

City of Poulsbo
Parks & Recreation
Spring & Summer 2017 Activity Guide

SUMMER NIGHTS AT THE BAY

JULY 11

Just Chillin'

"Chillin' Electronic Vibes"

JULY 18

Sweet T & Justice

"Americana Music"

JULY 25

Joey James Dean

"Acoustic Rock/Country"

AUGUST 1

Jersey Blues

"Rockin' Rhythm & Blues"

AUGUST 8

Voetberg Family

"Fantastic Fiddling"

AUGUST 15

Navy Band NW

"Always a Favorite"

Muriel Iverson Williams Waterfront Park
Tuesdays 6:30pm

Proudly Sponsored by:



InMotion Performing Arts Studio

City of Poulsbo Parks & Recreation
19540 Front Street (physical) 200 Moe Street (mailing)
Poulsbo, Wa 98370
(360) 779-9898 or www.cityofpoulsbo.com

Registration

SIGN ME UP!

There are 4 easy ways to register for programs:



1) Online

2) Walk In



3) Mail In+



4) Phone or Fax



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

www.cityofpoulsbo.com
click on the 'How do I - Register for a
Parks & Rec Program/Class'
on the right hand side

Stop by the office at:
19540 Front Street, Poulsbo
or
Call 360.779.9898
or
fax to 360.779.5917

*Use your email address to set up your account. If that address is already "taken", that means that we have set the account up for you. Please call 360-779-9898 to get your log in password.
+If you need a registration form, you can find it online at:
<http://www.cityofpoulsbo.com/parks/images/regpage2014.jpg> or call 360-779-9898.

START HERE!

Registration begins March 27, 2017, and will continue until classes are full or are canceled due to low enrollment or other unforeseen reasons.

Classes may be canceled if minimum enrollment has not been met five business days before class start date. YOU WILL BE NOTIFIED ONLY IF THE CLASS YOU WANT IS UNAVAILABLE OR IF THERE ARE ANY CLASS CHANGES.

City Resident Discount

City of Poulsbo residents receive an \$8 discount on most classes.

Refund/Credit Policy***

The department may cancel classes that do not meet minimum enrollment and refunds (or credits) will be issued. You may withdraw at any time up to five working days prior to the first day of class or program. There will be no credit given to a patron who withdraws from a program with less than 5 days unless someone else is found to take that place.

FACILITY RENTALS

Facility Rentals and Community Sign Boards

The City manages two community sign-boards on Highway 305. Organizations may reserve the space to advertise their special events and activities.

There are three parks with rentable facilities: the Pavilion at Muriel Iverson Williams Waterfront Park, Nelson Park and Raab Park all have picnic shelters for rent.

The Recreation Center also has rooms to rent for parties, classes and events. Call 360-779-9898 for more information.

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

Registration

Recreation Center Hours

The building is located at 19540 Front Street in Poulsbo.

Monday-Thursday: 8am-6:30pm

Friday 8am-5pm

If weather is questionable, please call the Recreation Center at 360-779-9898 before traveling to a parks & recreation sponsored program.

Round Up for Recreation

This is a fee-reduction/scholarship program, which you, the community, can support with donations.

Any time you register for a program and want to give a little back to those in need, just "round up" your payment amount and we'll put it into the fund. When you register online, click the DONATION box to donate. If you're in the office, just ask the receptionist

For instance, if a gymnastics class costs \$35, you could round up the payment to \$40. \$5 would then go into the Round Up for Recreation fund. Thank you for helping.

UH, OH!
IT'S BEEN CANCELLED?!



We don't like cancelling classes either!
Unfortunately, sometimes people wait too long
to register and we have to.

Please remember to register early to avoid disappointment!



Poulsbo Parks & Recreation Staff:
(360) 779-9898

Parks & Recreation Director:

Mary McCluskey

Administrative Assistant:

Pat Hightower

Recreation Programmers:

Joe Schiel & Kris Goodfellow

Preschool Coordinator:

Andrea Austin

Preschool Assistant:

Pam Raymond

Receptionists:

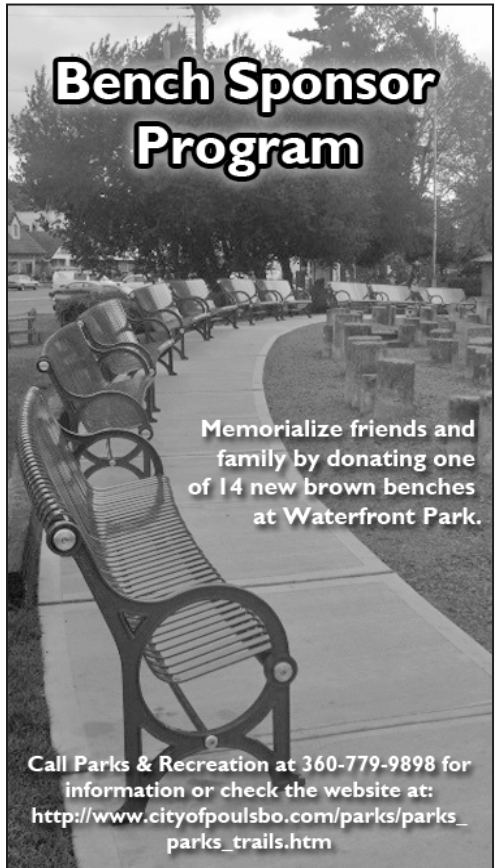
Debbie Deboodt, Jami Sipila

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Bench Sponsor Program



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

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

City Parks & Trails



1 College Marketplace Ball Fields

NW Reliance Street, 6 acres

- Slated for future park development

2 Poulsbo's Fish Park 288 NW Lindvig Way

- 40 acres on the Liberty Bay Estuary and Dogfish Creek
- Urban nature park including habitat restoration & interpretive signage
- 1.5 miles of trails, boardwalk and viewing platforms
- Monthly volunteer opportunities held the third Sunday of the month from 1-4pm



3 Nelson Park 20296 3rd Ave NW, 11 acres

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

4 American Legion Park Front Street, 4 acres

- Wooded trails with Liberty Bay views
- A pedestrian boardwalk that links to Waterfront Park
- Restrooms
- Playground and picnic tables

City Parks & Trails

Facility Reservations and Community Sign Boards

To reserve one of two community sign boards; a room at the recreation center, or a shelter facility at Raab Park, Muriel Iverson Williams Waterfront Park or Nelson Park, call the Parks and Recreation Office at 360-779-9898. A reservation fee is charged for sign and facility rentals.

5 Muriel Iverson Williams Waterfront Park

18809 Anderson Parkway, 1.75 acres

- Austin-Kvelstad Pavilion (available for private rental)
- Restrooms, picnic areas, & great views of Liberty Bay
- A pedestrian boardwalk to American Legion Park

6 Net Shed Vista

18500 Fjord Drive, .69 acres

- Liberty Bay viewing area
- Picnic tables and benches

7 Lions Park

6th Avenue & Fjord Drive, 1.2 acres

- Restrooms and picnic areas
- Two tennis courts
- Playground and open play areas

8 Oyster Plant Park

17881 Fjord Dr, .22 acres

- A viewing pier and picnic tables
- Small boat launch

9 Betty Iverson Kiwanis Park

20255 1st Avenue NE, 2.8 acres

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

10 Forest Rock Hills Park

north end of 12th Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas

11 Hattaland Park

10th Avenue NE, 2 acres

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

12 Centennial Park

corner of 7th Ave & Iverson Street, 2.9 acres

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

13 Wilderness Park

between Caldart Avenue and Highway 305, 11.56 acres

- Wooded trails and open space

14 Austurbruin Park

Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

15 Frank Raab Park

18349 Caldart Avenue NE, 21 acres

- Picnic shelter (available for private rental)
- Restrooms
- Community p-patch and youth demonstration gardens
- Playground and playfield
- Horseshoe pits
- Sand volleyball court
- Full sized basketball court
- 1/3 mile walking trail
- Leash free area for dogs
- Skate park

16 Poulsbo Pump Track

20523 Little Valley Rd. NE, 1.82 acres

- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

17 Morrow Manor Park

Corner of Noll & Mesford St., 1.2 acres

- Slated for future park development



Arbor Day

Saturday, April 22, 11-12n

A day dedicated annually to public tree-planting...

