

Fall 2025

# Poulsbo

## Parks & Recreation



Registration begins on August 22!

**360-779-9898 / CITYOFOULSBO.COM/REGISTER**

# City of Poulsbo

*Jeff Ozimek, Parks and Recreation Director*



Hello Poulsbo,

What a year 2025 has been so far! Our Parks & Recreation team, in close collaboration with our numerous community partners, have been making tremendous progress on a number of community projects.

Our Senior Task Force recently released the inaugural issue of Poulsbo Senior Connections. The newsletter will be distributed quarterly with the goal of keeping Poulsbo's seniors informed about the wonderful opportunities available to them in our great community. The timing couldn't be better as we've seen triple the amount of senior participation in our community programs since 2022, tracking to host over 1,200 senior participants by the end of this year.

We are also excited to share that the newly rebuilt Raab Park Skatepark will be celebrating its ribbon cutting later this fall. This skatepark refresh has been driven by our Poulsbo Skatepark Advisory Coalition, a group of dedicated volunteers who have been working diligently to update the skatepark with newly designed and installed features to be more accessible to skaters of all ages and abilities.

Later this fall, Muriel Iverson Williams Park will undergo a renovation of the outdated south end picnic area. Created in 1977, the area will see the concrete picnic tables replaced, visibility improved, and the trees given more room for their roots to grow in the beloved picnic spot.

This September, the community favorite "Parks for Pollinators BioBlitz" returns. This program encourages participants to use an app called iNaturalist to take pictures of plants, insects, and animals, thereby identifying the wildlife present on a given day and contributing to a scientific inventory of pollinator species. It will be followed by the new Poulsbo Pollinator Project (P3), which kicks off with a series of planting events in the City to create pollinator corridors. Not only will this beautify our beloved city, but it will also create much-needed habitat.

We are grateful to have so many community partners helping to enrich our lovely city!

Hope to see you in the parks,



Jeff Ozimek, CPRE  
Parks & Recreation Director  
City of Poulsbo

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**Poulsbo Parks & Recreation...**  
**The Heart of a Healthy**  
**Community**

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**4  
40**

### MISSION STATEMENT

The mission of the Parks and Recreation Department is to enrich the quality of life by serving the community's needs for quality and affordable educational and recreational programs, parks, and services to all residents and visitors.

### VISION STATEMENT

It is the vision of the Poulsbo Parks and Recreation Department to be the heart of a healthy community through sustainable, safe, and diverse programs and open spaces, where all residents and visitors feel inspired to live, play, learn, and thrive.

### CORE VALUES

Community Enrichment \* Inclusiveness & Equity \* Health & Wellness \* Stewardship & Sustainability

### RECREATION DEPARTMENT OFFICE HOURS

**Monday-Friday**  
8 am-7 pm  
CLOSED for lunch 12:30-1:30 pm

**Saturday**  
9:30 am-1:30 pm

**Phone:** (360) 779-9898

**E-mail:** parksrec@cityofpoulsbo.com

**Facebook:** @poulsboparksrec

**Instagram:** poulsboparksrec

**Closed in Observance of  
Federal Holidays:**

**Labor Day** - Mon, Sept 1

**Veterans Day** - Tue, Nov 11

**Thanksgiving** - Thu & Fri,  
Nov 27 & 28

**Christmas** - Thu, Dec 25

**New Years Day** - Thu, Jan 1

## HOW TO REGISTER

### ONLINE AT CITYOFOULSBO.COM/REGISTER

Use your e-mail address to sign in or set up an account. If that e-mail address is "taken", that means we already have an account set up for you. Call 360.779.9898 to get your login password.

**Online registration is available 24/7!**

**REGISTRATION  
BEGINS FRIDAY,  
AUGUST 22  
AT 8:00 AM!**

### BY PHONE OR IN-PERSON

Call us at 360.779.9898 or visit us at 19540 Front Street NE, Poulsbo, We are always happy to help you!

#### Office Hours:

**Monday-Friday, 8 am-7 pm**

Closed for lunch from 12:30-1:30 pm daily.

**Saturday, 9:30 am-1:30 pm**

### REGISTRATION

Registration is ongoing until programs are full or are canceled due to low enrollment or other unforeseen reasons. Classes may be canceled if minimum enrollment has not been met up to five business days before the class start date, so please do not wait to register. **YOU WILL BE NOTIFIED ONLY IF THE CLASS YOU WANT IS UNAVAILABLE OR IF THERE ARE ANY CLASS CHANGES.**

**Please be aware that we frequently use e-mail as a means of notification, so be sure we have your current e-mail address.**

### CITY RESIDENT DISCOUNT

City of Poulsbo residents receive an \$8 discount on programs marked \*.

## REFUNDS, CREDITS & CANCELATIONS

### 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 business days prior to the first day of the class or program. There will be no credit given to a patron who withdraws from a program with less than 5 business days unless someone else is found to take that place.

### PROGRAM CANCELATIONS

While we try to give several days notice of program cancellations, this isn't always possible due to incoming late registrations that might mean the difference between a program being canceled or not. We encourage you to register a minimum of one week in advance when possible.

## INCLUSION

### INCLUSION

We value the inclusion of everyone in our programs, and are committed to promoting and encouraging positive interactions among participants with and without disabilities.

We do our best to accommodate those with special needs. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program but are not certain about the accessibility of a facility or wish to discuss program details, please call the Parks & Recreation Dept. at 360.779.9898 to discuss specifics.

### THANK YOU FOR YOUR SUPPORT

We are a small but dedicated team who are devoted to providing our community with quality programs, special events, and parks and trails for you to explore. We strive to always provide you with the best possible customer service and to be your dependable community resource. Thank you for your ongoing support!

**Need help? Have questions? Give us a call! 360.779.9898**



# Fishline

Food Bank & Comprehensive Services



*New Program!*

## Recreation for All Assistance Program (RAAP)

Need help paying for your Parks and Recreation Registration fee?

The Recreation for All Assistance Program may be able to help!

Poulsbo Parks and Recreation has partnered with Fishline to provide financial assistance with program fees for those of all ages.

To learn more and apply for help, please contact Fishline at 360-779-5190 to schedule a meeting with a case manager.



# Fishline

Food Bank & Comprehensive Services



*New Program!*

## Programa de Asistencia de Recreación Para Todos

Fishline y Poulsbo Parks and Recreation se están asociando para ofrecer la Programa de Asistencia de Recreación para Todos (RAAP). RAAP brinda asistencia financiera para cubrir el costo de clases, campamentos, actividades y eventos enumerados en el folleto de Poulsbo Parks and Recreation. Este programa funcionará durante todo el año y es para personas que residen o trabajan en el Distrito Escolar de North Kitsap, Subbase Bangor o que se encuentran sin hogar.

Contacte a un administrador de caso para obtener más información al 360-779-5190 o visite [fishlinehelps.org](http://fishlinehelps.org).



# Welcome!

We are pleased to host a representative from Fishline at the Recreation Center twice a month to provide information on their services, including scholarship programs for our classes!

### September

Wed, Sep 10, 4:30-7:30p

Wed, Sep 24, 11:30a-1:30p

### October

Wed, Oct 8, 4:30-7:30p

Wed, Oct 22, 11:30a-1:30p

### November

Wed, Nov 12, 4:30-7:30p

Wed, Nov 26, 11:30a-1:30p

### December

Wed, Dec 10, 4:30-7:30p

Wed, Dec 24, 11:30a-1:30p

To learn more and apply for help, please contact Fishline at 360-779-5190 to schedule a meeting with a case manager.



# Fishline

Food Bank & Comprehensive Services

**SALMON TOURS 2025 SAVE THE DATE:**

# THE SALMON ARE COMING!

**Saturday November 1, 11am-3pm**

**Poulsbo's Fish Park**  
288 NW LINDVIG WAY

For more information visit: [KitsapSalmonTours.org](https://KitsapSalmonTours.org)



Join us for the  
**Parks for Pollinators  
BIOBLITZ**



**#Parks4Pollinators**  
**#PoulsboBioBlitz**

In celebration of pollinators, attend this event to create a snapshot of the variety of local wildlife. Work alongside park staff to advance the health of local pollinators, which are essential to our ecosystem.

Participants will use an app called **iNaturalist** to take pictures of plants, insects and animals; see what wildlife is present; and contribute to a scientific inventory of pollinator species.

**POULSBO PARKS AND  
RECREATION IS PROUD TO  
ANNOUNCE WE ARE  
CONDUCTING A PARKS FOR  
POLLINATORS BIOBLITZ  
EVENT HOSTED  
THROUGHOUT THE CITY  
FROM **SEPTEMBER 1-30**  
TO LEARN MORE ABOUT  
POLLINATORS IN OUR AREA!**

**Save the Date:**  
**September 6, 2025, Noon**  
**Demo, activities, and onsite collection event**  
**Poulsbo's Fish Park**

**LEARN MORE HERE:**

[HTTPS://WWW.INATURALIST.ORG/PROJECTS/PARKS](https://www.inaturalist.org/projects/parks)

[-FOR-POLLINATORS-2025-CITY-OF-POULSBO-PARKS-](#)

[AND-RECREATION](#)





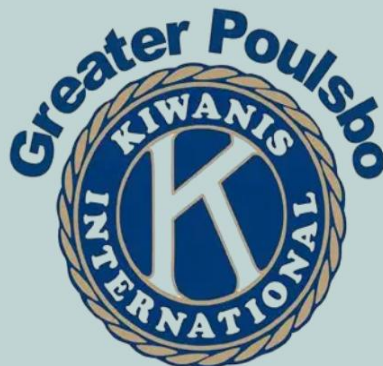
# HALLOWEEN SPOOKTACULAR

FREE party for preschoolers. We can't  
wait to see their costumes!

**31 October 2025**  
**3:30pm-5:00pm**

Poulsbo Parks and Recreation Center

Thank You to our Sponsors!



# Community Enrichment

You are capable of amazing things

The mission of the Parks and Recreation Department is to enrich the quality of life by serving the community's needs for quality and affordable educational and recreational programs, parks, and services to all residents and visitors.

It is the vision of the Poulsbo Parks and Recreation Department to be the heart of a healthy community through sustainable, safe, and diverse programs and open spaces, where all residents and visitors feel inspired to live, play, learn, and thrive.

**We are pleased to provide these enrichment programs to the community at little or no cost.**

## CPR & AED CERTIFICATION

### AGES 16 & OLDER (12-15 WITH A PARENT)

The Poulsbo Fire Department and Parks & Recreation are offering the HSI CPR/ AED training program to help participants develop lifesaving skills in CPR and AED usage for adults, children, and infants. Through hands-on practice, scenario-based exercises, and the latest guidelines from the American Heart Association, this course builds proficiency in responding to medical emergencies. Gain vital knowledge that could help you save a life by enrolling today. Youth ages 12-15 must attend with a parent. Course fee provides certificate documentation acceptable for many agency requirements. Poulsbo Fire Department Conference Room.

|     |        |        |      |
|-----|--------|--------|------|
| Sat | Sep 13 | 9a-12p | \$15 |
| Sat | Oct 11 | 9a-12p | \$15 |
| Sat | Nov 8  | 9a-12p | \$15 |
| Sat | Dec 13 | 9a-12p | \$15 |

## SENIOR COFFEE CLUB & CLASS

Each week a speaker or an activity is planned for senior participants to enjoy, free of charge. Topics and dates are listed below. All programs are for one class only unless otherwise stated. We'd love to see you! Recreation Center Kitchen/Classroom unless otherwise noted. Most classes are at 10:30 however a few do start early at 10a. Please register in advance, so we know how many to expect. Classes with low registration maybe canceled.

|     |              |              |      |
|-----|--------------|--------------|------|
| Wed | Sep 3-Dec 31 | 10:30-11:30a | FREE |
|-----|--------------|--------------|------|

## LIFELONG HEALTH AND FITNESS

### SENIORS

### MONTHLY

Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Recreation Center Gym.

|       |          |             |      |
|-------|----------|-------------|------|
| M/W/F | Sep 1-29 | 12:15-1:15p | FREE |
| M/W/F | Oct 1-29 | 12:15-1:15p | FREE |
| M/W/F | Nov 3-28 | 12:15-1:15p | FREE |
| M/W/F | Dec 1-19 | 12:15-1:15p | FREE |

## SELF DEFENSE FOR WOMEN

### AGE 18+

### MONTHLY

Instructor Jason Bellaconis has been teaching martial arts for over 20 years and has taught hundreds of classes and dozens of seminars specific to self-defense for women. He holds a 4th-degree black belt in Northern Jujutsu, silver gloves in boxing, and dozens of other ranks in other styles of martial arts. The class will focus on learning practical defense techniques in a safe and effective way. All equipment and gear is provided.

Recreation Center Gym.

|     |          |            |      |
|-----|----------|------------|------|
| Tue | Sep 2-30 | 7:15-8:45p | \$10 |
| Tue | Oct 7-28 | 7:15-8:45p | \$10 |
| Tue | Nov 4-25 | 7:15-8:45p | \$10 |
| Tue | Dec 2-30 | 7:15-8:45p | \$10 |

## COMMUNITY SOUND BATH AND MEDITATION

### AGES 11-SENIORS

### 1 CLASS

Danielle Guthrie from Entropy Healing will offer a guided meditation to calm the mind and sound vibrations to calm the body and ignite the spirit. How does it work? Humans are mostly made of water, so when we relax into the vibrations of crystal bowls, drumming, chimes, flute, and singing, our bodies can reset into their natural frequency if our nervous systems are activated by stress. Meditations focus on connecting with the elements (Earth, Air, Water, and Fire) within the body. Upper Fitness Room.

|     |        |      |      |
|-----|--------|------|------|
| Sat | Sep 20 | 6-7p | \$25 |
| Sat | Oct 18 | 6-7p | \$25 |
| Sat | Nov 8  | 6-7p | \$25 |

## WASHINGTON WILDLIFE WALK AT FISH PARK

### AGES 18+

### NEW!

### 1 CLASS

Each month, learn about the raptors/birds, mammals, aquatic life, and non-native species that all call Fish Park home. This easy paced walk is great for families to stroll the park and learn more about their surroundings from former WA Wildlife Educationalist, Cathy Johnson. Included will be what to do when you encounter an injured wild animal. One price for the whole family. Limited spots are available. Poulsbo's Fish Park.

|     |        |      |      |
|-----|--------|------|------|
| Sun | Nov 23 | 1-2p | \$25 |
|-----|--------|------|------|

# VETERANS YOGA PROJECT

Mindful Resilience



Poulsbo Parks & Recreation is proud to partner with Veterans Yoga Project to bring trauma-informed, mindful resilience yoga classes to our community at no cost to those who serve and support our nation. Beginning September 11, 2025, we invite all Veterans, Active-Duty Military, and First Responders to join us for free weekly yoga classes designed to support physical and mental well-being through breath, movement, and relaxation. All others are warmly welcome to join with a donation, which goes directly to support Veterans Yoga Project.

Experience the calming benefits of Gentle Yoga, a slower paced practice with fewer standing poses and minimal strain on the wrists and knees. At Veterans Yoga Project Mindful Resilience is what we call the collection of mind-body practices that we teach: Breathing, Meditation, Mindful Movement, Guided Rest, and Gratitude. These tools help us breathe easy, focus clearly, move freely, rest deeply, and remember what is working in our lives. As a result, we become more resilient in the face of both ordinary and extraordinary challenges.

**Thursdays, 6:30-7:30pm, beginning September 11<sup>th</sup>.**

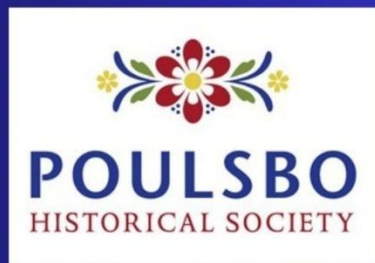
**For more information about Veterans Yoga Project please visit:  
<https://veteransyogaproject.org/>**



# POULSBO HISTORY

*Come visit us on Front Street*

*Maritime Museum | Heritage Museum*



[PoulsboHistory.org](http://PoulsboHistory.org)

/ July 2020



**Snow days:** If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.

### RAINY DAY PLAY

#### AGES 0-5

Get out of the rain and enjoy our comfortable indoor space with your little ones for playtime. Balls, balloons, and various toys to play with and share in our large gym. **This is not a drop-off program; parent participation is required.**

Thu Oct 2-Dec 18 10-11:30a  
\$5/child drop-in OR \$10 per family each week

### FUN FRIDAYS FOR KIDS: MULTI-MEDIA ART, MOVIE & PIZZA

#### AGES 5-12

**NEW!**

Magical Moments & Events. Drop your children off for two hours of creative fun and entertainment while you enjoy a night out! Registration must be done in advance for planning purposes. Evenings will fill quickly, so register soon. No refunds for cancellations due to food and planning costs. A \$5 cash supply fee per child is payable at arrival. Recreation Center Kitchen Classroom.

|     |        |      |      |
|-----|--------|------|------|
| Fri | Oct 17 | 5-7p | \$40 |
| Fri | Nov 14 | 5-7p | \$40 |
| Fri | Dec 05 | 5-7p | \$40 |

### PRIVATE PIANO LESSONS

#### AGES 7 - ADULT OR AS ARRANGED WITH INSTRUCTOR 10 WKS

Jill Vernarsky. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We offer holistic music instruction emphasizing the creation of an enjoyable learning experience. The cultivation of a lifelong love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including developing 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. Daytime slots are also available for adult and non-traditional students. Materials not included in the class fee. Recreation Center Piano Studio.

Please call the Recreation Center at 360-779-9898 to arrange lessons.

Lessons are Mondays only, between 11a and 7p.

Oct 6 - Dec 15 (10 weeks, session allows for 1 missed lesson at no charge with advance notice)

30-min lesson fee: \$327\* or \$109/mo.

45-min lesson fee: \$459\* or \$153/mo.

Payments due Oct 6, Nov 1, Dec 1.

