

Poulsbo Parks & Recreation Newsletter

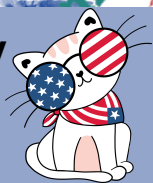
July | 2023 - Issue 7 | Volume 13



Summer Nights at the Bay Concert Series!

Every Tuesday at 6:30

- 7/11 The Jewel Tones (Motown)
- 7/18 Michele D'Amour and The Love Dealers (Blues)
- 7/25 Navy Band Northwest (Pop)
- 8/1 The Fabulous Murphtones (All-American)
- 8/8 Ranger and the "Re-Arrangers" (Hot Club Swing)
- 8/15 Pacific Twang (Country)



Holiday Hours

We will be closed July 4th in observance of Independence Day, and resume normal business hours on Wednesday, July 5th.



Dear Seniors...

Meet City of Poulsbo's NEW Senior Specialist! Eric Anderson now offers office hours at Parks and Recreation each Wednesday from 11a-12p. Come meet him and learn all the wonderful resources he has to help you!

FREE

Lacrosse Camps!

Come find out why Lacrosse is one of fastest growing sports in the country! Players will be divided into two age-appropriate groups and introduced to the fundamental skills needed for playing lacrosse in a safe and fun manner with instruction from NK Lacrosse Club coaches and high school players. **Raab Park.**

T/W/Th	Jul 11-13	5:30-7:30p
T/W/Th	Jul 25-27	5:30-7:30p
Sat	Jul 15/22/29	5:30-7:30p



Senior Programs at the Recreation Center!

Thu, July 6, 11a-12p: Senior Specialist Eric Anderson

Tue, July 11, 1-2:30p: Healing Drumming

Thu, July 20, 1-2p: Disc Golf. Meet at Raab Park.

Thu, July 27, 12-1p: CHI Physician

Every Wednesday, July 12, 19 & 26, 12-1p: Life Long fitness & Health Programs are free, but please RSVP in advance so we know how many are attending.



Beautify your local park!

A chance to help beautify your local community, Work Parties at American Legion Park from 9am-12:30pm every other Saturday! Click the banner below for details!

Saturdays July 15 & 29



JULY IS NATIONAL PARKS & REC MONTH

A LIFETIME OF DISCOVERY

Afternoon Soccer Camps

This fun and fast-moving camp will focus on soccer basics and build fundamentals in a fun and non-competitive environment. Players will be exposed to creative soccer exercises, drills, and games that will enhance their technical ability in a fun and encouraging atmosphere. **Poulsbo Middle School.**

Ages 6/7	M-F	Jul 10-14	1:30-4p
Ages 8-12	W-F	Jul 5-8	1:30-4p



Tennis Camps!

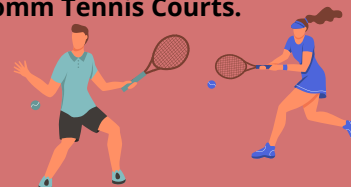
Learn the Game! Improve your game! The training will focus on the fundamentals of the game as well as individual techniques for service, volley, and game strategy. **Ridgewood Comm Tennis Courts.**

Beginners: Ages 7-12, 9-10:30a

Intermediate: Ages 9-15, 10:45a-12:15p

Monday-Friday, \$110 per week

Weeks of July 10, 17, 24, 31, August 7



Middle and High School Gymnastics!

Interested in doing High School Gymnastics this coming season? Join us for our Middle and High School Gymnastics classes this July with Head Coaches from both local high school teams!

Breidablik Elementary School.

Tu/Th Jul 11-27 4:30-6p



Join the fun on Facebook @ [fb.com/PoulsboParksRec](https://www.facebook.com/PoulsboParksRec) or find us on Instagram @ [PoulsboParksRec](https://www.instagram.com/PoulsboParksRec)

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

Physical address: 19540 Front St. Poulsbo, WA 98370

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