



City of Poulsbo
Parks & Recreation
2017-2018 Winter Activity Guide

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

Saturday, February 10th.
Advanced ticket purchase required.

**DADDY DAUGHTER
DANCE**

Registration

SIGN ME UP!

There are 4 easy ways to register for programs:



2) Walk In



4) Phone or Fax

1) Online



3) Mail In+



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

www.cityofpoulsbo.com
click on the 'Register for a Parks & Rec Class/Program'
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.

START HERE!

Registration began in September 2017, 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.

Park & Signboard RENTALS

Facility Rentals and Community Sign Boards

The City manages two community signboards 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.

Table of Contents

City Parks & Trails	4
Preschool Programs	6
Learn and Grow Preschool	8
Youth Programs	10
Gymnastics	10
Sports	18
Adult Programs	22
Fitness, Sports	34
Senior Programs & Excursions	37
North Kitsap Community Pool	39
Special Events	40

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!



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.

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

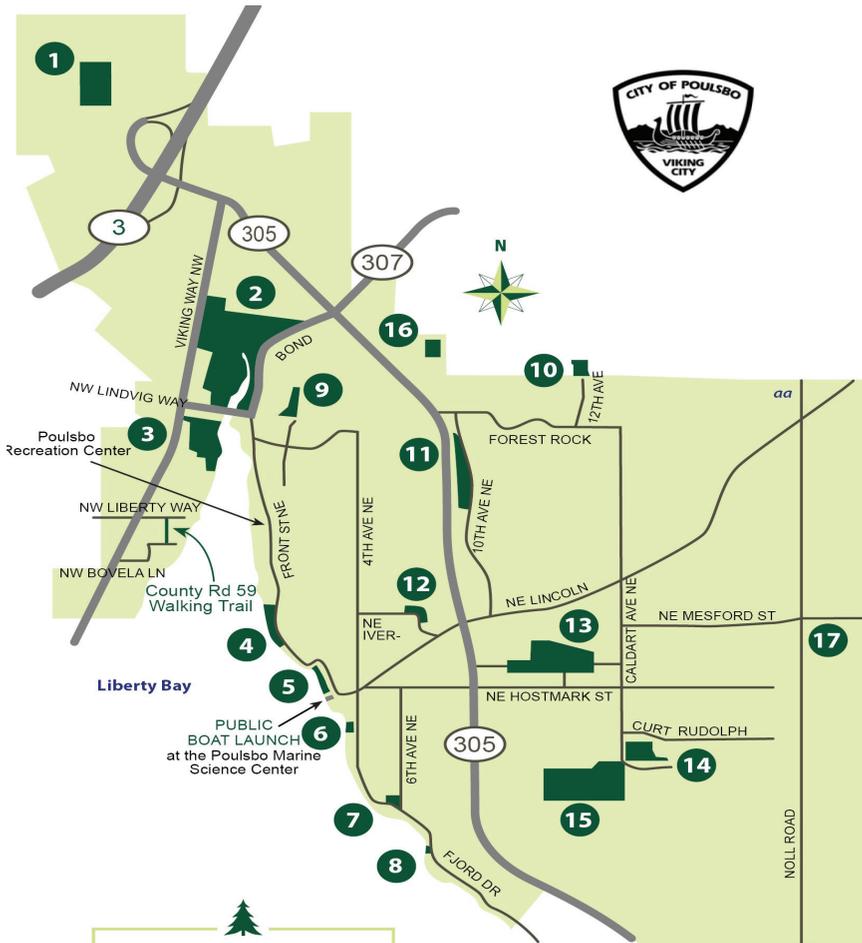
Preschool Assistant:

Pam Raymond & Heidi Allen

Receptionists:

Shawna Casey, Jami Sipila

City Parks & Trails



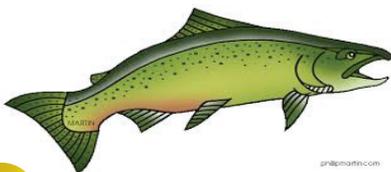
City parks are open year-around, dawn to dusk. For information about the parks, including rentals and facilities available, call Poulso Parks and Recreation at 360-779-9898.

1 College Marketplace Ball Fields

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

2 Poulso's Fish Park 288 NW Lindvig Way

- 42.6 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



art@martins.com

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 Poulso's Fish Park
- Nelson Family farmhouse (caretaker's residence)
- The Martinson Cabin Museum, operated by the Poulso 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 & Trails

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

6th 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 1st Avenue NE, 2.8 acres

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

10 Forest Rock Hills Park

North end of 12th Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas

11 Hattaland Park

10th Avenue NE, 2 acres

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

12 Centennial Park

Corner of 7th Ave & Iverson Street, 2.9 acres

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

13 Wilderness Park

Caldart Ave to Hwy 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

Bench Sponsor Program

Memorialize friends and family by donating one of 14 new brown benches at Waterfront Park.

Call Parks & Recreation at 360-779-9898 for information or check the website at: http://www.cityofpoulsbo.com/parks/parks_parks_trails.htm

Preschool Programs

The Music Circle: Early Childhood Music and Movement

Ages 1-5 **8 wks**

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. 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 \$10 materials fee per family is payable to the instructor at the first class of each session. Parent/caregiver participation is required. No class Nov 27, Jan 15, and Feb 19.** Recreation Center Gym.

Mon	Jan 8- Feb 12	9:30-10:15a	\$79*
Mon	Jan 8-Feb 12	10:30-11:15a	\$79*
Mon.	Feb 26-Mar 26	9:30-10:15a	\$79*
Mon	Feb 26-Mar 26	10:30-11:15a	\$79*

Dance with Me 5 wks

Ages 1-3 ½ yrs

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 on Nov 21.** InMotion Performing Arts Studio, Poulsbo.

Tue	Jan 23-Feb 20	10-10:45a	\$55*
Tue	Mar 6-Apr 3	10-10:45a	\$55*

Preschool Drawing Class with Young Rembrandts

Ages 3-5 **3 wks**

Young Rembrandts Staff. Young Rembrandts teaches pre-school children the skills necessary to draw more complex images. As preschoolers learn to draw and color with our step-by-step method, they develop observation skills, increase their fine motor skills, handwriting readiness and attention to detail. Our weekly program prepares them as learners so they will be successful in kindergarten. Our classes are fun, engaging and affordable. Participating in Young Rembrandts' creative and encouraging classes helps young children learn to follow directions, hold and use a pencil, and stay on task. Recreation Center Kitchen.

Tue	Jan 16-30	10:30-11:15a	\$44*
Tue	Mar 13-27	10:30-11:15a	\$44*

Creative Messy Painting 5 wks

Ages 2 ½ years and older

Colleen Doeleman. This class is designed for children (and their parent or grandparent) 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 art projects, while satisfying their natural curiosity and stimulating their imaginations. Painting is a fun and wonderful way to express creativity and imagination, while building self-esteem. Fall projects will include painted pumpkins, a Thanksgiving project and holiday gifts. Winter projects will include painted snow people, Valentines and painted canvas. A supply fee of \$35 **per student is payable to the instructor at the first class.** Recreation Center Kitchen.

Fri	Jan 19- Feb 16	9:45-10:30a	\$69*
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Drop-ins for Creative Messy Painting

Drop-ins for these classes are for 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.**

\$10 per class per student.

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!



register

ONLINE!

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

Preschool Programs

I ♥ SCIENCE

NEW!!

STEAM Workshop for Preschoolers

Ages 3-5 1 class

Jenny Williams. This monthly "lab" is a fun way for your preschool child to have fun while learning. We take STEAM and go full STEAM ahead. Science, Technology, Engineering, the Arts, and Mathematics. Each month is a new project/activity. Pre-register or drop in if space is available. *Recreation Center Kitchen.*

Tue	Jan 9	10:30-11:15a	\$10
Tue	Feb 6	10:30-11:15a	\$10
Tue	Mar 6	10:30-11:15a	\$10

Lil' Cooks Adventure in the Kitchen

Ages 3-5 3 wks

Laura Rencher. Children will enjoy this class as we explore 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 food is included.** This is a great way to introduce your child to cooking without having to worry about cleaning up your kitchen. **No class Oct 31.** *Recreation Center Kitchen.*

Tue	Feb 13-27	10:45-11:45a	\$69*
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Sports Shorts (Sports for Tots)

Ages 18 mo-3 yrs 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. No class October 31.** *Recreation Center Gym.*

Tue	Jan 30-Feb 20	9:30-10:15am	\$36*
Tue	Mar 6-27	9:30-10:15a	\$36*

Drop-ins for Sports Shorts

Are you unable to come to all four Sports Shorts classes, but would love to attend one or two? If the scheduled class isn't full, you may pay a drop-in fee at the door. Call 360-779-9898 before class to find out if a drop-in is available. \$10 per class per student.



