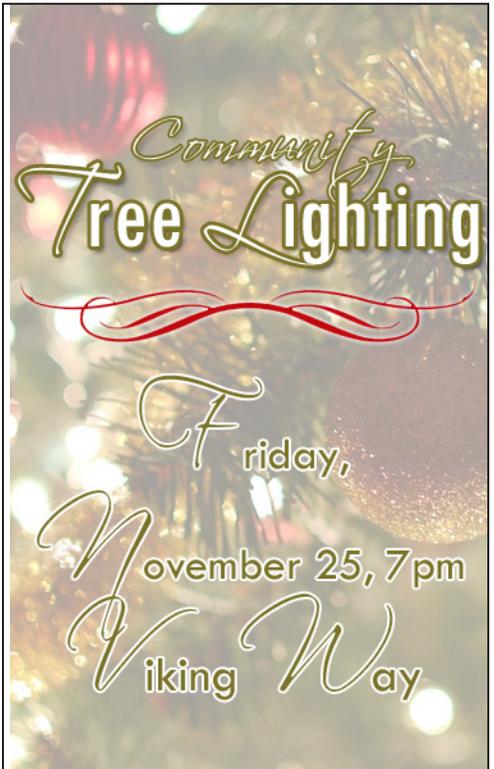
### Holiday Gymnastics Camp

2 classes

Grades K-8; All levels

Help support the NK and Kingston High School Gymnastics team by attending gymnastics camp. Join us for two days of fun over the holiday break- gymnastics for the kids; holiday shopping time for Mom & Dad! Gymnasts will work out with the high school team during their morning practice. *Breidablik Elementary.*

M/T Dec 19 & 20 10a-12n \$75\*



Community  
Tree Lighting

Friday,  
November 25, 7pm  
Viking Way

# Youth Programs

## Poulsbo Library Children's and Family Programs

The Poulsbo Branch of Kitsap Regional Library is located at 700 Lincoln Rd NE, Poulsbo. For more information on their programs, call them at (360) 779-2915 or visit their website at <http://www.krl.org/>. **All programs are free. The library will be closed on the following days: Sep 5, 22, Nov 11, 24, 25, Dec 24.**

The Kitsap Regional Library offers several storytimes to provide babies, toddlers, and preschool children, along with their families or caregivers, opportunities to build early literacy skills. The library also offers S.T.E.M. programs for elementary-aged children on several early release Wednesdays.

**Project Maker: Fall Into Science.** Welcome the new season by examining bits of Fall—leaves, bugs, bark, and more—with our microscopes. We'll go over the scientific process and share our observations. **For grades 3-6.**  
*Wed 3:30-5p Sep 21*

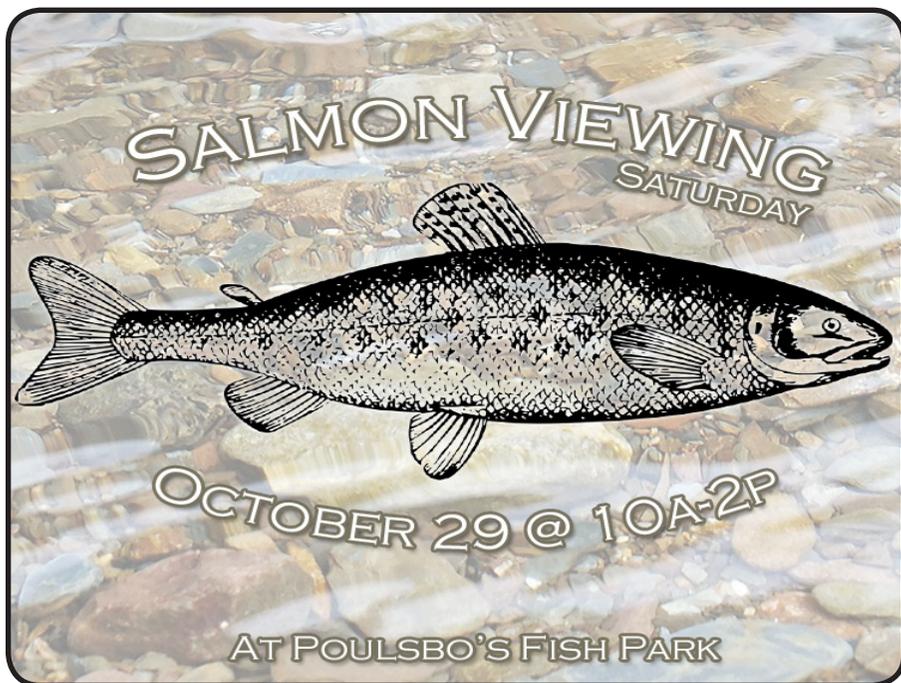
**Project Maker: Snap Circuit Rover Tournament:** Study the mechanics of electricity by working in teams to build your own remote controlled rover with snap circuits. Teams will race to see who can navigate their rover through our book maze the fastest and hit the most targets with the rover's foam disks. No remote controlled car experience necessary. **For grades 3-6.**  
*Wed 3:30-5p Oct 5*



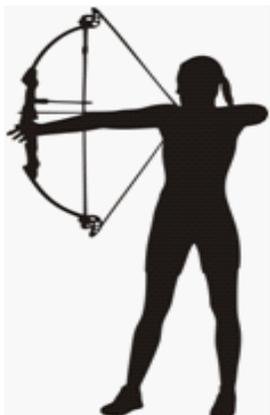
**Project Maker: Inside a Robot.** Let's talk about robots. Discuss the basics of power and electricity before tinkering with littleBits, which resemble the inner workings of a robot. What kinds of things can you make them do? No experience necessary. **For grades 3-6.**  
*Wed 3:30-5p Oct 19*

**Project Maker: Lego Stop Motion Animation.** Bring your imagination and energy for creating and filming stop motion animation—monster movie edition! We will have mountains of Legos and plastic monster toys for you to use. Recreate Godzilla attacking a Lego town or craft a short zombie video with options to share your 30-second or less short video at the end of the program. No experience necessary. **For grades 2-6.**  
*Wed 3:30-5p Nov 2 & 16*

**Family Play Day:** Explore basic scientific principles using Lego, marble runs, gizmos, wooden blocks, and K'nex! Work independently, with friends, or even challenge grown-ups to make alongside you. This free-play program allows kids and families to experiment with gravity and engineering concepts as well as develops spatial skills.  
*Fri 4-5:30p Sep 16, Oct 21, Nov 18*



# Youth Sports



## Youth Archery 5 wks Ages 8-16

**Brian Goodfellow.** This archery class will be geared towards teaching beginning archers in a safe environment. Students will learn the fundamentals of archery, including the nine steps to the ten ring and parts of the bow and arrow. The class will also strive to promote ideas that are important in life as well as archery, such as good sportsmanship, safety, and a desire to better oneself in whatever one does. Our indoor range is small. Class maximum is 6 and classes fill up quickly, so don't wait to register. More nights may be added, please go on the waiting list if you are interested. **Bow, arrows and a wrist guard will be provided but students are welcome to bring their own if they own one. No class Nov 24.** *Recreation Center Indoor Archery Range.*

Thu	Sep 22-Oct 20	5-5:50p	\$67*
Thu	Sep 22-Oct 20	6-6:50p	\$67*
Thu	Nov 3-Dec 8	5-5:50p	\$67*
Thu	Nov 3-Dec 8	6-6:50p	\$67*
Thu	Jan 12-Feb 9	5-5:50p	\$67*
Thu	Jan 12-Feb 9	6-6:50p	\$67*
Thu	Feb 23-Mar 23	5-5:50p	\$67*
Thu	Feb 23-Mar 23	6-6:50p	\$67*

## After School Basketball Skills 4 wks Ages 6-7

**Laura Rencher.** This class is for students ages 6-7 who are just starting to develop their basketball skills, but are not yet ready for league and competitive team play. *Poulsbo Elementary Gym.*

Wed	Feb 1-22	4:45-5:30p	\$56*
Wed	Mar 1-22	4:45-5:30p	\$56*

## JOIN POULSBO'S SWIM TEAM

### **Poulsbo Piranhas Is North Kitsap's Premier Compet- itive Swim Team For All Swimmers Ages 5-18!**

Swimming is a sport that lasts a lifetime. A superb exercise, swimming teaches discipline that carries over to other aspects of your life. Experience both individual excellence and team camaraderie as part of the Poulsbo Piranhas Swim Team.