Join us at Centennial Park to view the variety of trees in the park's mini arboretum and learn how to plant a tree with the Poulsbo Tree Board and City Arborist!

Preschool Programs

The Music Circle: 5 wks

Early Childhood Music & Movement

Judy Lawrence. Come sing, dance, play, laugh and learn along with your little one (**ages 1-6**). Age-appropriate songs and activities include musical games, stories, and instrument exploration. Each class will reflect music of the season, employing traditional children's songs, sign language, folk, classical and world music. Miss Judy has a Master's Degree in music performance and 20 years of adventures teaching Early Childhood Music and Movement. She would love to share her joy and knowledge of music and children with you and your family. **A \$15 materials fee per family is payable to the instructor at the first class of each session. Parent/caregiver participation is required. Infants under one year are free with paid older sibling. No class on Apr 3, May 29. Recreation Center.**

Mon	Mar 20-Apr 24	1:30-2:15p	\$68*
Mon	May 1-Jun 5	1:30-2:15p	\$68*
Mon	Jul 17-Aug 14	10-10:45p	\$68*

Dance with Me 5 wks

Ages 1-3 ½ yrs

InMotion Performing Arts Studio. This instructor-led class is for **parents and children**, using music, props, and instruments to explore movement. These classes are structured to stimulate coordination skills, listening skills, balance, music interpretation, creative movement and motor development in the youngest dancers. This program is an excellent introduction to the world of dance. *InMotion Performing Arts Studio, Poulso.*

Wed	Apr 19-May 17	9:45-10:30a	\$66*
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Preschool Drawing Class with Young Rembrandts

Ages 3-5 3 wks

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

Recreation Center.

Tue	Apr 11-25	10:30-11:15a	\$44*
Tue	May 9-23	10:30-11:15a	\$44*
Tue	Jun 6-20	10:30-11:15a	\$44*
Tue	Jul 11-25	10:30-11:15a	\$44*
Tue	Aug 8-22	10:30-11:15a	\$44*



Creative Messy Painting 5 wks

Age 2 & older (with parent / grandparent / caregiver)

Colleen Doeleman. This class is designed for children ages 2 ½ years and older (and their parent or grandparent) who wish to explore the world of creative colors while making a mess! Your little loved ones will get a chance to create many fun art projects, while satisfying their natural curiosity and stimulating their imaginations. Painting is a fun and wonderful way to express creativity and imagination, while building self-esteem. Spring projects include spring flowers, Mother's Day gifts, Father's Day gifts, canvas painting and much more. **A supply fee of \$35 per student is payable to the instructor at the first class. Recreation Center Kitchen.**

Fri	Apr 14-May 12	9:45-10:30a	\$69*
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Drop-ins for Creative Messy Painting

Drop-ins for these classes are for those older students with a no-school day who have younger siblings already enrolled in Creative Messy Painting. Please enroll older siblings ASAP to ensure that class supplies will be available. **An additional supply fee of a few dollars may apply.**

Fri	Apr 14-May 12	9:45-10:30a	\$12/class
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Lil'Cooks Adventure in the Kitchen

Ages 3-5 2 classes

Laura Rencher. Your child will enjoy this class as we explore the world of cooking through storybooks. Each week we will listen to a fun story and then use the story's theme to create our cooking project. In addition to cooking, we will also do a craft and a game or activity. **All food is included; please let us know at registration if your child has any food allergies.** This is a great way to introduce your child to cooking without having to worry about cleaning up your kitchen. *Recreation Center Kitchen.*

Mon	Apr 17 & 24	10:45a-11:45a	\$39*
Mon	May 15 & 22	10:45a-11:45a	\$39*
Mon	Jun 5 & 12	10:45a-11:45a	\$39*

Preschool Programs

Preschool Sports: T-Ball & Soccer!

Ages 3-5

4 wks

Laura Rencher. This program is designed to inspire an interest and introduction to physical sports. Are you ready to let the kids burn some energy through games and activities? We will also develop social skills such as taking turns, following directions and playing with others. **Please note, parents may be asked to participate, children exhibiting unsportsmanlike conduct maybe asked to sit out. Most classes are held rain or shine, dress for the weather. Raab Park, Poulsbo.**

T-Ball

Children will have an opportunity to explore the basic concepts of t-ball and develop skills like kicking, throwing, and hitting.

Age 3 (Must be 3 by 5/1/17)

Tue	May 9-30	3:30-4p	\$39*
Wed	May 10-31	10:10-30a	\$39*

Age 4/5

Tue	May 9-30	4:10-4:55p	\$47*
Wed	May 10-31	10:45-11:30a	\$47*

Soccer

Children will learn the basic concepts of soccer, and develop skills like kicking, running and conditioning.

Age 3 (Must be 3 by 5/1/17)

Tue	May 9-30	10:10-30a	\$39*
Wed	May 10-31	3:30-4p	\$39*

Age 4/5

Tue	May 9-30	10:45-11:30a	\$47*
Wed	May 10-31	4:10-4:55p	\$47*

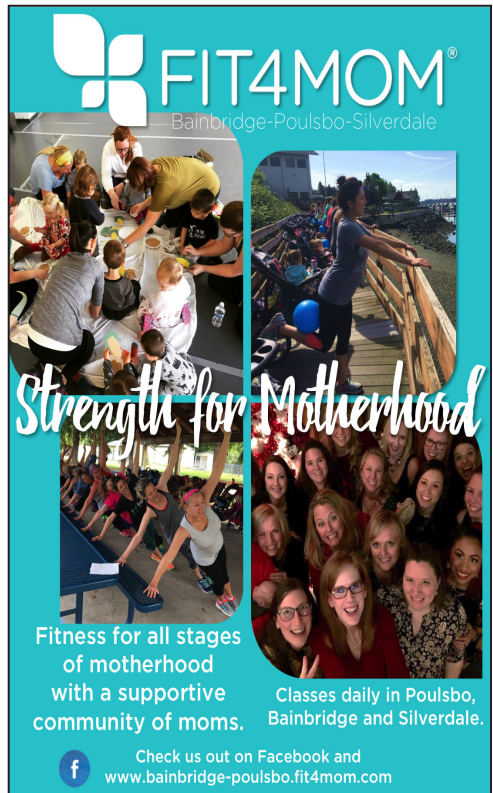
Summer Mommy/Daddy & Me Sports

Ages 2-3

3 wks

Laura Rencher. Soccer, T-ball and basketball for kids to play with their parents/caregiver. This introductory sports class will cover each sport through fun warm-ups, games and coordination development. Kids will be introduced to participating in group activities and following simple directions. **Parent/caregiver participation is required. Raab Park, Poulsbo.**

Wed	Jun 21-Jul 5	9:30-10a	\$29*
Wed	Jun 21-Jul 5	6-6:30p	\$29*
Wed	Jul 19-Aug 2	9:30-10a	\$29*
Wed	Jul 19-Aug 2	6-6:30p	\$29*
Wed	Aug 16-30	9:30-10a	\$29*
Wed	Aug 16-30	6-6:30p	\$29*



FIT4MOM®
Bainbridge-Poulsbo-Silverdale

Strength for Motherhood

Fitness for all stages of motherhood with a supportive community of moms. Classes daily in Poulsbo, Bainbridge and Silverdale.

Check us out on Facebook and www.bainbridge-poulsbo.fit4mom.com

Summer Preschool Sports Sampler

Ages 4-5

3 wks

Laura Rencher. Soccer, T-ball and Basketball for kids age 4 - 5. This introductory sports class will cover each sport through fun warm-ups, games and coordination development. Kids will be introduced to participating in group activities and following simple directions. **Classes will be held rain or shine. Raab Park, Poulsbo.**

Wed	Jun 21-Jul 5	10:15-11a	\$39*
Wed	Jun 21-Jul 5	5-5:45p	\$39*
Wed	Jul 19-Aug 2	10:15-11a	\$39*
Wed	Jul 19-Aug 2	5-5:45p	\$39*
Wed	Aug 16-30	10:15-11a	\$39*
Wed	Aug 16-30	5-5:45p	\$39*



register ONLINE!

