

Poulsbo Parks & Recreation Newsletter

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Gentle Yoga

This class is designed for anyone with osteoporosis, chronic pain, anxiety, depression, sleep problems or chronic illness. Gentle yoga poses, discussion, and practice of yoga techniques to help with mood, sleep, anxiety and chronic pain. **Recreation Center.**
Mondays, August 7-28, 3:30-4:30pm



Make Music Friday Mornings!

These interactive caregiver and child classes teach both adult and child delightful songs, dances, and musical activities. Focus depending on age group is on singing, keeping a beat, listening, and language skills. **Recreation Center, Fridays, August 11-25**

Everyone Makes Music	Age 1-4	9-9:45am
Toddlers Make Music	Age 1-3	10-10:45am
Babies Make Music	Age 0-1	11-11:45am

*Children who are not yet walking would be best served in the Babies make Music Class



Signing Soiree ASL Camp

Learn American Sign Language while having fun with friends! This exciting new camp will offer chances for active play, creative time, and of course, lots of sign! We will learn/practice our alphabet and numbers and learn to apply our knowledge about sign language and deaf culture to our daily lives as we have fun. **Recreation Center.**

Tue-Thu, August 8-10, 9:30-11:30am

Age
6-10



Food Explorers Camp

Join Ms. Theary and make some fabulous food from countries around the world such as France, the Philippines, Mexico, and more. To top it off, we will make some desserts as well. Each day, we will practice our cooking and baking skills as well as learn the traditions of each of these cuisines. It will be a hands-on history/cooking camp. Come take part in the FUN! All supplies included. **Recreation Center Kitchen.**

Tue-Thu, August 15-18, 10:00a-12:00p

Age
8-13



Nutcracker Ballet Camp

Join us for dance mania! Our days will be filled with Creative Movement class, ballet fundamentals, and guest performers. So, grab your best ballerina/ballet dancer clothes and come join in! **InMotion Performing Arts Studio**
Mon-Thu, August 7-10, 9:30-11:30am

Age
3-8



Fall Programming Guide coming soon!

Your Parks & Recreation Department is working hard to bring great programming to Poulsbo!! Stay tuned for our fall brochure at the end of the month!

Storytime in the Park

FREE

Wednesdays, August 2-23, 10-10:30a

Spark your child's love of reading with an outdoor storytime designed to build early literacy skills through stories, rhymes, songs, and lots of full body movement. In partnership with Kitsap Regional Library.

Kvelsted Pavilion, Muriel Iverson Williams Waterfront Park



Intro to Disc Golf

Age 5+

A fun and affordable activity for families combining the basics of golf with the ease and accessibility of a disc (or frisbee), it's no surprise that more and more people are taking up disc golf as their favorite pastime! This introductory course will teach the basics to get started! **Raab Park.**
Thursday, August 24, 6:30-8pm



Make our Parks Beautiful!

Did you know that we have regular opportunities to volunteer in our parks? Every third Sunday of the month from 1-4pm, our **Fish Park** volunteer crew host a work party to keep the park looking its best! Meet in the main parking lot at 288 NW Lindvig Way. Please bring gloves, and if you prefer, your favorite tools!

In addition, we are currently in the midst of rejuvenating **American Legion Park** in partnership with Rotary and the VFW! These work parties are running every other Saturday; more information below!



Skyhawks Summer Camps

Age 5-12

Skyhawks offers several different sports camps in Poulsbo this August, providing countless ways for your child to grow. Their sports camps and programs include traditional weeklong summer day camps operating about 6 hours in duration per day, for 7+ years, and some shorter, half-day programs for 5 to 7-year-olds! **Skyhawks registration is done directly through their organization; visit skyhawks.com for info on local programs.**

Skyhawks

Ace Tennis Camps

Age 7-15

Learn the game! Improve your game! Great course for the summer outdoor months. Beautiful sunshine and a lot of fun on the courts. Beginner and Intermediate level tennis camps will focus on the fundamentals of the game as well as individual techniques for service, volley, and game strategy. **Ridgewood Neighborhood Tennis Courts**

Beginner: Monday-Friday, August 7-11, 9:00-10:30am

Intermediate: Monday-Friday, August 7-11, 10:45am-12:15pm



Have a great summer!

Join the fun on Facebook and Instagram! @PoulsboParksRec

Class Registration: 360.779.9898, Fax: 360.779.5917, Online: [CityOfPoulsbo.com/Register](https://www.cityofpoulsbo.com/register)

Open: Mon-Thurs, 8am-6pm, and Fri, 8am-5pm (Closed for lunch daily from 12:00-1:00)

Physical address: 19540 Front St. Poulsbo, WA | Mailing address: 200 NE Moe St. Poulsbo, WA 98370