### BABIES/TODDLERS MAKE MUSIC

#### AGES 6 MO-2 YEARS

**6 WKS**

Shyrl Kinert, Inspire Piano, LLC. This fun and engaging music class for toddlers and their caregivers encourages your child's natural response to music through delightful rhymes, lullabies, floor and lap games, action songs, dances, puppets, instruments, and singing. The activities help foster a sense of a steady beat and encourage language development. Top-notch Music Rhapsody Curriculum is designed to last all year long, through every season. No class on Nov 28. Recreation Center Classroom 1.  
Fri Nov 7-Dec 19 10-10:45a \$128\*



### ALL MAKE MUSIC CLASSES:

For new families: Instructors will collect an Instrument Kit fee of \$62 (cash preferred) on the first day of class. Instruments are well-made and safe for your little one. They are yours to keep and use, both in class and at home. In the kit, you will also receive a digital download access card to the songs used in class.

### PRESCHOOLERS MAKE MUSIC

#### AGES 3-4 YEARS

**6 WKS**

Shyrl Kinert, Inspire Piano, LLC. This fun and engaging music class for preschoolers and their caregivers encourages your child's natural response to music through delightful rhymes, lullabies, floor and lap games, action songs, dances, puppets, instruments, and singing. The activities help foster a sense of a steady beat and encourage language development. Top-notch Music Rhapsody Curriculum is designed to last all year long, through every season. No class on Nov 27. Recreation Center Classroom 1.

Thu Nov 6-Dec 18 5-5:45p \$128\*

## VOICE LESSONS

### AGES 6-ADULT OR AS ARRANGED WITH INSTRUCTOR

Katherine Kinert. Discover your unique voice with personalized, in-person voice lessons designed for the more serious student. This inclusive and welcoming studio is a safe space where singers of all levels can explore their voices, experiment with different styles, and build strong vocal techniques.

Students will learn foundational and advanced skills tailored to their individual goals- whether that's singing with power, improving pitch, mastering musical theater style, or preparing for auditions. Music will be provided for beginners; returning students may be asked to purchase books based on specific needs and interests. Lessons will be scheduled M-F morning, afternoons, or evenings. Recreation Center Classroom.

A minimum of 24 hours' notice is required for absences. Students who fail to give 24-hour notice will automatically be charged for the lesson. If the teacher must cancel a lesson due to illness or emergency, the lesson will be rescheduled at the earliest opportunity.

#### Lesson Options:

##### Private Lessons:

|                                 |        |
|---------------------------------|--------|
| New student introductory lesson | \$35   |
| 4-week session (30 minutes)     | \$135* |

Group Lessons: Group lessons will be offered if there is sufficient interest. Great option for friends or siblings who would like to learn together! \$100/per student

Lessons are charged monthly and must be paid by the first lesson of each month. For more information and to schedule your first lesson, call Katherine at 360-550-0587

## INTRO TO MUSICAL THEATER

### AGES 7-12 6 WKS

Katherine Kinert. Come sing your favorite show tunes and take center stage! This fun and supportive class introduces students to the world of musical theater through singing, acting, and movement. We'll explore how to sing in a healthy musical theater style, breathe properly, support your belt, and bring characters to life through short solos and a group number.

Perfect for beginners and aspiring performers alike, this class gives you tools you can use in future auditions and performances. Families are invited to a final showcase on the last day of class to celebrate all that the students have learned. Please bring a folder for music, a pencil, and a water bottle to class. A \$5 fee for music is payable to the instructor at the first class. No class on Nov 26. Recreation Center Classroom.

|                   |      |        |
|-------------------|------|--------|
| Wed Sep 17-Oct 22 | 5-6p | \$118* |
| Wed Nov 5-Dec 17  | 5-6p | \$118* |

## BROADWAY BOOT CAMP

### AGES 10-15 6 WKS

Katherine Kinert. Take your musical theater performance to the next level! This class is perfect for students with some prior experience in theater, choir, or dance who are ready to sharpen their audition and performance skills. Broadway Boot Camp focuses on vocal technique, acting through song, and dynamic stage presence. Each student will prepare a short solo or duet, plus participate in a group number. Learn how to sing with power and style, connect with your character, and make bold performance choices that stand out in auditions. Please bring a folder for music, a pencil, and a water bottle to class. A \$5 fee for music is payable to the instructor at the first class. No class on Nov 26. Recreation Center Classroom.

|                   |      |        |
|-------------------|------|--------|
| Wed Sep 17-Oct 22 | 6-7p | \$118* |
| Wed Nov 5-Dec 17  | 6-7p | \$118* |

## BAINBRIDGE YOUTH CHOIR: ENCORE

### AGES 5-6 15 WEEKS

Bainbridge Island Youth Choir. Encore introduces young singers to the joy of making music through fun games, movement, and simple songs. Singers explore key musical concepts like high and low, fast and slow, loud and quiet, and learn the difference between their speaking and singing voices. They also begin developing essential ensemble skills—how to listen, participate, and sing as part of a group. Encore nurtures confidence, creativity, and a lifelong love for music in a joyful, supportive setting. Season ends with a final community performance. No class on Nov. 27. North Point Church, Poulsbo.

|                   |         |        |
|-------------------|---------|--------|
| Thu Sep 11-Dec 18 | 4:30-5p | \$308* |
|-------------------|---------|--------|

## BAINBRIDGE YOUTH CHOIR: CANTABILE

### AGES 7-11 15 WKS

Bainbridge Island Youth Choir. Cantabile supports young singers as they develop strong vocal technique and musical literacy in a fun, team-oriented environment. Students learn to read choral scores, sing in harmony, and perform with confidence through a diverse, age-appropriate repertoire. Friendship and teamwork are core to the Cantabile experience. With every rehearsal, singers grow their skills, independence, and love of music. Season ends with a final community performance. No class on Nov 27. North Point Church, Poulsbo.

|                   |            |        |
|-------------------|------------|--------|
| Thu Sep 11-Dec 18 | 5:15-6:15p | \$383* |
|-------------------|------------|--------|

## BAINBRIDGE YOUTH CHOIR: SONARE

### AGES 12-18 15 WKS

Sonare is the culminating ensemble for experienced young singers. With a focus on refined technique and artistic excellence, students explore a wide range of repertoire—classical, contemporary, musical theater, and global traditions. Singers also take part in exciting performance and touring opportunities, creating unforgettable musical memories with peers who share their passion. Sonare is a place for personal growth, lasting friendships, and musical excellence. Season ends with a final community performance. No class on Nov 27. North Point Church, Poulsbo.

|                   |            |        |
|-------------------|------------|--------|
| Thu Sep 11-Dec 18 | 6:15-7:15p | \$383* |
|-------------------|------------|--------|

### TINY TUTUS

**AGES 2-3**

**NEW!**

**5 WKS**

Jo Van Horn and Ginger Silfies. Introduce your little one to the joy of dance with this "mini and me" dance class. Class is designed for caregivers and dancers, ages 2-3. This class focuses on creative movement, rhythm, and artistic progression in a fun and whimsical environment. No experience is required. Potty training is preferred, but not mandatory. No class on Nov 27. Upper Fitness Room.

|     |              |           |       |
|-----|--------------|-----------|-------|
| Thu | Oct 2-30     | 11-11:30a | \$64* |
| Thu | Nov 6-Dec 11 | 11-11:30a | \$64* |

### PRESCHOOL DANCE

**AGES 4-5**

**NEW!**

**5 WKS**

Julia Cleaver. This preschool dance class is full of movement, dancing, and playing as we explore creative dance concepts such as SIZE, SPEED, SHAPE, and more! These classes emphasize creativity, social and emotional growth, movement, and fun! Exposing children to creativity and movement not only exercises little bodies but also nurtures big imaginations. No class on Nov 27. Upper Fitness Room.

|     |               |            |       |
|-----|---------------|------------|-------|
| Thu | Sep 25-Oct 23 | 12-12:45p  | \$82* |
| Tue | Oct 7-Nov 4   | 4:30-5:15p | \$82* |
| Thu | Nov 6-Dec 11  | 12-12:45p  | \$82* |

### INTRO TO DANCE

**AGES 6-10**

**NEW!**

**6 WKS**

Julia Cleaver and Jo Van Horn. An introduction to various dance forms including ballet, jazz, and hip hop. Building basic skills in coordination, strength, flexibility and creativity, dancers learn basic barre work, positions, and combinations. Students will build dance vocabulary and explore movement, gaining exposure to turns and leaps across the floor. Dancers are introduced to performance techniques and work toward a greater understanding of spatial and body awareness. Through music, fun and games, instructors challenge each dancer to explore movement and creativity in a variety of styles. Upper Fitness Room.

|     |             |             |       |
|-----|-------------|-------------|-------|
| Tue | Oct 7-Nov 4 | 5:30p-6:30p | \$90* |
|-----|-------------|-------------|-------|

### CHRISTMAS TREE HOLIDAY ART CARDS

**AGES 8-12**

**NEW!**

**1 CLASS**

Cathy Johnson. Using felt, paint and buttons, you can create a Christmas-themed masterpiece while listening to fun holiday music! Paint the background of the card, cut out the felt tree and glue on some buttons as ornaments and snowflakes. Recreation Center Kitchen/Classroom.

|     |        |      |       |
|-----|--------|------|-------|
| Sun | Dec 14 | 2-3p | \$38* |
|-----|--------|------|-------|



MARTHA & MARY Kids

#### Child Care & Learning Center

19160 Front St NE (South Entrance)

Poulsbo, WA 98370

Monday-Friday 5:30am-5:30pm

Phone: 360.394.4093

Email: cclc@mmhc.org

#### Early Learning Center

3513 NW Anderson Hill Rd

Silverdale, WA 98383

Monday-Friday 5:30am-5:30pm

Phone: 360.626.2131

Email: elc@mmhc.org

#### Before & After School Programs

North Kitsap Elementary Schools  
Cougar Valley Elementary School

Monday-Friday 6:00am-6:00pm

Phone: 360.394.4089

Email: mmKids@mmhc.org



Active Minds • Healthy Hearts  
Lessons for Life!

## MESSY PLAYDATE

**AGES 1.5 - 4+ YEARS, PLUS AN ADULT:**

**NOT A DROP-OFF CLASS**

**5 WKS**

Mariah Ordonez, MAT, NBCT. Come create with your young artist at your own pace with materials and projects provided. There will be sensory stations for play. We will draw, paint, glue, have bubbles, stamps, doughs, chalk, and more at every session. This class is designed for children aged 1.5-5 to explore creative materials through play with a parent or guardian. Please remember to dress for mess! A \$10 materials fee is due to the instructor at the start of the first class. No class on Nov 11. Recreation Center Classroom 2.

|     |               |           |       |
|-----|---------------|-----------|-------|
| Tue | Sep 23-Oct 21 | 10-10:45a | \$85* |
| Tue | Nov 4-Dec 9   | 10-10:45a | \$85* |

## MINI AND ME PAINTING

**CHILDREN UNDER AGE 5 WILL NEED AN ADULT PRESENT**

**1 CLASS**

Beth Daquilante. Spend the evening painting with your grown-up. A super fun activity for all, creating a super memory. All materials included. Recreation Center Kitchen/Classroom.

### Cactus Mountain

|     |        |            |        |
|-----|--------|------------|--------|
| Fri | Sep 12 | 5:30-6:30p | \$25pp |
|-----|--------|------------|--------|

### Sunset River

|     |       |            |        |
|-----|-------|------------|--------|
| Fri | Oct 3 | 5:30-6:30p | \$25pp |
|-----|-------|------------|--------|

### Sunflower

|     |       |            |        |
|-----|-------|------------|--------|
| Fri | Nov 7 | 5:30-6:30p | \$25pp |
|-----|-------|------------|--------|

### Holiday Holly

|     |        |            |        |
|-----|--------|------------|--------|
| Fri | Dec 12 | 5:30-6:30p | \$25pp |
|-----|--------|------------|--------|



## INTRODUCTION TO DRAWING

**AGES 10-ADULT**

**5 WKS**

Mariah Ordonez, MAT, NBCT. Did you know that drawing is a skill that can be learned? In this introductory drawing course, participants will learn techniques, observation, hand-eye coordination, and the use of basic drawing tools and materials with a gentle and experienced educator and artist. The goal of this course is to equip beginners with the skills to represent objects and scenes onto a two-dimensional surface while also inspiring them with exciting and thought-provoking projects. We will progress to shading, perspective, and composition as participants develop their ability to see the world like an artist and translate that vision into art and illustration. Each week participants will learn a new skill to build on the prior week as they progress through the course. Please bring a sketchbook, blank paper, pencils, and erasers to class. No class on Nov 11. Recreation Center Classroom.

|     |               |           |       |
|-----|---------------|-----------|-------|
| Tue | Sep 23-Oct 21 | 11-11:45a | \$98* |
| Tue | Nov 4-Dec 9   | 11-11:45a | \$98* |

## WATERCOLOR OPEN STUDIO

**AGES 10 & OLDER**

**6 WKS**

Mariah Ordonez, MAT, NBCT. Learn essential watercolor techniques within the safety of a small group setting and with the support of an experienced arts educator and artist. Each class will focus on a different watercolor skill so that you can feel confident using this delicate medium. This course is a journey of creative exploration, and you will be encouraged to find your voice as you reflect on what inspires you. Each session will feature new watercolor techniques, color theory, composition, and self-expression opportunities. Open to all levels of learners. Materials list provided with registration. Recreation Center Classroom 2.

|     |               |             |        |
|-----|---------------|-------------|--------|
| Tue | Sep 16-Oct 21 | 12:15-1:15p | \$108* |
| Tue | Nov 4-Dec 16  | 12:15-1:15p | \$108* |

## DRAW YOUR OWN ANIME CHARACTER

**AGES 14 & OLDER**

**NEW!**

**1 CLASS**

Dawn Marble. Dive into the world of anime and manga by creating your own original character! In this fun and engaging class, students will learn the fundamentals of human anatomy, dynamic poses, and expressive facial features—all tailored to the anime style. Step by step, you'll build a complete character sheet that includes full-body poses, outfit design, and a range of facial expressions. Whether you're new to drawing or looking to level up your skills, this class will help you bring your character to life with style and personality. Recreation Center Kitchen/Classroom.

|     |       |            |       |
|-----|-------|------------|-------|
| Sat | Nov 8 | 10:30a-12p | \$45* |
|-----|-------|------------|-------|

## KIDS' GLASSWORK

**AGES 6 AND OLDER**

**1 CLASS**

Eastern Wind Glass. Have some fun designing glass tiles with fusible glass. Each month we will have a different theme for you to make, or you can come up with your own creative ideas. All supplies will be provided; a \$10 materials fee is payable to the instructor at the beginning of each class. Recreation Center Kitchen/Classroom.

**NOTE:** Parents of younger children may need to cut the glass for their child and closely supervise them while handling glass pieces. *Students may finish work early and be ready for pick-up earlier than noon. Please ensure the instructor has your number if you do not remain on site.*

### Pumpkin and Ghost

Make Halloween decorations on 2-3"x6" pieces of glass. Create your own ghosts and goblins.

|     |       |         |      |
|-----|-------|---------|------|
| Sat | Oct 4 | 11a-12p | \$25 |
|-----|-------|---------|------|



### Christmas Story Wall or Window Hanging

Create a 5x5 square for your holiday story.

|     |       |         |      |
|-----|-------|---------|------|
| Sat | Nov 8 | 11a-12p | \$25 |
|-----|-------|---------|------|

## CANDLE MAKING FOR BEGINNERS

**AGES 16 & OLDER** **NEW!** **1 CLASS**

Cathy Johnson. As we move into fall, let's get cozy with a candle! We will learn the art of making candles. You will have a selection of scents and vessels appropriate to the monthly theme! Each month will be a different theme: Oct-Halloween, Nov-Fall/Thanksgiving, and Dec-the holidays! Make one for yourself or for that special someone. A \$5 materials fee is payable to the instructor at the beginning of class. Recreation Center Kitchen/Classroom.

|     |        |      |       |
|-----|--------|------|-------|
| Fri | Oct 24 | 6-7p | \$38* |
| Sat | Nov 22 | 7-8p | \$38* |
| Fri | Dec 19 | 6-7p | \$38* |

## DIY PINECONE WREATH

**AGES 10 & OLDER** **NEW!** **1 CLASS**

Cathy Johnson. Get into the spirit of the season with your very own, hand-crafted pinecone wreath! A \$5 materials fee is payable to the instructor at the beginning of class. Recreation Center Kitchen/Classroom.

|     |       |        |       |
|-----|-------|--------|-------|
| Sun | Nov 9 | 10-11a | \$38* |
|-----|-------|--------|-------|

## INTRODUCTION TO CERAMICS

**AGES 9-ADULT** **5 WKS**

Mariah Ordonez, MAT, NBCT. Get ready for an adventure in our five-week session of crafting with clay! You'll dive into the ancient world of working with clay and learn how to make amazing creations using your hands. Let your imagination run wild as you design cool functional pieces and artistic masterpieces. We'll explore exciting challenges that will put your creativity to the test while building your skills with every project. Plus, you'll experiment with fun surface designs and colorful glazes to make your pieces truly one-of-a-kind! All materials and exciting projects are provided, so come ready to create and release your inner artist. A \$25 materials fee is payable to the instructor at the start of the first class to cover clay, firing fees, and glaze. Recreation Center Kitchen/Classroom.

|     |               |         |        |
|-----|---------------|---------|--------|
| Tue | Sep 16-Oct 21 | 1:30-3p | \$138* |
| Tue | Nov 4-Dec 16  | 1:30-3p | \$138* |



## ITTY BITTY BAKERS

**AGES 3-5** **3 WKS**

Beth Daquilante. Itty Bitty Bakers will explore the basics of baking through hands on activities. From mixing and measuring to decorating and tasting, each week brings a new kid-friendly recipe. All supplies provided. Adult participation is required if your student is three years old. Recreation Center Kitchen.

|     |           |           |       |
|-----|-----------|-----------|-------|
| Mon | Sept 8-22 | 10-10:45a | \$75* |
| Mon | Oct 6-20  | 10-10:45a | \$75* |
| Mon | Nov 3-17  | 10-10:45a | \$75* |

## TINY TALES THEATER

**AGES 3-5** **NEW!** **4 WKS**

Shannon Leigh. Does your 3-5-year-old LOVE make-believe and acting out stories? Drama uses theatrical skills (voice, body, imagination and cooperation) to experience story and character and to explore the world and specific details of the story. Favorite stories of good literary quality are told by the instructor and dramatized by the students. Does this sound like fun? Just ask your kids! Shannon Leigh is a Drama Teacher with over 10 years of teaching experience with children of all ages.

|     |          |           |       |
|-----|----------|-----------|-------|
| Wed | Oct 1-22 | 10-10:45a | \$65* |
| Wed | Nov 5-26 | 10-10:45a | \$65* |