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

Learn & Grow Preschool

Learn and Grow Preschool at Poulsbo Parks & Recreation

Imagine Dream Play Learn Grow



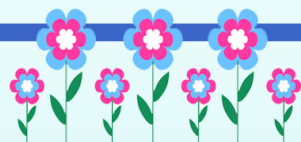
Online registration will be available beginning Saturday, March 25.

In-person registration for the 2017-2018 school year will begin at 8 am on Monday, March 27, 2017.

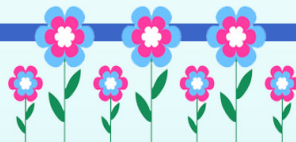
2017-2018 Learn and Grow Preschool Classes:

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

Learn & Grow Preschool will host two Open Houses this spring: Thursday, March 23 and Friday, March 24 from 12:30-1:30 pm. Please stop by to see the classroom and meet the teachers!



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

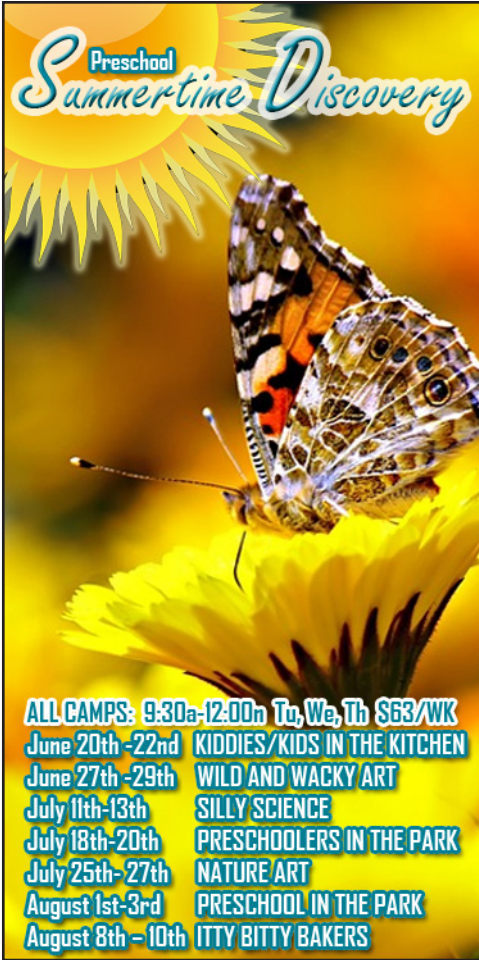


Physical Address: 19540 Front St. NE, Poulsbo, WA 98370

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

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

Preschool Programs



Preschool Summertime Discovery

ALL CAMPS: 9:30a-12:00n Tu, We, Th \$63/WK

June 20th-22nd	KIDDIES/KIDS IN THE KITCHEN
June 27th-29th	WILD AND WACKY ART
July 11th-13th	SILLY SCIENCE
July 18th-20th	PRESCHOOLERS IN THE PARK
July 25th-27th	NATURE ART
August 1st-3rd	PRESCHOOL IN THE PARK
August 8th-10th	ITTY BITTY BAKERS



Summer Preschool Sports Sampler

Ages 4-5

3 wks

Laura Rencher. Soccer, T-ball and Basketball for kids age 4 - 5. This introductory sports class will cover each sport through fun warm-ups, games and coordination development. Kids will be introduced to participating in group activities and following simple directions. **Classes will be held rain or shine.** Raab Park, Poulsbo.

Wed	Jun 21-Jul 5	10:15-11a	\$39*
Wed	Jun 21-Jul 5	5-5:45p	\$39*
Wed	Jul 19-Aug 2	10:15-11a	\$39*
Wed	Jul 19-Aug 2	5-5:45p	\$39*
Wed	Aug 16-30	10:15-11a	\$39*
Wed	Aug 16-30	5-5:45p	\$39*

www.cityofpoulsbo.com

Easter Candy Hunt



**Saturday,
April 15
at Raab Park.
The fun starts
at 1pm.**

*Age divisions begin
at 5 minute intervals:*

Ages 1-2 ... start at 1:05p

Ages 3-4 ... start at 1:10p

Ages 5-6 ... start at 1:15p

Ages 7-8 ... start at 1:20p

Ages 9-11...start at 1:25p

Proudly Sponsored by:
Poulsbo Lions Club,
Hill Moving, WB Properties,
And NK Fishline

*Please consider bringing a
food donation for NK Fishline*

register ONLINE!



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

Poulsbo Parks and Recreation

Preschool Camps



Summertime Discovery 3 classes Ages 3-6

Young children love to discover and try new things. Our **Summertime Discovery** program is just the right place for your preschooler to do that with mini-camps that are geared for children ages 3-6 years. Each class will include a 15-minute snack time along with songs and crafts that support the theme for that week. *All classes will be held at the Recreation Center, except for Preschoolers in the Park classes, which will be held at local Poulso parks (Parents will need to transport their children to and from the park each day).*
Fee: \$63* per week

Kiddies/Kids in the Kitchen

We will be making some child-friendly dishes while learning about kitchen safety in the home. We will also be doing crafts and singing fun songs about food.
Tu/W/Th Jun 20-22 9:30a-12n

Wild and Wacky Art

This is the perfect place to let your child explore their messy side. We will be singing songs about colors and using some fun techniques to create art that your preschooler can take home and be proud of.
Tu/W/Th Jun 27-29 9:30a-12n

Silly Science

If your preschooler likes to get their hands messy and learn at the same time, this mini-camp is for them. Some of the topics we will be exploring are heat, water, and magnetics.
Tu/W/Th Jul 11-13 9:30a-12n

Preschoolers in the Park

Let's explore a few of our local parks! We will be taking short walks, exploring our surroundings, and having a picnic. **Parents will need to provide transportation for their child to and from the park each day. Park Schedule to be announced.**
Tu/W/Th Jul 18-20 9:30a-12n

Nature Art

We are going to be using items for our crafts that we would find in nature. These might include pine cones, rocks, seashells and flowers.
Tu/W/Th Jul 25-27 9:30a-12n

Preschoolers in the Park

Let's explore a few of our local parks! We will be taking short walks, exploring our surroundings, and having a picnic. **Parents will need to provide transportation for their child to and from the park each day. Park Schedule to be announced.**
Tu/W/Th Aug 1-3 9:30a-12n

Itty Bitty Bakers

Your preschoolers will get hands-on experience with measuring, mixing ingredients, and learning how everything comes together in a delicious treat.
Tu/W/Th Aug 8-10 9:30a-12n

Preschool Ballet Camp 4 classes Ages 3-5

InMotion Performing Arts Studio Staff. Join us for fairy tale mania! Our days will be filled with the Creative Movement class, introducing the fundamentals of ballet along with special ballet crafts, guest performers, and snack time. So, grab your best ballerina/ballet dancer clothes and come join in. Space is limited, so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack, juice will be provided. What to wear: Girls- Tights, leotard & ballet shoes are recommended-not color or style specific; Boys- t-shirt and sweatpants or athletic shorts & ballet shoes are recommended.** InMotion Performing Arts Studio, Poulso.

Prince/Princess themed:

M-Th Jul 17-20 9:30-11:30a \$95*

Nutcracker themed:

M-Th Aug 14-17 9:30-11:30a \$95*
Register 2 weeks prior, pay only \$85*!

Preschool Drama Camp 4 classes Ages 4-8

InMotion Performing Arts Staff. Singing, acting, and dancing to build Musical Theatre skills. We will play games, sing songs, dance and have fun as we prepare to "Hit The Stage". Camp will end with a special performance for friends and family on the last day. Space is limited so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack and water bottle.** InMotion Performing Arts Studio, Poulso.
M-Th Jul 10-13 9:30-11:30a \$95*
Register 2 weeks prior, pay only \$85*!

Preschool Camps

Lil' Cooks Adventure in the Kitchen Camp

Ages 3-5

4 classes

Laura Rencher. Come join us as we explore the world of cooking through storybooks. Each day we will listen to a fun story and then use the story's theme to create our cooking project. In addition to cooking, we will also do a craft and a game or activity. *Recreation Center Kitchen.*

Mon-Thu Jul 31-Aug 3 10-11a \$89*
Register 2 weeks prior, pay only \$79*!