Fit4mom Kitsap

Fitness for all stages of motherhood with a supportive community of moms.

Offering both mommy and me and body transformation programs.

Classes in Poulsbo, Bainbridge, & Silverdale.

www.kitsap.fit4mom.com

Family Themed Pallet Painting

1 class

Ages 5 and older, plus accompanying adult(s)

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a themed creation from start to finish. Fee is per family (Limit 2 adults and up to 3 kids). This instructor-led class will walk you through the steps to create a pallet-based art masterpiece using stencils and weathering techniques perfect to use as decoration for each season. Open to all skill sets. All supplies are furnished by the instructor.

Family Monograms and Surnames

Sat Jan 6 1-3p \$45* per family

Valentine's Day/Love Theme

Sat Feb 3 1-3p \$45* per family

Spring/Easter Theme

Sat Mar 3 1-3p \$45* per family



REGISTER ONLINE!

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

Learn & Grow Preschool

Learn and Grow Preschool at Poulsbo Parks & Recreation

Imagine Dream Play Learn Grow



2017-2018 Learn and Grow Preschool Classes:

Tweeners (age 3 by 8/31/2017)	T/Th	9:30-11:30a	\$158 mo/\$55 registration fee*
Pre-K (age 4 by 8/31/2017)	T/Th	12:30-3p	\$169 mo/\$60 registration fee
Pre-K (age 4 by 8/31/2017)	M/W/F	9:30-12n	\$243 mo/\$60 registration fee*
Pre-K (age 4 by 8/31/2017)	M/W/F	12:45p-3:15p	\$243 mo/\$60 registration fee

*Waitlist only



W: CityOfPoulsbo.com
 P: (360) 779-9898
learnandgrow@cityofpoulsbo.com



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

Mailing Address: 200 NE Moe St., Poulsbo, WA 98370

Our goal at Learn and Grow Preschool is to provide your child with an environment in which he/she feels comfortable, safe and nurtured while learning. We do this through a variety of hands on activities and both organized and free play. We offer daily crafts, music, story time and many opportunities for your preschooler to learn the necessary tools that they will need when they enter Kindergarten.

Preschool & 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, or for March event dates, 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 Jan 1 & 15, and Feb 19.

Storytimes: Stories, songs, puppets and flannel board tales for children ages 0-6 years. Winter storytimes run Jan 8-Feb 28.

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

Lego Club: Grades K-5. Build with the library's mountains of LEGO! Complete a challenge or construct from your imagination. Bring only your creativity.
Wed Jan 31, Feb 28 3:30-5p

3D Printing & Design Open Lab: Grades 3-5. Join us at the Poulsbo library for a free 3D Design and Printing open lab. Make original designs using the Sketchup or Sculptris app, and print your unique creations right then and there!
Wed Jan 24, Feb 14 4-6p

Drive-in Movie- Moana: All ages. Create your own cardboard-box car or boat and watch Moana journey to return the heart of Te Fiti in an afternoon drive-in movie at the library! First, we'll transform cardboard boxes into cool, comfortable cars or boats. Boxes and supplies provided but you're also welcome to bring your own. Movie starts at 3pm.
Fri Feb 2 2:30-5p

Dental Care Puppet Show: Recommended for children ages 2 to 6. A local dentist presents an entertaining muppet-style puppet show, making tooth care fun for toddler and preschool children.
Wed Feb 21 10:30-11a

Library Winter Olympics: All ages. Think you have what it takes to win a gold medal? Test your bookish and athletic abilities at the Library Winter Olympics, in celebration of the 2018 Winter Olympics in Seoul, South Korea. Following Opening Ceremonies participants will compete in javelin throwing, book balancing, the standing jump, a wicked limbo competition, and a death-defying egg on a spoon race! Awards will be given out to those who excel at each event. Snacks provided.
Sat Feb 24 1-3:30p

THE ISLAND SCHOOL



OPEN HOUSE JOIN US!

January 23, 2018

7:00 PM

FOR ALL GRADES
(Parents only, please)



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

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

Gymnastics

Please read the descriptions carefully as many classes have changed.
For your child to be successful in class, please place them appropriately.



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.



Who's teaching? Gymnastics director and supervisor, Kris Goodfellow has over 25 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 also a Kinder Accredited Teacher through USA Gymnastics. Program instructors include Kristine Bacon, NK assistant gymnastics coach, NKHS students, Keiko Ketch, Nick Soboleski, Cassidy Cloward and Jewelle Start.



What to wear: **NO** jeans, including pants with buckles, zippers or buttons as they can injure equipment. **NO** tights with feet (they are slippery on the equipment). **Long hair** should always be pulled back from the gymnast's face and off of the neck. Try to keep all ponytails and barrettes at the back of the head and not on top of the head as they interfere with tumbling. **For girls** - Leotards with or without stretch pants or shorts and no socks. **For boys** - Well-fitting T-shirt and shorts or sweat pants and no socks.



Registration notes: If you are interested in attending all sessions, please register for ALL of them at the same time as soon as the brochure comes out. This is the only way to ensure a spot in the class you want. Classes are limited, so sign up early!! As classes fill more may be added, make sure you ask to be on the waitlist if class is full so we know to add another one. Classes will be held at the Recreation Center unless otherwise noted.

Parent-Tot Gymnastics 4 wks

Ages 18 mo-3 yrs

Children 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 on Nov 21 or 22.**

Tue	10:20-10:50a	1/23-2/13	2/27-3/20	\$39*/4 wks
Wed	9:30-10a	1/24-2/14	2/28-3/21	\$39*/4 wks

Tumbling Tots 4 wks/5 wks

Age 3, also great for 4-year-olds with a short attention span

Students will be introduced to the basic skills of gymnastics in a fun and fast paced environment. 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 on Nov 21.**

Wed	10:10a-10:40a	1/24-2/14	2/28-3/21	\$43*/4 wks
Wed	4:45-5:15p	1/17 -2/14	2/28-3/28	\$52*/5 wks
Thu	10:20-10:50	1/25-2/15	3/1-3/22	\$43*/4 wks

Gymnastics

Beginning Kindergym 4 wks/5 wks

Ages 4-6

Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings and rope. Class focus is on coordination, strength and spatial awareness. **No class on Nov 21.**

Tue	4:45-5:30p	1/17 -2/14	2/27-3/27	\$63*/ 5 wks
Wed	10:45a-11:30a	1/24-2/14	2/28-3/21	\$52*/4 wks
Wed	3:55-4:40p	1/16 -2/13	2/28-3/28	\$63*/ 5 wks
Thu	9:30a-10:15a	1/25-2/15	3/1-3/22	\$52*/4 wks



Intermediate Kindergym 5 wks/ 4 wks

Ages 4-6

For students who have completed beginning Kindergym and have been placed by the instructor. Class will expand gymnastics work and is for kids who are ready to focus on skill technique. **Must have instructor approval.**

Mon	4:35-5:20p	1/22-2/12	2/26-3/19	\$52*/ 4 wks
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Beginning Gym 4 wks/5 wks

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. **No class Nov. 21. Thursday class held at Braidablik Elementary Gym.**

Tue	5:45-6:35p	1/16 -2/13	2/27-3/27	\$63*/5 wks
Thu	5-5:50p	2/22-3/22		\$63*/5 wks

Intermediate/Advanced Gymnastics

Ages 7-12

4 wks/5 wks

Building on skills learned in the beginning class. Gymnasts will need the need to have mastered cartwheels and handstands before registering for this class. This class is taught by several instructors, and students are grouped by ability. Students will need instructor permission. *Class will be held at Braidablik Elementary Gym.*

Thu	6-6:50p	2/22-3/22		\$63*/5 wks
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24th Annual Easter Candy Hunt Saturday, March 31 at Raab Park



*Age divisions begin
at 5 minute intervals:*

Ages 1-2 ... start at 1:05p
Ages 3-4 ... start at 1:10p
Ages 5-6 ... start at 1:15p
Ages 7-8 ... start at 1:20p
Ages 9-11 ... start at 1:25p

Proudly Sponsored by:

Poulsbo Lions Club, Hill Moving, NK Fishline and
Poulsbo Parks & Recreation



*Please consider bringing a food donation to
NK Fishline*

Community

Community Education

Western promotes lifelong learning through a variety of offerings:

SEA Discovery Center

The SEA Discovery Center is a learning facility and aquarium located on the Poulsbo waterfront. Visitors of all ages are welcome. There is no admission fee, but donations are gratefully accepted.