## ACTING ADVENTURES: INTRO TO DRAMA

**AGES 5-8** **NEW!** **4 WKS**

Shannon Leigh. Does your child have an interest in music and drama? This class is the perfect time for them to shine! Each session will include easy games that teach the fundamentals of theater. These instructor-led classes are meant to inspire the youngest of theater kids to find their spotlight and gain the basic skills that can be used in other theater programs around the community. Come join us this fall to find your inner performer! Recreation Center Classroom 2.

|     |               |         |       |
|-----|---------------|---------|-------|
| Mon | Sep 29-Oct 20 | 5-5:45p | \$65* |
| Mon | Nov 3-24      | 5-5:45p | \$65* |

## BABYSITTING CERTIFICATION

**AGES 11-14** **1 CLASS**

Ginger Silfies. The SafeSitter Curriculum is designed exclusively for young teens in grades 6-9, and covers the following skills: safety, childcare, first aid and rescue, and life and business. SafeSitter babysitting courses are instructor-led and interactive, with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins. A \$20 workbook, certification card, and info sheet are all included. Recreation Center Classroom.

|     |        |              |       |
|-----|--------|--------------|-------|
| Sat | Oct 4  | 10:30a-2:30p | \$98* |
| Wed | Nov 26 | 12:30p-4:30p | \$98* |

## SAFE AT HOME

**AGES 8-12** **1 CLASS**

Ginger Silfies. Participants are certified through the Safe Sitter program. Students learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps toward independence. A \$20 Safe@Home student booklet and completion certificate are included in the cost of the class. Recreation Center Classroom.

|     |        |           |       |
|-----|--------|-----------|-------|
| Sat | Sep 20 | 11:30a-1p | \$75* |
| Fri | Dec 19 | 1:30p-3p  | \$75* |

## CODING WITH SCRATCH 3: MOVIE MAKING

**AGES 7-12**

**8 WKS**

Bricks4Kidz® Staff. Has your child ever wondered how their favorite animated movies like the LEGO® Movie were made? Well, it's time to find out! Join Bricks4Kidz® in this 8-week class in learning to build an epic movie using the #1 Children's programming language on the planet, Scratch. Students will make a take-home minifigure then turn it into a virtual character to be used in their very own movie! Each week, kids will learn how to implement different elements and techniques. Coding Level: Beginner-friendly, but previous experience is also welcome. All students will take home a custom minifigure. Recreation Center Kitchen

Wed Oct 8-Nov 26 5:30-6:30p \$140\*



## WOLFLE AFTER-SCHOOL ENRICHMENT

### TUMBLING

**AGES 6-10**

**NEW!**

**4 WKS**

Jo Van Horn. Join us for a fun and active after-school tumbling class designed for elementary-aged students of all skill levels! Each one-hour session begins with students eating a snack, playing games, and stretching. Students will be introduced to basic tumbling skills with the class focus being building coordination, strength, spatial awareness, and confidence. The skills they will learn include rolls, handstands, cartwheels, bridges, and more! This class offers a positive and encouraging environment where kids can move their bodies, try new skills, and have a blast! Please bring a snack and water bottle with your child's name on it. Wolfle Elementary School.

Wed Oct 8-29 3-4p \$68\*



## SAFE AT HOME

**GRADES 4-5**

**1 CLASS**

Ginger Silfies. Participants are certified through the Safe Sitter program. Students learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps toward independence. A \$20 Safe@Home student booklet and completion certificate are included in the cost of the class. Wolfle Elementary School.

Wed Oct 8 3-4p \$75\*

## LEARN TO DRAW

**GRADES K-2**

**4 WKS**

Dana Harris. Expand your child's cognitive and creative growth with an after-school art class! In Learn to Draw your child will develop hand-eye coordination, focus, and creative thinking while learning to draw what they see. We will use line, value, color, and texture to describe objects in realistic and imaginative ways. Students will be exposed to a variety of materials including charcoal, markers, oil pastel, and graphite. All materials are included. Wolfle Elementary School.

Tue Oct 7-28 4-5p \$86\*

## BRICKS 4 KIDZ

**GRADES K-4**

**4 WKS**

Bricks4Kidz® Staff. Learn the fundamentals of S.T.E.A.M (science, technology, engineering, art, and mathematics) in an extraordinary atmosphere for children, where we learn, we build, and we play with LEGO® bricks! Using proprietary model plans created by engineers and architects, Bricks 4 Kidz believes that kids learn best through fun activities that engage their curiosity and creativity. Each class uses models and curriculum that are different from session to session, as well as year to year. All students take home a custom minifigure (kits are reused, not taken home). No class on Nov 26. Wolfle Elementary School.

Wed Nov 12-Dec 10 3-4p \$75\*

## LEARN TO PAINT

**GRADES 3-5**

**4 WKS**

Dana Harris. Expand your child's cognitive and creative growth with an after-school art class! In Learn to Paint, your student will delve into the world of color in a variety of paint media including watercolor, acrylic, and tempera. Learning the basics of mixing color as well as applying it to create an image or a scene is an invaluable skill for mental focus, creative thinking, and hand-eye coordination. Students will explore realistic and abstract subject matter. Wolfle Elementary School.

Tue Nov 18-Dec 9 4-5p \$86\*



## SUQUAMISH AFTER-SCHOOL ENRICHMENT

## LEARN TO DRAW

**GRADES 3-5**

**4 WKS**

Dana Harris. Expand your child's cognitive and creative growth with an after-school art class! In Learn to Draw, your child will develop hand-eye coordination, focus, and creative thinking while learning to draw what they see. We will use line, value, color, and texture to describe objects in realistic and imaginative ways. Students will be exposed to a variety of materials including charcoal, markers, oil pastel, and graphite. All materials are included. Suquamish Elementary School.

Wed Sep 17-Oct 8 3-4p \$86\*

## SUQUAMISH AFTER-SCHOOL ENRICHMENT, CON'T.

### **BRICKS 4 KIDZ**

#### **GRADES K-4**

**4 WKS**

Bricks4Kidz® Staff. Learn the fundamentals of S.T.E.A.M (science, technology, engineering, art, and mathematics) in an extraordinary atmosphere for children, where we learn, we build, and we play with LEGO® bricks! Using proprietary model plans created by engineers and architects, Bricks 4 Kidz believes that kids learn best through fun activities that engage their curiosity and creativity. Each class uses models and curriculum that are different from session to session, as well as year to year. All students take home a custom minifigure (kits are reused not taken home). No class on Oct 29. Suquamish Elementary School.

|     |             |      |       |
|-----|-------------|------|-------|
| Wed | Oct 8-Nov 5 | 3-4p | \$75* |
|-----|-------------|------|-------|

### **FIBER ARTS**

#### **GRADES 3-5**

**4 WKS**

Dana Harris. Expand your child's cognitive and creative growth with an after-school art class! In Fiber Arts your child will develop valuable hand-eye coordination as well as focus and divergent thinking as they explore projects in fiber such as weaving, sewing, collage, crochet, and more! All materials are included. Suquamish Elementary School.

|     |               |      |       |
|-----|---------------|------|-------|
| Wed | Oct 22-Nov 12 | 3-4p | \$86* |
|-----|---------------|------|-------|

### **TUMBLING**

#### **AGES 6-10**

**NEW!**

**4 WKS**

Jo Van Horn. Join us for a fun and active after-school tumbling class designed for elementary-aged students of all skill levels! Each one-hour session begins with students eating a snack, playing games, and stretching. Students will be introduced to basic tumbling skills with the class focus being building coordination, strength, spatial awareness, and confidence. The skills they will learn include rolls, handstands, cartwheels, bridges, and more! This class offers a positive and encouraging environment where kids can move their bodies, try new skills, and have a blast! No class on Nov 26. Please bring a snack and water bottle with your child's name on it. Suquamish Elementary School.

|     |              |      |       |
|-----|--------------|------|-------|
| Wed | Nov 5- Dec 3 | 3-4p | \$68* |
|-----|--------------|------|-------|

### **KIDS' ART CLUB**

#### **GRADES K-2**

**3 WKS**

Dana Harris. Get creative in this 3-week art class. Each session, we will make something new and fun. Students will practice skills like cutting with scissors, collaging with glue, arranging a design, building in three dimensions and more. Your student will grow in hand-eye coordination and fine motor skills as they create one-of-a-kind masterpieces!

|     |          |      |       |
|-----|----------|------|-------|
| Wed | Dec 3-17 | 3-4p | \$67* |
|-----|----------|------|-------|

City of Poulsbo Residents receive an \$8 discount on programs marked with \*.

## **SKYHAWKS MULTI SPORT: AFTER-SCHOOL GRADES 3-5**

**4 WKS**

Multi-sport classes are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn rules and essential skills for each sport including along with vital life lessons such as sportsmanship, inclusion, and teamwork. Focus of class will be on soccer, flag football and basketball. The first 15 minutes will include free play and snacks to give kids from other schools time to join in the fun, and time for kids to unwind a bit before sport instruction begins. Gordon or Vinland Elementary.

### **Gordon Elementary**

|     |              |         |       |
|-----|--------------|---------|-------|
| Wed | Sep 17-Oct 8 | 3-4:30p | \$135 |
|-----|--------------|---------|-------|

### **Vinland Elementary**

|     |              |         |       |
|-----|--------------|---------|-------|
| Wed | Sep 17-Oct 8 | 3-4:30p | \$135 |
|-----|--------------|---------|-------|



### **HOLIDAY MINI GYMNASTICS CAMP**

#### **AGES 4-6**

**2 CLASSES**

Gymnastics Staff. Two days of gymnastics fun! This camp is for boys and girls of all levels of experience. The camp will cover tumbling, balance beam, bars, vault, rings, rope, crafts, and fun! Gymnasts will need to bring a snack and a water bottle with their name on it. Recreation Center Gym.

|      |           |          |       |
|------|-----------|----------|-------|
| M/Tu | Dec 22-23 | 9:30-12p | \$99* |
|------|-----------|----------|-------|

### **HOLIDAY ALL LEVELS GYMNASTICS CAMP**

#### **AGES 6-11**

**3 CLASSES**

Gymnastics Staff. Three days of gymnastics fun! This camp is for boys and girls with all levels of experience. The camp will cover tumbling, balance beam, bars, vault, dance, conditioning, crafts, and fun! Gymnasts will need to bring lunch and a water bottle with their name on it. Breidablik Elementary, where NK & Kingston High School gymnastics teams practice.

|     |           |        |        |
|-----|-----------|--------|--------|
| MTW | Dec 29-31 | 9a-12p | \$158* |
|-----|-----------|--------|--------|

### **ELF ESCAPE**

#### **AGES 5-11**

**2 DAYS**

Parks & Recreation Staff. Do you need more time to prepare the holiday magic without little eyes watching you? Let us be your holiday helpers as you make your list and check it twice! While we whisk them away for three hours to make holiday themed crafts, decorate cookies, play games, and complete obstacle courses, you can take advantage of us keeping the kids busy to finish up the holiday necessities. All materials included. Please bring a snack and water bottle with your child's name on it. Recreation Center Kitchen, Gym, and Classroom. Students may register for the full two days of holiday fun, or just one day.

|                      |           |            |       |
|----------------------|-----------|------------|-------|
| Mon & Tue            | Dec 22-23 | 1:30-4:30p | \$99* |
| One day of fun \$60* |           |            |       |

## BASKETBALL PREP CAMP FOR WINTER SEASON AGES 8-11 **NEW!** 2 CLASSES

Henry Guterson. With the winter basketball season fast approaching, it's time to get ready with a 2-day camp! Children will learn about game strategy, work on their individual skills, and try to implement it all during live scrimmages and games. The camp is coached by Henry Guterson, a youth coach since 2004 and ex-head high school coach at Kingston HS (boys coach) and Bainbridge HS (girls coach). Poulsbo Middle School Gym. Sa/Su Nov 29 & 30 10a-2p \$125\*

## HOLIDAY DANCE CAMP – NUTCRACKER AGES 4-12 2 DAYS

InMotion Performing Arts Studio Staff. Calling all snow queens, princes and sugar plum fairies! The Nutcracker is throwing a dance party for kids to dance and celebrate the holiday! Parents, here is your chance to finish up on some of those holiday details without the little ones underfoot. Each camper should bring their own snack and a water bottle. What to wear: Girls- tights, leotard & ballet shoes are recommended-not color or style specific; Boys- t-shirt and sweatpants or athletic shorts & ballet shoes are recommended. InMotion Dance Studio, Poulsbo.

**Ages 4-6**  
M/Tu Dec 22-23 9:30-11:30a \$98\*

**Ages 7-12**  
M/Tu Dec 22-23 9:30a-12:30p \$118\*

## SKYHAWKS HOLIDAY BREAK CAMPS: MULTI SPORT

**AGES 8-12 3 CLASSES**  
Multi-sport camps are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn rules and essential skills for each sport, along with vital life lessons such as sportsmanship, inclusion, and teamwork. Vinland Elementary. **Register at skyhawks.com.**

MTW Dec 29-31 9a-12p \$135

## BALLET CAMP: FROZEN & FRIENDS AGES 4-12 3 DAYS

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

**Ages 4-6**  
MTW Dec 29-31 9:30-11:30a \$145\*

**Ages 7-12**  
MTW Dec 29-31 9:30a-12:30p \$165\*



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- ✓ Transportation available to Poulsbo and Bainbridge Island
- ✓ Financial assistance available

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📍 16571 Creative Drive NE, Poulsbo 📞 360-598-5954 🌐 [westsoundacademy.org](http://westsoundacademy.org)

## FALL GYMNASTICS AGES 18 MONTHS-11 YEARS

**FALL SESSIONS ARE 5 WEEKS.**  
**2<sup>nd</sup> SESSION TUE & FRI CLASSES ARE 4 WEEKS**  
**DUE TO HOLIDAYS AND NOTED WITH AN \*.**  
**DEC SESSION IS 3 WEEKS.**

The Gymnastics Program has been an integral part of Poulsbo Parks & Recreation since the city took over the Recreation Center in 1995. Our gymnastics program builds flexibility, balance, and strength needed in every sport – not just gymnastics! Participants learn about perseverance, patience, trusting others, managing risk, and countless other life skills.

Poulsbo Parks & Recreation takes pride in our gymnastics classes, instructors, and facility at the Recreation Center, providing a variety of classes for youth aged 18 months to 14 years. Please read the class descriptions below.

Our recreational gymnastics program builds confidence in its participants in an encouraging, safe, and non-competitive environment. Our gymnasts learn to love the sport of gymnastics and watch their skills progress at their own pace. Recreational gymnastics classes serve everyone from Mini and Me classes through Middle School. Classes are offered Monday through Saturday and will be held in the Recreation Center Gym.

Who's teaching? Lily Barich, Grace Billings, Julia Cleaver, Alli Johnson, Emma Knight, Ginger Silfies, Kayla Sherlock and Jo Van Horn. All lead instructors are certified by USA Gymnastics and have First Aid and CPR Certification.

### MINI & ME GYMNASTICS 18 MONTHS- 3 YEARS

Children and their grown-ups will work on motor skills in a safe and playful environment. This is a loosely structured class with an instructor present for circle time, modified stretches, and ideas of things to do with your little gymnast. However, this class is child-led, allowing access to all gymnastics equipment for lots of fun and exploration. Adult participation is required, and siblings are not allowed to participate unless they are registered for the class.

|       |               |                                  |                 |
|-------|---------------|----------------------------------|-----------------|
| Mon   | 9:30-10:00a   | 9/8-10/6 (5)<br>12/1-12/15 (3)   | 10/20-11/17 (5) |
| Wed   | 9:30-10:00a   | 9/10-10/8 (5)<br>12/3-12/17 (3)  | 10/22-11/19 (5) |
| Sat   | 9:30-10:00a   | 9/13-10/11 (5)<br>12/6-12/20 (3) | 10/25-11/22 (5) |
| Fees: | \$58* (5 wks) | \$42* (3 wks)                    |                 |



Is your child not quite ready for a structured gymnastics class? Our Lil' Ninjas class is a fast-paced obstacle course class for high-energy kids.

See page 20 for details.



### TUMBLING TOTS AGES 3 & 4

Students will be introduced to the basic skills of gymnastics in a fun and fast-paced environment. The 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 November 11.

|      |               |                                 |                 |
|------|---------------|---------------------------------|-----------------|
| Mon  | 10:15-10:45a  | 9/8-10/6 (5)<br>12/1-12/15 (3)  | 10/20-11/17 (5) |
| Tue  | 9:30-10:00a   | 9/9-10/7 (5)<br>12/2-12/16 (3)  | 10/21-11/18 (4) |
| Tue  | 4:15-4:45p    | 9/9-10/7 (5)<br>12/2-12/16 (3)  | 10/21-11/18 (4) |
| Wed  | 10:15-10:45a  | 9/10-10/8 (5)<br>12/3-12/17 (3) | 10/22-11/19 (5) |
| Thu  | 4:15-4:45     | 9/11-10/9 (5)<br>12/4-12/18 (3) | 10/23-11/20 (5) |
| Sat  | 10:15-10:45a  | 9/13-10/11(5)<br>12/6-12/20 (3) | 10/25-11/22 (5) |
| Fee: | \$70* (5 wks) | *\$58 (4 wks)                   | \$46* (3 wks)   |



**Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.**

### BEGINNING KINDERGYM AGES 4-6

Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings, and rope. The class focuses on coordination, strength, and spatial awareness. No class Oct 31 or Nov 11.

|       |               |                                  |                 |
|-------|---------------|----------------------------------|-----------------|
| Mon   | 11-11:45a     | 9/8-10/6 (5)<br>12/1-12/15 (3)   | 10/20-11/17 (5) |
| Mon   | 5-5:45p       | 9/8-10/6 (5)<br>12/1-12/15 (3)   | 10/20-11/17 (5) |
| Tue   | 11-11:45a     | 9/9-10/7 (5)<br>12/2-12/16 (3)   | 10/21-11/18 (4) |
| Wed   | 5-5:45p       | 9/10-10/8 (5)<br>12/3-12/17 (3)  | 10/22-11/19 (5) |
| Fri   | 5-5:45p       | 9/12-10/10 (5)<br>12/5-12/19 (3) | 10/24-11/21(4)  |
| Sat   | 11:00-11:45p  | 9/13-10/11(5)<br>12/6-12/20 (3)  | 10/25-11/22 (5) |
| Fees: | \$82* (5 wks) | \$68* (4 wks)                    | \$56* (3 wks)   |

## IMPORTANT GYMNASTICS INFORMATION FOR THOSE WITH CHILDREN AGES 4 & 6:

Parents, we want your child to be successful in the class you choose for them, and you are the best judge of your child's ability to focus and follow directions. Most classes have an age option, for example:

- Tumbling Tots, Ages 3-4 and Kindergym, Ages 4-6.**  
 If your child is 4, has not already been introduced to a structured class, is high energy, and/or is unable to stay focused for very long, please register them for Tumbling Tots. If they are 4, are in preschool, and can stay focused on tasks, then please register them for Kindergym.
- Kindergym, Ages 4-6 and Leveled classes, Ages 6-10.**  
 If your 6-year-old has never done gymnastics, is tired after being in all-day kindergarten, and/or has trouble focusing, please register them for Kindergym. The Leveled gymnastics class may be frustrating for them.