Nature Day Camp for Preschoolers

Ages 4-6

4 classes

Laura Rencher. Explore the outdoors by learning about birds, insects, spiders, and mammals as we explore the ponds, meadows, forests, and streams. We will learn about bird adaptations, discover the life cycle of insects and amphibians, and investigate predator/prey relationships of mammals. We will play games, make crafts, and go on adventures. *Camp will be held at Poulsbo's Fish Park.*

Mon-Thu Aug 7-10 1-3p \$84*
Register 2 weeks prior, pay only \$74*!

Nature Day Camp

4 classes

Ages 6-8, must have completed 1st grade

Laura Rencher. Explore the outdoors by learning about birds, insects, spiders, and mammals as we explore the ponds, meadows, forests, and streams. We will learn about bird adaptations, discover the life cycle of insects and amphibians, and investigate predator/prey relationships of mammals. We will play games, make crafts, and go on adventures. **Campers will need to bring a lunch. Meet at Nelson Park.** *Camp will be held at Nelson Park and Fish Park.*

M-Th Aug 7-10 9a-12p \$139*
Register 2 weeks prior, pay only \$129*!

L'Aventure Francaise Summer Workshop

Ages 3-5

4 classes

Myriam Mullen. Did you know that children who learn a foreign language early do better in school? Myriam Mullen, a native French speaker, is offering a fun four-day workshop for children to begin learning this beautiful language. Lots of fun activities are planned with new opportunities to speak and learn French and French culture. Discover France without crossing the Atlantic! **A \$10 materials fee is payable to the instructor at class.** *Recreation Center.*

Tue-Fri Sep 5-8 10a-12p \$79*

THE ISLAND SCHOOL



Kindergarten through Fifth Grade
Half-day and Full-day Kindergarten
Small Class Sizes



8553 NE Day Road • Bainbridge Island
206-842-0400

TheIslandSchool.org

WHERE EVERY CHILD MATTERS

Mini Camp for Mini Gymnasts

Ages 4-6

3 classes

Kris Goodfellow & gymnastics staff.

Three days of gymnastics fun! This camp is for boys and girls with little or no gymnastics experience. Camp will cover tumbling, balance beams, bars, vault, rings and a small art project.

A snack will be provided. Please make sure we are aware in advance of campers with special needs or food allergies. Sign up for one or for all of them. *Recreation Center Gym.*

Tu/W/Th Jul 25-27 1:30-3:30p \$89*
Tu/W/Th Aug 22-24 1:30-3:30 \$89*

Register 2 weeks prior, pay only \$79*!

Intro to Sports: Preschool Sports Camp

Ages 4-6

3 classes

Laura Rencher. A mini sports camp for your mini athlete. Campers will learn the basics of basketball, soccer, track, and tee-ball. We will practice running, throwing, hitting, catching and kicking through the use of fun activities and games. We will also do a craft and have a snack. *Raab Park, Poulsbo.*

W/Th/F Jul 5-7 9:30-11:30a \$84*
Tu/W/Th Jul 11-13 9:30-11:30a \$84*

Register 2 weeks prior, pay only \$74*!

Family Activities

Raab Park Youth Garden

Mondays, 10a-12p

Join WSU Master Gardeners and Poulsbo Garden Club volunteers for fun in the garden! Plant, water, harvest and make a garden-related craft to take home (while supplies last). One or more adults must accompany each group of children and a \$1 donation per child is requested. For groups of 5 or more, please call Poulsbo Parks and Recreation at 360-779-9898.

The Youth Garden was begun in 1997 by the combined efforts to the City of Poulsbo, individual Master Gardeners and service organizations with funding from grant sources. The continued improvement of the garden and success of the Children's Program is supported by the work of WSU Master Gardeners and community involvement.

The purpose of the garden is to involve children, families and the public in learning about sustainable gardening. In addition to crafts, learning and fun, the food harvested by the children goes to Fishline Food Bank in Poulsbo.

We are proud of our 2016 season! A total of 517 children and 295 adults helped plant, water, weed and harvest over 873 pounds of produce, which was donated to Fishline.

Thanks to our Youth Garden supporters: City of Poulsbo Parks and Recreation, WSU Kitsap County Extension Office, the Master Gardener Foundation of Kitsap County, Master Gardeners of Kitsap County, Poulsbo Garden Club, Suquamish Tribe, Poulsbo Kiwanis and Rotary Clubs, Home Depot and Valley Nursery.

The program runs on Mondays, from 10a-12p. The Raab Park Youth Garden is located at 18349 Caldart Ave NE, Poulsbo, at the far south end of Caldart.

Jun 26 - Stepping Stones & Planting Seeds

Come make your own garden stepping stone. Bring a disposable cake or pie pan. Explore the garden and plant a pumpkin tunnel.



Jul 3 - Soil, Worms & Sprouting Seeds

Find out what is in a seed; look at a sprouted seed. Make a "Seed Bomb" to take home. Construct a newspaper pot or mini greenhouse. Find Mr. Worm in the worm box!

Jul 10 - Butterflies & Ladybugs

Go on a bug safari... learn how insects help our garden. Release ladybugs! Make a tissue paper butterfly and ladybug print! Help tend the garden, water and harvest.

Jul 17 - "Bring Your Own" Unbelievable Container

What can you do with an old boot or garden glove? We can show you how to grow a plant in it! Bring something fun to plant in and we will provide the rest! Explore the new Wonder garden.

Jul 24 - Herbs & How We Use Them

Learn about the many plants in the garden. Not all are for eating! Use cloth and ribbon to make a lavender sachet & try a sip of mint "sun" tea. Pound a flower and create a garden banner. Which flowers make the best color?

Jul 31- Sunflowers, Birds & Garden Wildlife

Be a Garden Detective and look for evidence of birds and animals in the garden. Feed the birds and see what the bees are up to. Make a bird feeder and create sunflower art to take home.

Aug 7- Pacific Northwest Plants & Their Uses

Learn about traditional uses of native plants and how they are used today. Make a necklace & garden critter to take home, using natural materials. Stamp with wild berry juice "ink"!

Aug 14- Wonderful Messy Art Day

Celebrate another garden season with art in the garden. Learn to make colored bubbles prints, paper hats & pasta necklaces to take home. Spritz colored water onto fabric to make a garden flag! Add painted critters to our shed!

Family Activities



It's a GRAND Day...!

NEW! *

By popular demand, these weekly activities are designed specifically for grandparents who are providing care for their grandchildren while their parents are at work. Join us each Thursday for a fun activity designed for both grandchild (**ages 3-6**) and grandparent participation while the older kids are in school. Summer programs will accommodate kids up to age 10. A variety of activities will give you something to look forward to each week, and possibly to try at home later. Activities are generally 45 minutes to an hour long, and have limited space. Most occur at locations other than the Recreation Center; transportation is not provided.

Sample activities may include music, nature walks, art/drawing, cooking, yoga, outdoor play, dance, gardening, or visiting the SEA Discovery Center. Activities are subject to change based on weather conditions. For the most current list of activities, visit <https://secure.rec1.com/WA/poulsbo-parks-recreation/> or call us at 360-779-9898.

Please call and sign your grandchild(ren) and yourself up for each activity in advance. A punch card (\$20 for one adult and two children) must be purchased in advance and is good for 6 activities. *Poulsbo locations TBA.*

Thanks to the sponsors of this program: Poulsbo Lions Club, InMotion Performing Arts Studio, WWU SEA Center, Young Rembrandts.

Thu Apr 13-Aug 31 10a-various end times
\$20 punch card (6 visits) expires 8/31/17

Community Mural Mosaic Park Bench

Kitsap Mosaics. Help us build some beautiful mosaic benches for some of our local parks. The whole family can be involved to create a beautiful piece of art. Come join the fun! Kids **ages 7 and up** may be dropped off to work on their own. **Children under 7 require an adult to be present.** Program runs every other Saturday through the summer. Whole families can be involved, to design a tile that will be set into each bench. We need 68 tiles total for our first bench. **All supply fees included.** Register through Poulsbo Parks and Recreation. *Kitsap Mosaics, Poulsbo.*

Sat 10-11:30a \$50 per tile
Dates: Apr 15, 29, May 13, 27, Jun 10, 24,
Jul 8, 22, Aug 5, 19

Poulsbo Library Children's and Family Programs

The Poulsbo Branch of Kitsap Regional Library is located at 700 Lincoln Rd NE, Poulsbo. For more information on their programs, call them at (360) 779-2915 or visit their website at <http://www.krl.org/>. All programs are free. **The library will be closed on May 29, Jul 4 and Sep 4.**

The Kitsap Regional Library offers several storytimes to provide babies, toddlers, and preschool children, along with their families or caregivers, opportunities to build early literacy skills. Summer Learning runs Jun 1-Aug 31. Read 10 hours to receive a free book and read 100 hours to receive a free t-shirt. (While supplies last.)