### **Practices Held Monday through Friday at the Poulsbo Community Pool**

**TRYOUTS:**  
By Arrangement

**COMPETITION:**  
Poulsbo Piranhas compete an average of 2 times per month against other USA Swimming teams on the Kitsap Peninsula, Western Washington and beyond.



**CONTACT:**  
**Head Coach Jerry**  
ppstcoachjerry@gmail.com

[WWW.POULSBOPIRANHAS.COM](http://WWW.POULSBOPIRANHAS.COM)

# Youth Sports

## Coaches, Coaches, Coaches!

It's never been more important! Families, community, and individuals joining together for our young people.

In order to be successful, youth sports programs need caring, compassionate adults who are willing to devote some of their limited time to the kids. You don't have to be an expert on the sport of choice! We have lots of helpful resources, including people that are willing to help you help our kids enjoy themselves.

**This is quality time for our young people.** They are practicing physical and mental skills, interacting with their peers and adults in a healthy atmosphere and learning the ability to compete towards a goal as part of a team and as an individual. Call Joe at Parks and Rec, (360) 731-1938, for more information on this valuable opportunity.

**Recycle previously purchased Purple and Gold Jerseys!** If you have a purple and gold jersey used in the Parks and Rec basketball program that is still in good condition (no tears, numbers clearly visible, and clean), you can turn them in for a \$5 credit. Also, if you wish to purchase a used jersey, the cost is \$5!

## Interested in being a Basketball Official?

For all people interested in refereeing youth basketball, please contact Joe Schiel at (360) 731-1938. Weekday and Sunday games available starting Sep 18. Saturday games starting Jan 14. Normally 2 officials per court per game.

## Volleyball: Fall Girls Intramural League Recreational program!

**Girls: Grades 5-9**

**Registration starts in August!**

**Coaches and Interested Adults needed!**

Fall volleyball through Poulsbo Parks and Recreation, drawing players from the NK and CK areas. There will be 8 games per team from late Sep-Nov 11. Open gyms will be held M/W starting Wed, Sep 7<sup>th</sup>, 6-8p at *Poulsbo Middle School*. Open gyms will be used to separate the girls into fairly evenly matched teams. *There is some travel required to gyms in Central Kitsap*. Registration can be completed online on the city's website or call 360-779-9898 for more information. **Team practices will start late Sep after team splits!**

*Weekday evenings Sep-Nov 11*

*Fee: \$115, which includes a team jersey!*



## Volleyball: Winter Clinic

**Girls: Grades 5-9**

Parks and Rec will be hosting a Volleyball Training Clinic to develop and improve your skills. We will be teaching basic to advanced techniques for girls in grades 5-9. The different skill sets that will be covered are passing, setting, proper forms, techniques, and other ways to improve your game, whether you are a recreational player or a competitive one. Take this opportunity to advance your level as a player. *North Kitsap High School Gym.*

**Six Saturdays, scheduled between Jan 14-Mar 4**

*Instructors will assign girls during first clinic day.*

*Beginners: 5-6:30p*

*Inter/Adv: 6:30-8p*

*Fee: \$89\**

## Volleyball: Spring Girls Recreational

**Girls: Grades 5-9**

To our community adults that have played volleyball in the past – each spring, we put together a volleyball league much like our recreation basketball program. We need you, the adults, with some volleyball experience and energy to help teach our young ladies this exciting sport. Games will be officiated by regulation officials. Practices and games will be weekdays, Mon-Thu.

This builds on our fall season; the continued exposure for the girls will benefit the athletes for years to come! We are offering volleyball through Poulsbo Parks and Recreation, drawing players from the NK, BI, and CK areas. There will be 7 matches per team from late April - June 2<sup>nd</sup>, with our end of season playoff on Saturday, June 3<sup>rd</sup>! There will be 5/6<sup>th</sup> and 7-9<sup>th</sup> grade divisions. *There could be some travel required to gyms in Central Kitsap and BI*. Registration forms will be available online this winter, or call 360-779-9898 for more information. **Practices will start late March/early April, or as soon as your team forms! NK, CK, Bainbridge Island gyms.**

*Weekday evenings Mar 15-Jun 3*

*Fee: \$135\* includes team tee!*

# Youth Sports



## Basketball: Fall County Recreational

**Girls: Grades 3-10; Boys: Grades 3-8**  
**Registration starts in August!**

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts after schools open, as they form. Games will start in late Sep. Fall basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls in grades 3/4, 5/6, 7/8 **and for grade 9/10 girls this season!** Officiated games are played during weekday evenings in *NK and SK gyms*.

Visit [http://cityofpoulsbo.com/parks/parks\\_sports.htm](http://cityofpoulsbo.com/parks/parks_sports.htm) for a registration form or call 360-779-9898 more information.

Weekday evenings Sep-Nov 11 \$99\*  
NK Reversible Jersey, if needed: \$25

## Basketball: Fall County Boys League

**Boys: Grades 7 & 8**

**Registration starts in August!**

Get your first league session in now with games on Sundays in *Poulsbo area gyms*. 8 games, which includes a championship playoff on Oct 23. Normal schedule will be two games per day. **Team Release Forms and fees must be submitted by Monday, Sep 12<sup>th</sup>!**

Sunday games Sep 18-Oct 23 \$495/team

## Western Washington Girls Basketball

**Girls: Grades 5-8**

**Registration starts in August!**

Prepare your team for your school season! The league will play normal HS rules, 20-minute halves, double headers each Sunday to provide game training for your team. **Team Release forms and fees must be submitted by Monday, Sep 12!**

## Middle School Girls: 5/6<sup>th</sup> & 7/8<sup>th</sup> grade div.

10 games which includes a championship playoff, Nov 13.

Sunday games Sep 18-Nov 13 \$595/team

## Basketball: Winter Recreational League

**Boys and Girls: Grades 2-8**

This is the best recreation basketball program available in the area! This league provides consistent practices during the week (routinely 2 practices per week), team assignments based on player/coach/parent requests simplifying ride shares and friends on the same team, constant contact with the league coordinator for problem solving and scheduling issues, and 2 paid officials for all games. *Games are on Saturdays!*

2<sup>nd</sup> through 5<sup>th</sup> grade divisions play half court, man to man defense only, to help each player be actively involved in play. This is the safest, most enjoyable league your child will have the opportunity to play in. The emphasis continues to be on equal playing time, safe play and good sportsmanship. Girl and boy program specifics are listed below. **Early registration deadline is Fri, Nov 11. First practices will start the week of Nov 28<sup>th</sup>!**

Poulsbo has partnered with Bainbridge Island P&R to improve the number of teams at each grade level! Divisions will be split into gold and silver divisions if numbers support and, for 6<sup>th</sup> grade and above, there will be end-of-season playoffs!!! Visit [http://cityofpoulsbo.com/parks/parks\\_sports.htm](http://cityofpoulsbo.com/parks/parks_sports.htm) for a registration form or call 360-779-9898 more information.