## HOT SHOTS: ADVANCED KINDERGYM AGES 4-5

For gymnasts ages 4 and 5 who have completed beginning Kindergym several times and have been placed by the instructor. Class is for kids who are ready to focus on skill technique and expand gymnastics work. Gymnasts age 6 should register for Level 1 gymnastics. Instructor permission is required. No class Nov 11.

|       |               |                |                 |
|-------|---------------|----------------|-----------------|
| Tue   | 5-5:45p       | 9/9-10/7 (5)   | 10/21-11/18 (4) |
|       |               | 12/2-12/16 (3) |                 |
| Wed   | 11:00-11:45a  | 9/10-10/8 (5)  | 10/22-11/19 (5) |
|       |               | 12/3-12/17 (3) |                 |
| Fees: | \$82* (5 wks) | *\$68* (4 wks) | \$56 (3 wks)    |

## LEVEL 1: BEGINNING REC GYMNASTICS AGES 6-10

Students will be introduced to basic tumbling skills, balance beam and bar work, vaulting technique, rings, and rope. The class focus will be on body awareness, strength, flexibility, and confidence building. No class October 31 or November 11.

|       |               |                |                 |
|-------|---------------|----------------|-----------------|
| Mon   | 6-6:45p       | 9/8-10/6 (5)   | 10/20-11/17 (5) |
|       |               | 12/1-12/15 (3) |                 |
| Wed   | 6-6:45p       | 9/10-10/8 (5)  | 10/22-11/19 (5) |
|       |               | 12/3-12/17 (3) |                 |
| Fri   | 6-6:45p       | 9/12-10/10 (5) | 10/24-11/21 (4) |
|       |               | 12/5-12/19 (3) |                 |
| Sat   | 12-12:45p     | 9/13-10/11(5)  | 10/25-11/22 (5) |
|       |               | 12/6-12/20 (3) |                 |
| Fees: | \$82* (5 wks) | \$68* (4 wks)  | \$56* (3 wks)   |

## LEVEL 2: INTERMEDIATE REC GYMNASTICS AGES 6-10

This class is for students who know how to do bridges and cartwheels and know body positions. Skills will build on tumbling and dance, bar work, low and high beam, and vaulting. Increased focus on strength and flexibility. Instructor permission is required. No class on Nov 11.

|       |              |                |                 |
|-------|--------------|----------------|-----------------|
| Tue   | 6-6:45p      | 9/9-10/7 (5)   | 10/21-11/18 (4) |
|       |              | 12/2-12/16 (3) |                 |
| Thu   | 5-5:45p      | 9/11-10/9 (5)  | 10/23-11/20 (5) |
|       |              | 12/4-12/18 (3) |                 |
| Fees: | \$82 (5 wks) | *\$68 (4 wks)  | \$56 (3 wks)    |

## LEVEL 3: ADVANCED GYMNASTICS AGES 6-11

For the serious student looking for more than just a recreation-level gymnastics class. Students will master skills learned in Level 1 and Level 2 while learning more advanced skills. An emphasis will be placed on skill connection and technique. Skills include glides on bars, cartwheels on the low beam, roundoff rebound, and back handsprings on the floor. The focus will be on building skills and routines. Instructor permission is required. No class on Nov 11.

|       |               |                |                 |
|-------|---------------|----------------|-----------------|
| Thu   | 6-6:45p       | 9/11-10/9 (5)  | 10/23-11/20 (5) |
|       |               | 12/4-12/18 (3) |                 |
| Fees: | \$82* (5 wks) | \$56* (3 wks)  |                 |

## GIRLS MIDDLE SCHOOL GYMNASTICS AGES 11-14 (GRADES 6-8)

This class is excellent for older girls interested in learning more about gymnastics. Did you know both NK and Kingston High Schools have gymnastics teams and they are no cut sports? Class taught by former NK gymnast. Get a great introduction to this fun sport and be ready to be on the team when you get to high school. Gymnasts will work on drills, skills, and conditioning.

|       |               |                |                 |
|-------|---------------|----------------|-----------------|
| Wed   | 4-4:45p       | 9/10-10/8 (5)  | 10/22-11/19 (5) |
|       |               | 12/3-12/17 (3) |                 |
| Fees: | \$82* (5 wks) | \$56* (3 wks)  |                 |

## PRIVATE LESSONS

Special one-on-one instruction. Call the gymnastics department to request your lesson day/time and instructor at 360-779-9898 or email Jo Van Horn directly at [jvanhorn@cityofpoulsbo.com](mailto:jvanhorn@cityofpoulsbo.com). Instructors will then call to give details and to arrange times.

Fees:

- \$45 / 45 minutes for the individual.
- \$60 / 60 minutes for the individual.
- Add \$5 for an extra child from the immediate family (one only)

**\*Residents of the City of Poulsbo receive an \$8 discount on most programs.**

## HOLIDAY MINI GYMNASTICS CAMP

**AGES 4-6**

**2 CLASSES**

Gymnastics Staff. Two days of gymnastics fun! This camp is for boys and girls of all levels of experience. The camp will cover tumbling, balance beam, bars, vault, rings, rope, crafts, and fun! Gymnasts will need to bring a snack and a water bottle with their name on it. Recreation Center Gym.

M/Tu Dec 22-23 9:30-12p \$99\*

## HOLIDAY ALL LEVELS GYMNASTICS CAMP

**AGES 6-11**

**3 CLASSES**

Gymnastics Staff. Three days of gymnastics fun! This camp is for boys and girls with all levels of experience. The camp will cover tumbling, balance beam, bars, vault, dance, conditioning, crafts, and fun! Gymnasts will need to bring lunch and a water bottle with their name on it. Breidablik Elementary, where NK & Kingston High School gymnastics teams practice.

MTW Dec 29-31 9a-12p \$158\*

## LIL' NINJAS

**AGES 3-5**

**Great class for those not yet ready to focus on a more structured gymnastics class.**

Parks & Rec Staff. This action-packed class has participants tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. Class is fast-paced and great for those high-energy kids who are not ready to focus on a skills-based gymnastics class. No class Oct 31 or Nov 11. Recreation Center Gym.

|        |               |                |                 |
|--------|---------------|----------------|-----------------|
| Mon    | 4:15-4:45p    | 9/8-10/6 (5)   | 10/20-11/17 (5) |
|        |               | 12/1-12/15 (3) |                 |
| Tue    | 10:15-10:45a  | 9/9-10/7 (5)   | 10/21-11/18 (4) |
|        |               | 12/2-12/16 (3) |                 |
| Fri    | 4:15-4:45p    | 9/12-10/10 (5) | 10/24-11/21 (4) |
|        |               | 12/5-12/19 (3) |                 |
| Fees : | \$79* (5 wks) | \$65* (4 wks)  | \$48* (3 wks)   |

| Gymnastics                                                                                                    |                            |                              |                                      |                              |                            |                            |
|---------------------------------------------------------------------------------------------------------------|----------------------------|------------------------------|--------------------------------------|------------------------------|----------------------------|----------------------------|
| Fall Session 1: Sept 8 - Oct 12; Session 2: Oct 20 - Nov 23 (no class Oct 31 or Nov 11); Session 3: Dec 1-21  |                            |                              |                                      |                              |                            |                            |
|                                                                                                               | Monday                     | Tuesday                      | Wednesday                            | Thursday                     | Friday                     | Saturday                   |
| 9:30a                                                                                                         | Mini & Me<br>18 mo - 3 yrs | Tumbling Tots<br>Ages 3-4    | Mini & Me<br>18 mo - 3 yrs           | Rainy Day<br>Play            |                            | Mini & Me<br>18 mo - 3 yrs |
| 10:00a                                                                                                        |                            |                              |                                      |                              |                            |                            |
| 10:30a                                                                                                        | Tumbling Tots<br>Ages 3-4  | Li'l Ninjas<br>Ages 3-4      | Tumbling Tots<br>Ages 3-4            |                              |                            | Tumbling Tots<br>Ages 3-4  |
| 11:00a                                                                                                        | Kindergym<br>Ages 4-6      | Kindergym<br>Ages 4-6        | Hot Shots<br>Ages 4-6                |                              |                            | Kindergym<br>Ages 4-6      |
| Noon                                                                                                          |                            |                              |                                      |                              |                            |                            |
| 1:30p                                                                                                         |                            |                              |                                      |                              |                            | Level 1: Beg.<br>Ages 6-10 |
| 3:30p                                                                                                         |                            |                              |                                      |                              |                            |                            |
| 4:15p                                                                                                         | Li'l Ninjas<br>Ages 3-4    | Tumbling Tots<br>Ages 3-4    | Girls Middle<br>School<br>Ages 11-14 | Tumbling Tots<br>Ages 3-4    | Li'l Ninjas<br>Ages 3-4    |                            |
| 5:00p                                                                                                         | Kindergym<br>Ages 4-6      | Hot Shots<br>Ages 4-6        | Kindergym<br>Ages 4-6                | Level 2: Inter.<br>Ages 6-10 | Kindergym<br>Ages 4-6      |                            |
| 6:00p                                                                                                         | Level 1: Beg.<br>Ages 6-10 | Level 2: Inter.<br>Ages 6-10 | Level 1: Beg.<br>Ages 6-10           | Level 3: Adv.<br>Ages 6-10   | Level 1: Beg.<br>Ages 6-10 |                            |
| If the class you want is full, please go on the waitlist. We will work on adding additional staff or classes. |                            |                              |                                      |                              |                            |                            |

## PRESCHOOL SPORTS: SOCCER

**AGES 3 - 6** **RETURNING FAVORITE!** **6 WKS**

Poulsbo Parks and Rec Staff. This program is designed to inspire an interest and introduction to physical sports for preschoolers. Are you ready to let the kids burn some energy through games and activities? Children will have an opportunity to explore basic concepts of sports and develop skills. They will also develop social skills such as taking turns, following directions, and playing with others. **Please note, parents may be asked to participate and children exhibiting unsportsmanlike conduct may be asked to sit out. Most classes are held rain or shine, dress for the weather.** Once these classes are full, additional classes may be offered, so be sure and have your name put on a waitlist if you can't get into a class. Raab Park.

### Age 3-4

|     |               |          |       |
|-----|---------------|----------|-------|
| Wed | Sep 10-Oct 15 | 4-4:30p  | \$79* |
| Sat | Sep 20-Oct 25 | 9:30-10a | \$79* |

### Age 4-6

|     |               |            |       |
|-----|---------------|------------|-------|
| Wed | Sep 10-Oct 15 | 4:40-5:30p | \$98* |
| Sat | Sep 20-Oct 25 | 10:15-11a  | \$98* |

## INTRO TO SOCCER

**AGES 6-10** **NEW!** **6 WKS**

NKHS soccer players are excited to introduce your child to soccer. Is your child not quite ready for the commitment of league play? This one-hour class is a great introduction. This fun and fast-moving class 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. Most classes are held rain or shine, dress for the weather. Raab Park.

|     |               |              |       |
|-----|---------------|--------------|-------|
| Wed | Sep 10-Oct 15 | 5:30 - 6:15p | \$98* |
| Sat | Sep 20-Oct 25 | 11:15-12:00p | \$98* |

## PRESCHOOL SPORTS: INDOOR SOCCER

**AGES 3 - 6** **RETURNING FAVORITE!** **4 WKS**

Poulsbo Parks and Rec Staff. This program is designed to inspire an interest and introduction to physical sports for preschoolers. Are you ready to let the kids burn some energy through games and activities? Children will have an opportunity to explore basic concepts of sports and develop skills. They will also develop social skills such as taking turns, following directions, and playing with others. **Please note, parents may be asked to participate and children exhibiting unsportsmanlike conduct may be asked to sit out.** Once these classes are full, additional classes may be offered, so be sure and have your name put on a waitlist if you can't get into a class. First Lutheran Church, Poulsbo.

### Age 3-4

|     |          |            |       |
|-----|----------|------------|-------|
| Mon | Nov 3-24 | 4:15-4:45p | \$68* |
|-----|----------|------------|-------|

### Age 4-6

|     |          |            |       |
|-----|----------|------------|-------|
| Sat | Nov 3-24 | 5:00-5:45p | \$78* |
|-----|----------|------------|-------|



**Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.**

## FLAG FOOTBALL – SKILLS & DRILLS

**AGES 5-12** **NEW!** **5 WKS**

Russell Felts, Peninsula Football League. Work with a local Flag Football coach to advance your skills during the off-season. Work on drills to improve your coordination and critical skills for playing the game. Practice drills will help you increase your throwing distance and accuracy. Improve your ability to catch and increase your understanding of the various routes along with how those routes are combined to form offensive route concepts. Vinland Elementary Field.

### Age 8-12

|     |               |            |       |
|-----|---------------|------------|-------|
| Mon | Sep 15-Oct 13 | 5:45-6:30p | \$88* |
|-----|---------------|------------|-------|

## INDOOR FLAG FOOTBALL – SKILLS & DRILLS

**AGES 5-12** **NEW!** **5 WKS**

Russell Felts, Peninsula Football League. Continue to advance your flag football skills indoors during the winter weather. Work on drills to improve your coordination and critical skills for playing the game. Practice drills will help you increase your throwing distance and accuracy. Improve your ability to catch and increase your understanding of the various routes along with how those routes are combined to form offensive route concepts. First Lutheran Church, Poulsbo.

### Age 5-7

|     |             |         |       |
|-----|-------------|---------|-------|
| Mon | Nov 3-Dec 1 | 6-6:45p | \$88* |
|-----|-------------|---------|-------|

### Age 8-12

|     |             |            |       |
|-----|-------------|------------|-------|
| Mon | Nov 3-Dec 1 | 6:45-7:30p | \$88* |
|-----|-------------|------------|-------|

## BASKETBALL: SKILLS, GAMES & SCRIMMAGES

**AGES 5-13** **5 WKS**

Henry Guterson. Children will participate in scrimmages, games, and drills meant to be fun and improve skills. Effort, sportsmanship, and teamwork will be stressed. All offerings are coached by Henry Guterson, a youth coach since 2004. Age-appropriate hoop heights— 4'6'/8' hoops—will be available. Poulsbo Middle School Gym.

Sun Sep 14-Oct 19

|                    |               |       |
|--------------------|---------------|-------|
| <b>Ages 5-6:</b>   | 9:30-10:25a   | \$95* |
| <b>Ages 7-8:</b>   | 10:30-11:30a  | \$95* |
| <b>Ages 9-10:</b>  | 11:45a-12:45p | \$95* |
| <b>Ages 11-13:</b> | 1-2p          | \$95* |

## CHEER WORKSHOP

### AGES 7-13 3 DAYS + GAMEDAY PERFORMANCE

Carolyn Slade, NKHS Cheer coach and Cheer Squad volunteers. Calling All Junior Cheer Enthusiasts! Get ready to jump, dance, and shout! Learn the fundamentals of cheerleading in a fun, energetic, and supportive environment. Cheer students will learn cool cheers, dances, and fun stunts, and develop teamwork and spirit. Make new friends and memories! Participants will be invited to dinner with the Cheer team on Friday night and to perform at halftime at a North Kitsap High School Football game. Pom poms and hair bows are included in the program fee. NKHS Commons/Stadium.

|     |        |              |        |
|-----|--------|--------------|--------|
| Wed | Oct 15 | 5-7p         |        |
| Thu | Oct 16 | 5-7p         |        |
| Fri | Oct 17 | 5p-Half-time | \$125* |

Participants are dismissed to parents after the half-time performance on Friday.



## INTRO TO CHEER

### AGES 5-12

### 5 WKS

Ali Johnson. Loving Cheer and want more than the 3-day workshop? Here is an opportunity to cheer weekly and improve your skills. Learn the fundamentals of cheerleading in a fun, energetic, and supportive environment. Cheer students will learn cool cheers, dances, and tumbling, develop teamwork and spirit. Parks & Rec Fitness and Gym

### Ages 5-6

|     |               |          |       |
|-----|---------------|----------|-------|
| Sat | Sep 13-Oct 11 | 12:15-1p | \$82* |
| Sat | Oct 25-Nov 22 | 12:15-1p | \$82* |

### Ages 7-12

|     |               |         |       |
|-----|---------------|---------|-------|
| Sat | Sep 13-Oct 11 | 1:15-2p | \$82* |
| Sat | Oct 25-Nov 22 | 1:15-2p | \$82* |

## INDOOR LACROSSE WORKSHOP

### GRADES K-8

### 6 WKS

NK Lacrosse Coaches. Join us for four Saturday sessions for an indoor lacrosse workshop designed for players of all skill levels. Whether you're looking to sharpen your skills or are just starting out, this workshop focuses on developing core lacrosse techniques in a fast-paced, indoor setting. Players will work on passing, shooting, footwork, and game strategy through engaging drills and small-sided games. Poulsbo Elementary Gym.

|     |               |      |       |
|-----|---------------|------|-------|
| Sat | Oct 18-Nov 15 | 1-2p | \$75* |
|-----|---------------|------|-------|



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## NORTH KITSAP LACROSSE A COMMUNITY PARTNERSHIP LACROSSE: BOYS & GIRLS, GRADES 2-8 & BOYS HIGH SCHOOL LEAGUES

If you have a youth who wishes to participate in a sport that combines the speed of soccer, the strategy of basketball, and the physicality and coordination of hockey and football, lacrosse is the game to try! Summer and fall clinics are held with our Community Partner, the North Kitsap Lacrosse Club. These clinics are a great, low-cost way for your players to try out this fun sport. North Kitsap Lacrosse Club teams also participate in Washington competitive leagues in the spring. Like and follow North Kitsap Lacrosse Club on Facebook for continuing up-to-date announcements and check the website: <https://www.northkitsaplacrosse.com/> for more information. Scholarships available.

|                    |        |
|--------------------|--------|
| <b>Grades 3/4</b>  | \$200* |
| <b>Grades 5/6</b>  | \$300* |
| <b>Grades 7/8</b>  | \$350* |
| <b>High School</b> | \$400* |

## SKYHAWKS SPORTS PROGRAMS

Skyhawks Sports Academy Staff. Skyhawks is the country's leader in providing a safe, fun, and skill-based sports experience for kids. Poulsbo Parks & Recreation is proud to partner with them to offer the following programs for winter.