Visit us at: 18743 Front Street NE, Poulsbo
www.western.edu/SEA • (360) 598-4460

Academy for Lifelong Learning (ALL)

Designed for adult learners, ALL offers short university-level courses in the humanities, current affairs, and natural and social sciences. There are no entrance requirements, tests or grades; this is learning simply for the joy of learning.

All interested adults are welcome.

For a list of courses visit:
www.western.edu/ALLPeninsulas • (360) 394-2748

Western Lecture Series

This series offers a compelling selection of lectures presented free and open to the public throughout the year. The lectures provide thought-provoking exploration into subjects and topics of local and regional interest by experts in their respective fields of profession or special interests.

For a list of courses visit:
ee.western.edu/WLS • (360) 394-2733

Youth Programs

Western's Youth Programs in Poulsbo offers students grades Pre-K–grade 8 the opportunity to explore science and art through hands-on learning.

Explore more at:
www.western.edu/SEA • (360) 598-4460



www.western.edu/Peninsulas

Active Minds Changing Lives

AA/EO

Youth Programs

DADDY DAUGHTER DANCE

SATURDAY, FEBRUARY 10
6:30-9pm
KINGSTON MIDDLE SCHOOL

\$13
per person

Ages 5 and up.
 Advanced sign-up required.
 Register NOW! Tickets sell out fast.

CO-SPONSORED BY THE MISS VIKING FEST COURT AND MISS WESTSOUND

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.

Family Themed Pallet Painting 1 class Ages 5 and older, plus accompanying adult(s)

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a themed creation from start to finish. Fee is per family (Limit 2 adults and up to 3 kids). This instructor-led class will walk you through the steps to create a pallet-based art masterpiece using stencils and weathering techniques perfect to use as decoration for each season. Open to all skill sets. All supplies are furnished by the instructor.

Family Monograms and Surnames

Sat Jan 6 1-3p \$45* per family

Valentine's Day/Love Theme

Sat Feb 3 1-3p \$45* per family

Spring/Easter Theme

Sat Mar 3 1-3p \$45* per family



Youth Programs



Private Piano Lessons

Ages 7-Adult (or as arranged)

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. 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 lessons. *Recreation Center Piano Studio.*

T,W,TH,F Winter: Jan 2-Mar 30 (13 wks)
30 min lessons: \$321* or \$107 per month+
45 min lessons: \$470* or \$156 per month+
 +Fees will be prorated if student begins mid-session.

Beginning to Advanced Guitar

Ages 8-Adult

Ongoing monthly lessons / 4 lessons / month
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. Lessons will be scheduled between 1:00 pm and 8:00 pm. **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 run: *Jan 8-29, Feb 5-26, and Mar 5-26. Lessons will be held on ML King Day and President's Day holidays. No December lessons scheduled.* 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 instructor's discretion. *Recreation Center Music Room. Mondays- time scheduled with instructor \$167 / month*

Cartooning with Young Rembrandts

Ages 6-12

3 wks

Young Rembrandts. Young Rembrandts' cartoon classes are based on our original, top quality curriculum with the additional excitement of cartooning. Cartoon lessons teach children how to create original cartoon characters, draw action and expression to convey moods. While cartooning is fun and engaging, your child will gain mastery in a unique drawing style, and improve their core learning skills. Young Rembrandts strives to inspire your child's imaginative spirit and boosts classic learning skills. Don't miss out, enroll now! *Recreation Center Kitchen.*

<i>Wed</i>	<i>Jan 17-31</i>	<i>4-5p</i>	<i>\$44*</i>
<i>Wed</i>	<i>Mar 14-28</i>	<i>4-5p</i>	<i>\$44*</i>

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!



register ONLINE!



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

Youth Programs

Creative Painting Parties!

Ages 6 and older

Colleen Doeleman. Students will learn how to create a unique work of art on canvas using non-toxic acrylic paints. The instructor will take them step-by-step through their painting. Students will be shown the basic processes to complete each project and will be encouraged to embellish it in their own imaginative and creative way to produce a truly unique and individualized product. We will be painting a different subject matter once a month, relating to the season. Painting on canvas is fun, quick, easy, and relaxing. No prior painting experience is necessary to join in the fun! Please register at least 1 ½ weeks in advance to allow instructor to order supplies. A supply fee of \$15 per student is payable to the instructor at the beginning of each class. *Recreation Center.*

Wed	Jan 10	4-6p	\$40*
Tue	Feb 13	5-7p	\$40*
Wed	Mar 7	4-6p	\$40*

Family Themed Pallet Painting 1 class

Ages 5 and older, plus accompanying adult(s)

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a themed creation from start to finish. Fee is per family (Limit 2 adults and up to 3 kids). This instructor-led class will walk you through the steps to create a pallet-based art masterpiece using stencils and weathering techniques perfect to use as decoration for each season. Open to all skill sets. All supplies are furnished by the instructor.

Family Monograms and Surnames

Sat	Jan 6	1-3p	\$45* per family
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Valentine's Day/Love Theme

Sat	Feb 3	1-3p	\$45* per family
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Spring/Easter Theme

Sat	Mar 3	1-3p	\$45* per family
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Crystals & Gemstones for Children

Ages 6-18

4 wks

Susan Stevens. We invite all young gemstone and crystal collectors to come and gather to discuss the unique qualities of different gemstones and their places of origin. I have a collection that students will be able to study, however, students are encouraged to bring their collections from home to show to the class. We will be using *The Crystal Bible* by Judy Hall as our textbook. This is an optional purchase for parents, \$19.99, and is great for use after class. *Recreation Center Kitchen.*

Wed	Feb 7-28	4-5p	\$38*
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Young Writers and Poets 4 wks

Ages 8 to 12

Susan Stevens. Students will be introduced to different styles of poetry through references of current and past poets. We will work together on creating our own poetry. Students will pick their favorite poem and complete an "art frame" around the poem with ink. These turn out beautiful and are suitable for framing. **All materials included.** *Recreation Center.*

Thu	Mar 1-22	4:45-6p	\$39*
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Culinary Adventure 4 wks

Age 7 and up

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 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! **All food included.** **No class on October 31.** *Recreation Center Kitchen.*

Tue	Feb 6-27	4:45-5:45p	\$79*
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Youth Programs



Babysitter Boot Camp 1 class

Ages 11-17

Linda Chandler. Child and Babysitting Safety (CABS). This training gives kids the confidence and skills to help care for siblings and to take babysitting to the level of a summer or after school job. Our course covers both the fundamentals of caring for children in all age groups and emergency training in the case of an injury or illness. Course Outline includes: Babysitting As A Business, Safety & Injury Prevention, Leadership, Playtime, Caregiving Skills, and some CPR & First Aid Training. Participants receive a babysitting certification ID card upon completion of the class. **Participants are asked to bring a note pad and pencil along with water and snack.**
Recreation Center Preschool Room.

Sat	Feb 3	9:30a-1p	\$68*
Sun	Mar 18	2-5:30p	\$68*

Teen Volunteer Interns Wanted!

Poulsbo Parks and Recreation seeks dedicated teen volunteers to assist our professional instructors with youth programs. Interns will gain valuable work experience while earning community service hours. Qualified youth will be age 13 or older; enjoy children; have a positive and enthusiastic attitude; have an interest in arts, crafts, sports, and other recreational activities; be dependable and a positive role model. Interns will need to make a time commitment that will vary depending upon the season. Fall & winter session could be 1-4 hours per week for up to 5 weeks; Spring & summer session could include weekly camps and a commitment of 2-20 hours for an entire week. For more information, call Kris Goodfellow at 360-779-9898. Applications are available at <https://cityofpoulsbo.com/volunteer-opportunities/>.