## Boys and Girls: Grades 2-5

For girls and boys in grades 2-5, we have a winter recreational basketball instructional league. This league offers 2 practices per week, half court defense only and mandatory rotations, solid competition and a fun, learning experience. League divisions will be by grade and competition is against other area teams, same grade and gender. 2<sup>nd</sup> and 3<sup>rd</sup> grade boys and girls will routinely use a hoop height of 9 feet for games. 5<sup>th</sup> grade teams will have the option (if both coaches agree) to play normal HS rules! **2<sup>nd</sup> and 3<sup>rd</sup> grade teams will use a junior size ball; 4<sup>th</sup> and 5<sup>th</sup> grade teams will use a 28.5" ball.**

Saturday games, weekday practices; games start the first weekend in Jan through mid-March. **Calling all coaches! North Kitsap & BI gyms.**

**register ONLINE!**

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

# Youth Sports

## Girls: Grade 6 AND Boys: Grades 6-8

Games start the first week of January after the Middle School boy's season ends! Enjoy the benefits of your school training by putting your skills on the court for a full season of games! With enough teams, we will divide divisions into silver and gold brackets to keep talent levels close. **All 6<sup>th</sup> grade boys and girls will use a 28.5" ball; 7/8<sup>th</sup> boys will use the official size men's ball.** All divisions in this group will compete in an end of season playoff, culminating in a day of championship play at the NKHS main gym, March 11!

### 2/3/4<sup>th</sup> grade teams

Minimum of 8 league games. Fee: \$119\*

### 5/6/7/8<sup>th</sup> grade BOYS and 5/6<sup>th</sup> grade GIRLS teams

Minimum of 9 games thru the season. Fee: \$135\*  
NK Reversible Jersey, if needed: \$25



## Dunk Dribble Defense

### Girls: Grades 7 & 8

**Registrations are being taken now!  
Games start Sunday, Dec 4th!**

Practices for girls in 7/8<sup>th</sup> grade run mid-November till the end of January, finishing in conjunction your school team's season start. Games are double headers on Sundays in local HS and MS gyms. Games start the first Sunday of December and continue to a playoff the weekend of Jan 23 & 24. Minimum 9 games, which include playoff games. **No games Dec 25 and Jan 1.**

Sundays, Dec 4-Jan 22, playoffs Jan 28/29  
Fee: \$125\*

NK Reversible Jersey, if needed: \$25

## Saturday, Feb 4<sup>th</sup>, 2017

## Kingston's 3 on 3

## HIP HOP HOOP

## SHOOT!

## BASKETBALL TOURNEY



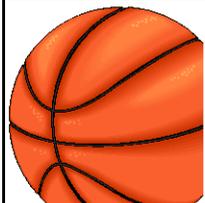
**"We Toss 'em,  
They're Awesome!"  
PIZZA FACTORY®**

**Boys and Girls  
Divisions, Grades 3-8  
Max 5 players to a team.**

### FREE PIZZA!

KINGSTON'S PIZZA FACTORY  
WILL PROVIDE A FREE PIZZA TO THE  
FIRST 50 TEAMS ENTERED!  
Dine in Restaurant only!

Cost: \$75 per  
TEAM. If all  
members of the  
team are registered  
with Poulso P&R  
Winter Rec BB, the  
team fee is \$55!



# Youth Sports

## Basketball: Spring County Recreational

**Girls and Boys: Grades 3-8 & 9/10 girls**  
**Registration starts in March!**

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts as they form. Games will start late April. Spring basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls in 3/4<sup>th</sup>, 5/6<sup>th</sup> and 7/8<sup>th</sup> grades, and 9/10 grade girls. *Officiated games are played during weekday evenings in NK and SK gyms.* Registration forms will be available online, or call 360-779-9898 for more information.

*Weekday practices will begin in late March/early April.*

*Weekday games in the evenings; late April thru early June.*

*Fee: \$99\* NK Reversible Jersey, if needed: \$25.*

## Kingston 3-On-3 Hip Hop Hoop Shoot

**Sat, Feb 4<sup>th</sup> at Kingston Middle School!**

**Boys and Girls: Grades 3-8**

The premier annual 3-on-3-basketball event of Kitsap County! There are divisions for females and males, from 3<sup>rd</sup>-8<sup>th</sup> grade. Champion t-shirts awarded to division winners, medals to 2<sup>nd</sup> place division winners; trophies to pre-tournament contest winners. Good sportsmanship required. Volunteers needed. In-store pizza provided by Pizza Factory for first 50 teams!

**Registration closes at 10a on Feb 4<sup>th</sup>!**

Free Throw, Bump and Hot Spot contests start at 9:30a. 3 on 3 tourney games will begin at noon. 3<sup>rd</sup>-6<sup>th</sup> grade divisions will start competition between noon & 3 pm. Older divisions will start competition between 1 & 5 pm.

**We are looking for sponsors for this event!!**

*A player can register on one team only in any one division. Max of 5 players per team.*

*Team fee only: \$75 per team*

**For Poulsbo Parks & Rec Winter Rec teams! If all players are currently registered with Poulsbo Parks & Recreation for Winter Rec Basketball, you receive a \$20 discount; only \$55 per team!**

**Special contests \$3 cash/check only. Register at gym morning of event.**



## North Kitsap Lacrosse

**Boys & Girls: Grades 3-12**

If you are a girl or boy that wishes to participate in the fastest sport on two feet, lacrosse is the game of skill and swiftness you've been waiting to play. Lacrosse is the premiere sport for those wishing to challenge themselves while experiencing and honoring the oldest game in North America. Football, soccer, and basketball players will also find it to be the best cross-training sport available. Teams participate in girl's and boy's leagues in WA State, and lacrosse is recognized as a varsity sport at both NK and Kingston High Schools.

We anticipate fielding the following teams for the 2017 Spring Season leagues:

Boy's: Middle School 7/8<sup>th</sup> grade division; High School JV and Varsity.

Girl's: Middle School 7/8<sup>th</sup>, and HS JV League.

Coed: Elementary School 3/4<sup>th</sup> grade division and 5/6<sup>th</sup> grade division.

## Pre-Season Team Meeting

North Kitsap Lacrosse will host a pre-season team meeting on **Mon, Oct 17 at 6p** at *Poulsbo Parks and Recreation*. **A separate meeting for Elementary School teams will be held on Tues, Oct 18 at 6pm** at Poulsbo Parks and Recreation. Parents will have an opportunity to meet the coaches, ask questions about the sport or league and submit spring season registrations. Questions, please call 360-779-9898.

## Spring Season

Team formation (number of teams and level of play) are based on registrations received by **the registration deadline of Nov 2**. All players registering prior to the deadline will be guaranteed assignment to a team. Registrations will continue after Nov 2<sup>nd</sup> until all teams are full. Students in good academic standing attending schools (including home schools) within the NK school district boundaries are eligible to play. **All players must present current USL cards (US Lacrosse) by Friday, first week of practice. Individual memberships can be accomplished at <http://www.uslacrosse.org>.**

Please visit [www.nklax.org](http://www.nklax.org) for additional information or contact one of the following team representatives: Kathy Loveless 360-440-9944 or [kathy@nklax.org](mailto:kathy@nklax.org) or Brian O'Connor @ 206-409-1172 or [brian@nklax.org](mailto:brian@nklax.org).

# Youth Sports

## High School

### Boys & Girls: Grades 9-12

Coaches will assess each player's ability at the beginning of the season to determine the best team for the players. All HS teams participate within competitive Washington state leagues and sometimes out of state teams.

Games usually occur weeknights with away games mostly within the Seattle, Tacoma, Redmond and Peninsula areas. Practice dates and game schedules will be posted prior to the first day of practice. **Current sports physical is required. High School players must provide their own gear – helmet, pads, stick mouth guard and cup.** Practices will be held at Strawberry Field next to Poulsbo Elementary.