**All registration is through Skyhawks.** For more information, or to register online, visit the Skyhawks webpage at <https://www.skyhawks.com/search/>.

## SKYHAWKS BASEBALL

### AGES 2.5-8 4 WKS

These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. Skyhawks is a great way to introduce baseball to kids who just want to get started with the basics! **Parent participation is required with children 3.5 years and younger.** Poulsbo Elementary Field.

Sat Sep 28-Oct 18

|                  |           |      |
|------------------|-----------|------|
| <b>Age 2-3.5</b> | 10-10:45a | \$89 |
| <b>Age 3.5-5</b> | 11-11:45a | \$89 |
| <b>Age 5-8</b>   | 12-1p     | \$89 |

## SKYHAWKS BASKETBALL

### AGES 2.5-8 4 WKS

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court! Poulsbo Elm gym

Sat Oct 25-Nov 15

|                  |           |      |
|------------------|-----------|------|
| <b>Age 2-3.5</b> | 10-10:45a | \$89 |
| <b>Age 3.5-5</b> | 11-11:45a | \$89 |
| <b>Age 5-8</b>   | 12-1p     | \$89 |

## SKYHAWKS HOLIDAY BREAK CAMPS: MULTI SPORT

### AGES 8-12

### 3 CLASSES

M-W Dec 29-31 9a-12p \$135

For full description, see page 17.



## BASKETBALL: 2025 FALL RECREATIONAL BOYS AND GIRLS, GRADES 3-8

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts after schools open, as they form. Games will start in late Sep. Fall basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls at grades 3-4, 5-6 and 7-8. 3-4th grade teams play at reduced height baskets. Rules have been adjusted for recreation level of play. Officiated games are played during weekday evenings, normally Monday through Thursday, in NK, CK and SK gyms. All girls teams and 3-4 and 5-6 grade boys will use the 28.5" ball. 7-8 grade boys will use the regulation, official size ball.

Fee: \$175\*

Jerseys available for purchase at \$30 each, plus sales tax.

Team fees will be \$700. 7-8 game schedule.



**Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.**

## BASKETBALL: 2026 WINTER RECREATIONAL LEAGUES

### FORMING POULSBO AND KINGSTON TEAMS!

**REGISTRATION IS OPEN NOW!**

## MIDDLE SCHOOL GIRLS PREP BASKETBALL LEAGUE: WINTER 2025/26

NOV/DEC/JAN: A strong league, playing double headers on Sundays to prepare our 6/7/8 grade girls for their upcoming school seasons! Practices starting as soon as teams form early Nov. The league is put together to provide the girls practice and game time prior to school tryouts. We routinely schedule either at Kingston High School (primary gym) or Kingston Middle School. I can work around most schedules and conflicts. 9 GG, which includes playoff games. Possible game dates are Dec 7, 14, 21; Jan 4, and 11. Playoffs will be Jan 17/18.

Fee: \$195\*.

For organizations outside Poulsbo: Team fee is \$800.

## ELEMENTARY RECREATIONAL LEAGUE: WINTER 2026

### BOYS AND GIRLS, GRADES, 1-5

DEC/JAN/FEB/MAR: This is your basketball league!! Divisions by grade and gender, with each player getting a ball! Returning players can ensure the return to last year's team by signing up before Nov 9. Teams can't be formed until we receive enough registrations, so don't wait to register. Any questions, please call us at 360-779-9898.

**Practices:** Weeknights. Once teams are formed, practices can start as early as the week of December 2.

**Games:** Saturdays, starting January 17.

Grades 1-4: \$179\* per player (7 games).

Grade 5: \$195\* per player (8 games).

Online registration only at [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register).

We will use the same purple and gold/white jerseys as in the past. Need a jersey? Register for it separately online, \$30 plus sales tax.

## MIDDLE SCHOOL RECREATIONAL LEAGUE: WINTER 2026

### BOYS, GRADE 6; BOYS, GRADE 7/8 GIRLS, GRADES 6/7/8

DEC/JAN/FEB/MAR: For the boys, your school season will be over well before our game schedule starts!! Continue your play with your buddies in this great league!! For the girls, if you are not playing school ball, you can still get quality time on the court with this league!! Any questions, please call us at 360-779-9898.

**Practices:** Two per week, weeknights, starting in early December.

**Games:** Saturdays, starting January 17. Minimum of 8 games, which includes a playoff the last two weeks of the season (March 2-14).

\$195\* per player.

Online registration only at [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register).

We will use the same purple and gold/white jerseys as in the past. Need a jersey? Register for it separately online, \$30 plus sales tax.

### VOLLEYBALL: BEGINNERS

#### GRADES 2-4

#### 9 CLASSES

BUMP, SET, SPIKE!! Are you interested in playing volleyball? Not old enough for a volleyball league? This class is just for 2-4th grade girls, to give them an intro to the sport of volleyball. Girls will learn all the elements of the game, including basics to passing, setting, hitting and service, with live scrimmages held towards the end of the session to utilize new skills. Conditioning will also be covered. Water bottles and knee pads are recommended. Vinland Elementary.

**Fall Session 2:** Max 14 players.

M/W Nov 3-Dec 3 5:30-6:45p \$160\*

No class on Wed, Nov 26.

## VOLLEYBALL: INTRAMURAL FALL GIRLS RECREATIONAL LEAGUE

### GIRLS, GRADES 5-8

**Coaches and Interested Adults needed! The more adults we can put on the floor with the players, the better their experience and training will be!!**

Fall volleyball through Poulsbo Parks and Recreation will draw players from the NK and CK areas, as well as partnering with BI Parks for additional teams. There will be a division for 5/6th grade and a division for 7/8th grade. There will be 7 matches per team starting Saturday, Oct 4 and going through Saturday, Nov 8th. All matches will be Saturdays; most practices will be Tuesday/Fridays. Open gyms will be held at Poulsbo Middle School to allow the girls time on the floor with all the coaches. Teams will be built Monday, Sept 15, but we will continue to take registrations till formed teams are full. There may be some travel required to gyms on Bainbridge Island and in Central Kitsap.

Open gym practices for registered players: Poulsbo Middle School, Sept 5/9/12th!

**Beginners, 5/6th grade girls:** \$175\*

**Intermediate/Advanced, 7/8th grade girls:** \$175\*



**PROSPECTIVE COACHES!**

To be successful, youth sports programs need caring, compassionate adults who are willing to devote some of their time to the kids. You don't have to be an expert! We have lots of helpful resources, including people that are willing to help you help our kids learn and have fun.

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 gaining the ability to compete toward a goal as part of a team and as an individual.

We will need head coaches, assistant coaches, and other interested adults for both **basketball** and **volleyball** this season.

Email Joe Schiel at [joes@cityofpoulsbo.com](mailto:joes@cityofpoulsbo.com) for more information on this valuable opportunity.

*We ♥ Our Volunteers*



# SILVERWOOD SCHOOL

## K - 8TH GRADE

Open the door to a world of possibility for your child.

- We believe in the potential and curiosity of every child.
- We strive for a balance of structure and spontaneity, responsibility and opportunity, and discipline and discovery.
- We prepare our students to participate in and contribute to a richly diverse world and to be stewards of our natural heritage.
- We encourage our students to passionately pursue their dreams.



**CONTACT US TO LEARN MORE!**

*Silverwood is committed to accessibility and offers tuition assistance to support families in making our education possible.*



[silverwood.school](http://silverwood.school)

[frontoffice@silverwoodschool.org](mailto:frontoffice@silverwoodschool.org)



360-697-7526

# BACK TO SCHOOL SPECIAL



AGES 5-14 | 2 CLASSES PER WEEK | UNIFORM INCLUDED

## SIX WEEKS OF CLASS

# \$99



[KITSAPMARTIALARTS.COM/BACK-TO-SCHOOL](https://KITSAPMARTIALARTS.COM/BACK-TO-SCHOOL)

### LOOKING FOR A SCREEN-FREE AFTER-SCHOOL ACTIVITY?

We've got one that actually helps your kid grow stronger, more focused, and more confident—without more screen time. At Kitsap Martial Arts, we offer two high-energy programs built specifically for your child's age and stage of development:

#### Kids Budo (Ages 5–9)

Perfect for younger kids who need movement, structure, and a boost in body awareness. They'll build focus, follow directions, and develop confidence while having fun.

Your child will stay active, grow more focused, and gain skills they can carry into school, sports, and beyond.

#### Movement. Focus. Confidence. Respect.

Off the screen. On the mat. Where growth happens.

#### Juniors Budo (Ages 10–14)

Designed for older kids and pre-teens who are ready for more challenge. This program builds self-discipline, physical strength, and leadership skills they'll use in class and in life.

Visit our website to see our class schedules and learn more about upcoming events or special offers across all of our programs.

- Kids Martial Arts
- Adult Martial Arts
- Fitness Kickboxing
- Self-Defense



**KITSAP MARTIAL ARTS**  
[KITSAPMARTIALARTS.COM](https://KITSAPMARTIALARTS.COM)

## PRIVATE PIANO LESSONS

### AGES 7 - ADULT OR AS ARRANGED WITH INSTRUCTOR 10 WKS

Jill Vernarsky. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We offer holistic music instruction emphasizing the creation of an enjoyable learning experience. The cultivation of a lifelong love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including developing 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. Daytime slots are also available for adult and non-traditional students. Materials not included in the class fee. Recreation Center Piano Studio. Please call the Recreation Center at 360-779-9898 to arrange lessons.

Lessons are Mondays only, between 11a and 7p.

Oct 6 - Dec 15 (10 weeks, session allows for 1 missed lesson at no charge with advance notice)

30-min lesson fee: \$327\* or \$109/mo.

45-min lesson fee: \$459\* or \$153/mo.

Payments due Oct 6, Nov 1, Dec 1.

## CLOGGING

Shannon Singleton. Looking for a fun way to get more exercise? Try clogging! Settlers in the American South took elements of folk dances from England, Scotland and Africa and created Appalachian Clog Dancing. Modern clogging has continued to evolve with influences by country-western line dancing, jazz tap and Irish and Canadian step dance as well. We dance in lines with a cuer calling the steps to a variety of music styles. No partner or prior dance experience needed! No special shoes are needed to get started. Join us for your weekly dance break!

### INTRO TO CLOGGING

#### AGES 18 & OLDER 5 WKS

This class is for new beginners or those who need to brush up on their beginner steps. We will start with the basics, and the two sessions are sequential, building skills. After completing this series, you will be on your way to dancing beginner level dances! No class on Sep 28, Nov 9 and Nov 30. Recreation Center.

Sun Oct 26-Dec 7 4-5p \$48\*

### EASY INTERMEDIATE CLOGGING

#### AGES 18 & OLDER 5 WKS

This class is for dancers who have learned most beginner level steps and are dancing Easy Intermediate level dances. No class Nov 11 and Nov 25. Poulsbo Elementary.

Tue Oct 28-Dec 9 6-7:30p \$58\*

## LINE DANCING

### AGES 15 & OLDER

#### 3 CLASSES

Hunter Chapa. Join us for a fun and energetic beginner line dancing class! Perfect for all ages, this class will teach you the basics of popular line dances in a relaxed and friendly atmosphere. No prior experience or partner is needed, just bring your enthusiasm and get ready to move to the music! No class on Nov 11. Pearson Elementary Gym.

Tue Oct 7-21 5:30-7p \$60\*

Tue Nov 4-25 5:30-7p \$60\*

T/Th Dec 4, 9, 11 5:30-7p \$60\*

### DRAW YOUR OWN ANIME CHARACTER

#### NEW!

#### AGES 14 & OLDER **NEW!** 1 CLASS

Dawn Marble. Dive into the world of anime and manga by creating your own original character! In this fun and engaging class, students will learn the fundamentals of human anatomy, dynamic poses, and expressive facial features—all tailored to the anime style. Step by step, you'll build a complete character sheet that includes full-body poses, outfit design, and a range of facial expressions. Whether you're new to drawing or looking to level up your skills, this class will help you bring your character to life with style and personality. Recreation Center Kitchen/Classroom.

Sat Nov 8 10:30a-12p \$45\*

### DANCE CLASSES WITH GEORGE AND JAN BAHR

#### AGES 16 & OLDER 4 WKS

George and Jan Bahr have taught dance classes with Parks & Recreation for 30 years. Their friendly, patient instruction makes learning to dance fun, resulting in many repeat students throughout the years. All classes will be held in the Pearson Elementary School Gym.

### MORE WEST COAST SWING

This class is a continuation of West Coast Swing Basics. You will learn more intermediate steps that are fun and quite showy! It is recommended that you have a dance partner.

Mon Sep 8-29 7-8p \$56\*

### COMBINATION LINE & ROUND DANCES

This is a NEW class from George & Jan, learning two dances per night. You will learn Stroll Along Cha Cha and Got To Be Funky line dances, Party Samba and Cowboy Cha Cha partner round dances, and Electric Slide and Tango line dances. Cowboy Cha Cha is the only dance that is recommended to have a partner, but not necessary.

Mon Oct 13-27 7-8p \$56\*

### SWING BASICS

This is the class to start with for the East Coast Swing. You will learn the basic steps and turns that will prepare you for the dance floor and for taking additional classes. This is a fun dance!

Mon Nov 3-24 7-8p \$56\*

## FOUNDATIONS OF PORTRAIT DRAWING

**AGES 16 & OLDER** **NEW!**

**4 WEEKS**

Dawn Marble. Explore the art of portraiture in this beginner-friendly series designed to build your skills and confidence in capturing the human face. Students will learn basic facial structure, proportions, and techniques for creating dynamic portrait poses using graphic pencils or charcoal. Through a series of guided self-portraits, you'll develop your observational skills and personal style. The class will culminate in a final project: a portrait of your choice—either a self-portrait or a portrait from a reference photo—in any medium you prefer. Bring your creativity and get ready to bring faces to life! Recreation Center Kitchen/Classroom.

Sat Oct 18-Nov 8 10:30a-12p \$125\*

## INTRODUCTION TO DRAWING

**AGES 10-ADULT**

**5 WKS**

Mariah Ordonez, MAT, NBCT. Did you know that drawing is a skill that can be learned? In this introductory drawing course, participants will learn techniques, observation, hand-eye coordination, and the use of basic drawing tools and materials with a gentle and experienced educator and artist. The goal of this course is to equip beginners with the skills to represent objects and scenes onto a two-dimensional surface while also inspiring them with exciting and thought-provoking projects. We will progress to shading, perspective, and composition as participants develop their ability to see the world like an artist and translate that vision into art and illustration. Each week participants will learn a new skill. Please bring a sketchbook, blank paper, pencils, and erasers to class. No class on Nov 11. Recreation Center Classroom.

Tue Nov 4-Dec 9 11-11:45a \$98\*

## WATERCOLOR OPEN STUDIO

**AGES 10 & OLDER**

**6 WKS**

Mariah Ordonez, MAT, NBCT. Learn essential watercolor techniques within the safety of a small group setting and with the support of an experienced arts educator and artist. Each class will focus on a different watercolor skill so that you can feel confident using this delicate medium. This course is a journey of creative exploration, and you will be encouraged to find your voice as you reflect on what inspires you. Each session will feature new watercolor techniques, color theory, composition, and self-expression opportunities. Open to all levels of learners. Materials list provided with registration. Recreation Center Classroom 2.

Tue Nov 4-Dec 16 12:15-1:15p \$108\*

## ACRYLIC FOR BEGINNERS

**AGES 18+** **NEW!**

**3 WKS**

Beth Daquilante. Come learn the basics of acrylic painting in a relaxed guided environment with freedom to explore the medium at your own pace and bring your creativity to light! A materials fee of \$10, payable at the first class, includes canvas, paint, and brushes. Recreation Center Kitchen/Classroom.

Mon Oct 6- Oct 20 11:30-1p \$88\*

Mon Nov 3- Nov 17 11:30-1p \$88\*

## PAINT NIGHT

**AGES 10-ADULT**

**1 CLASS**

Beth Daquilante. Miss Beth will lead you step by step to create your very own masterpiece! Fun class to do with family or friends. A \$5 materials fee is payable to the instructor at the start of the class. Recreation Center Kitchen/Classroom.

### Sunset River

Fri Oct 3 7-8:30p \$25pp

### Sunflower

Fri Nov 7 7-8:30p \$25pp

### Holiday Holly

Fri Dec 12 7-8:30p \$25pp



## INTRODUCTION TO CERAMICS

**AGES 9-ADULT**

**5 WKS**

Mariah Ordonez, MAT, NBCT. Get ready for an adventure in our five-week session of crafting with clay! You'll dive into the ancient world of working with clay and learn how to make amazing creations using your hands. Let your imagination run wild as you design cool functional pieces and artistic masterpieces. We'll explore exciting challenges that will put your creativity to the test while building your skills with every project. Plus, you'll experiment with fun surface designs and colorful glazes to make your pieces truly one-of-a-kind! All materials and exciting projects are provided, so come ready to create and release your inner artist. A \$25 materials fee is payable to the instructor at the start of the first class to cover clay, firing fees, and glaze. Recreation Center Kitchen/Classroom.

Tue Nov 4-Dec 16 1:30-3p \$138\*

## FUSED GLASS ORNAMENTS

**CHILDREN 10 & UNDER MUST HAVE AN ADULT WITH THEM.**

**YOUTH AGES 11 & OLDER MAY ATTEND WITHOUT AN ADULT** **NEW!** **1 CLASS**

Magical Moments & Events. Design four fused glass ornaments for your tree or give these fun gifts to family and friends. Instruction, materials and pre-cut templates will be provided. Choose your favorite style or create your own version. Additional ornaments may be purchased for \$15 each. A \$10 materials fee is payable to the instructor at the beginning of each class. Due to pre-prepping/cutting of materials there are no refunds, but if you need to change your time, let us know ASAP and we will move you to another timeslot. Recreation Center Kitchen Classroom.