Celebrating

WEST SOUND ACADEMY
IB World School

1998-2018

Years

16571 Creative Drive NE . Poulsbo, WA 98370
(360) 598-5954 . westsoundacademy.org

Youth & Teen Programs

Archery

4 wks

Ages 8 and older

Parks & Recreation Staff. 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. Students must be strong enough to draw a bow and have an attention span for an hour of shooting. **Bow, arrows and a wrist guard will be provided, but students are welcome to bring their own if they have them.** *Recreation Center Indoor Range.*

Thu	Jan 25-Feb 15	5-5:50p	\$67*
Thu	Jan 25-Feb 15	6-6:50p	\$67*
Thu	Mar 1-22	5-5:50p	\$67*
Thu	Mar 1-22	6-6:50p	\$67*



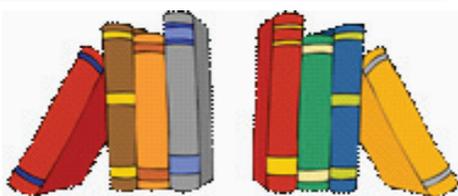
Sho-Rei-Shobu-Kan Okinawan Goju-Ryu Karate-Do

Ages 8 thru Adult

Charles Todd. This is a traditional Okinawan style of Karate as referenced in the Karate Kid movies. Instructor will work with students at all levels, ages 8 to adult. Students will learn self-discipline as an effective means of self-defense. Focus on building strength, discipline, and moral character. Students will learn basic techniques associated with this karate style. Learn how to deescalate an awkward situation and be more aware of your surroundings. A great way to get in shape, fun for the whole family! Students will need to purchase a Gi (karate uniform), information for purchase will be available from the instructor at the first class. Charles Todd is a 4th degree black belt and a certified instructor under the Sho-Rei-Shobu-Kan organization. Mr. Todd has been active in Karate for over 35 years.

Recreation Center Gym.

Sat	Jan 13-Feb 3	10a-12p	\$55*
Sat	Feb 10-Mar 3	10a-12p	\$55*
Sat	Mar 10-31	10a-12p	\$55*



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, and for March event dates, please call them at (360) 779-2915 or visit their website at www.krl.org. All programs are free. The library will be closed on Jan 1 & 15, and Feb 19.

Check at www.krl.org, call us at (360) 779-2915 or stop by in person at the Poulsbo library for additional information and event registration.

Anime Club: Grades 6-12. Meet fun, fascinating people and immerse yourself in the exciting world of Anime. Engage in spirited discussions, learn about art, and culture and bond with fellow "Otakus" all while watching a wide variety of Anime - from classic films to brand-new series'. Welcome to newcomers and veterans alike.

Tue Feb 13 6p

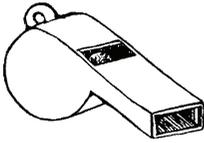
Teen Advisory Board: Grades 7-12. Join TAB, a leadership group for teens to help shape the Library. Express your interests, develop leadership skills, help plan and implement special events and earn volunteer credit for school. Plus, there will be snacks.

Fri Jan 19, Feb 16 3:30-5p

Book Lovers' Podcast: Grades 6-12. Join the Book Lovers Podcast, a monthly show produced by and starring the Poulsbo Teen Advisory Board and share your love of reading with the world! We meet most Fridays at the Poulsbo library from 3:30-5:00 p.m. We select each show's theme during Teen Advisory Board meetings on the third Friday of the month and then spend every other Friday recording, editing and publishing our podcast. Snacks are always served, and meetings are a supportive, safe-space environment where you can meet and socialize with fellow book lovers. Join us today to share your love of reading with the world!

Fri Jan 5, 12, 26, Feb 2, 9, 23 3:30-5p

Youth Sports



Coaches, Coaches, Coaches!

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

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?

All of Poulsbo Parks and Recreation basketball leagues use paid officials. If you are interested in working as an official, please give us a call (360-731-1938) or email (jschiel@cityofpoulsbo.com) and we'll get you started! Games commence early Oct and continue through end of May! Saturday games starting Jan 13. Normally 2 officials per court per game.



register ONLINE!

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



Volleyball: Winter Clinic

Girls: Grades 5-9

Parks and Rec will be hosting a Volleyball Training Clinic using instructors from Olympic Premier Volleyball Club this winter! 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, hitting, individual defense, and serving, focusing on proper techniques! Find a new way to improve your game, whether you are a recreational player or a competitive one! *North Kitsap*

School District Gyms.

Six Saturdays, scheduled between Jan 13-Mar 3rd
Instructors will assign girls during first clinic day.

Beginners: 5:30-6:45p

Inter/Adv: 6:45-8:15p

Fee: \$99*

Volleyball: Spring Girls Recreational

Girls: Youth league, grades 3-4;

Beginner league, Grades 5&6;

League play, 7-9 grades

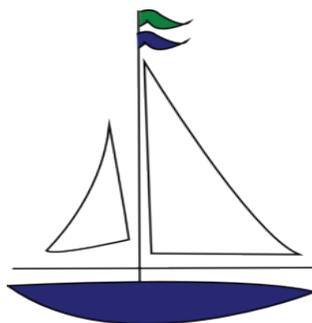
To our community adults that have played volleyball in the past – each spring, we put together a volleyball league much like our recreation basketball program. We need you, the adults, with some volleyball experience and energy to help teach our young ladies this exciting sport. Games will be officiated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

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. For the 7-9th graders, there will be 7 matches per team from late April - June 1st, followed by a min of 2 matches in a playoff situation! For youth and beginner leagues, there will be 8 matches, no playoffs. In the 7-9th grade league, we expect to field two divisions; an upper and lower division. *There will 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 13-Jun 9

Fee: \$139* includes team tee!

Youth Sports



Basketball: Spring County Recreational

**Girls and Boys: Grades 3-8
Registration starts in February!**

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. *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 mid-March/early April. Weekday games in the evenings; late April thru early June.

Fee: \$99*

NK Reversible Jersey, if needed: \$25.

NKHS Sail Racing Team 2017/18

Spring Team Sailing Grades 8-12

Spring season competition is in Double-hand 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 24, 2018, 6pm, Recreation Center.

<i>Mon-Thu</i>	<i>Feb-May</i>	<i>2 : 4 5 - 5:30p</i>
<i>Spring Sailing Fee:</i>		<i>\$229*</i>

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.

For more information on high school sailing visit: www.nwisa.org

Make A Difference



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.

Youth Sports

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 in North Kitsap. Our teams participate in girl's and boy's leagues in Washington State and lacrosse is recognized as a varsity sport at both North Kitsap and Kingston High Schools.

We anticipate fielding the following teams for the 2018 Spring Season leagues:

Boy's: HS Varsity*, HS JV, & Middle School 7/8th grade division.

Girl's: HS JV League.

Coed: 5/6th grade division.

*HS Varsity players are eligible to earn a varsity letter through Parks and Rec if recommended by the Head Coach.

Spring Season

Team formation (number of teams and level of play) are based on registrations received by Nov 6. **The \$200/\$125 (based on age group) spring season registration deadline is Mon, Nov 6th.** All players registering prior to the deadline will be guaranteed assignment to a team. Registrations will continue after Nov 6th 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 close of business 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.

register  ONLINE!

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

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 – Boys: helmet, pads, stick, mouth guard and cup and Girls: stick, goggles, and mouth guard. *Practices will be held at Strawberry Field between Poulsbo Middle School and Poulsbo Elementary. Practices: Mon-Fri Feb 26-Mid-May 4:30-6:30p* \$225*

Middle School - 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 greater Seattle area. Practice dates and game schedules will be posted prior to the first day of practice. *Practices will be held at Strawberry Field between Poulsbo Middle School and Poulsbo Elementary. Practices: Mon-Fri Feb 6-Mid-May 3-5p OR 4:30-6:30p* \$225*

Youth Coed - Girls & Boys: Grades 5-6

The Coed Lacrosse program introduces 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 (\$40) from NKLAX. No physical required.

Practices will be held at Strawberry Field between Poulsbo Middle School and Poulsbo Elementary.

Practices: Mon-Fri Feb 6-Mid-May 4:30-6:30p

\$150*



Community

Community Education

Western promotes lifelong learning through a variety of offerings:

SEA Discovery Center

The SEA Discovery Center is a learning facility and aquarium located on the Poulsbo waterfront. Visitors of all ages are welcome. There is no admission fee, but donations are gratefully accepted.

Visit us at: 18743 Front Street NE, Poulsbo
www.western.edu/SEA • (360) 598-4460

Academy for Lifelong Learning (ALL)

Designed for adult learners, ALL offers short university-level courses in the humanities, current affairs, and natural and social sciences. There are no entrance requirements, tests or grades; this is learning simply for the joy of learning.

All interested adults are welcome.

For a list of courses visit:
www.western.edu/ALLPeninsulas • (360) 394-2748

Western Lecture Series

This series offers a compelling selection of lectures presented free and open to the public throughout the year. The lectures provide thought-provoking exploration into subjects and topics of local and regional interest by experts in their respective fields of profession or special interests.