Storytimes: Stories, songs, puppets and flannel board tales for children ages 0-6 years. *Spring storytimes run Mar 20-May 10. Summer storytimes run Jun 18-Aug 12.*

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

*Spring only.

Family Play Day: Explore basic scientific principles using Lego, marble runs, gizmos, wooden blocks, and K'nex! Work independently, with friends, or even challenge grown-ups to make alongside you. This free-play program allows kids and families to experiment with gravity and engineering concepts as well as develops spatial skills.

Fri Mar 17, Apr 28 4-5:30p

Project Maker: For grades 3-6. Explore a variety of STEM topics and technologies through hands-on projects that encourage creativity. Sessions include working with 3D printer pens, coding, and mason jar planters.

Wed Mar 8, 15, 22, Apr 19, 26 3:30-5p

Summer Learning: Come experience special performances at the library for all to enjoy!

School of Taiko (Drums):

Tue Jun 27 6p

Sunshine from Polynesia (Dance):

Tue Jul 11 6p

register
ONLINE!

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

Gymnastics

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



Program Goals: To introduce the sport of gymnastics to children ages 18 months to 12 years. This program encourages development of gross motor skills, body awareness, flexibility, strength and confidence in a fun and safe environment.



Who's teaching? Gymnastics supervisor and coach Kris Goodfellow has over 20 years of coaching experience. Kris is the North Kitsap High School head gymnastics coach, and the North Kitsap School District's 2002 & 2014 Coach of the Year and the 2010 and 2014 WSGCA Coach of the Year. She is safety certified by USA Gymnastics and is also a Kinder Accredited Teacher through USA Gymnastics. Also, assisting with classes are NKHS gymnasts Keiko Ketch, Jetta Burr, Paige Wickens and Nick Soboleski.



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



Registration notes: Spring is 2 sessions each, 4 weeks long concluding before the end of the school year, summer sessions are 3 weeks. If you are interested in attending all sessions, please register for ALL of them at the same time as soon as the brochure comes out. This is the only way to ensure a spot in the class you want. Classes are limited, so sign up early!! As classes fill more may be added, make sure you ask to be on the waitlist if class is full so we know to add another one.



Parent-Tot Gymnastics 4 wks/3 wks

Ages 18-36 months

Kris Goodfellow. Children and their parents will work on their motor skills in a safe and playful environment. This class is child-led and loosely structured, allowing parents and tots access to all gymnastics equipment for lots of fun and exploration. **Parent participation is required and siblings are not allowed to participate unless they are registered for the class.**

Tue	9:30-10a	4/11-5/2	5/16- 6/6		\$36*/4 wks
Wed	9:30-10a	4/12-5/3	5/17- 6/7		\$36*/4 wks
Wed	9:30-10am	6/21-7/5	7/19-8/2	8/16-8/30	\$28*/3 wks

Tumbling Tot 4 wks/3 wks

Age 3 Also great for 4 year olds with a short attention span.

Kris Goodfellow. Students will be introduced to the basic skills of gymnastics in a fun and fast pasted environment. Focus is on developing coordination, strength, balance, and flexibility. We will also develop social skills such as how to take turns, how to follow directions and how to work with others. **This is a fully structured class but parent participation is encouraged if necessary.**

Tue	10:15-10:45a	4/11-5/2	5/16-6/6		\$43*/4 wks
Wed	4:45-5:15p	4/12-5/3	5/17-6/7		\$43*/4 wks
Wed	10:10-10:40a	6/21-7/5	7/19-8/2	8/16-8/30	\$32*/3 wks
Wed	4:45-5:15p	6/21-7/5	7/19-8/2	8/16-8/30	\$32*/3 wks

Gymnastics

Beginning Kindergym 4 wks/3 wks

Ages 4-6

Kris Goodfellow. Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings, and rope. Class focus is on coordination, strength, and spatial awareness.

Tue	5-5:45p	4/11-5/2	5/16-6/6		\$52*/4 wks
Wed	10:15-11a	4/12-5/3	5/17-6/7		\$52*/4 wks
Wed	3:55-4:40p	4/12-5/3	5/17-6/7		\$52*/4 wks
Wed	10:45-11:30a	6/21-7/5	7/19-8/2	8/16-8/30	\$41*/3 wks
Wed	3:55-4:40p	6/21-7/5	7/19-8/2	8/16-8/30	\$41*/3 wks

Intermediate Kindergym 4 wks/3 wks

Ages 4-6

Kris Goodfellow. For students who have completed beginning Kindergym and are placed by the instructor. Class will expand gymnastics work and is for kids ready to focus on skill technique. **Must have instructor approval. No class May 29 or July 3.**

Mon	4:35-5:20p	4/10-5/1	5/15-6/12		\$52*/4 wks
Mon	4:35-5:20p	6/19-7/10	7/17-7/31	8/14-8/28	\$41*/3 wks

Beginning Gym 4 wks/3 wks

Ages 7-12

Kris Goodfellow. Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings, and rope. Class focus will be on strength, flexibility, and confidence building. **+ Thursday class held at Braidablik Elementary.**

Tue	6-6:50p	4/11-5/2	5/16- 6/6		\$60*/4 wks
Thu+	5-5:50p	4/13-5/4	5/18-6/8		\$60*/4 wks
Thu+	5-5:50p	6/22-7/6	7/20-8/3	8/17-8/31	\$47*/3 wks

Intermediate Gymnastics 4 wks/3 wks

Ages 7-12

Kris Goodfellow. Building on skills learned in the beginning class. Students need to know all body positions, backward rolls, and cartwheels. Class is combined with advanced for the summer. **Instructor permission is required. Classes held at Braidablik Elementary.**

Thu	6-6:50p	4/13-5/4	5/18-6/8		\$60*/4 wks
Thu	6-6:50p	6/22-7/6	7/20-8/3	8/17-8/31	\$47*/3 wks

Advanced Gymnastics 4 wks/3 wks

Ages 7-12

Kris Goodfellow. This class is for the serious gymnast who has completed several intermediate classes and has mastered a 3-second handstand. Class is combined with intermediate for the summer. **Instructor permission is required. Classes held at Braidablik Elementary.**

Thu	6:30-7:30p	4/13-5/4	5/18-6/8		\$60*/4 wks
Thu	6-6:50p	6/22-7/6	7/20-8/3	8/17-8/31	\$47*/3 wks

Mini Camp for Mini Gymnasts 3 classes

Kris Goodfellow & gymnastics staff. Three days of gymnastics fun! This camp is for boys and girls **ages 4-6** with little or no gymnastics experience. Camp will cover tumbling, balance beams, bars, vault, rings and a small art project. **A snack will be provided. Please make sure we are aware in advance of campers with special needs or food allergies.** Sign up for one or for all of them. *Recreation Center Gym.*

T/W/Th	Jul 25-27	1:30-3:30p	\$89*
T/W/Th	Aug 22-24	1:30-3:30p	\$89*

Register 2 weeks prior, pay only \$79!



Youth Programs

Private Piano Lessons 10 wks

Ages 7-Adult (or as arranged with the instructor)

Megan Hennings. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We're offering holistic music instruction with an emphasis on creating an enjoyable learning experience. Cultivation of a life-long love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including development of independent learning skills and strong playing skills.

Format: private instruction with scheduled group lessons. Half-hour instruction once a week with 45-minute lessons available for more advanced students. Fee includes event fees for up to 4 events per year. Daytime slots available for adult and non-traditional students also. **Materials not included in class fee.**

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

T, W, Th, F Apr 11-Jun 16

30 min lessons: \$253 or \$126.50 per month

45 min lessons: \$368 or \$184 per month

Fees will be prorated if student begins mid-session.