Choose one time:

Fridays: 3:30-4:30p, 4-5p, 5-6p, 5:30-6:30p

Saturdays: 10-11a, 10:30-11:30a, 11:30a-12:30p, 12-1p

Fri Nov 21 \$55\*/pp per hour

Sat Nov 22 \$55\*/pp per hour

Sat Dec 6 \$55\*/pp per hour

## CANDLE MAKING FOR BEGINNERS

**AGES 16 & OLDER** **NEW!** **1 CLASS**

Cathy Johnson. As we move into fall, let's get cozy with a candle! We will learn the art of making candles. You will have a selection of scents and vessels appropriate to the monthly theme! Each month will be a different theme: Oct-Halloween, Nov-Fall/Thanksgiving, and Dec-The holidays! Make one for yourself or for that special someone. A \$5 materials fee is payable to the instructor at the beginning of class. Recreation Center Kitchen/Classroom.

|     |        |      |       |
|-----|--------|------|-------|
| Fri | Oct 24 | 6-7p | \$38* |
| Sat | Nov 22 | 7-8p | \$38* |
| Fri | Dec 19 | 6-7p | \$38* |

## DESIGNING DISHES AND DINNERWARE

**ADULTS 18+** **NEW!** **1 CLASS**

Magical Moments & Events. This class covers beginning to advanced levels of ceramic painting. Learn a variety of amazing techniques to create beautiful pieces for your kitchen or give away as gifts. Each class in this series will focus on different techniques and seasonal templates to use as you wish. Choose from a variety of dinnerware options to apply skills learned. Learn bubble blowing, taping, sgraffito, stenciling, masking, sponging and more. Sign up for one or all four classes. A \$10 cash materials fee is payable to instructor at the beginning of each class. Recreation Center Kitchen/Classroom.

|     |        |         |      |
|-----|--------|---------|------|
| Fri | Oct 17 | 10a-12p | \$30 |
| Fri | Nov 14 | 10a-12p | \$30 |
| Fri | Dec 05 | 10a-12p | \$30 |

## GLASSWORK: INTRODUCTION TO GLASS FUSING AGES 18 & OLDER 1 CLASS

Eastern Wind Glass. Learn what glass fusing is, the kinds of fusing that can be done, what glass can be used, terminology, and some design techniques. You'll also receive instructions on the use of the kiln and what kinds of kilns can be used for glass, as well as glass cutting, use of tools, and safety. Supplies are included with a \$10 materials fee payable to the instructor at the start of each class. Checks can be made out to Eastern Wind Glass. Recreation Center Kitchen / Classroom.

### Halloween Ghost or Christmas Elf

You will make two ghosts that can have a votive underneath to light them up, or two elves.

|     |        |      |       |
|-----|--------|------|-------|
| Tue | Oct 14 | 6-8p | \$55* |
|-----|--------|------|-------|

### Holiday Glass Ornaments

Make four beautiful ornaments for the holidays from 4 x 4 glass.

|     |       |      |       |
|-----|-------|------|-------|
| Tue | Nov 4 | 6-8p | \$50* |
|-----|-------|------|-------|

### Votive Holders or Small Candy Dishes

Make 2 beautiful pieces of art for the holidays! You can either make one of each or two of the same.

|     |       |      |       |
|-----|-------|------|-------|
| Tue | Dec 9 | 6-8p | \$60* |
|-----|-------|------|-------|

## DIY PINECONE WREATH

**AGES 10 & OLDER** **NEW!** **1 CLASS**

Cathy Johnson. Get into the spirit of the season with your very own, hand-crafted pinecone wreath! A \$5 materials fee is payable to the instructor at the beginning of class. Recreation Center Kitchen/Classroom.

|     |       |        |       |
|-----|-------|--------|-------|
| Fri | Nov 7 | 10-11a | \$38* |
| Sun | Nov 9 | 10-11a | \$38* |

## SPANISH

Spanish instructor Will Perkins has taught Spanish from beginners through literature for many years. He has some experience teaching ESL, plus a touch of French and Latin. He has spent lots of time in Seville, Spain, and some time in different parts of Mexico. Will is offering three levels of Spanish classes through Fall and Winter.

## SPANISH FOR BEGINNERS

**AGES 18 & OLDER** **5 WKS**

Will Perkins. This class is designed for those with little or no previous experience in Spanish. We will use stories, music, and conversation to build comfort with a new language. We address basic phonetics and grammar with abundant repetition. We will work with a textbook (\$15) and an easy reader (usually \$5-10 depending on text). North Kitsap High School Room #511.

|     |               |      |       |
|-----|---------------|------|-------|
| Wed | Oct 15-Nov 12 | 5-6p | \$75* |
| Wed | Jan 7-Feb 4   | 5-6p | \$75* |

## INTERMEDIATE CONVERSATIONAL SPANISH

**AGES 18 & OLDER** **5 WKS**

Will Perkins. If you have taken some classes in high school or college, or have studied online with tutors or programs, this class should help advance your skills and boost confidence. The goal is to be able to communicate with native speakers and other aficionados of Spanish. We will study an easy reader book (usually \$5 to \$10), listen to recordings, and do some exercises in grammar from self-correcting websites. We spend most of the class speaking Spanish, making mistakes and correcting them. We also use Duolingo, a free online program, and a Duolingo classroom that takes away the ads and removes the penalties for errors, so it is more efficient than the non-classroom version. North Kitsap High School Room #511.

|     |               |            |       |
|-----|---------------|------------|-------|
| Wed | Oct 15-Nov 12 | 6:10-7:10p | \$75* |
| Wed | Jan 7-Feb 4   | 6:10-7:10p | \$75* |

## CONVERSATIONAL SPANISH

**AGES 18 & OLDER** **5 WKS**

Will Perkins. If you have studied some Spanish, this class will help you refresh your existing knowledge. We aim to conduct the class entirely in Spanish. We will use stories, music, and conversation to refresh memories and build new understanding. Depending on class interest, we will read stories, easy-reader novels, or plays to build vocabulary and understanding. Grammar study is based on student areas of interest. We will purchase a book to read in this class, but it should cost less than \$20. North Kitsap High School Room #511.

|     |               |            |       |
|-----|---------------|------------|-------|
| Wed | Oct 15-Nov 12 | 7:20-8:20p | \$75* |
| Wed | Jan 7-Feb 4   | 7:20-8:20p | \$75* |

## LEAVING A LEGACY OF MEMORIES/GOT A PHOTO MESS?

**AGES 18 & OLDER**

**1 CLASS**

Sharyl Rapavy. Do you have a gazillion digital photos and videos across multiple phones, tablets, computers, SD cards, social media, and more? Or a scary box with old photos, videotapes, and movies? Are you afraid that your kids and grandkids will never know who is in the old family photos or even where to find the photos? This class will teach you ways to digitize your old memories, gather all of your digital memories into a safe storage place, organize them, and be able to share them with loved ones. Bring a smartphone, tablet, or laptop computer. Recreation Center Kitchen/Classroom.

|     |        |         |      |
|-----|--------|---------|------|
| Mon | Oct 27 | 6-7:30p | \$25 |
| Thu | Nov 13 | 6-7:30p | \$25 |

## THE FALL GARDEN: LAYING THE GROUNDWORK FOR A BEAUTIFUL SPRING

**AGES 18+**

**NEW!**

**1 CLASS**

Jen Jacobsen, Master Gardener. Though the days are getting shorter and cooler, fall is actually a great time to get a head start on next year's garden. During this 90-minute class, Master Gardener Jen will provide information and actionable steps you can take to improve your soil, divide and plant perennials, support wildlife, and more. This class will be geared toward beginner gardeners, but seasoned gardeners are welcome too. Parks and Recreation Kitchen/Classroom.

|     |        |           |      |
|-----|--------|-----------|------|
| Sat | Sep 27 | 10-11:30a | \$18 |
| Thu | Oct 2  | 10-11:30a | \$18 |

## WILDLIFE IN WASHINGTON

**YOUTH MUST BE ACCOMPANIED BY AN ADULT PARENT OR GUARDIAN**

**NEW!**

**1 CLASS**

Cathy Johnson. Learn about the most common raptors/birds, mammals, aquatic life, endangered species and non-native species that all call Washington State their home. This class will include what to do when you encounter an injured wild animal. Cathy is a former WA Wildlife Educational team member, raptor handler and development director for a local wildlife shelter in the area. She has taught kids and adults in classroom and public settings. Her focus is on learning about native plants and wildlife in the area. Recreation Center Kitchen / Classroom.

Sun Nov 23 1-2p \$25 per family  
Note: If signing up more than one person, please register by phone, 360-779-9898, or in person. Parents must register with their child(ren.)



## WASHINGTON STATE BACKYARD HABITAT CERTIFICATION

**AGE 18+**

**NEW!**

**1 CLASS**

Cathy Johnson. Learn how to transform your yard into a climate-resilient wildlife habitat. The backyard certification program is a regional program that provides support and incentives for residents who seek to restore their native habitat to their yards. You will receive all the information and materials to get your own backyard certification sign from WA Fish and Wildlife!

|     |        |             |      |
|-----|--------|-------------|------|
| Sat | Sep 20 | 9:30-10:30a | \$18 |
|-----|--------|-------------|------|



## COMMUNITY SOUND BATH AND MEDITATION

**AGES 11-SENIORS**

Danielle Guthrie from Entropy Healing will offer a guided meditation to calm the mind and sound vibrations to calm the body and ignite the spirit. How does it work? Humans are mostly made of water, so when we relax into the vibrations of crystal bowls, drumming, chimes, flute, and singing, our bodies can reset into their natural frequency if our nervous systems are activated by stress. Meditations focus on connecting with the elements (Earth, Air, Water, and Fire) within the body. Upper Fitness Room.

|     |        |      |      |
|-----|--------|------|------|
| Sat | Sep 20 | 6-7p | \$25 |
| Sat | Oct 18 | 6-7p | \$25 |
| Sat | Nov 8  | 6-7p | \$25 |

## CPR & AED CERTIFICATION

**AGES 16 & OLDER (12-15 WITH A PARENT)**

The Poulsbo Fire Department and Parks & Recreation are offering the HSI CPR/ AED training program to help participants develop lifesaving skills in CPR and AED usage for adults, children, and infants. Through hands-on practice, scenario-based exercises, and the latest guidelines from the American Heart Association, this course builds proficiency in responding to medical emergencies. Gain vital knowledge that could help you save a life by enrolling today. Youth ages 12-15 must attend with a parent. Course fee provides certificate documentation acceptable for many agency requirements. Poulsbo Fire Department Conference Room.

|     |        |        |      |
|-----|--------|--------|------|
| Sat | Sep 13 | 9a-12p | \$15 |
| Sat | Oct 11 | 9a-12p | \$15 |
| Sat | Nov 8  | 9a-12p | \$15 |
| Sat | Dec 13 | 9a-12p | \$15 |

A drop-in fee of \$15 per class is available for fitness classes provided the class has met its minimum enrollment and IS NOT FULL. Please stop at the front desk before attending each class to pay the fee and sign the waiver.

**Fall 2025**

**360-779-9898**

**POWER HOUR:  
STRENGTHEN YOUR BODY AND MIND!  
AGES 18+**

Delores Leverett, ACE. Combine our 30-minute Express Strength class with 30 minutes of meditation and increase your strength, stamina, and mental health. Recreation Center Upper Fitness Room.

|     |           |             |           |
|-----|-----------|-------------|-----------|
| Mon | Sep 15-29 | 9:30-10:30a | \$38* (3) |
| Mon | Oct 6-27  | 9:30-10:30a | \$48* (4) |
| Mon | Nov 3-24  | 9:30-10:30a | \$48* (4) |
| Mon | Dec 1-15  | 9:30-10:30a | \$38* (3) |

**EXPRESS STRENGTH  
AGES 18+**

Delores Leverett, ACE. Join our strength training class to build power, endurance, and confidence! This dynamic, full-body workout combines free weights, resistance bands, and bodyweight exercises and is designed to enhance muscle tone, increase strength, and improve overall fitness. Expect a mix of functional movements, targeted muscle group exercises, and core-strengthening routines. Perfect for anyone looking to improve strength, mobility, and stamina in a supportive and motivating environment! Suitable for all fitness levels. Recreation Center Upper Fitness Room.

**Mondays 9:30-10:00a**

|           |               |
|-----------|---------------|
| Sep 15-29 | \$26* (3 wks) |
| Oct 6-27  | \$32* (4)     |
| Nov 3-24  | \$32* (4)     |
| Dec 1-15  | \$26* (3)     |

**Wednesdays 9:30-10:00a**

|           |               |
|-----------|---------------|
| Sep 10-24 | \$26* (3 wks) |
| Oct 1-29  | \$38* (5)     |
| Nov 5-26  | \$32* (4)     |
| Dec 3-17  | \$26* (3)     |

**MEDITATION  
AGES 16+**

Delores Leverett, RYT 200. Discover calm and clarity in our guided meditation class, designed to help you relax, focus, and reconnect with yourself. This class explores a variety of meditation techniques, including mindful breathing, body scans, and visualization, making it accessible for both beginners and experienced meditators. Each session creates a serene environment where you can unwind, reduce stress, and cultivate inner peace. Perfect for anyone looking to improve mental clarity, emotional balance, and a sense of well-being. Step away from the daily hustle and nurture your mind, body, and soul. Recreation Center Upper Fitness Room.

|     |           |           |           |
|-----|-----------|-----------|-----------|
| Mon | Sep 15-29 | 10-10:30a | \$26* (3) |
| Mon | Oct 6-27  | 10-10:30a | \$32* (4) |
| Mon | Nov 3-24  | 10-10:30a | \$32* (4) |
| Mon | Dec 1-15  | 10-10:30a | \$26* (3) |

**TOTAL BODY WORKOUT: BARBELL STRENGTH  
TRAINING AND CARDIO  
AGES 18+**

Lilli Jensen. Using light to moderate weights with lots of repetition, this fitness class gives you a total body workout. Students will progress from light to moderate to heavy weights, increasing strength and endurance. A total body workout in 60 minutes. Max 12 participants per class – space is limited! Recreation Center Upper Fitness Studio. No class on Sept 1, Oct 31, Dec 24 or Dec 31.

|     |          |            |               |
|-----|----------|------------|---------------|
| Mon | Sep 8-29 | 5:30-6:30p | \$44* (4 wks) |
| Wed | Sep 3-24 | 5:30-6:30p | \$44* (4)     |
| Fri | Sep 5-26 | 5:30-6:30p | \$44* (4)     |

|     |          |            |               |
|-----|----------|------------|---------------|
| Mon | Oct 6-27 | 5:30-6:30p | \$44* (4 wks) |
| Wed | Oct 1-29 | 5:30-6:30p | \$53* (5)     |
| Fri | Oct 3-24 | 5:30-6:30p | \$44* (4)     |

|     |          |            |               |
|-----|----------|------------|---------------|
| Mon | Nov 3-24 | 5:30-6:30p | \$44* (4 wks) |
| Wed | Nov 5-26 | 5:30-6:30p | \$44* (4)     |
| Fri | Nov 7-28 | 5:30-6:30p | \$44* (4)     |

|     |          |            |               |
|-----|----------|------------|---------------|
| Mon | Dec 1-29 | 5:30-6:30p | \$53* (5 wks) |
| Wed | Dec 3-17 | 5:30-6:30p | \$35* (3)     |
| Fri | Dec 5-26 | 5:30-6:30p | \$44* (4)     |

**TNT – TIGHTEN & TONE**

**AGES 18+**

**SESSIONS VARY, ONE OR MORE DAYS/WEEK**

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. Classes run continuously, join at any time, and all levels are welcome. The class is designed with senior fitness in mind, but all adults are welcome. No class on Sep 1, Oct 31, Dec 24 or Dec 31. Recreation Center Gym.

|                |                   |
|----------------|-------------------|
| <b>Mondays</b> | <b>8:10-9:00a</b> |
| Sep 8-29       | \$44* (4 wks)     |
| Oct 6-27       | \$44* (4)         |
| Nov 3-24       | \$44* (4)         |
| Dec 1-29       | \$53* (5)         |

|                   |                   |
|-------------------|-------------------|
| <b>Wednesdays</b> | <b>8:10-9:00a</b> |
| Sep 3-24          | \$44* (4 wks)     |
| Oct 1-29          | \$53* (5)         |
| Nov 5-26          | \$44* (4)         |
| Dec 3-17          | \$35* (3)         |

|                |                   |
|----------------|-------------------|
| <b>Fridays</b> | <b>8:10-9:00a</b> |
| Sep 5-26       | \$44* (4 wks)     |
| Oct 3-24       | \$44* (4)         |
| Nov 7-28       | \$44* (4)         |
| Dec 5-26       | \$44* (4)         |



Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.

## HUMAN REFORMER PILATES

### AGES 18+

Delores Leverett, ACE. Harness the powerful benefits of Pilates reformer workouts without actually having to be on a reformer! Utilizing a resistance band, we reimagine classic Reformer moves right on the mat! This class focuses on building functional strength, improving posture, enhancing coordination, and is accessible to all fitness levels. The Human Reformer approach allows you to perform comprehensive Pilates Reformer movements, empowering you to take control of your fitness journey and unlock your true potential. No class on Sept 18. Class WILL be held on Wed, Nov 11.