For a list of courses visit:
ee.western.edu/WLS • (360) 394-2733

Youth Programs

Western's Youth Programs in Poulsbo offers students grades Pre-K–grade 8 the opportunity to explore science and art through hands-on learning.

Explore more at:
www.western.edu/SEA • (360) 598-4460



www.western.edu/Peninsulas

Active Minds Changing Lives

AA/EO

Adult Programs

Earn a Bachelor's Degree or Certificate with Western on the Peninsulas

Bremerton | Poulsbo | Port Angeles



WESTERN IS YOUR RESOURCE FOR HIGHER EDUCATION

Western Washington University offers a variety of degrees. Our work has been advanced through partnerships with Olympic and Peninsula Colleges. By maximizing the strengths of two community colleges and a university, educational and professional pathways have been created, so residents can complete a bachelor's degree on the Peninsulas.

From high school students completing a Running Start program to working adults looking to advance their education, options are available close to home.

Programs

- Business Administration, B.A.
- Computer Information and Systems Security (CISS), B.S.
- Educational Leadership*
- Environmental Policy, B.A.
- Environmental Science, B.S.
- Human Services, B.A.
- Multidisciplinary Studies, B.A.
- Teacher Education*
- Teaching English to Speakers of Other Languages (TESOL), Certificate
- WesternOnline

*Various programs available.



www.edu/Peninsulas

Active Minds Changing Lives

AA/E0

Adult Programs



Poulsbo Community Orchestra

2017 – 2018 Season

The Poulsbo Community Orchestra was formed in 2014, and is made up of volunteer musicians from the Puget Sound region. The orchestra rehearses on Mondays from 7-9p and will perform three concerts at the North Kitsap Community Auditorium: a holiday concert in December, a classical program in March, and a pops concert in June. The orchestra is lead by Maestro Mario Alejandro Torres. No audition is necessary. To register, visit www.poulsbocommunityorchestra.org and select registration. Rehearsal and performance dates plus details are included in the registration form. **The membership fee is \$80 per season and will be billed by the City of Poulsbo upon application acceptance.** Seating is limited. Questions may be directed to info@PoulsboCommunityOrchestra.org. *Rehearsals: North Point Community Church, 1779 NE Hostmark St, Poulsbo.*

Mon	Sep18-Jun 11	7-9p	\$80*
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Concerts will be held at the North Kitsap Community Auditorium, 1881 Hostmark Street.

Classical Concert:

Sun, Mar 18, 2018	3p	free!
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Pops Concert:

Sun, Jun 3, 2018	3p	free!
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Private Piano Lessons

Ages 7-Adult (or as arranged)

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. 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 lessons. *Recreation Center Piano Studio.*

T,W,TH,F Winter: Jan 2-Mar 30 (13 wks)

30 min lessons: \$321* or \$107 per month+

45 min lessons: \$470* or \$156 per month+

+Fees prorated if student begins mid-session.



Beginning to Advanced Guitar

Ages 8-Adult (Ongoing monthly lessons)

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 run: *Jan 8-29, Feb 5-26 and Mar 5-26. Lessons will be held MK King Day and President's Day.* 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. *Recreation Center.*

Mondays- time scheduled with instructor
\$167 / month

Adult Programs

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.

To our many community Sponsors, partners & volunteers at Poulsbo Parks & Recreation!



Spooktacular

Central Market | WB Properties

Viking Fest Road Race

Kitsap Physical Therapy
Poulsbo Running | Sport Haus
Maxx Nutrition | Tuna Graphics
KitsapSun / Fusion Creative Works

Easter Candy Hunt

Poulsbo Lions Club | Hill Moving Services
WB Properties | North Kitsap Fishline

Summer Nights on the Bay

Western Wa University
Central Market | Port of Poulsbo
Kregg and Kimberlee Hoover
InMotion Performing Arts Studio
Navy Federal Credit Union

Poulsbo Park Projects

Poulsbo Lions Club
Poulsbo-NK Rotary Club
Poulsbo's Fish Park Steering Comm.
WWU-Huxley College
Poulsbo-BI Trout Unlimited
Stendahl Ridge neighbors
DNR/Urban Forestry Restoration Crew
RandyKan
American Building & Roofing
Windermere-Poulsbo
Tim Ryan Construction
Westerland Tree Service
Waag Tree Service

Senior Trip Volunteers

Diann Hebert, Shelley Fleming, Doug & Lin Murray, Moe O'Rourke, Sally Eastman, Christine Salo, Suzanne Powers, Jill Anderson, Lisa Lane

Bench Sponsor Program

Memorialize friends and family by donating one of 14 new brown benches at Waterfront Park.

Call Parks & Recreation at 360-779-9898 for information or check the website at: http://www.cityofpoulsbo.com/parks/parks_parks_trails.htm

Adult Programs

Educated Feet Dance Classes

The following classes are taught by **SheiS 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 Pousbo 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, Feb 13. *Vinland Elementary*.
Thu Feb 15-Mar 15 6:30-7:30p \$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 13. *Vinland Elementary*.
Thu Feb 15-Mar 15 7:30-8:30p \$55*

Popular dance instructors George & Jan Bahr are offering dance classes at Pearson Elementary!

More Tango! **NEW!** 4 wks

George & Jan Bahr. You've learned the basic steps of this fun Latin dance, now we'll add some new ones to make it even more interesting! Not harder than Intermediate, just some different steps for your enjoyment. **Class WILL be held on President's Day.** *Pearson Elem Gym*.
Mon Feb 5-26 7-8p \$39*

Foxtrot Basics **NEW!** 4 wks

George & Jan Bahr. This is the class to start with for the Foxtrot. You will learn the basic steps and turns that will prepare you for the dance floor and for taking additional classes. *Pearson Elem Gym*.
Mon Mar 5-26 7-8p \$39*



8 wks

Pastel Portrait Painting & Drawing

Julia Turk. For all levels, beginners upward. 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.** *Rec Center*.
Thu Feb 1-Mar 22 9:30a-12 \$149*

Refining Your Drawing Technique:

Intermediate Drawing 8 wks

Julia Turk. Students need to have taken "Yes, You Can Draw" prior to registering for this class or have permission from the instructor. Continue building on all the skills learned in the beginning class. *Recreation Center Kitchen*.
Wed Feb 7-Mar 28 6:30-8:30p \$149*

Oil Painting 8 wks

Julia Turk has been teaching oil painting at the large Art School in Delray Beach, Florida for three years, and is now living in Pousbo. Julia is happy to help both beginners and intermediate students with their oil paintings. Oils on canvas are very rewarding, not difficult to apply, and the amazing results will last a lifetime. Landscapes, portraits, still life and pets are some of the subjects that Julia can help you to paint. Developing your own unique style is the key! We hope you will join us to continue your journey into oil painting! **No class Feb 19.** *Recreation Ctr Mon*
Feb 5-Apr 2 6:30-8:30p \$149*



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

Adult Programs

Oil Painting for Beginners 4 wks

Susan Stevens. Never painted with oils before? No problem! Come over and join in on one of our fun filled journeys as we explore oil painting. Students will be able to explore at their own pace while being given instructions on how to achieve specific techniques. To add to the fun, we will play music in the background to match the theme of each class. Students are welcome to bring a lunch. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center Kitchen.*

Winter Wonderland

Tue Jan 16-Feb 6 12-2:30p \$78*

In the Garden

Tue Feb 27-Mar 20 12-2:30p \$78*

Beginning Watercolor: 4 wks

Themed classes

Donna Russell. These classes are for true beginning watercolor students or for those who want to learn different techniques with watercolor. Participants will have the opportunity to work on paintings they have brought from home or start new projects with the instructor. Donna is a member of the Poulsbo Artist League and the Bremerton Art Guild; her art hangs through Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center Kitchen.*

Boats and Water in Watercolor

Wed Jan 10-31 10-11:30a \$78*

Animals in Watercolor

Wed Mar 7-28 10-11:30a \$78*

3 wks

Intermediate Watercolor Workshop

Nancy Sefton. This class is designed for those who have some experience with watercolors, and have learned how to manipulate the paint to achieve the basic effects unique to this medium. It's time to take the next step! You'll paint on your own with guidance from the instructor regarding preliminary planning, composition, color and contrast, and other elements that result in a satisfying piece of art. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center.*

Mon Mar 12-26 1-3p \$77*

Acrylic Painting Workshops 3 wks/4 wks

Lauriann Atlee. Acrylics are a fun and popular medium that is very versatile and easy for beginning artists to work with. Learn how to work with Acrylic paints on Canvas. Students will explore different techniques and master new skill working in this medium. More specific series information will be available online. Students could potentially finish more than one painting. **All materials are provided. No class on Jan 15 or Feb 19.** *Rec Center.*