FACILITY RENTALS

CLASSES..MEETINGS
BIRTHDAY PARTIES..
LUNCHEONS..CRAFT GROUPS



The Parks and Recreation Center has two rooms available for rent. Prices range from \$10-\$25 per hour plus sales tax, and are available around the recreation class schedule. Please give us a call at 360-779-9898 for more information.

Easter Candy Hunt



**Saturday,
April 15
at Raab Park.
The fun starts
at 1pm.**

*Age divisions begin
at 5 minute intervals:*

Ages 1-2 ... start at 1:05p

Ages 3-4 ... start at 1:10p

Ages 5-6 ... start at 1:15p

Ages 7-8 ... start at 1:20p

Ages 9-11...start at 1:25p

Proudly Sponsored by:
Poulsbo Lions Club,
Hill Moving, WB Properties,
And NK Fishline

*Please consider bringing a
food donation for NK Fishline*

register  ONLINE!

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

Youth Programs



Summertime Piano Lessons

All ages welcome!

Megan Hennings. We know that summer can be a busy time for people, but it is also a great time for piano, too! During the school year, you've built up momentum, why give it up now? Or maybe you've never experienced formal piano instruction and would just like to "try it out" to see what it's like. We are offering summertime private lessons to students who might be interested in a flexible schedule. Maybe you would like to take lessons for a month or maybe you need just a week here or there. Please call the Recreation Center at 360-779-9898 to arrange the private lessons.

T,W,Th Jun 25-Sep 1
\$25 per 30-min lesson; \$36 per 45-min lesson

Beginning to Advanced Guitar

Ages 8-Adult Monthly (4 lessons / mo)

Craig Dell. Private 45-minute acoustic or electric guitar lessons, designed for beginning, intermediate and advanced students. Lessons will be tailored to the student's level and will include reading music notation, tablature, basic chords, and strumming techniques. Lessons will be scheduled between 1p - 8p. **Students must bring an acoustic or electric guitar in good working order. Music will be provided for beginning students; Intermediate/Advanced students will be asked to purchase specific books.**

Lessons will run: Mondays, Apr 10-24, May 1-22, Jun 5-26, Jul 10-31, and Aug 7-28. Participants will automatically be registered for the next month on the 15th of the previous month to hold their scheduled lesson time. Monthly fee is due at first lesson of each month. Missed lessons may or may not be made up at the discretion of the instructor for a maximum of 2 lessons, provided 24-hour cancellation notice has been given. Make up lessons are held at instructor's discretion.

Recreation Center Music Room.

Mondays- times scheduled with instructor

April: (3 lessons) \$119.25
May-Aug: (4 lessons) \$167/mo.

Violin/Viola Private Lessons

Ages 4-100

8 wks/ 4 wks

Meta Newlin. Learn to play your chosen instrument. You will be taught music theory basics and you will be instructed using curriculum that accommodates individual learning styles.

Lessons: Lessons will be scheduled once a week on Tuesdays between 9 am and 7 pm. Please call the Parks and Recreation office (360-779-9898) and your name and number will be given to Meta. She will call you to schedule your lesson time. If you need to reschedule a lesson, 24 hrs. notice before your lesson is required. Lessons may or may not be made up and are at the instructor's discretion. Make-up lessons will be scheduled for Friday or Saturday. Please be at your lesson 5 minutes early with your materials. **You will need a violin or viola, bow, and case that may be purchased or rented online or through Ted Brown Music, along with rosin, shoulder rest, music notebook and a portable music stand. Lessons held at the Recreation Center.**

Materials: The curriculum, books, music, and supplies will be tailored to the child's or adult's individual needs and will be decided in the initial interview and first lesson. These will need to be purchased by the student. If you are a beginner, our first major book will be Maia Bang's Violin Method, Part 1. We will also start with some pieces from Suzuki violin/viola school volumes, and others. These may be ordered through the instructor at a small discount or on your own from Ted Brown Music in Silverdale.

Students may pay the entire session fee in advance or may make 2 payments. First payment is due at registration PRIOR to your first lesson and the balance is due by the May 9 lesson.

Meta Newlin is a member of the Bainbridge Island Symphony for the past 8 years (1st violin). She also takes part in community events in Bremerton, Poulsbo, and around the Puget Sound. She has taught violin and viola for 10 years.

Ages 4-7

Tue	Apr 18-Jun 6	40 minutes	\$228*+
Tue	Jul 18-Aug 8	40 minutes	\$114*

+ Or 2 payments of \$114

Ages 8 - Adult

Tue	Apr 18-Jun 6	60 minutes	\$336*++
Tue	Jul 18-Aug 8	60 minute	\$168

++ Or 2 payments of \$168

Youth Programs



Paint In The Park 1 class

Ages 5-95

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a creation from start to finish. This instructor- led class will walk you through the steps to create a pallet based art masterpiece using stencils and weathering techniques. The unique class style allows you the option to paint any art you wish, while not painting the same picture as everyone else. Open to all skill sets and ages. **Note: Children under age 12 must be accompanied by a parent during the class. All materials are included.** *Various parks.*

Sat	Apr 8	1-3p	\$38*
Sat	May 13	1-3p	\$38*
Sat	Jun 10	1-3p	\$38*
Sat	Jul 8	1-3p	\$38*
Sat	Aug 12	1-3p	\$38*
Sat	Sep 9	1-3p	\$38*

Creative Minds Art Classes 4 wks

Ages 6-12

Susan Stevens. Students will receive a unique blend of art history, learn new skills and apply them individually in various mediums. In this four-week class, students will complete four masterpieces of their own. Mediums include chalk pastels, watercolor and crayon, and acrylic. **Supplies are included.** *Recreation Center Kitchen.*

Tue	Apr 18-May 9	5-6p	\$38*
Tue	May 23-Jun 13	5-6p	\$38*

Youth Drawing Class with Young Rembrandts

Ages 6-12 3 wks

Young Rembrandts. A different kind of learning. A powerful kind of fun... Welcome to Young Rembrandts! We teach drawing with a see - touch - do method that all kids can succeed with, learn from and love! Our elementary age curriculum is designed to teach basic to advanced drawing skills, art techniques, and vocabulary. **All supplies are included. No class May 17.** *Recreation Ctr.*

Wed	May 10-31	4-5p	\$44*
Wed	Jun 7-21	4-5p	\$44*
Wed	Jul 12-26	10:30-11:30a	\$44*
Wed	Aug 9-23	10:30-11:30a	\$44*



"A Big World
in a
Small School"



Coming This Fall

Science, Technology, Engineering,
Arts & Math (STEAM)
After School Classes and
"Maker" Sessions for
Grades 6 - 12

For More Information Visit
www.westsoundacademy.org



16571 Creative Drive NE
Poulsbo, WA 98370

360-598-5954



Youth Programs

Cartooning with Young Rembrandts

Ages 6-12

3 wks

Young Rembrandts. Young Rembrandts' cartoon classes are based on our original, top quality curriculum with the additional excitement of cartooning. Cartoon lessons teach children how to create original cartoon characters, draw action and expression to convey moods. While cartooning is fun and engaging, your child will gain mastery in a unique drawing style, and improve their core learning skills. Young Rembrandts strives to inspire your child's imaginative spirit and boosts classic learning skills. *Recreation Center Kitchen.*

Wed	Apr 12-26	4-5p	\$44*
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Culinary Adventure

2 classes

Ages 7 & older

Laura Rencher. Let the cooking extravaganza begin! Create delicious food inspired by cuisine from around the world. Culinary adventurers will have an absolute blast learning to cook by being introduced to very basic concepts of cooking; mix, measure, beat, chop and whip. They gain the confidence to take their new skills and knowledge home to cook for their families and friends. Themed classes will include meal planning, food prep, cooking and of course eating! **All food included. Please let staff know of any food allergies at registration.** *Recreation Center Kitchen.*

Breakfast & Snacks

Mon	Apr 17 & 24	4:30-5:30p	\$39*
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Lunch & Appetizers

Mon	May 15 & 22	4:30-5:30p	\$39*
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Dinner & Dessert

Mon	Jun 5 & 12	4:30-5:30p	\$39*
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Mothers and Daughters Color Analysis Workshop

Ages 9-14 & Moms

1 class

Suzanne O'Clair. Knowing your colors is the first step to becoming your own *personal stylist!* This essential information helps you see yourself so you can find colors and clothes that make you look like a star in your everyday life. We cover a little information about skin care and make-up, but mainly, we focus on *you seeing your colors for yourself.* You leave with a tool for finding your colors, too. **A \$5 materials fee is payable to the instructor at class.** *Recreation Center Kitchen.*

Suzanne O'Clair studied color analysis with a Hollywood make-up artist and an award-winning photographer.