Practices: Mon-Fri Feb 27-Mid-May 4:30-6:30p  
Fee: \$200\*

## Middle School

### Girls & Boys: Grades 7-8

The middle school program is the best opportunity to learn the fastest growing sport in the region. Emphasis is on skill development and fun. Games usually occur on Saturday with away games mostly within the south Puget Sound area. Practice dates and game schedules will be posted prior to the first day of practice. LIMITED loaner gear is available for 7th/8th grade players with a refundable \$150 deposit (made out to NK Lacrosse). Returning middle school players are encouraged to provide their own gear- helmet, pads and stick. All players must provide their own mouth guard and cup (boys). Practices will be held at Strawberry Field next to Poulsbo Elementary.

Practices: Mon-Fri Feb 8-Mid-May  
3-5p OR 4:30-6:30p Fee: \$200\*

## Elementary School

### Girls & Boys: Grades 3-4 and 5-6

The elementary school program provides an introduction to the basics of lacrosse and fun. There are 2-3 practices per week (specific days TBA), and games on Saturdays, with away games mostly within the south Puget Sound area. Practice dates and game schedules will be posted prior to the first day of practice.

Equipment (helmet, pads, and stick) will be loaned to players with a \$150 refundable equipment deposit. Players must provide their own mouth guard and cup (boys). Players are required to purchase a reversible game pinnie (\$30-\$40) from NKLAX. No physical required. Practices will be held at Strawberry Field next to Poulsbo Elementary.

Practices: Mon-Fri Feb 8-Mid-May 4:30-6:30p  
Fee: \$125\*

[www.cityofpoulsbo.com](http://www.cityofpoulsbo.com)



## NKHS Sail Racing Team

### Spring Team Sailing

#### Grades 8-12

Spring season competition is in Doublehand and Team Racing, sailing primarily in FJ's and Vanguard 15's. Practice will be 4 days per week, Mon-Thu, 2:45-5:30p, with travel to competitions on most weekends. **No previous sailing experience required.** Students in grades 8-12 enrolled in any North Kitsap area school are eligible. Port of Poulsbo.

**Preseason Meeting for all sailors and parents: Wed, Jan 25, 2017, 6pm, Recreation Center.**

Mon-Thu	Feb-May	2:45-5:30p
Spring Sailing Fee:		\$229

For more information on high school sailing visit: [www.highschoolsailingusa.org](http://www.highschoolsailingusa.org) and [www.nwisa.org](http://www.nwisa.org).

## Summer Instructor Employment Opportunities!

Our sailing program uses US Sailing certified instructors for their summer camps. Those instructors routinely come from our sailing team and our community. If you are interested in teaching summer camps, and have or have the desire to complete the US Sailing instructor qualifications, please call Joe at Parks & Rec at (360) 731-1938. You can find available US Sailing Certification courses at [http://www.ussailing.org/training/calendar/sb\\_calendar.asp](http://www.ussailing.org/training/calendar/sb_calendar.asp).

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

# 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 15<sup>th</sup> 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 (9<sup>th</sup> 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](mailto: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

*Holiday Concert Sun, Dec 4, at 3p  
Winter Concert Sun, Apr 2, 2017, at 3p  
Spring Concert Sun, Jun 25, 2017, at 3p*

**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](http://www.edu/peninsulas)

Active Minds Changing Lives  
AA/EEO

# 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.*

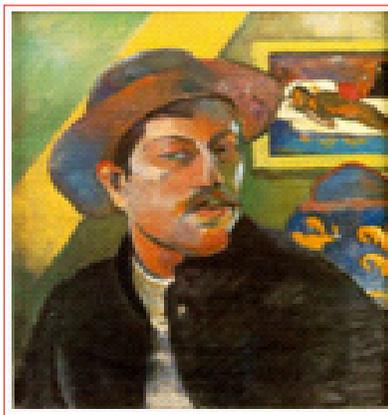
Mon Feb 6-Mar 20 8-9p \$45\*



register ONLINE!

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

# 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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register  ONLINE!

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

# 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 Desauois-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 intermediate-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 grammar 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 Beginners/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 knowledge. We will use stories, music and conversation 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](http://LondonBlueStudios.com) & [MyKitsapWedding.com](http://MyKitsapWedding.com) for examples). For class questions, please feel free to contact Jami directly by emailing her at [LondonBlueStudios@gmail.com](mailto: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](mailto:LondonBlueStudios@gmail.com) or message her on Facebook at [facebook.com/LondonBlueStudios](https://www.facebook.com/LondonBlueStudios). (See [LondonBlueStudios.com](http://LondonBlueStudios.com) & [MyKitsapWedding.com](http://MyKitsapWedding.com) for examples). *Recreation Center.*

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



## 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 – 2<sup>nd</sup> 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

# 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 2<sup>nd</sup> 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 ONLINE!

<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 2<sup>nd</sup> 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](http://braingym.org). **Students should bring plenty of bottled water to class.** *Poulsbo City Hall 3<sup>rd</sup> 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](http://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 3<sup>rd</sup> 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](http://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 3<sup>rd</sup> floor Conference room.*

Sat	Oct 8	1-3p	<b>AND</b>	
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 2<sup>nd</sup> 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!*

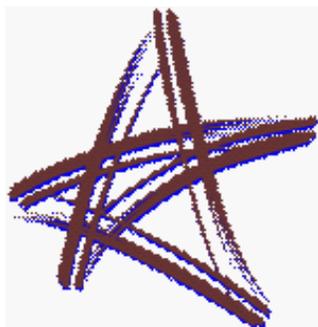
## Meeting Your Muse, Your Guides, and Your Spirit

**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!



**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



## Weight Room

The Recreation Center offers separate weight room and cardiovascular equipment for the community's use. There are various weight lifting machines including a Hoist V-5 multi-station machine with leg press attachment; a Powertec multi-station machine using free weights, and a Parabody Safety Squat Rack with Lat and Row attachments. We also have a Precor Elliptical. **Youth 16 years or older may use the weight room with a waiver signed by their parent.**

\$29/mo for individuals/\$5 drop in.

\$49/family/month. (All prices include 8.7% sales tax)

## Racquetball

The Recreation Center has two fully enclosed courts available for play on a reservation or walk-in basis. Courts may be reserved on a first come basis **two days in advance during prime time hours**, or day of play by phone or in person. Court time can be scheduled from 8a-7p Mon-Thu and 5p on Fridays. **No black-soled shoes or street shoes are allowed on the courts.**

\$8 per hour or a 10-hour punch card for \$70. (All prices include 8.7% sales tax).

Racquets and balls available for rent for \$1 per hour.

## Wally ball

A fast game of volleyball on a racquetball court, this game is for 6-8 people, and is gaining interest and participation in the area. Reservations are made similar to racquetball, by calling in a reservation for a court and the equipment. Court time can be scheduled from 8a-7p Mon-Thu and 5p on Fridays A complete set of rules is also available. **No black-soled shoes or street shoes are allowed on the courts.**

\$10 per hour or a 10-hour punch card for \$85. (All prices include 8.7% sales tax). \

## Zumba!

**12 classes**

**Teresa Polizzi.** Have you heard the name, but wasn't sure what it was all about? Zumba is an exhilarating, easy-to-follow, Latin-inspired dance fitness party! No rhythm? No endurance? NO PROBLEM! Come shake it in a judgment-free zone to everything from salsa to Bhangra to pop dance hits. You're guaranteed to leave every class sweating and smiling. **FAMILIES:** great activity for parents and teens to have fun and get fit together! **No class Nov 24.** *Workouts held in the Poulsbo Middle School Auxiliary Gym.*

Tu/Th	Oct 18-Nov 29	5:30-6:30p	\$69*
Tu/Th	Dec 6-Jan 12	5:30-6:30p	\$69*
Tu/Th	Jan 17-Feb 23	5:30-6:30p	\$69*
Tu/Th	Mar 7-Apr 13	5:30-6:30p	\$69*

## 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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**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. *Poulsbo 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*



REGISTER ONLINE!