Mon Jan 8-29 12-2:30p \$124*

Mon Feb 5-26 12-2:30p \$124*

Wine Glass/Vase Painting 1 class

Lauriann Atlee. In this fun class, we will be using enamel glass paints to paint wine glasses or small vases. Once they are baked in an oven, they are washable! **A supply fee of \$5 is payable to the instructor at glass, and includes 2 wine glasses or 8-inch vases per person.** *Recreation Center Kitchen.*

Thu Mar 29 6-9p \$44*

Acrylics: An Introduction to Knife Painting 1 class

Lauriann Atlee. Learn to paint a cityscape using blended brush techniques and artist knives. You'll receive lots of instruction and practice of loading, strokes and techniques with brushes, artist knives and palette knives. **A 16"x20" canvas and all painting supplies are included.** *Recreation Center Kitchen.*

Thu Feb 15 6-9p \$44*

1 class

Creative Canvas Painting Parties

Colleen Doeleman. You'll be amazed at how fun, quick, and easy beautiful works of art can be created. You'll be using non-toxic acrylic paints as the instructor guides you step-by-step through your painting; and you'll be encouraged to embellish using your own creativity and imagination. You'll learn several techniques to achieve the desired result that the instructor has mastered over the last 24 years of art instruction. All skill levels are encouraged to join in the fun, and no prior painting or art experience is necessary to join! **Please register at least 10 days in advance to allow the instructor to order supplies. A supply fee of \$18 per student is payable to the instructor at the beginning of each class.** *Recreation Center Kitchen.*

Fri Jan 26 11:30a-1:30p \$40*

Fri Feb 23 11:30a-1:30p \$40*

Fri Mar 30 11:30a-1:30p \$40*

Adult Programs

3 wks

Reclaimed/Up-cycled Multimedia Art

Susan Stevens. Pack up a sack lunch and join us for this fun project. Students will take a recycled cabinet door and transform it into a work of art. You will use household items such as mosaic tiles, broken glass, marbles, fabric, dishes, and old picture frames, jewelry, and other recycled mementos to transform your piece. Students are encouraged to bring interesting items from their home to incorporate in their work. The cabinet door will be provided at the first class. **Students will need to purchase some materials; a materials list will be provided upon registration. Instructor will also supply some materials.** *Recreation Center Kitchen.*

Wed Feb 7-21 9:30a-12:30p \$78*

Family Themed Pallet Painting 1 class

Ages 5 and older, plus accompanying adult(s)

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a themed creation from start to finish. Fee is per family (Limit 2 adults and up to 3 kids). This instructor-led class will walk you through the steps to create a pallet-based art masterpiece using stencils and weathering techniques perfect to use as decoration for each season. Open to all skill sets. **All supplies are furnished by the instructor.** *Recreation Center*

Family Monograms and Surnames

Sat Jan 6 1-3p \$45* per family

Valentine's Day/Love Theme

Sat Feb 3 1-3p \$45* per family

Spring/Easter Theme

Sat Mar 3 1-3p \$45* per family



register ONLINE!

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

Pallet String Art

1 class

Ages 12 thru Adult: Great for Homeschoolers!

Rachel McCreight. Enjoy two hours of quality time with friends and family as you paint and construct a pallet creation from start to finish. This instructor-led class will walk you through the steps to create a pallet string art display including painting a background, hammering in nails, and stringing the design. The unique class style allows you the option to create any art you wish, while not making the same picture as everyone as in typical group painting. **All materials are included in the per person fee.** *Recreation Center Kitchen.*

Thu	Jan 25	10a-12p	\$38*
Tue	Feb 13	1-3p	\$38*
Mon	Mar 12	10a-12p	\$38*

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 and Holiday Cards! **Please bring a pencil, a ruler, a pad of watercolor paper, and a calligraphy pen with a pointed nib and ink to class.** *Recreation Center Kitchen.*

Sat Feb 10 10a-1:30p \$35*



Refining Your Drawing Technique:

Intermediate Drawing

8 wks

Julia Turk. Students need to have taken "Yes, You Can Draw" prior to registering for this class or have permission from the instructor. Continue building on all the skills learned in the beginning class. *Recreation Center Kitchen.*

Wed Feb 7-Mar 28 6:30-8:30p \$149*

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.*

Sat Jan 27 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.** *Poulsbo City Hall.*

Tue Feb 20-Mar 20 1-3p \$69*

Through Your Eyes: Writing Your Life Stories

Heidi Thorsen Instructor/Coach: *Capturing memories. Reflecting on experiences. Leaving your legacy.* Heidi brings her experience as a career educator, a certified and experienced Guided Autobiography instructor, and core council board member of the Birren Center for Autobiographical Studies in Los Angeles, CA. She is eager to share her passion for facilitating life story writing in either an 8-week course, a one-day, holiday themed workshop, or both. Courses are described below. For additional information and resources, visit her website at: tyememoirs.com.

Through Your Eyes: Course 1 **8 wks**

We will explore a unique theme weekly through activities and priming questions to help you recall life memories. Each class member will write a two-page story during the week and share it with classmates the following session. Participants will gain a growing appreciation of their own lives and the lives of others, while documenting personal life stories for families or others to enjoy. After a dynamic 8-week session, you will have definitely stretched — backward and forward. *Class will be located at the instructor's home studio, located at 21205 Stottlemeyer Rd. NE.*

Tue	Jan 9-Feb 27	1-3p	\$125*
Tue	Jan 9-Feb 27	6-8p	\$125*

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.

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

Adult Programs



French lessons offered by Myriam Desauois-Mullen

Informational meetings, open for drop-in anytime, 5-6:30p, to discuss with your instructor your language needs. We will also inquire about your interests in advanced language classes and grammar classes. *Informational meetings will be held in the Recreation Center Kitchen.*

Winter sessions: Wed, Jan 3 5-6:30p

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 Jan 15 or Feb 19.** *NKHS classroom.*

Mon Jan 8-Mar 26 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 Jan 15, Feb 19.** *NKHS classroom.*

Mon Jan 8-Mar 26 6:20-7:50p \$129*

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. *NKHS classroom.*

Wed Jan 17-Feb 28 5-6:30p \$89*
Wed Apr 11-May 16 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. *NKHS Classroom.*

Wed Jan 17-Feb 28 6:45-8:15p \$89*
Wed Apr 11-May 16 6:45-8:15p \$89*

Small Animal Massage 2 classes

Janice Hill and Alice Cramer. Bring your dog and your significant other to classes for hands-on massage techniques. We will have a "practice" dog for you to use if you choose to leave your own dog at home. 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 Kitchen.*

Fri Feb 16 & 23 7-8:30p \$38*

Adult Programs

garden time

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. There is a maximum allocation of two plots per household.

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.

Spring / Summer 2018 Gardening

Returning gardeners who have successfully completed their garden service hours in 2017 will get plot priority and may register and pay for the new season between Aug 21, 2017 and Feb 28, 2018. Gardeners 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, 2018. New gardeners please call now or register online for the waitlist for 2018! For more information, call Parks and Recreation, 360-779-9898.

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 Kitchen.**

Tue Mar 6 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 preregister. Class will meet outdoors; site to be determined in Poulsbo.**

Sun Mar 11 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 preregister. Class will meet outdoors, site to be determined in Poulsbo.**

Sun Mar 18 1-3p FREE!



Adult Programs



5 wk

How to Build A FREE Web Site & Blog!!