Sat	Apr 29	3-5p	\$37*
Mon	Jul 31	6-8p	\$37*

Babysitter Boot Camp

1 class

Ages 12-17

Linda Chandler. Babysitting is usually a teenager's first attempt at building and running a small business. The Child and Babysitting Safety (CABS) course comes with a magazine-format guide designed to engage and inform the aspiring babysitter. It gives teenagers everything they need to know, from getting started, to dealing with parents and children, to key safety, caregiving, and first aid tips.

The CABS course gives teenagers essential information, but it doesn't read like a textbook. We've broken childcare and babysitting down into sections, combining practical information with graphics and images designed to pull teenagers in and keep them engaged.

Sat	Apr 22	9:30-1p	\$45*
Sat	May 13	9:30-1p	\$45*
Sat	Jun 24	9:30-1p	\$45*

OR

Poulsbo Middle School

Wed	May 3	1:45-5:15p	\$45*
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Kingston Middle School

Wed	Jun 7	1:45-5:15p	\$45*
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**Mondays in the Raab
Park Youth Garden**

June 26:	Stepping Stones & Planting seeds
July 3:	Soil, Worms & Sprouting Seeds
July 10:	Butterflies & Ladybugs
July 17:	"Bring Your Own" Unbelievable Container
July 24:	Herbs & How We Use Them
July 31:	Sunflowers, Birds & Garden Wildlife
August 7:	Pacific Northwest Plants & Their uses
August 14:	Wonderful Messy Art Day

All classes are 10a-12n!

Youth Programs & Sports

Poulsbo Library Teen Programs

The Poulsbo Branch of Kitsap Regional Library is located at 700 Lincoln Rd NE, Poulsbo. For more information on their programs pr tp register, call them at (360) 779-2915 or visit their website at www.krl.org. All programs are free. **The library will be closed on the following days: May 30, Jul 4, and Sep 4.**

Coming to the Library this Summer: Film-making Camp, 3D Printing Camp, Teen Writer's Camp, Library Lock-In, MoPOP & Pacific Science Center Field Trip, Visiting Authors, Community Crafting and much more!

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

Fri Mar 10, Apr 14 & May 12 3:30-5p

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

Fri Mar 17, Apr 21, May 19 3:30-5p

Book Lovers' Podcast: Grades 6-12. Join the Book Lover's Podcast, a monthly show produced by and starring the Poulsbo Teen Advisory Board, and share your love of reading with the world! Meet to plan which books to read and discuss on the first Friday of the month, check-in with your fellow book lovers at the Teen Advisory Board meeting the third Friday of the month, and meet to record, edit, and publish the Book Lover's podcast the fourth Friday of the month. Snacks are always served, and meetings are a supportive, safe-space environment where you can meet and socialize with fellow book lovers. Join us today to share your love of reading with the world!

Fri Mar 3, 24, Apr 7, 28, May 5 & 26 3:30-5p

Superhero Squad! Grades 4-8. Join us for an awesome program exploring superheroes and what makes them super. Have fun using 3D printer pens to print accessories, emblems or any design for your very own superhero. Build a superhero you would like to see in a comic book, movie, or your own community.

Wed Mar 8, 15 & 22 3:30-5p

Archery

4 wks

Ages 8 & older

Brian Goodfellow. This archery class will be geared towards teaching beginning archers in a safe environment. Students will learn the fundamentals of archery, including the nine steps to the ten ring and parts of the bow and arrow. The class will also strive to promote ideas that are important in life as well as archery, such as good sportsmanship, safety, and a desire to better oneself in whatever one does. **Bow, arrows, and a wrist guard will be provided but students are welcome to bring their own if they own one.** *Recreation Center Indoor Range.*

Thu	Apr 13-May 4	5-5:50p	\$56*
Thu	Apr 13-May 4	6-6:50p	\$56*

Thu	May 18-Jun 8	5-5:50p	\$56*
Thu	May 18-Jun 8	6-6:50p	\$56*

Summer Archery - Outdoor

3 wks

Ages 8 & older

Brian Goodfellow. This archery class will be geared towards teaching beginning archers in a safe environment. Students will learn the fundamentals of archery, including the nine steps to the ten ring and parts of the bow and arrow. The class will also strive to promote ideas that are important in life as well as archery, such as good sportsmanship, safety, and a desire to better oneself in whatever one does. **Bow, arrows, and a wrist guard will be provided but students are welcome to bring their own if they own one.** *Outdoor location in Poulsbo.*

Thu	Jun 22-Jul 6	5-5:50p	\$46*
Thu	Jun 22-Jul 6	6-6:50p	\$46*

Thu	Jul 20-Aug 3	5-5:50p	\$46*
Thu	Jul 20-Aug 3	6-6:50p	\$46*

Thu	Aug 17-31	5-5:50p	\$46*
Thu	Aug 17-31	6-6:50p	\$46*

Viking Boys & Girls Tennis Camp

Boys & Girls going into grades 7-10 in Sept 2017.

If you are interested in playing tennis, or learning more about it, the **North Kitsap Varsity Tennis Coach, Jay DeVries**, will be holding a 4-day camp after school in early June. There will be basic instruction, skill work, games, and chances to compete in matches against other athletes at your skill level. The camp will be limited to the first 24 athletes that sign up. **Register at Poulsbo Parks and Recreation. NKHS Tennis courts.**

M-Th	Jun 5-8	3-5p	\$79*
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Youth Sports

Basketball: Spring County Recreational

Girls (grades 3-10); Boys (grades 3-8)

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts as they form. Games will start mid-April. Spring basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls in 3/4th, 5/6th and 7/8th grades and girls in 9/10th grades. *Officiated games are played during weekday evenings in NK and SK gyms.*

Weekday practices will begin in late March/early Apr

Weekday games in the evenings; late April-June.

Fee: \$99 NK Jersey, if needed: Fee: \$25.*

Volleyball: Spring Girls Recreational

Girls: Grades 5-9

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

This builds on our fall season; the continued exposure for the girls will benefit the athletes for years to come! We are offering volleyball through Poulsbo Parks and Recreation, drawing players from the NK, BI, and CK areas. There will be 7 matches per team from mid-April to Jun 2nd, then our end of season playoff on Jun 3rd! There will be 5/6th and 7-9th grade divisions. **Practices will start late March/early April, or as soon as your team forms! NK, CK, Bainbridge Island gyms.**

Weekday evenings Mar 15-Jun 3

Fee: \$135

Open gym practices for registered players:

Most M/W, 6-8p, starting Wed, Mar 15th until regular team practices begin, Poulsbo Middle School Gym.

Basketball: Fall County Recreational

Girls & Boys, Grades 3-8; Girls 9/10th grades! Registration starts in August!

Poulsbo Parks and Recreation is taking signups for all athletes, with teams hitting the courts as they form after school starts. Officiated games will start in late Sept. Fall basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. **There will be 3/4th, 5/6th, and 7/8th divisions for both boys and girls and a 9/10th division for girls! NK and SK gyms.**

*Weekday evenings Sep-Nov 17 Fee: \$99**

NK Reversible Jersey, if needed: Fee: \$25

www.cityofpoulsbo.com



POULSBO PIRANHAS SUMMER LEAGUE 2017

**Poulsbo Piranhas Swim Team is a
USA Swimming year-round swim
club with swimmers ranging from
novice through elite**

**Our swimmers benefit from
professional training by award
winning coaches**

PRACTICE

- North Kitsap Community Pool -
1881 NE Hostmark Street, Poulsbo, WA
- Mondays & Wednesdays all summer
6:30-7:30 p.m.