**Mondays 4:15-5:00p**  
 Sep 15-29 \$38\* (3 wks)  
 Oct 6-27 \$48\* (4)  
 Nov 3-24 \$48\* (4)  
 Dec 1-15 \$38\* (3)

**Tuesdays 9:30-10:15a**  
 Sep 16-30 \$38\* (3 wks)  
 Oct 7-28 \$48\* (4)  
 Nov 4-25 \$48\* (4)  
 Dec 2-16 \$38\* (3)

**Thursdays 5:30-6:15p**  
 Sep 11-25 \$26 (2 wks)  
 Oct 2-30 \$58\* (5)  
 Nov 6-20 \$38\* (3)  
 Dec 4-18 \$38\* (3)

## BARRE

### AGES 18+

Delores Leverett, ACE. Barre is all about small, pulsing movements that prioritize form, alignment, and core engagement. Utilizing a ballet barre for balance, participants maintain stillness while contracting specific muscle groups through isometric exercises. This routine features high repetitions, and minimal range of motion, and occasionally incorporates light weights and other gear. Experience a unique and effective workout that hones your strength and stability! Please bring a mat, water bottle, and grip socks. Recreation Center Upper Fitness Studio.

|                       |                         |
|-----------------------|-------------------------|
| <b>Wed 4:10-5:00p</b> | <b>Thu 8:10a -9:00a</b> |
| Sep 10-24 \$38* (3)   | Sep 11-25 \$38* (3)     |
| Oct 1-29 \$58* (5)    | Oct 2-30 \$58* (5)      |
| Nov 5-26 \$48* (4)    | Nov 6-20 \$38* (3)      |
| Dec 3-17 \$38* (3)    | Dec 4-18 \$38* (3)      |

## YOGA BASICS

### AGES 16+

### 2 CLASSES WEEKLY

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. Classes run continuously, join anytime, and all levels are welcome. No class on Nov 27 or Dec 25. Class WILL be held on Wed, Nov 11. Recreation Center Gym.

|      |          |         |                  |
|------|----------|---------|------------------|
| Tue  | Sep 2    | 8:10-9a | Free trial class |
| T/Th | Sep 4-30 | 8:10-9a | \$80* (8)        |
| Thu  | Oct 2    | 8:10-9a | Free trial class |
| T/Th | Oct 7-30 | 8:10-9a | \$80* (8)        |
| T/Th | Nov 4-25 | 8:10-9a | \$71* (7)        |
| T/Th | Dec 2-30 | 8:10-9a | \$80* (8)        |

## CHAIR YOGA

### AGES 18+

Jolene Culbertson, RYT 500. Join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an RYT 500 with 40+ years of both medical & yoga experience. No class on Nov 27 or Dec 25. Recreation Center Upper Fitness Studio.

|     |          |             |               |
|-----|----------|-------------|---------------|
| Thu | Sep 4-25 | 9:30-10:30a | \$48* (4 wks) |
| Thu | Oct 2-30 | 9:30-10:30a | \$58* (5)     |
| Thu | Nov 6-20 | 9:30-10:30a | \$38* (3)     |
| Thu | Dec 4-18 | 9:30-10:30a | \$38* (3)     |

## ACTIVE FLOW YOGA

### AGES 18+

### 4 WKS

Jolene Culbertson, RYT 500. This is a flow class with a more dynamic pace. A type of yoga that focuses on the connection between breath, movement, and the mind. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. No class Oct 31. Recreation Center Upper Fitness Studio.

|     |          |             |               |
|-----|----------|-------------|---------------|
| Fri | Sep 5-26 | 9:30-10:30a | \$48* (4 wks) |
| Fri | Oct 3-24 | 9:30-10:30a | \$48* (4)     |
| Fri | Nov 7-28 | 9:30-10:30a | \$48* (4)     |
| Fri | Dec 5-26 | 9:30-10:30a | \$48* (4)     |

## YOGA FOR BACK CARE WORKSHOP

### AGES 18+

### 3 WKS

Jolene Culbertson, RYT 500. Learn and practice care for our backs. Topics, techniques, and practice for osteopenia, osteoporosis, osteoarthritis, and chronic back, shoulder, neck, or hip pain. No prior experience is necessary. Bring yoga props or use ours. Bring a small blanket and two pillows of different sizes. Recreation Center Upper Fitness Studio.

|     |          |              |       |
|-----|----------|--------------|-------|
| Thu | Nov 6-20 | 10:45-11:45a | \$45* |
|-----|----------|--------------|-------|

## YOGALATES

**AGES 18+**

**NEW!**

**WEEKLY**

Delores Leverett, RYT 200. Yogalates is a dynamic fusion of Yoga and Pilates designed to build strength, improve flexibility, and enhance balance. This low-impact class focuses on core stability, mindful movement, and breath control making it ideal for all fitness levels. Whether you're looking to tone muscles, increase mobility, or reduce stress, Yogalates offers a full-body workout that leaves you feeling strong, centered, and refreshed. Class WILL be held on Nov 11. Recreation Center Upper Fitness Studio.

|     |           |      |           |
|-----|-----------|------|-----------|
| Tue | Sep 16-30 | 3-4p | \$38* (3) |
| Tue | Oct 7-28  | 3-4p | \$48* (4) |
| Tue | Nov 4-25  | 3-4p | \$48* (4) |
| Tue | Dec 2-16  | 3-4p | \$38* (3) |

## QIGONG TAI CHI

**AGES 18+**

Rodney Hitchcock. Tai Chi is an ancient exercise system utilized to promote good health and healing through gentle movement and breathing. Qigong in Chinese translates as "life energy work". While there are many schools and variations of Tai Chi and Qigong; we will together be utilizing Qigong warmups before learning and practicing the Yang style form also known as the long form. Class fee is monthly, regardless of the number of classes in the month. No class Sept 1, Oct 31 or Dec 24, 26 or 31. Recreation Center Upper Fitness Studio.

|       |          |               |       |
|-------|----------|---------------|-------|
| M & F | Sep 5-29 | 11:30a-12:30p | \$72* |
| Wed   | Sep 3-24 | 6:45-8p       | \$48* |

|       |          |               |            |
|-------|----------|---------------|------------|
| M & F | Oct 3-27 | 11:30a-12:30p | \$72*      |
| Wed   | Oct 1    | 6:45-8p       | Free class |
| Wed   | Oct 8-29 | 6:45-8p       | \$48*      |

|       |          |               |           |
|-------|----------|---------------|-----------|
| M & F | Nov 3-28 | 11:30a-12:30p | \$64* (7) |
| Wed   | Nov 5-26 | 6:45-8p       | \$48*     |

|       |          |               |           |
|-------|----------|---------------|-----------|
| M & F | Dec 1-29 | 11:30a-12:30p | \$72*     |
| Wed   | Dec 3-17 | 6:45-8p       | \$38* (3) |

## INTRO TO TAI CHI:

### MOVING FOR BETTER BALANCE

**AGES 18 +**

Tricia McMahon and Meg Brierley. Builds muscle strength, increases attentiveness and awareness, improves postural stability, and releases tension. In these classes, you will learn the 8 Tai Chi forms (derived from the traditional 24-form Yang-style) of Tai Chi: Moving for Better Balance. Come enjoy connecting with others while improving coordination, flexibility, and so much more! No experience is necessary. We will be primarily standing, but there are great benefits when seated as well. Chairs will be available. While this program is free, we ask that you register to assist in planning. No class on Nov 11, Nov 27 or Dec 25. Recreation Center Gym.

|       |          |             |      |
|-------|----------|-------------|------|
| Tue   | Sep 2-30 | 12:15-1:15p | FREE |
| Tue   | Oct 7-28 | 12:15-1:15p | FREE |
| Tu/Th | Nov 4-25 | 12:15-1:15p | FREE |
| Tu/Th | Dec 2-30 | 12:15-1:15p | FREE |

## VETERANS YOGA PROJECT

Mindful Resilience



### Veterans Yoga Project classes are coming to Poulsbo Parks & Recreation!

Poulsbo Parks & Recreation is proud to partner with Veterans Yoga Project to bring trauma-informed, mindful resilience yoga classes to our community at no cost to those who serve and support our nation.

Beginning September 11, 2025, we invite all Veterans, Active-Duty Military, and First Responders to join us for free weekly yoga classes designed to support physical and mental well-being through breath, movement, and relaxation.

### VETERANS YOGA PROJECT: GENTLE YOGA

**AGES 18+**

**NEW!**

Delores Leverett. Experience the calming benefits of Gentle Yoga, a slower paced practice with fewer standing poses and minimal strain on the wrists and knees. **This class is free for Veterans, Active-Duty Service Members, and First Responders.** All others are warmly welcome to join with a donation, which goes directly to support Veterans Yoga Project. Please bring a yoga mat, water bottle, and any gear that helps you feel comfortable during practice. A limited number of blankets, straps, and blocks will be available. Class size is limited to 12 participants, **pre-registration is required.** Recreation Center Upper Fitness Studio.

**Thursdays, 6:30-7:30p**

Sep 11 & 25 No class Sept 18.

Oct 2-30

Nov 6-Nov 20

Dec 4-18

At Veterans Yoga Project Mindful Resilience is what we call the collection of mind-body practices that we teach: Breathing, Meditation, Mindful Movement, Guided Rest, and Gratitude.

These tools help us breathe easy, focus clearly, move freely, rest deeply, and remember what is working in our lives. As a result, we become more resilient in the face of both ordinary and extraordinary challenges.

For more information about Veterans Yoga Project please visit: <https://veteransyogaproject.org/>



## LAUGHTER YOGA CLUB

### AGES 9+

Rachel Cornette. Laughter Yoga is an easy, fun exercise for the mind, body, and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. Bring a willingness to laugh! No class Sep 23 and Nov 11. Recreation Center Upper Fitness Studio.

|     |          |          |      |
|-----|----------|----------|------|
| Tue | Sep 2-30 | 12:15-1p | FREE |
| Tue | Oct 7-28 | 12:15-1p | FREE |
| Tue | Nov 4-25 | 12:15-1p | FREE |
| Tue | Dec 2-16 | 12:15-1p | FREE |

## LIFELONG HEALTH AND FITNESS

### SENIORS

### MONTHLY

Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Recreation Center Gym.

|       |          |             |      |
|-------|----------|-------------|------|
| M/W/F | Sep 1-29 | 12:15-1:15p | FREE |
| M/W/F | Oct 1-29 | 12:15-1:15p | FREE |
| M/W/F | Nov 3-28 | 12:15-1:15p | FREE |
| M/W/F | Dec 1-19 | 12:15-1:15p | FREE |

### LOOKING FOR SPONSORS!

Do you know a business or organization that would like to help support our Free Senior Fitness Classes? Please contact [kgoodfellow@cityofpoulsbo.com](mailto:kgoodfellow@cityofpoulsbo.com) for more information.

## ROLLER BEATS- DANCE SKATING

### AGES 18+

### 3 WKS

Hunter Chapa. Discover the rhythm of movement with our dance roller skating class! Immerse yourself in the art of dance on wheel as our instructor guides you through fundamentals, essential techniques, balance drills, and footwork. Participants will need their own skates with rubber toe stoppers, knee and elbow pads and helmets are suggested.

|     |           |       |
|-----|-----------|-------|
| Tue | Sep 16-30 | \$52* |
|-----|-----------|-------|

**Beginner:** 5-5:45p

**Intermediate:** 6-7p

## SELF DEFENSE FOR WOMEN

### AGES 18+

### MONTHLY

Instructor Jason Bellaconis has been teaching martial arts for over 20 years. This is an ongoing class that meets monthly and is open to new students or returning. Jason has taught hundreds of classes and dozens of seminars specific to self-defense for women. The class will focus on learning practical defense techniques safely and effectively. All equipment and gear are provided. Recreation Center Gym.

|     |          |            |      |
|-----|----------|------------|------|
| Tue | Sep 2-30 | 7:15-8:45p | \$10 |
| Tue | Oct 7-28 | 7:15-8:45p | \$10 |
| Tue | Nov 4-25 | 7:15-8:45p | \$10 |
| Tue | Dec 2-30 | 7:15-8:45p | \$10 |

## ITALIAN RAPIER

### AGE 15+

### 8 WKS

Nathan Walker. The rapier was the deadliest dueling weapon in history. Rapier fencing is a game of control; controlling distance, controlling timing, controlling your opponent's mind. It's a deep psychological and extremely physical chess game of sorts that measures one's ability to think on their feet and adapt to constantly changing situations. No one did this more famously or dangerously than the 16<sup>th</sup>-century Italian fencing masters that we will study in this course. Bring your own equipment or use the instructors. New students can join at any time. No class on Jan 19. Recreation Center Gym.

|     |                |      |       |
|-----|----------------|------|-------|
| Mon | Sep 22- Nov 10 | 7-9p | \$60* |
| Mon | Nov 24- Jan 19 | 7-9p | \$60* |

## GERMAN LONGSWORD

### AGE 15+

### 8 WKS

Longsword is the most popular weapon studied in HEMA (Historical European Martial Arts) It's the largest and heaviest sword we study but still quite nimble due to the use of two hands on the weapon instead of only one. The Johannes Lichtenauer tradition of longsword fighting goes back to the mid-late 14<sup>th</sup> century and spawned a number of followers. They slowly improved upon his work, creating a dynasty of German longsword fencers that lasted hundreds of years. Joachim Meyer was one of the most celebrated followers of Lichtenauer and probably the most focused on the dueling aspects of longsword combat. It is Meyers's treatise we will be studying during this course and in the process, learning the foundations of both historical and competitive longsword fencing. Bring your own equipment or use the instructors. New students can join at any time. No class on Dec 24 or 31. Recreation Center Gym.

|     |                 |      |       |
|-----|-----------------|------|-------|
| Wed | Sep 24 – Nov 11 | 7-9p | \$60* |
| Wed | Nov 26- Jan 28  | 7-9p | \$60* |

## BRITISH MILITARY SABER

### AGE 15+

### 8 WKS

Nathan Walker. Sabers are a somewhat late arrival in an ancient class of weaponry, that is, mid-length, curved blade, cutting swords. The saber was popular all over the world and across immense spans of time due to its convenient size, ease of carry and immense cutting capacity. It favors a flowing, call-and-response type of combat. One cannot think solely of striking their opponent as they will inevitably be struck in return. Instead, sabreurs must flow dynamically from defense to offense and back to defense in time to avoid the after-blow, even if they've already landed their own attack. We are currently studying Roworth's British Military Saber which includes the Highland Broadsword and the Spadroon. Saber is also fantastic for those looking for modern self-defense as saber techniques and tactics translate very well to almost anything vaguely sword shaped such as batons, sticks, canes and even umbrellas. New students can join at any time. No class on Dec 25 or Jan 1. Recreation Center Gym.

|     |                |      |       |
|-----|----------------|------|-------|
| Thu | Sep 25- Nov 13 | 7-9p | \$60* |
| Thu | Dec 4-Feb 5    | 7-9p | \$60* |



**KITSAP COLOR CLASSIC**

**Oct. 12**  
26, 34, or 52-mile option

**CASCADE**  
BICYCLE CLUB

**CASCADE.ORG/KCC**



**View Poulsbo's New Trail Maps**

*ranging from .05 miles to 1.6 mile loops at our Poulsbo Parks*

**Including:**

- Fish Park Trail Map**
- School Loop**
- Forest Rock Hills Park Loop**
- Park to Park Loop**
- Extended Park to Park Loop**
- Downtown Loop**

[HTTPS://CITYOFOULSBO.COM/CITY-PARKS-TRAILS-2/](https://cityofpoulsbo.com/city-parks-trails-2/)

**CITY OF POULSBO**  
**VIKING CITY**

Check them all out on our website and QR CODE!




**Play for All is now OPEN!**



**We wish to extend a special thank you to the following supporters:**

- RCO (Recreation Conservation Office)
- LWCF (Land Water Conservation Fund)
- The Washington State Department of Social and Health Services
- Dan Thompson Memorial Developmental Disabilities Community Services Account
- Poulsbo Rotary Club
- Aaron Murphy at ADM Architecture
- Lemolo Fundraising Efforts
- Port Gamble S'Klallam Tribe
- Town & Country Markets
- Mike and Becky Hall
- Suquamish Tribe
- John and Ruthie Ackenhusen
- Poulsbo Lions Club
- Play for All Steering Committee
- D.V. and Ida McEachern Charitable Trust
- Kitsap County
- Port Madison Enterprises
- Susan Murray, PLA

## SENIOR COFFEE CLUB & CLASS

### WEDNESDAYS, 10:30-1130A

The City of Poulsbo is proud to offer the Senior Coffee Club on Wednesday mornings. Each week a speaker or an activity is planned for senior participants to enjoy, free of charge. Topics and dates are listed below. All programs are for one class only unless otherwise stated. We'd love to see you! Recreation Center Kitchen/Classroom unless otherwise noted. Most classes are at 10:30 however a few do start early at 10a. Class are free but please register in advance, so we know how many to expect. Classes with low registration may be canceled.

Wednesdays Sep 3-Dec 31 10:30-11:30a FREE



### PICKLEBALL KINGDOM

Learn about one of the fastest growing sports that started right here on Bainbridge Island. A representative from Pickleball Kingdom will tell you all about their new facility and everyone will get to try some pickleball on our sports court out back.

Wed Sep 3 10:30-11:30a FREE

### LEGAL Q&A WITH TOLMAN LAW GROUP

Come with your questions about living wills, power of attorney, and medical power of attorney. Find out what documents are important as you age for the security of yourself and your loved ones.

Wed Sep 10 10:30-11:30a FREE

### MEET CITY OF POULSBO ADMINISTRATOR, ROB GELDER

Wed Sep 17 10:30-11:30a FREE

### PAINT WITH BETH

Beth Daquilante. Miss Beth will lead you step-by-step to creating a masterpiece of your very own! Create some art for yourself or a loved one.

Wed Sep 24 10:30-11:30a FREE

### MINDFUL MUSIC, MEDITATION AND SOUND BATH

Danielle Guthrie from Entropy Healing will offer a guided meditation to calm the mind; and sound vibrations to calm the body and ignite the spirit. How does it work?...Humans are mostly made of water, so when we relax into the vibrations of crystal bowls, drumming, chimes, flute, and singing, our bodies can reset into their natural frequency if our nervous systems are activated by stress. Meditations focus on connecting with the elements (Earth, Air, Water, and Fire) within the body. Recreation Center Upper Fitness Studio.

Wed Oct 1 10-10:45a FREE

### DEMENTIA SURVIVAL GUIDE

Candice Meadows. Liberty Shores Senior Living will present its Survival Guide to Dementia - a tool to help navigate dementia behaviors and understand them. This presentation is great for people of all ages who have loved ones with dementia.

Wed Oct 8 10:30-11:30a FREE

### HISTORY OF POULSBO

Judy Driscoll, Poulsbo Historical Society. Learn all about the early years of Poulsbo.

Wed Oct 15 10:30-11:30a FREE

### WHAT'S NEW AT THE POULSBO LIBRARY?

Join Adult Librarian, Carrina Longstraat to hear all about what your Poulsbo Library can do for you and the wonderful services they provide for seniors.