Jami Sipila, owner of local video production & media company, LondonBLUE Studios. In this class, you will learn how to set up an account with Wix.com. You will learn basic navigation of the editor and how to work within templates. In addition to setting up the account, we will create a “home” page, a “contact” page, an “about” page and a “blog” page to make it a functional web site for you or your business. You will also learn about adding different types of content including: text, pictures, and video. Some computer and internet knowledge is required. Information will be taught as a class, not on a one-on-one basis, so please be prepared for a small classroom environment. It is recommended that you plan to take notes through the lesson. **You should bring a laptop & have an email account (any provider) to follow along, but are welcome to come and take notes if you don't.** For class questions, please feel free to contact Jami directly by emailing her at LondonBlueStudios@gmail.com or message her on Facebook at [facebook.com/LondonBlueStudios](https://www.facebook.com/LondonBlueStudios). (See LondonBlueStudios.com, MickeysMagicalAdventures.com, & MyKitsapWedding.com for examples). *Recreation Center Kitchen/Classroom.*

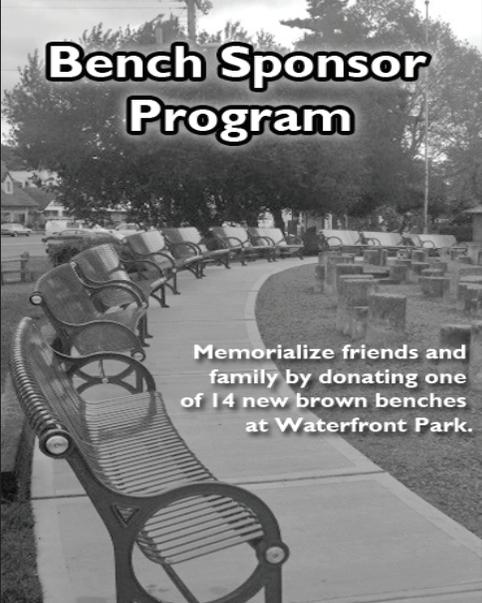
Wed	Feb 21-Mar 21	1:15-2:15p	\$92*
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Social Security: 1 class What you should know before you retire

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 attendee will need to schedule a time to meet with Marilyn in her Poulsbo office for review. *Recreation Center Kitchen.*

Sat	Jan 20	10-11a	\$25
Thu	Feb 22	6:30-7:30p	\$25
Tue	Mar 20	6:30-7:30p	\$25

Bench Sponsor Program



Memorialize friends and family by donating one of 14 new brown benches at Waterfront Park.

Call Parks & Recreation at 360-779-9898 for information or check the website at: http://www.cityofpoulsbo.com/parks/parks_parks_trails.htm

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!



Adult Programs

Don Soderquist, CMFC, Financial Advisor with Waddell & Reed, is offering the following financial and investment classes to the community this spring and summer. For questions regarding the workshops, please contact him at (360) 613-7031. Everyone who attends will receive a free full-color workbook. *All classes are held in the Poulsbo City Hall 3rd Floor Conference Room.*

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. Securities and investment advisory services offered through Waddell & Reed, Inc., a Broker/Dealer, Member FINRA/SIPC and a Federally Registered Investment Advisor. Insurance products are offered through insurance companies with which Waddell & Reed has sales arrangements.

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 Mar 13 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 Mar 27 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 Jan 23 6-7:30p \$10



register ONLINE!

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



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 6 6-7:30p \$10

Your Retirement – Medicare and Health Care Options

Health care is an important part of your overall retirement financial plan. Understand the options available to support a physically and financially healthy retirement.

Tue Feb 27 6-7:30p \$10



Small Animal Massage 2 classes

Janice Hill and Alice Cramer. Bring your dog and your significant other to classes for hands-on massage techniques. We will have a "practice" dog for you to use if you choose to leave your own dog at home. 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 Kitchen.*

Fri Feb 16 & 23 7-8:30p \$38*

Adult Programs



Introduction to Your Personal Wisdom: Workshops on Creativity, Wisdom & Spirit

Teresa Brewster is a lifelong student of personal and spiritual development, and has been a professional intuitive healer and reader for the past 14 years. She has practiced out of her office in Poulsbo for the past 11 years, seeing clients on an individual basis, as well as teaching Reiki classes, Develop Your Intuition classes, and Embracing Your Body Wisdom Classes.

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. The instructors combine their skills and backgrounds to bring over 40 years of teaching experience to the classes.

Winter classes will be held at 19020 Front St NE, Poulsbo, 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.

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

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

Wed Jan 10 6-8p \$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.

Wed Jan 17 6-8p \$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 Jan 24 6-8p \$45*

+ Register for either group of I, II, and III classes, pay only \$115!

To our many community Sponsors, partners & volunteers at Poulsbo Parks & Recreation!



Spooktacular

Central Market | WB Properties

Viking Fest Road Race

Kitsap Physical Therapy
Poulsbo Running | Sport Haus
Maxx Nutrition | Tuna Graphics
KitsapSun / Fusion Creative Works

Easter Candy Hunt

Poulsbo Lions Club | Hill Moving Services
WB Properties | North Kitsap Fishline

Summer Nights on the Bay

Western Wa University
Central Market | Port of Poulsbo
Kregg and Kimberlee Hoover
InMotion Performing Arts Studio
Navy Federal Credit Union

Poulsbo Park Projects

Poulsbo Lions Club
Poulsbo-NK Rotary Club
Poulsbo's Fish Park Steering Comm.
WWU-Huxley College
Poulsbo-BI Trout Unlimited
Stendahl Ridge neighbors
DNR/Urban Forestry Restoration Crew
RandyKan
American Building & Roofing
Windermere-Poulsbo
Tim Ryan Construction
Westerland Tree Service
Waag Tree Service

Senior Trip Volunteers

Diann Hebert, Shelley Fleming, Doug & Lin Murray, Moe O'Rourke, Sally Eastman, Christine Salo, Suzanne Powers, Jill Anderson, Lisa Lane

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)
5:30-6:30 pm	Yoga (Jolene)		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 with a focus on basic yoga postures, alignment, and breath in a non-intimidating environment. This class is perfect for all levels of experience and fitness.

Yoga

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.



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 per month.

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-6:30p Mon-Thu and 8a-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. 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 like racquetball, by calling in a reservation for a court and the equipment. Court time can be scheduled from 8a-6:30p Mon-Thurs and 8a-5p on Fridays. A complete set of rules is also available.

\$10 per hour or a 10-hour punch card for \$85.

1 class

register
ONLINE!

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

Keeping a Gluten- and Dairy-Free Kitchen while living a normal life!

David & Suzanne O'Clair Shelley. This workshop covers simple ways to clean up your dietary act whether you are a full-out celiac, gluten-intolerant, or dairy-sensitive. 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 on-line resources. You will also receive a variety of recipes. And, we'll bring food-tastings - so don't eat too much before you come!

David Shelley discovered he was a celiac thirty-five years ago when it was practically unheard of. Suzanne O'Clair Shelley recently discovered her own gluten- and dairy- intolerances. 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.*

Breakfast, Lunch or Dinner

Sat	Feb 10	4-6p	\$37*
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A Guide into Self-Care 1 class

Well Being Health Center. Learn simple self-care techniques that you can practice at home. Improve and restore the body with exercises, poses and therapy ball rolling to reduce pain and tension and return the body to its proper balance. We will be talking about fascia and anatomy and how it relates and sometimes restricts our healthy movement patterns. This class is open to everyone with any level of yoga experience. *Well Being Health Center.*

Tue	Jan 16	6-7:30p	\$20
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Adult Fitness & Sports



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 work within your physical limitations. *Poulsbo City Hall Council Chambers.*

Sat	Jan 27	9:30a-12:30p	\$35*
Sat	Mar 10	9:30a-12:30p	\$35*

Drop In Pickleball!

Stop in and tryout a recreational sport created right here in the Northwest! Pickleball is played on a 20'X44' court, over a 36" net. We will use a drop-in fee on site, cash only, to cover expenses for the gym. **Bring your own paddles and balls, or rent a pair of paddles and a ball for a buck!** *Kingston Middle School Gym.*

Sundays	3:30-5:30p	\$3 drop-in
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Fees are paid at the gym.

Basketball: Adult Open Gyms

Do you have time for Sunday evening basketball? Our Open Gyms are geared for our 30+yr-olds, but those 18 years & older may participate. Everyone plays! Sunday night Open Gym, *Poulsbo Middle School*, 6-8p.

Good sportsmanship is required.

Sundays, 6-8p	\$3 drop-in
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Fees are paid at the gym.

4 wks

Sho-Rei-Shobu-Kan Okinawan Goju-Ryu Karate-Do

Ages 8 thru Adult

Charles Todd. This is a traditional Okinawan style of Karate as referenced in the Karate Kid movies. Instructor will work with students at all levels, ages 8 to adult. Students will learn self-discipline as an effective means of self-defense. Focus on building strength, discipline, and moral character. Students will learn basic techniques associated with this karate style. Learn how to deescalate an awkward situation and be more aware of your surroundings. A great way to get in shape, fun for the whole family! **Students will need to purchase a Gi (karate uniform), information for purchase will be available from the instructor at the first class.** Charles Todd is a 4th degree black belt and a certified instructor under the Sho-Rei-Shobu-Kan organization. Mr. Todd has been active in Karate for over 35 years. **No class Dec 23.** *Recreation Center Gym.*

Sat	Jan 13-Feb 3	10a-12p	\$55*
Sat	Feb 10-Mar 3	10a-12p	\$55*
Sat	Mar 10-31	10a-12p	\$55*

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.

