

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*

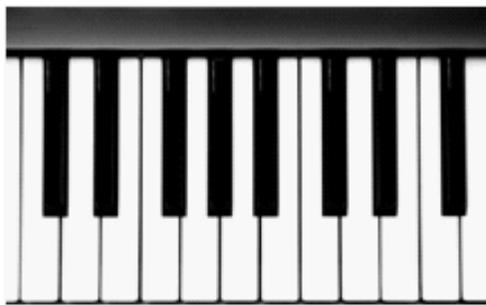
Holiday Gymnastics Camp 2 classes

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-8th. *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 15th of the previous month to hold their scheduled lesson time. Monthly fee is due at first lesson of each month. Missed lessons may or may not be made up at the discretion of the instructor for a maximum of 2 lessons, provided 24-hour cancellation notice has been given. Make up lessons are held at instructors discretion. Please call the Recreation Center at 360-779-9898 to arrange a lesson time. *Recreation Center 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

(360) 394-2733

Active Minds Changing Lives



AA/EO

Youth Programs

4 wks

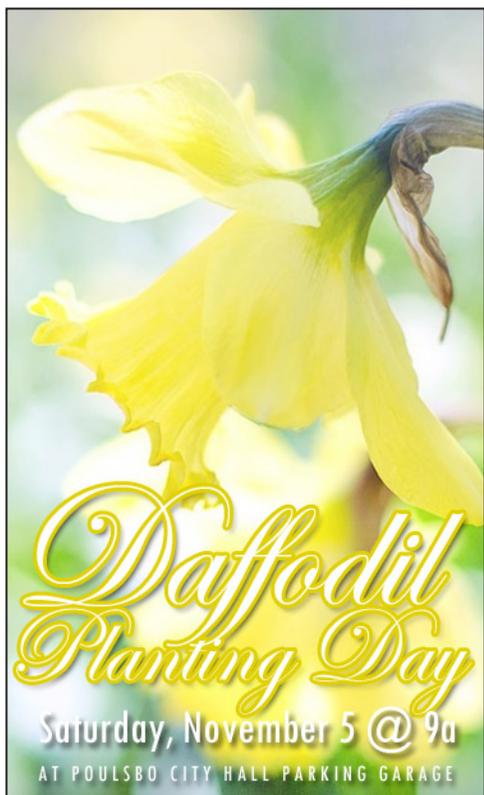
Youth Drawing Class with Young Rembrandts

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*



Daffodil Planting Day
 Saturday, November 5 @ 9a
 AT POULSBO CITY HALL PARKING GARAGE

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

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



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



The Tradition Continues...

The Nutcracker

Only 4 shows!
 Thanksgiving Weekend
 NK-Poulsbo Auditorium

For more information
 779-7090 Poulsbo
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. 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



1ST SECURITY BANK

Presents

POULSBO

Kids Day!