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

# 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](http://www.kitsaprowing.org). If you have rowed before or would like to cox or coach please contact us directly at [kitsaprowing@gmail.com](mailto: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*



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!



# Senior Programs



## 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. *Poulsbo City Hall 2<sup>nd</sup> 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. *Poulsbo 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*

register ONLINE!

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

## Senior Trips

Poulsbo Parks and Recreation and Martha and Mary Health Services (MMHS) have formed a partnership for providing Senior Trips and Excursions! This partnership will utilize MMHS's comfortable, 16 passenger mini bus, while Parks and Recreation will continue to plan and implement fun, day-long excursions throughout the Northwest. This partnership is a win-win for both agencies, and for the community. We will continue to utilize and enjoy the senior trip driver volunteers that you have gotten to know over the years, along with a few new ones. If you are interested in driving or chaperoning these trips, please call Mary at 360-779-9898.

To reserve a space on a trip, you may register online, *come to* the Recreation Center, or *mail in* your registration as soon as you receive your brochure. **Fees usually include transportation and ferry, with admission and lunch on your own.** Trips fill up quickly, so get your reservation in soon. **Waiting lists will be formed for all trips filled. No credit will be issued with less than 5 days notice to the trip UNLESS your place can be filled.**

**The departure and return point for all trips is the Recreation Center. These trips are in a 16 passenger mini bus. Typically there is a minimum of 11-14 participants per trip.**

Please be aware that sometimes our trips run a little behind schedule due to traffic issues, ferry schedules and other uncontrollable situations. Please plan accordingly. Also, these trip descriptions are as up-to-date as possible as of the print date of this catalog. Occasionally something will change slightly – a menu item, a ferry departure and the like. We will alert passengers if we feel like the change will modify the trip in any way; otherwise, we will go with any minor changes.

## Walking Assessment:

- 1) Limited walking, but most is on flat terrain or indoors.
- 2) Medium walking, including some outdoor situations or possible uneven ground.
- 3) Quite a bit of walking, but most should be on hard surfaces.

# Senior Programs

## Northwest Trek Wildlife Park 3

Thu, Sep 15 8a-5p  
\$63 sales tax \$5.48 Total \$68.48\*

So close, yet far enough away to have a wild experience. You'll start the day out with a 50-minute naturalist-guided tram tour of the free-roaming area, which allows you to see bison, Roosevelt elk, moose, mountain goats and other native animals, up close and in their natural habitats. A self-guided walking tour along the paved trails in the core of the park provides the opportunity to see grizzly bears, wolves and more in naturalistic exhibits. You'll enjoy a boxed lunch from Central Market before you get to experience an Animal Trailside Encounter. The keepers will let you get close to a beaver, porcupine, skunk or other small animals. Learn about where they live and what they eat. **Fee includes transportation, admission, lunch and tours. Please choose one of the following for your boxed lunch: Roasted Turkey Sandwich on whole grain bread; Italian Grinder on a baguette; Turkey Cranberry on whole grain bread; Caprese Sandwich on a Panini; Roast Beef & Blue Cheese on a baguette; or a Caesar Salad.**

## Pt. Defiance Zoo & Aquarium and the Pt. Defiance Rose Garden 3

Tue, Sep 20 9a-4p  
\$25\* sales tax \$2.18 Total \$27.18\*

This 760-acre park in Tacoma has something for everyone. Come explore the only combined zoo and aquarium in the Northwest. You'll see sharks and seahorses, polar bears and peacocks, walrus and wolves, all in one place! This Zoo is large enough to offer an awesome array of animals yet small enough for you to get really close to them. Today is **\*Free\*** day for seniors age 65 and older! **All others will need to pay \$16.95 admission fee.** After the Zoo, we will head over to the Rose Garden, the focal point of Point Defiance Park. It has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well and quaint gazebos. Lots of color and variety. We will also visit the main garden. **Fee includes transportation. Lunch (at the zoo) and admission to zoo (if under age 65) is on your own.**



## Ballard Locks and Fremont Area 2

Thu, Sep 29 8:45a-5p  
\$39 sales tax \$3.39 Total \$42.39\*

Have you always wondered how the Locks actually work? Officially known as the Hiram M. Chittenden Locks, the Ballard Locks are one of Seattle's most popular tourist attractions. Completed in 1917, the locks link Puget Sound with Lake Union and Lake Washington, and are operated by the U.S. Army Corps of Engineers. The grounds also feature a fish ladder and the Carl S. English Jr. Botanical Garden — one of the most beautiful park settings in Seattle. We'll venture over there today, and hope to see fall Chinook and Coho in the fish ladders. Today we will have a tour of this well known site before hitting Ballard for lunch at a medium priced restaurant. **Fee includes transportation and tour; lunch is on your own.**

## Dungeness Crab & Seafood Festival 3

Sat, Oct 8 9a-5p  
\$27 sales tax \$2.35 Total \$29.35\*

In our own back yard is Port Angeles and its scenic waterfront! Here you'll find their biggest seafood fest of the year! Events include chef demonstrations, the "grab-a-crab" crab derby, more than 50 local arts and crafts booths on the pier, family activities, environmental education programs, and great live music on the Festival stage. The Coast Guard will have a demo over the open waters, and the highlight of the day is Crabfest - an old-fashioned crab feed complete with large kettles of fresh local Dungeness crab, sweet corn and organic coleslaw. A wine and beer garden will offer tastings by the Olympic Peninsula Winery Association and a selection of Northwest craft beers. **Fee includes transportation. Food and shopping is on your own.**

## Leavenworth in Fall Colors 2

Thu, Oct 13 7a-7p  
\$53 sales tax \$4.61 Total: \$57.61\*

Fall colors at their best! Join us as we cruise up Stevens Pass to the beautiful city of Leavenworth. The drive alone is worth the trip, but after getting up there; you can wander the shops and enjoy the people watching. Leavenworth is a city full of Bavarian spirit and civic pride! **Fee includes bus transportation and ferry. Lunch and shopping on your own.**

# Senior Programs



## Alderbrook Resort and the Wild Felid Advocacy Center 2

**Tue, Oct 18 10a-4p**  
\$67 sales tax \$5.83 Total \$72.83\*

We will start off the day with an early lunch at the Alderbrook Resort in Union. This resort sits on the Hood Canal and boasts lovely grounds to stroll around. After lunch, we will hop back into the bus and head to The Wild Felid Advocacy Center on Harstine Island in Mason County. Here we will see a variety of wild cats that are being cared for by this nonprofit organization. Their mission is to provide a safe haven, education, and conservation for wild cats. Join us for a guided tour that will include feeding of the variety of cats that they have on site. You will see approximately 50 cats eat early dinner, including 11 different species ranging from a tiny 3-pound Geoffroy's Cat to a 325-pound Siberian Tiger! Also included are 17 African Servals, 13 Bobcats, 3 Canada Lynx, 3 Eurasian Lynx, 2 Cougars, 1 African Spotted Leopard, 2 Gordon's Cats, Jungle Cats, Jungle Cat Hybrids, two 3-year-old Tigers and 1 Wild Red Tabby Domestic House Cat that bites! **No photos allowed. Fee includes transportation and tour. Lunch is on your own.**

## Tacoma Glassblowing Studio 1

**Thu, Oct 27 10a-4p**  
\$105 sales tax \$9.14 Total \$114.14\*

We first did this trip last fall, and it was a tremendous success! We will head to the Tacoma Glassblowing Studio to use our creative talents and glass. Each person in the group will select a project and will blow the glass to create a treasure! You can choose from one of 13 shapes including: vases, bowls, plates, clam shell, paperweight, heart, pumpkin or ornaments. You will get all of the supplies and instruction needed to complete your project. The glass will then be fired and Parks & Rec will pick them up a few days after the class. We will enjoy lunch in Tacoma before the class. **Fee includes transportation and class; lunch is on your own.**