Wed Oct 22 10:30-11:30a FREE

### NUTRITION: PLANT BASE CHALLENGE

Everyone's favorite nutritionist, Sam Rader, is back and this time he has challenge for you. Can you go 7 days without eating ANYTHING that comes from an animal? Get a comprehensive guide providing everything you need to do it, 7 days of menu ideas and recipes!

Fri Nov 7 10:30-11:30a FREE

### INFLAMMATION WORKSHOP

Entropy Healing. Learn about how inflammation impacts your body and simple ways to help reduce it.

Wed Nov 5 1:30-2:30p FREE



**Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 10am will be canceled if North Kitsap Schools are on a 2-hour delay. Classes that get canceled due to weather may be made up if the session dates allow.**

## SENIOR COFFEE CLUB & CLASS WEDNESDAYS, 10:30-1130A

### LAUGHTER YOGA

Rachel Cornette. Laughter Yoga is an easy, fun exercise for the mind, body, and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. Bring a willingness to laugh! Recreation Center Gym.

Wed Nov 12 10:30-11:30a FREE

### FALL PREVENTION WORKSHOP

Jolene Culbertson. Learn how to reduce the risk of falling and what you can do to improve your balance and strength. Handouts provided. Recreation Center Upper Fitness Studio.

Wed Nov 19 10:30-11:30a FREE

### ANNUAL THANKSGIVING POTLUCK

Bring your favorite side dish to our very one parks and recreation holiday tradition. Please RSVP with the item you are bringing to share with your friends to help staff plan.

Wed Nov 26 10:30-11:30a FREE

### HOLIDAY CARDMAKING

Beth Daquilante. Make your own lovely holiday greeting cards for friends and family.

Wed Dec 3 10:30-11:30a FREE



### ANXIETY & DEPRESSION WORKSHOP

Jolene Culbertson. Prepare for the holidays, or just life in general, by learning techniques that can help lower your anxiety and bring a calming presence to your days as they become increasingly busy and filled with demands on your time and energy. Explore techniques of gentle movement, breath work, relaxation, and mindfulness to help you experience less stress and more relaxation in your life. The practice will take place while seated in a chair. Handouts provided. Recreation Center Upper Fitness Studio.

Wed Dec 10 10:30-11:30a FREE



### SING! SING! SING!

Join our very own songbird, Rachel Cornette as she leads us all in some favorite holiday carols.

Wed Dec 17 10:30-11:30a FREE

### NEW YEAR'S EVE PARTY & COOKIE EXCHANGE

Bring a dozen of your favorite cookies to share and an empty container to fill up. We will celebrate the end of 2025 and ring in 2026 with our friends here at Poulsbo Parks and Rec.

Wed Dec 31 10:30-11:30a FREE

## LIFELONG HEALTH AND FITNESS SENIORS

### MONTHLY

Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Recreation Center Gym.

|                |             |      |
|----------------|-------------|------|
| M/W/F Sep 1-29 | 12:15-1:15p | FREE |
| M/W/F Oct 1-29 | 12:15-1:15p | FREE |
| M/W/F Nov 3-28 | 12:15-1:15p | FREE |
| M/W/F Dec 1-19 | 12:15-1:15p | FREE |

### What are people saying about Lifelong Fitness & Health?

*S. was walking her dog and stepped on a rock. She was able to recover her balance without falling and felt that it was due to increased balance from the class.*

*L. says she knows the weights have helped her increase her strength. She can now lift her 44-lb. scooter in and out of her car.*

# PARKS

## WELCOME TO POULSBO'S PARKS, OPEN SPACES AND VISTAS

### 1. Poulsbo's Fish Park

288 NW Lindvig Way, 41.3 acres

- On the Liberty Bay Estuary and Dogfish Creek
- Urban nature park including habitat restoration & interpretive signage
- 1.75 miles of trails, boardwalk and viewing platforms

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

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

### 3. Betty Iverson Kiwanis Park

20255 1st Avenue NE, 2.8 acres

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

### 4. American Legion Park Front Street, 4 acres

- Wooded trails with Liberty Bay views
- Pedestrian boardwalk that links to Waterfront Park
- Restrooms
- Playground for Ages 2-5 and picnic tables

### 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. Lions Park 585 NE Matson St., 1.2 acres

- Picnic areas
- Restrooms
- Two courts: pickleball/tennis
- Playground and open play areas

### 7. Oyster Plant Park 17881 Fjord Drive, .22 acres

- A viewing pier and picnic tables
- Purple Martin nests
- Small boat launch

### 8. Centennial Park

7th Avenue and Iverson Street, 2.9 acres

- Arboretum
- Picnic tables, pergolas and trail
- Footbridges over Dogfish Creek

### 9. Forest Rock Hills Park

end of 12th Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas, BBQ Grill

### 10. Wilderness Park

between Caldart Avenue & Highway 305, 11.56 acres

- Wooded trails and open space

### 11. Frank Raab Park

18349 Caldart Avenue NE, 21 acres

- Restrooms
- Picnic shelter (available for private rental)
- Community P-Patch and learning garden
- Playground and playfield
- Skate park. Full sized basketball court
- 1/3 mile walking trail
- Leash free area for dogs

### 12. Austurbruin Park

Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

### 13. Rotary Morrow Community Park

Corner of Noll & Mesford St., 1.2 acres

- Playground and picnic tables

### 14. Moe Street Vista, .07 acres

Moe St. & 3rd Ave

- Benches with a view of town and bay

### 15. Net Shed Vista

18500 Fjord Drive, .69 acres

- Liberty Bay viewing area
- Picnic tables and benches

### 16. Fjord Vista

South east end of Fjord Drive

- Benches with a view of Liberty Bay

### 17. Hattaland Park 10th Avenue NE, 2 acres

- Open space, wetlands, ponds
- Picnic table and benches

### 18. Calavista Storm Water Park

19880 Caldart Ave, 4.81 acres

- Benches and Open Play Area

### 19. Mountaineer Storm Water Park

18608 Noll Rd NE 10.2 acres

- Benches and Puzzle Library

### 20. Poulsbo Pump Track

20523 Little Valley Rd. NE, 1.82 acres

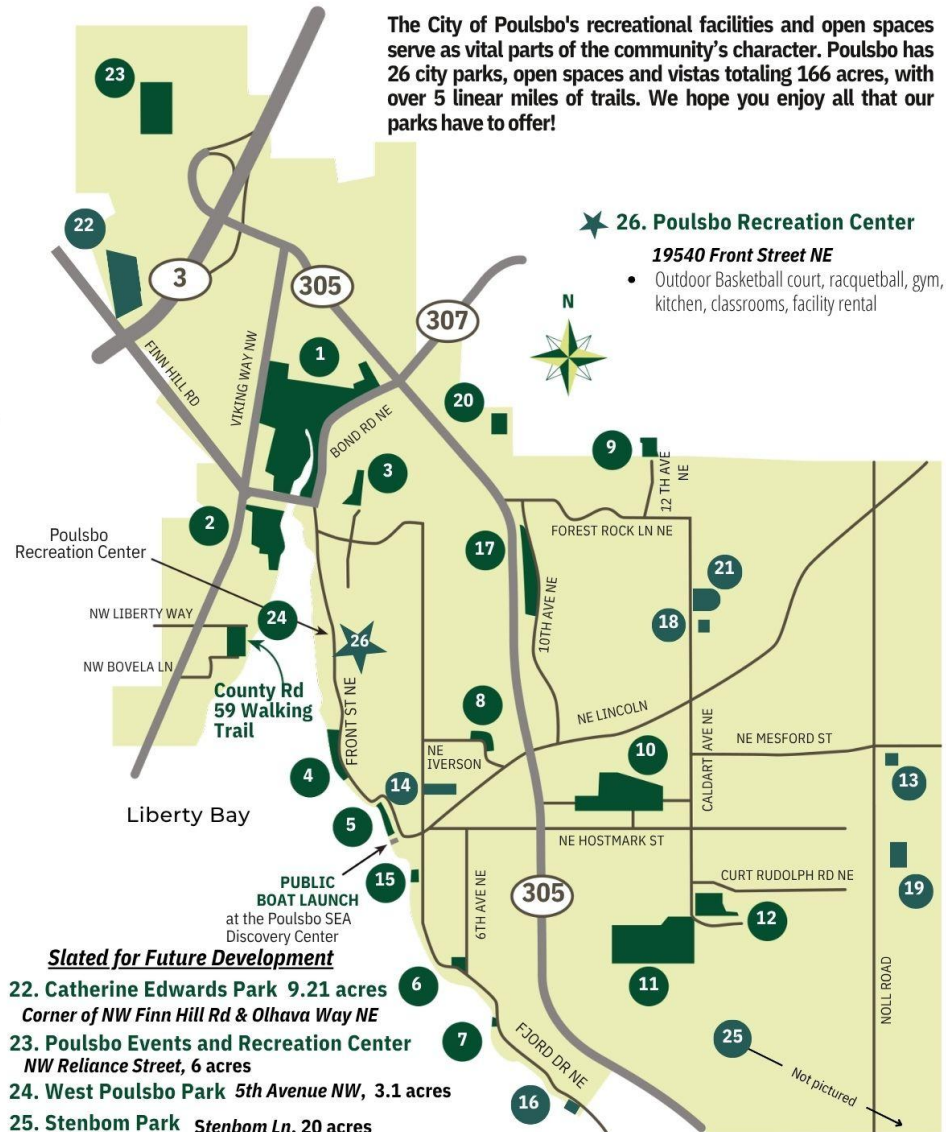
- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

### 21. Poulsbo Cemetery

20002 Caldart Ave, 4.81 acres

- Operated by City of Poulsbo Public Works

The City of Poulsbo's recreational facilities and open spaces serve as vital parts of the community's character. Poulsbo has 26 city parks, open spaces and vistas totaling 166 acres, with over 5 linear miles of trails. We hope you enjoy all that our parks have to offer!



## FACILITY RENTALS & COMMUNITY SIGNBOARDS



AUSTIN-KVELSTAD PAVILION



NELSON PARK PICNIC SHELTER



RAAB PARK PICNIC SHELTER

The City of Poulsbo has three beautiful parks with facilities available to rent: The Austin-Kvelstad Pavilion at Muriel Iverson Williams Park, and the Raab Park and Nelson Park Picnic Shelters.

The facilities may be rented on a first paid, first serve basis. Applications must be submitted a minimum of 2 weeks prior to the event. No refunds or credits will be given for cancellations.

A special event application must be submitted if the event is open to the public, has a direct significant impact to city services, or under the discretion of the Parks and Recreation Director. A completed special event application, along with required documentation, must be submitted a minimum of 90 days in advance. The event will be subject to approval by the Parks and Recreation Director and the Poulsbo City Council. **Please note: No new special events are being accepted for Muriel Williams Waterfront Park through at least the end of 2025 due to ongoing damage to the park from heavy foot traffic. Current annual events will still be held.**

Applications are available at <https://cityofpoulsbo.com/parks-rec-facilities/>.

**Fees:** Social Events \$40\* for the first two hours; \$10 for each additional hour.  
Special Events \$50 A separate special event license fee will also be due.

\*A \$10 discount off of the first two hours is available for social events only for Poulsbo city residents. There is no discount for special events.



The city manages two community signboards on Highway 305. Organizations may reserve the space to advertise their special events and community activities.

Signage must be vinyl banners printed on both sides, with grommets and wind flaps. Banner size must be a maximum of 11.5' wide x 8.5' tall (138" wide x 102" high). They may be slightly smaller, but not larger.

In 2024, pulley systems were installed for ease of use and safety, and requirements have been updated. The updated requirements and a video showing installation can be found at <https://cityofpoulsbo.com/parks-rec-facilities/>.

No refunds or credits will be given for cancellations.

Poulsbo Parks and Recreation has a variety of spaces available for rent at the Recreation Center, 19540 Front Street NE, Poulsbo.

Spaces include: Fitness Room/Gym, newly refurbished Kitchen/Classroom, two smaller classrooms, Fitness/Yoga Studio, Racquetball Court and Outdoor Sports Court. The Sports Court is lined for both basketball and pickleball.



Fees vary depending upon the space. An additional staffing fee will be charged for after-hours rentals. We also offer a variety of party packages.

Give us a call with the details of your event; we are happy to help you plan the perfect space for yours needs.

## CALL 360.779.9898 FOR MORE INFORMATION.

[HTTPS://CITYOFOULSBO.COM/COMMUNITY-EVENTS-CALENDAR/](https://cityofpoulsbo.com/community-events-calendar/)



Learn what  
is happening in  
Poulsbo with our  
**City of Poulsbo's  
Community  
Events Calendar**

SUBSCRIBE TO CALENDAR NOTIFICATIONS BY CLICKING  
ON THE SUBSCRIBE BUTTON AT THE TOP RIGHT OF THE  
CALENDAR, AND YOU WILL AUTOMATICALLY BE ALERTED  
ABOUT THE LATEST EVENTS IN OUR COMMUNITY!

VIEW ALL EVENTS  
BY DAY, BY MONTH,  
AND BY SUMMARY.

SELECT TYPE OF  
EVENT, EVENT TYPE,  
AND AUDIENCE TYPE  
TO VIEW SPECIFIC  
EVENTS.



## Inspire Teach Change

Do you have a skill or a hobby that you  
would like to share with the community?

Poulsbo Parks & Recreation is looking for  
instructors to teach virtual and in person  
classes.

Parks & Recreation Instructors set all the  
parameters for their class; days, dates, time,  
age of students and you get paid too!

For more information,  
contact Kris Goodfellow,  
[kgoodfellow@cityofpoulsbo.com](mailto:kgoodfellow@cityofpoulsbo.com)  
or call 360.394.9775.



PHONE: (360) 779-9898

EMAIL: [parksrec@cityofpoulsbo.com](mailto:parksrec@cityofpoulsbo.com)



## BIRTHDAY PARTIES AT THE RECREATION CENTER!

Poulsbo Parks and Recreation offers  
**Bricks 4 Kids® and Gymnastics  
Birthday Party Packages!**

We also have rooms for rent if you wish to plan  
your own party.



For more  
information, call  
**360-779-9898.**



📞 360-779-9898 🌐 [CityOfPoulsbo.com/register](https://cityofpoulsbo.com/register) 📱 [PoulsboParksRec](#)

POULSBO PARKS AND RECREATION

## VOLUNTEERS NEEDED!

Would you like to join a  
community dedicated to making a  
difference by volunteering time  
and skills for impactful projects in  
parks and trails?

[VISIT](#)

[HTTPS://FORM.JOTFORM.COM/POULSBO/PARKS-  
AND-TRAILS-VOLUNTEERCOMMUNITY](https://form.jotform.com/poulsbo/parks-and-trails-volunteercommunity)

OR FOLLOW THE QR CODE  
TO COMPLETE OUR INTEREST FORM



VOLUNTEER  
BENEFITS:

- ENHANCEMENT OF SKILLS
- MAKING CONNECTIONS
- MAKE AN IMPACT
- INDIVIDUAL DEVELOPMENT

JOIN US  
NOW!



For more information, call Rachel Cornette, Parks Coordinator

360-394-9772

## PARKS AND RECREATION CITIZEN COMMITTEES

### PARKS & RECREATION COMMISSION:

The Parks and Recreation Commission is responsible for giving advisory recommendations to the City Council on all regulations, resolutions, plans, policies, projects and proposals relating to the city parks system, recreational facilities or open space, to promote public use and awareness of the city's park facilities and services, to hold public meetings to solicit public input for the parks and open spaces planning process, and to apprise the City Council, Public Works Department and Parks and Recreation Department of the community's park and recreational needs. The commission is currently meeting at 5 pm on the 4th Tuesday of each month through November 2025. These are Special Meetings and will be posted as such. Meeting times may change beginning in 2026.

**Commission Members:** Mary Swoboda-Groh (Chairperson), Mari Gregg, Joe Hulsey, Justin Johnson, Stefan Keel, Kelly Michaels, Kim Petersen, Amy Zinkhon. One position is currently vacant.

### POULSBO TREE BOARD:

The Poulsbo Tree Board was established in 1997 to advise and educate the Mayor, City Council and citizens on issues pertaining to trees in the city. This includes the promoting of responsible planting of trees on public and private property; promoting public education and proper maintenance of trees; advocating trees within the city; providing for aesthetics within the city through the formulation and implementation of tree programs; developing innovative and joint funding for tree projects from a variety of sources; and providing the Mayor and the City Council with a yearly report regarding Tree Board activities. The board meets at 7 pm on the second Monday of Jan, Mar, May, Jul, Sep, and Nov.

**Board Members:** Jeff Philip (Chairperson), Maxwell Gordinier, Gayle Larson, John Martin. The Tree Board currently has positions vacant.

If you are interested in serving on a board or commission for future vacancies, please submit a completed application to the City Clerk, 200 NE Moe Street, Poulsbo, Washington 98370. Applicants must reside within the city limits of Poulsbo, with the exception of some positions on the Community Police Advisory Board, Public Library Board and Tree Board. The applicant packet can be found at <https://cityofpoulsbo.com/boards-commissions/>.

## 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 14 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 and Winter sessions could be 1-4 hours per week for up to 5 weeks; Spring and Summer sessions could include weekly camps and a commitment of 2-20 hours for an entire week.

Interested teens should email [parksrec@cityofpoulsbo.com](mailto:parksrec@cityofpoulsbo.com) for an application, fill it out, and return it. Once the completed application has been received, the programmer will be in touch with the applicant.



Parks & Recreation  
The Heart of a Healthy Community!

## WANT TO BE MORE INVOLVED?

Poulsbo Parks and Recreation offers numerous opportunities to be involved with your community! Whether you just have an hour to help out, or are able to commit to a regular schedule, want to work with people or outdoors in nature, we would love to hear from you!

Some of the many opportunities to consider:

Coaching or assisting with a Basketball or Volleyball team.

Helping with a Special Event: Family Formal Dance, Viking Fest Race Race, Spooktacular.

Participating in citizen committees.

Heading up or joining in on Stewardship groups to maintain parks, or joining park work parties.

Teens-Becoming a Teen Volunteer intern and assisting with youth classes.

And much more!

For a Volunteer Application, visit:  
<https://cityofpoulsbo.com/volunteer-opportunities/> or give us a call.

FOR MORE INFORMATION, CALL  
360.779.9898