2016

Saturday
September 10th
10am - 2pm



Benefiting
North Kitsap
FISHLINE

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

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*

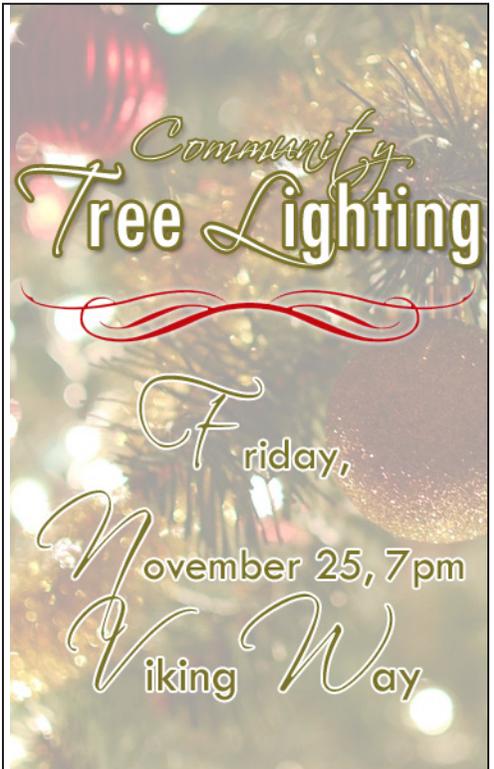
Holiday Gymnastics Camp

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

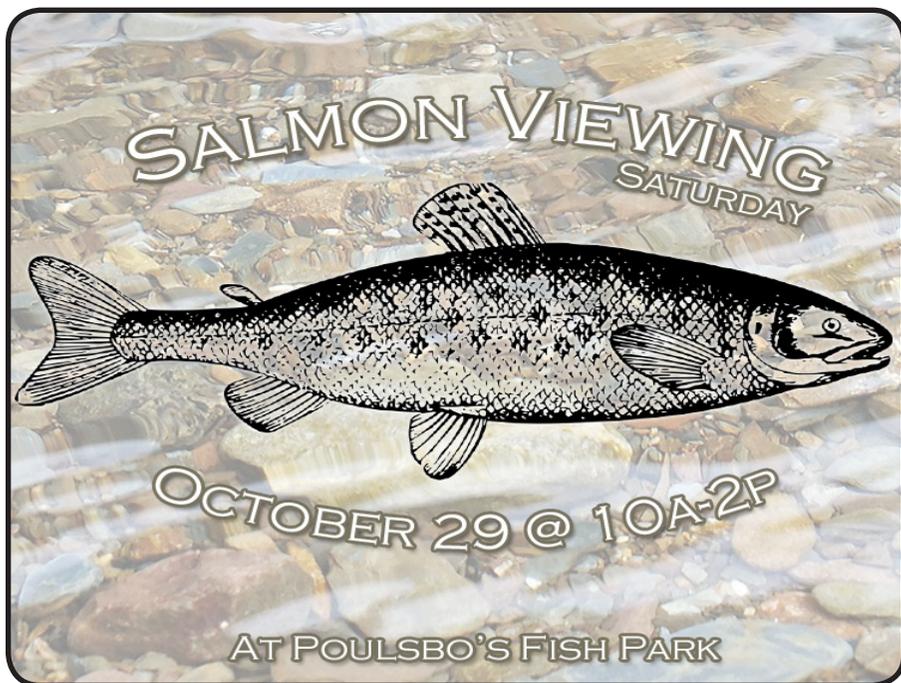
Project Maker: Snap Circuit Rover Tournament: Study the mechanics of electricity by working in teams to build your own remote controlled rover with snap circuits. Teams will race to see who can navigate their rover through our book maze the fastest and hit the most targets with the rover's foam disks. 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 Competitive 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

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 7th, 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 2nd, with our end of season playoff on Saturday, June 3rd! There will be 5/6th and 7-9th 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 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 12th!**

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: 5/6th & 7/8th 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!*

2nd through 5th 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 28th!**

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 6th grade and above, there will be end-of-season playoffs!!! Visit 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. 2nd and 3rd grade boys and girls will routinely use a hoop height of 9 feet for games. 5th grade teams will have the option (if both coaches agree) to play normal HS rules! **2nd and 3rd grade teams will use a junior size ball; 4th and 5th 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 6th grade boys and girls will use a 28.5" ball; 7/8th 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!

2/3/4th grade teams

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

5/6/7/8th grade BOYS and 5/6th 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 7/8th 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 4th, 2017

Kingston's 3 on 3

HIP HOP HOOP

SHOOT!

BASKETBALL TOURNEY



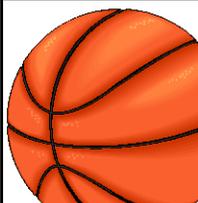
**"We Toss 'em,
They're Awesome!"
PIZZA FACTORY®**

**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 3/4th, 5/6th and 7/8th 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 4th 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 3rd-8th grade. Champion t-shirts awarded to division winners, medals to 2nd 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 4th!

Free Throw, Bump and Hot Spot contests start at 9:30a. 3 on 3 tourney games will begin at noon. 3rd-6th 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 7/8th grade division; High School JV and Varsity.

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

Coed: Elementary School 3/4th grade division and 5/6th 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 2nd 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 for additional information or contact one of the following team representatives: Kathy Loveless 360-440-9944 or kathy@nklax.org or Brian O'Connor @ 206-409-1172 or 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



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 and 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.

register ONLINE!

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