## Cascadia Art Museum and Downtown Edmonds 2

**Thu, Nov 3 9:30a-4:30p**  
\$46 sales tax \$4.00 Total \$50.00\*

Do you remember the old Safeway store building turned antique store in downtown Edmonds? The Cascadia Art Museum is there now, and is the first museum dedicated to NW art from the late 19<sup>th</sup> century through the 1960s, defined by the waters that flow from the Cascade Mountains to the Pacific Ocean. With six galleries, event space and a gift shop, the 11,000 square foot museum is part of the adaptive reuse of one of Edmonds' most iconic, mid-modern center buildings. We are driving over on the ferry, so after the tour, the bus will head into downtown Edmonds for lunch and browse in downtown Edmonds. **Fee includes transportation, ferry, museum and tour. Lunch is on your own.**

## IKEA and Brown & Haley Outlet Store 2

**Thu, Nov 10 8:30a-5p**  
\$32 sales tax \$2.78 Total \$34.78\*

Back by popular demand! Fun shopping experiences will fill our day. First, we will venture to Ikea in Renton, which is an adventure in its own. There you can wander the large store and look at a variety of house wares and furniture items. It has been 70 years since Ikea began in a small farming community in Sweden. You will have lunch (on your own) at the famous IKEA café, complete with Swedish meatballs. You'll have time to shop and bring back small treasures. After leaving there, we'll stop at the Brown & Haley Outlet Store in Fife, where you can purchase their famous Almond Roca, other candies, and excess packing materials (for art projects) at great discounts. **Fee includes transportation; shopping and lunch is on your own.**



# Senior Programs



## Holidays at Wight's and Molbak's Nurseries 2

**Tue, Nov 15 7:50a-5p**  
\$38 sales tax \$3.31 Total \$41.31\*

Each year, customers eagerly await the November 1<sup>st</sup> premiere of **Wight's Wonderland of Christmas** – nationally acclaimed as a “destination” holiday store. It's fun for the entire family. You will be amazed by the elaborate designer theme trees and holiday displays throughout the store. It's nostalgic! It's glamorous! It's an extravaganza of everything Christmas! Wait until you see the **Department 56 Villages** charmingly displayed for your enjoyment. We'll also visit Molbak's in Woodinville, known for their beautiful decorations and gift items, but also for their annual Poinsettia Festival. You can walk through rows and rows of all colors and decide which ones to take home. **Fee includes transportation and ferry. Lunch and shopping on your own.**

## 29<sup>th</sup> Annual - “A Victorian Country Christmas” Festival 2

**Thu, Dec 1 8:30a-5p**  
\$39 sales tax \$3.39 Total \$42.39\*

Step back in time into a Victorian village where holiday music fills the air! Shop in over 500 stores and find the perfect gift for everyone on your list. Enjoy gourmet food, wine, and delicious taste treats throughout the festival! Visit two beautiful theaters and see countless professional stage shows, The Singing Nativity and concerts! Soak in the atmosphere of music, lights and décor... because Christmas starts at A Victorian Country Christmas in Puyallup. Today is Senior Day, with giveaways and special shows. **Fee includes transportation and show ticket; lunch is on your own.**

## Zoolights at the Pt. Defiance Zoo and Aquarium 3

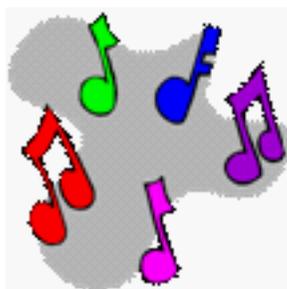
**Tue, Dec 6 1-8p**  
\$49 sales tax \$4.26 Total \$53.26\*

Experience the magic! Bundle up and stroll the Zoo as it comes aglow with more than a half-million lights. Experience a magical world of dazzling 3-D animal light displays, including a 22-foot wide rock crab with moving pincers, a whimsical 30-foot-wide underwater landscape, a majestic polar bear family, a giant Pacific octopus, and a 17-foot tall tiger head. Warm up in the steamy South Pacific Aquarium, ride a camel, and take a spin on the carousel. You can even wrap up your holiday shopping with our unique gift ideas. We will purchase a combo pass, which includes daytime and nighttime visits. During the day, see clouded leopard cubs, polar bears, penguins, and more, then stay inside the Zoo as it transforms into Zoolights. The Zoo will close at 4pm, but with a Combo Pass you are invited to stay inside the Zoo and visit the carousel, cafe, and gift shop until Zoolights opens at 5 pm. You'll be among the first to see the lights that night and can skip the lines! **Fee includes transportation and combo zoo ticket; dinner (at the zoo) is on your own.**

## Seattle Pops: Holiday Pops at Benaroya Hall 1

**Sat, Dec 10 10:30a-5:30p**  
\$97 sales tax \$8.44 Total \$105.44\*

This show is different every year! Conductor Stuart Chafetz and the University of Washington Chorale return after this past year's sensational debut of the new Holiday Pops program. Joining in will be singer and comedienne Nicole Parker, star of *Wicked* and *Mad TV*. This year's program promises to delight you with holiday classics and surprise you with humor, joy and the heartfelt warmth of the season. **Fee includes transportation, ferry and show. Lunch is on your own.**

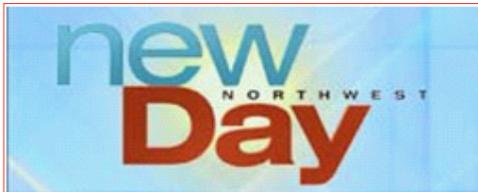


# Senior Programs

## Governor's Mansion Holiday Tour & Seymour Botanical Conservancy 2

Wed, Dec 14 8a-5p  
\$35 sales tax 3.05 Total \$38.05\*

The Washington State Governor's Mansion is all dressed up for the holiday season, and ready to show off its history. Come with us as we stroll through this historical 1908 residence, adorned with holiday decorations. After that, we'll head back into Tacoma and to the WW Seymour Botanical Conservatory at Wright Park. It opened in 1908, and today stands a beloved icon from Tacoma's past and a brilliant venue for exotic plant displays. Their beautiful poinsettia display will highlight our visit. **Fee includes transportation, mansion tour and Conservancy tour; lunch is on your own.**



## New Day Northwest and Filson's Factory Tours 2

Tue, Jan 17 7:45a-4p  
\$43 sales tax \$3.74 Total \$46.74\*

A real favorite for our groups! New Day Northwest is a fun, live show at King 5 TV...and they're looking to fill their new studio audience and have a great time! Join us as we head to King 5's new offices in the Sodo area. We'll watch Margaret Larson and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as we celebrate what's great about the Northwest. You'll laugh, cry, learn and eat together; new and wonderful segments every weekday. We won't know the topics of the show until the date gets closer. After the early taping, we'll head to lunch in the Sodo neighborhood, and then enjoy a tour of Filson's Clothing. For more than 100 years, Filson has manufactured Unfailing Goods according to founder Clinton C. Filson's exacting standards: "It is the Filson ideal and policy to produce only the best in Outdoor Clothes that it is possible to manufacture." See how craftspeople take the best raw materials from around the world and turn them into garments, bags and gear that last for generations. **Fee includes transportation, ferry and tour; lunch is on your own.**