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

Senior Programs



Poulsbo Parks and Recreation and Martha and Mary Health Services (MMHS) are pleased to be providing Senior Trips and Excursions for the community! 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. We will also be using NW Passage Charters & Tours busses for some of the trips, as noted in the trip description (NWPCT). 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 prior to the trip UNLESS your place can be filled.

The departure and return point for all trips is the Recreation Center. Most of these trips are in a 16-passenger mini bus. We have monthly trips that utilize a 24 or 36 passenger charter bus. Bus used is noted in the trip description..

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.

**** We are looking for additional volunteer drivers with a CDL and a valid DOT medical exam certificate to drive some of these Senior Trips and Excursions. Please call Mary at 360-394-9772 if you are qualified and interested. ****

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.

New Day Northwest and the Seattle Waterfront (waiting list only) 2

Thu, Jan 18 7:45a-4p
\$44* sales tax \$3.96 Total \$47.96

This trip is full with an active waiting list

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! After the early taping, we'll head to lunch on the waterfront, and have time to stroll Seattle's iconic area. You can even enjoy Wings Over Washington, an aerial adventure of our wonderful state. WOW is currently the most state-of-the-art theater in the world using 5K cameras, innovative art laser projection, drones for image capture, MUSHROOM VR™, and a groundbreaking surround sound system. Once you are strapped into your theater seat, you will experience an amazing journey as a "spirit eagle" sweeps you upward into flight across the state of Washington. **Fee includes transportation and show tickets; lunch and shopping is on your own. (MMHS Bus)**

Living Computers Museum + Fran's Chocolates 2

Thu, Jan 25 9:30a-4p
\$49* sales tax \$4.41 Total \$53.41

Living Computers: Museum + Labs provides a one-of-a-kind, hands-on experience with computer technology from the 1960s to the present. LCM+L honors the history of computing with the world's largest collection of fully restored—and *usable*—supercomputers, mainframes, minicomputers, and microcomputers. A new main gallery offers direct experiences with robotics, virtual reality, artificial intelligence, self-driving cars, big data, the Internet of Things, video-game making, and digital art. The main floor features education labs for learning new skills (or dusting off old ones). Come in. Geek out. We will stop for lunch in Sodo before visiting Frans Chocolates in the Georgetown neighborhood. **Fee includes transportation, ferry, and tour – lunch is on your own. (MMHS Bus)**

Senior Programs

The Maltby Café and Antiques in Snohomish 2

Thu, Feb 8 8:45a-5p
\$37* sales tax \$3.33 Total \$40.33

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 Cafe 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 – lunch and shopping on your own. (MMHS Bus)**

Museum of Glass and Washington State Historical Museum 1

Thu, Feb 15 9a-4:30p
\$42* sales tax \$3.78 Total \$45.78

Feel the heat as you watch a team of artists create masterpieces from molten glass in the West Coast's largest Hot Shop housed inside the iconic 90-foot stainless steel cone—and marvel at edgy and inspiring exhibitions of glass in the galleries. With its striking architecture, majestic outdoor art installations, the remarkable Chihuly Bridge of Glass and the finest Museum Store around, Museum of Glass is Tacoma's cultural landmark. We will find a fun restaurant for lunch before heading over to the Washington State Historical Museum. Here you will explore and be entertained in an environment where characters from Washington's past speak about their lives through interactive exhibits, theatrical storytelling, high-tech displays and dramatic artifacts. **Fee includes transportation and museum admissions; lunch is on your own. (MMHS Bus)**

Experience Chocolate Tours 3

Tue, Feb 27 8:45a-3p
\$45* sales tax \$4.05 Total \$49.05

taste. explore. discover. The Experience Chocolate Tour is a delicious, likeable, shareable chocolate-centric elevated experience in the Seattle Chocolate Company's factory. Taste a variety of chocolate delicacies through your journey of discovery. Explore along a 9.5' high, hot pink raised walkway; our chocolate making machines and chocolate waterfall amidst wafts of fresh chocolate aromas. Discover how chocolate is grown, its history, learn what is a truffle and how we come up with new flavor combinations (and share your ideas). We will drive back towards Tacoma for lunch on the waterfront, before

heading home. **Fee includes transportation, ferry and tour. Lunch and shopping is on your own. (MMHS Bus)**

La Conner and Daffodils 2

Thu, Mar 8 7:45a-5p
\$42* sales tax 3.78 Total \$45.78

You all have heard about the Skagit Valley Tulip Festival, right? While the tulips are the most famous blooms, there's nothing quite as wonderful as entire fields of bright, cheery daffodils against a Mt. Baker backdrop. It's just so beautiful in March with the Daffodils blooming! After visiting the fields, we'll venture into La Conner for lunch and browsing. La Conner has an almost magical quality that brings visitors back again and again. It's the kind of community that many of us yearn for; charming and picturesque, with a vibrancy all its own. **Fee includes transportation and ferry. Lunch and shopping is on your own. (MMHS Bus)**

Tacoma Glassblowing Studio 1

Thu, Mar 15 10a-4p
\$107* sales tax \$9.63 Total \$116.63

Once again 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-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. (MMHS Bus)**

Chuckanut Drive to Bellingham 2

Tue, Mar 20 7:45a-5p
\$79* sales tax \$7.11 Total \$86.11

For a beautiful and slow-paced alternative to Interstate 5, come enjoy parts of the Skagit Valley that you've probably never seen before! We'll exit at Burlington and take a trip up the famous Chuckanut Drive. We'll follow the rock shoulder of the Chuckanut Mountains while looking out to the San Juan Islands, and make stops along the viewpoints along the way. We'll end up in the 1880's brick town of Fairhaven in south Bellingham before visiting the Taylor Street Dock and then returning home via I-5. **Fee includes transportation and ferry. Lunch is on your own. (NWPCT Bus).**

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 3 yrs 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>Session Dates</u>	<u>Fall</u>	<u>Registration</u>	<u>Session Dates</u>	<u>Winter</u>	<u>Registration</u>
9/11 to 10/11 M/W		8/30	1/8 to 1/31 M/W		12/13
9/12 to 10/12 T/TH		8/30	1/9 to 2/1 T/TH		12/13
9/9 to 9/30 Sat.		8/30	1/6 to 1/27 Sat.		12/13
10/16 to 11/8 M/W		10/11	2/5 to 2/28 M/W		1/31
10/17 to 11/9 T/TH		10/11	2/6 to 3/1 T/TH		1/31
10/7 to 11/4 Sat		10/2	2/3 to 2/24 Sat.		1/29
11/13 to 12/13 M/W		11/8	3/5 to 3/28 M/W		2/28
11/14 to 12/14 T/TH		11/8	3/6 to 3/29 T/TH		2/28
11/18 to 12/16 Sat.		11/6	3/3 to 3/24 Sat.		2/26

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

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

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
\$135.00 Half Day Punch Card (5 punches)
\$220.00 Full Day Punch Card (5 punches)
\$33.00 Half Day Drop-In
\$55.00 Full Day Drop-In

Fall/Winter Dates
October 25th, 26th, 27th
November 10th & 24th
December 1st, 18th - 22nd, 26th - 29th
January/February Jan 15th, Feb 2nd, 19th & 20th
March/April March 28th - 30th, April 2nd - 6th

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 \$5.00, Youth/Senior \$4.00, Aquacise \$5.25 and Family \$14.50
Punch Cards (12 swims): Adult \$50.00, Youth/Senior \$40.00 and Aquacise \$52.50
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

Information



DADDY DAUGHTER DANCE

SATURDAY, FEBRUARY 10
6:30-9pm
KINGSTON MIDDLE SCHOOL

\$13
per person

Ages 5 and up.
Advanced sign-up required.
Register NOW! Tickets sell out fast.

CO-SPONSORED BY THE MISS VIKING FEST COURT AND MISS WESTSOUND

24th Annual
Easter Candy Hunt
Saturday, March 31
at Raab Park



*Age divisions begin
at 5 minute intervals:*
Ages 1-2 ... start at 1:05p
Ages 3-4 ... start at 1:10p
Ages 5-6 ... start at 1:15p
Ages 7-8 ... start at 1:20p
Ages 9-11 ... start at 1:25p

Proudly Sponsored by:
Poulsbo Lions Club, Hill Moving, NK Fishline and
Poulsbo Parks & Recreation



*Please consider bringing a food donation to
NK Fishline*