## "The King and I" at the Paramount Theater 1

Sat, Jan 28 10:30a-6:30p  
\$109 sales tax \$9.48 Total \$118.48\*

Join us today to enjoy a classic musical in an historical theater. Two worlds collide in this classic musical directed by **Bartlett Sher** (*South Pacific*). The year is 1862, and British schoolteacher Anna Leonowens has arrived in Siam to instruct the royal children. But despite her sharp wit and strong will, nothing has prepared Anna for the lessons this rich and complicated new land has to teach her—or for the powerful connection she will forge with its imperious King. Lincoln Center Theater's THE KING AND I is the winner of the 2015 Tony Award® for Best Musical Revival. Featuring a score of treasured songs including "Whistle a Happy Tune," "Getting to Know You," and "Shall We Dance." With a cast of more than 50, this "first-rate, sumptuous" (*The New York Times*) production is "too beautiful to miss" (*New York Magazine*). **Fee includes transportation, ferry and show. Lunch is on your own.**

## Museum of History and Industry (MOHAI) and the Burke Museum 2

Thu, Feb 2 8:45a-5:15p  
\$31 sales tax \$2.70 Total \$33.70\*

Let's take advantage of "free admission" days at two of Seattle's most famous museums. MOHAI believes that the preservation and exploration of Seattle's past is essential to making effective decisions for its future. From humble beginnings in 1911, MOHAI has grown into the largest private heritage organization in the State of Washington, with a collection of over 4 million objects, documents, and photographs from the Puget Sound region's past. MOHAI uses these artifacts along with cutting edge, hands-on interactive experiences to make history come alive through the unforgettable stories of the men and women who built Seattle from wilderness to world city. We will enjoy their self-guided tour and lunch at the MOHAI cafe before heading over to the UW to the next stop. The Burke Museum of Natural History and Culture was founded in 1885. It is the oldest public museum in Washington state and was designated the State Museum in 1899. The Burke recognizes that the museum sits on traditional Indigenous lands. The Burke holds deep respect for Indigenous knowledge, and is dedicated to collaborating with diverse Native populations, sharing collections and learning together. **Fee includes transportation and ferry. Lunch is on your own.**

# Senior Programs



## Uncorked Canvas™ (Painting) 1

**Tue, Feb 7 11a-5:30p**  
\$79 sales tax \$6.87 Total \$85.87\*

You know, we had such a great time at the Glassblowing event last spring that we are now going to try painting on canvas! **No previous experience necessary!** Uncorked Canvas™ provides a fun social place in which to be creative! A skilled artist will guide you step-by-step through creating the featured painting. Starting with a blank canvas, you will go home with your own personal creation. It's a great way to uncork your creativity! **Fee includes transportation and canvas painting project. Lunch (along the waterfront) is on your own. Please note the studio is on the second floor; there is no elevator.**

## The Maltby Café and Antiques in Snohomish 2

**Thu, Feb 16 8:45a-5p**  
\$35 sales tax \$3.05 Total \$38.05\*

We'll start the day with a world-class breakfast at the Maltby Café in lesser-known Maltby. Situated below a 1930s-era gymnasium in what used to be a school cafeteria built in 1911, the Maltby Café dishes up outstanding country breakfasts and equally satisfying lunches. We'll take the back roads and cruise into the town of Snohomish, where we can drive through downtown Snohomish and explore antique shops galore. **Fee includes transportation and ferry – meals and shopping on your own.**

## The Northwest Flower and Garden Show 2

**Thu, Feb 23 7:45a-5:15p**  
\$64 sales tax 5.57 Total \$69.57\*

**It has been awhile since we tried this trip.** The Northwest Flower & Garden Show has been heralding the start of spring since 1989, as gardening enthusiasts from around the Northwest flock to this annual celebration held in the beautiful Washington State Convention Center for five magical days. Your gardening desires will blossom when you gaze at the spectacular Show Gardens created by the most respected garden designers and landscapers of the region. Our full acre of show gardens are brimming with ideas that will inspire your garden projects. No matter your style or needs, you'll find inspiration for outdoor living, edible gardening, sustainability, and more. There's aisle after aisle of fresh gear and outstanding services, including a Plant Market and Vintage Garden Market. We even have a Resource Center to help you connect with fellow gardeners who share your interests and a free package check service for you to stash your purchases while you continue to enjoy the show. **Fee includes transportation, ferry and show ticket. Lunch is on your own.**

## Seattle Art Museum & Pike St Market 2

**Thu, Mar 2 8:30a-5:30p**  
\$37 sales tax \$3.22 Total \$40.22\*

At the Seattle Art Museum, light filled galleries invite you to wander through global art collections, temporary installations, and special exhibitions from around the world. One of the special exhibitions this visit is "Seeing Nature", which explores the development of landscape painting from a small window on the world to expressions of artists' experiences with their surroundings on land and sea. Today is a free day, so it is a self guided day as well. But one of the special activities for today is the Ladies Musical Club (LMC), who will present an hour of classical music performed by club members and special guests from 12-1p. LMC continues as a non-profit organization of approximately 200 women fulfilling the mission of advocating classical music among LMC members and in the community. Pike Street Market is close to SAM, and warrants a visit as well. **Fee includes transportation, and ferry. Lunch (at the SAM café or Pike St Market) is on your own.**

# Senior Programs

## Tacoma Glassblowing Studio 1

Thu, Mar 9 10a-4p

\$105 sales tax \$9.14 Total \$114.14\*

We first did this trip last fall, and it was a tremendous success! We will head to the Tacoma Glassblowing Studio to use our creative talents and glass. Each person in the group will select a project and will blow the glass to create a treasure! You can choose from one of 13 shapes including: vases, bowls, plates, clam shell, paperweight, heart, pumpkin or ornaments. You will get all of the supplies and instruction needed to complete your project. The glass will then be fired and Parks & Rec will pick them up a few days after the class. We will enjoy lunch in Tacoma before the class. **Fee includes transportation and class; lunch is on your own.**

## Legislative & Capitol Tour in Olympia 2

Tue, Mar 14 7:45a-5p

\$37 sales tax \$3.22 Total \$40.22\*

Are you curious about the internal working of our state government? Today we'll venture to Olympia and watch some of the hustle and bustle of the legislative session. The Legislative Building is home to the Washington State Legislature and the offices of the Governor, Lieutenant Governor, Secretary of State, and State Treasurer. Completed in 1928, the Legislative Building has the tallest free standing masonry dome in North America and houses the world's largest Tiffany chandelier. The tour of the Legislative Building includes the North Foyer, Rotunda, State Reception Room, and Legislative Galleries. We will attempt to set up a meeting with one of our Kitsap legislators for an informal Q&A session. We will have lunch at the Budd Bay Café on the waterfront before heading home. **Fee includes tour and transportation; lunch is on your own.**

## Touch of Chinatown Tour 2

Tue, Mar 21 7:45a-4p

\$68 sales tax \$5.92 Total \$73.92\*

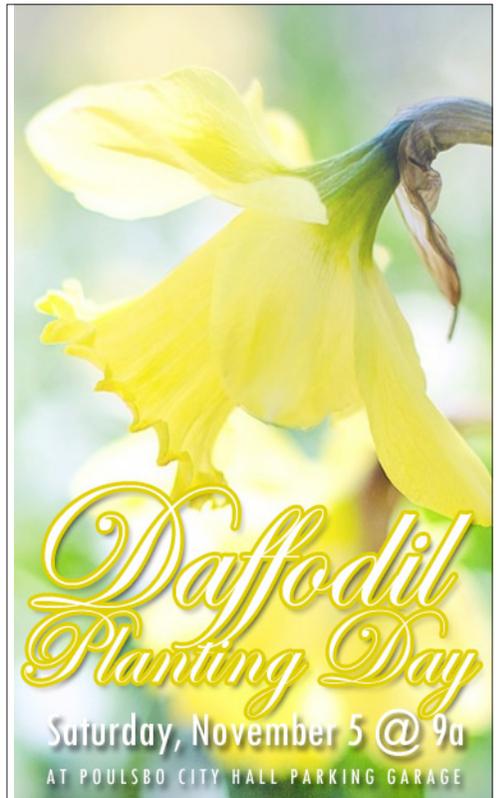
Discover Seattle's Chinatown-International District through the eyes of a local. Smell the fragrance of Chinese herbs, hom bows and roasted duck. Experience the sights while learning about the facts, myths and legends. And, learn more about the diverse contributions of Asian cultures to the city and the Pacific Northwest. **Fee includes a guided neighborhood tour and gallery admission to the Wing Luke Museum. Lunch in the neighborhood is on your own.**

## Wolf Haven and Nisqually Wildlife Refuge 3

Thu, Mar 30 8:30a-5p

\$45 sales tax \$3.92 Total \$48.92\*

We will start the morning by visiting Wolf Haven, a shelter for recuperating animals whose otherworldly howls fill the night air. The shelter's mission is to conserve and protect wolves in their habitat. We'll enjoy a walking tour with one of their docents. After that, we'll search out lunch at a local hot spot in the town of Tenino. After lunch, we will visit the Nisqually National Wildlife Refuge just north of Olympia, where we'll enjoy a short slide show and talk. Some people might even want to walk a bit, so dress for the weather. The Refuge was established in 1974 for the protection of migratory birds. Three thousand acres of salt and freshwater marshes, grasslands, riparian and mixed forest habitats provide resting and nesting areas for migratory waterfowl, songbirds, raptors, and wading birds. **Please wear good walking shoes and be prepared to walk about ½ mile. If you have an Interagency Park Pass (the old Golden Eagle), please bring it. Fee includes transportation and tours. Lunch is on your own.**



# North Kitsap Community Pool



## North Kitsap Community Pool

1881 NE Hostmark St. Poulsbo, WA. 98370  
www.nkpool.com (360) 396-3285

### Swimming Lessons

We offer an array of lessons starting at 6 months to adult. Our classes have a low instructor to student ratio. Preschool classes have a 1 to 4 ratio and youth classes have a 1 to 6 ratio. Preschool classes are for ages 3yrs to 5 yrs and youth classes are for ages 6yrs to young adult. Private and Semi-private lessons are also available by request. For more information or to register please call us at (360) 396-3285

#### Morning, Evening & Weekend Lessons

#### Morning, Evening & Weekend lessons

<u>Fall</u>		<u>Winter</u>	
<u>Session Dates</u>	<u>Registration</u>	<u>Session Dates</u>	<u>Registration</u>
9/12 to 10/5 M/W	8/24	1/9 to 2/1 M/W	12/12
9/13 to 10/6 T/TH	8/24	1/10 to 2/2 T/TH	12/12
9/10 to 10/1 Sat.	8/29	1/7 to 2/11 Sat.	12/19
10/10 to 11/9 M/W	10/5	2/6 to 3/1 M/W	2/1
10/11 to 11/10 T/TH	10/5	2/7 to 3/2 T/TH	2/1
10/8 to 11/5 Sat	10/3	2/25 to 3/25 Sat.	2/13
11/14 to 12/14 M/W	11/9	3/6 to 3/29 M/W	3/1
11/15 to 12/15 T/TH	11/9	3/7 to 3/30 T/TH	3/1
11/19 to 12/17 Sat.	11/7		

Morning lessons are offered on the same schedule as Tuesday and Thursday lessons

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### Swim Camp

We offer Swim Camp during non-school days and school breaks. Swim Camp includes a swim lesson (2 lessons for full day camp), supervised free swim, crafts, snacks and much more! Register early to save your spot or drop in if room is available. Swim Camp is for children ages 5 to 10. The morning session is from 7:30am to 12:30pm, and the Afternoon session is from 12:30pm to 5:30pm or our full day is from 7:30am to 5:30pm.

**Price**  
\$130.00 Half Day Punch Card (5 punches)  
\$210.00 Full Day Punch Card (5 punches)  
\$30.00 Half Day Drop-In  
\$50.00 Full Day Drop-In

**Fall/Winter Dates**  
October 26th, 27th, 28th  
November 11th & 25th  
December 2nd, 19th - 23rd, 26th - 30th  
January/February Jan 16th & 30th, Feb 20th & 21st  
March/April March 29th - 31st, April 3rd - 7th

### Water Aerobics/Aquacise

Our Aquacise program is offered 6 days per week Monday– Saturday. It is an impact free form of exercise that can help improve strength, flexibility, and endurance. Aquacise classes are open to all ages. There is no registration required, drop-ins are always welcome.

We offer classes Monday through Friday from 6:30am to 7:30 am and 10:30am to 11:30 am. Tuesdays and Thursdays we have an evening Aqua Zumba class from 7:05pm to 8:05pm and on Saturdays from 8:30am to 9:30am. Please call for more information

### Lap Swim

Please call for lane availability

Monday, Wednesday and Friday: 5:45am to 2:00pm, 5:00 to 8:00pm  
Tuesdays and Thursdays: 5:45am to 2:00pm, 5:00pm–6:30pm, 7:00pm to 8:00pm  
Saturdays: 7:00am to 2:00pm

### Open Swim

Saturdays from 11:15am to 2:00pm

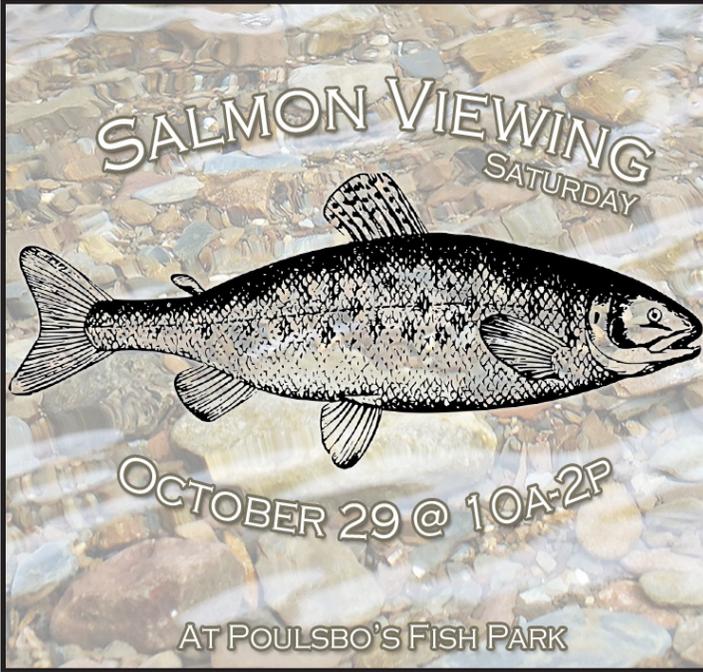
### Pricing\*

Drop-ins: Adult \$4.50, Youth/Senior \$3.50, Aquacise \$5.00 and Family \$13.00  
Punch Cards (12 swims): Adult \$45.00, Youth/Senior \$35.00 and Aquacise \$50.00  
We also offer 1 month, 3 month, 6 month and 1 year passes.

*\*Prices are subject to change.*

*The North Kitsap Community Pool is owned and operated by the North Kitsap School District*

# Community Events



Poulsbo Parks & Rec. 200 NE Moe St. Poulsbo, WA 98370	PRSRST STD US POSTAGE PAID Sound Publishing Inc 98204
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A poster for a 'Daddy Daughter Dance'. The background is a soft-focus image of pink flowers. In the bottom right corner, there is a pink glass bowl filled with colorful heart-shaped candies. The text 'Daddy Daughter Dance' is written in a large, purple, cursive font at the top. Below it, '- Ages 5 and up -' is written in a smaller purple font. The date and time 'Saturday, February 11 6:30-9pm' are written in a purple, cursive font. The location 'Kingston Middle School' is written in a purple, cursive font. A purple starburst shape contains the price '\$13 per person' in white. To the right of the starburst, the text 'Register NOW! Tickets sell out fast.' is written in a purple font.