COST

- \$175 per swimmer (includes swimmer
insurance)

SWIM MEET

- Participate in an end of season swim meet
vs other local summer swimmers

SWIM SEASON

- The summer swim season will run June
26th through August 18th

QUESTIONS

- Contact Coach Jerry Johnston
ppstcoachjerry@gmail.com

Visit Us At
www.poulsbopiranhas.com

Or stop by the
N. K. Community Pool
1881 NE Hostmark Street
Poulsbo, WA
5 pm. - 8 pm.



Youth Sports

Basketball: Fall County Boys

Boys, Grades 7-8th

Registration starts in August!

Get your first league session in now with games on Sundays in *Poulsbo area gyms*. 8 games, which includes an end of season tourney, Oct 22nd. Normal schedule will be two games per day. **Team Release Forms and fees must be submitted prior to Sep 15!**

Sun Sep 24-Oct 22 Team fee: \$495

Western Washington Girls Basketball

Girls, Grades 7-8th

Registration starts in August!

Prepare your team for your school season! The league will play normal HS rules, 20-minute halves, double headers each Sunday to provide game training for your team. **There will be divisions for HS JV Girls (9/10/11) and MS Girls (5/6 & 7/8). Team Release forms and fees must be submitted prior to Sep 15!**

Sun Sep 24-Nov 5 Team fee: \$595

10 games which includes an EOS tourney Nov 4/5th.



Volleyball: Intramural Fall Girls

Recreational League

Girls, Grades 3-5 and 5-9

Registration starts in August!

Coaches and Interested Adults needed!

Fall volleyball through Poulsbo Parks and Recreation, drawing players from the Kitsap County. There will be 8 games per team starting late September and going through Nov 10. Open gyms will be held to allow the girls time on the floor with all the coaches, and facilitate an equal distribution of talent to all teams. Teams will be selected the week of Sep 18. *There is some travel required to gyms in Central Kitsap.*

Weekday evenings Sep-Nov 10

Fee: \$119*

Open gym practices for registered players:

Mon/Wed, 6-8pm, starting Wed, Sep 6!



NORTH KITSAP SOCCER CLUB

PLAYING FOR THE LOVE OF THE GAME SINCE 1977

Our vision is to continually provide an affordable, positive learning environment which produces well-rounded, highly skilled, & motivated team players passionate about the sport of soccer.

Affordable fees, with scholarships available
Long standing commitment to the North Kitsap community
Levels include Academy, Recreational, & Competitive Play

**CHECK OUT NKSC'S
YEAR-ROUND PROGRAMS AT
WWW.NORTHKITSAPSOCCEER.ORG**

info@northkitsapsoccer.org

Youth Summer Camps

Ballet Camp

4 classes

Ages 6-8

InMotion Performing Arts Studio Staff.

Kids will spend each camp focusing around a different ballet (*Cinderella*, *Nutcracker*, *The Sleeping Beauty*, etc.) Dancers will work on the fundamentals of ballet along with special crafts, guest performers, story, and a snack. Space is limited so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack, juice will be provided. Ballet shoes required.** *InMotion Performing Arts Studio, Poulsbo.*

Prince & Princess themed:

M-Th	Jul 17-20	9:30-11:30a	\$95*
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Nutcracker themed:

M-Th	Aug 14-17	9:30-11:30a	\$95*
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Register 2 weeks prior, pay only \$85*!

Drama Camp

4 classes

Ages 6-8

InMotion Performing Arts Staff. Singing, acting, and dancing to build Musical Theatre skills. We will play games, sing songs, dance and have fun as we prepare to "Hit the Stage". Camp will end with a special performance for friends and family on the last day. Space is limited so don't wait to enroll, we expect to fill up! **Each camper should bring their own snack and water bottle.** *InMotion Performing Arts Studio, Poulsbo.*

M-Th	Jul 10-13	9:30-11:30a	\$95*
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Register 2 weeks prior, pay only \$85*!

KCMT Musical Theater Workshop

2017 Space Oddity - an out of this world musical!

Ages 7-12

Kitsap Children's Musical Theatre Staff.

Campers will have a blast while learning proper stage acting, movement, choreography, and vocal techniques as they prepare a fantastic musical production. Camp will culminate in a full musical performance open to families and the public on Friday's: Jun 30, Jul 14 and Jul 28. You will be amazed at what your camper can do in one week! For more information, go to www.kcmt.org. Join us and learn why KCMT's summer theatre camp is so popular! **Additional paperwork for KCMT is necessary when attending this camp. Please dress your child for the weather; bring a sack lunch, snack, sunscreen and water bottle each day. This camp fills up fast. Please don't wait to register, space is limited.** *Breidablik Elementary School.*

M-F	Jun 26-30	9a-3p	\$187*
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M-F	Jul 10-14	9a-3p	\$187*
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M-F	Jul 24-28	9a-3p	\$187*
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MUSICAL THEATRE

KCMT: Acting Technique Collaborative Creation

Ages 11-14

Havilah Criss, KCMT alumni, is excited to offer middle school-aged actors a chance to develop their theatre skills over the summer. Learn in-depth scene work with *David Mamet's* book of children's plays. This class will teach acting techniques that you can apply to your next role! We will also perform fun warm-ups, learn interactive theatre games and go over the entrance and exit of a character so you can be confident at your next audition! **Bring a lunch and plenty of water.** Teacher Havilah Criss has a degree from the prestigious Bachelor of Fine Arts program at Southern Oregon University. She has learned the art of theatre, theatrical voice, and stage movement from some of the best directors and performing arts scholars in the country. *Breidablik Elementary.*

M-F	Jun 26-30	10a-2p	\$125*
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M-F	Jul 10-14	10a-2p	\$125*
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M-F	Jul 24-28	10a-2p	\$125*
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KCMT: Old Shakespeare Camp

Ages 15-18

5 classes

Havilah Criss, KCMT alumni, is excited to offer a class this summer to high school students! Shakespeare is not only important, it's fun! We will learn how to interact with the poetic language of Shakespeare by drawing the student's attention to verse, text interpretation and character development through improvisation, structured scenes, and pieces of monologues. Apply these important skills to your next audition and role- all acting can be compelling, interesting, and humorous with an understanding of Shakespeare! Teacher Havilah Criss has a BFA degree from Southern Oregon University. She has studied with the best-known Shakespearean scholars of our time. Due to her dedication and grasp of the material, Hava has been granted the opportunity to audition as an intern at the world-renowned Oregon Shakespearean Festival this fall. *Breidablik Elementary.*

M-F	Jul 17-21	10a-2p	\$125*
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M-F	Aug 7-11	10a-2p	\$125*
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Youth Summer Camps



Summer Kids Fair
 Looking for things to keep the kids busy this summer?
Saturday June 3, 10 am-1 pm
Poulsbo Library
 700 NE Lincoln Rd.
 Join organizations and companies from around Kitsap County who offer great activities for kids to do this summer. Meet staff, get camp schedules and prices and ask questions.

Sign up for both Culinary Adventures and Creative Minds Camps for a full day of fun!

Culinary Adventures Camp

Ages 6 & up 4 classes

Laura Rencher. Let the cooking extravaganza begin! Create delicious food inspired by cuisine from around the world. Culinary adventurers will have an absolute blast learning to cook by being introduced to very basic concepts of cooking. Mix, measure, beat, chop and whip. They will gain the confidence to take their new skills and knowledge home to cook for their families and friends. Themed classes will include meal planning, food prep, cooking and, of course, eating! *Recreation Center Kitchen.*

M-Th Jul 31-Aug 3 11:30a-1p \$99*
 Register 2 weeks prior, pay only \$89*!

Creative Minds Camp

Ages 6-12 4 classes

Susan Stevens. Encouragement will be given to students to explore various mediums and create their own masterpieces. Students will waken their minds by exploring a different medium each day. The mediums include chalk pastels, watercolors and crayons, acrylic paint, and sculpting clay. Students will complete at least four pieces of art. **Supplies are included.** *Recreation Center Kitchen.*

M-Th Jul 31-Aug 3 1:30-4p \$88*
 Register 2 weeks prior, pay only \$78*!

Summer Vacation Creative Art Camp

Ages 8-14 3 classes

Colleen Doeleman. This camp is designed for students who wish to explore the world of creative painting. You will enjoy learning various painting techniques using non-toxic acrylic paints. Each class will be centered on a new painting project to expand your artistic horizons, creativity, and imagination. Painting is a fun and wonderful way to express yourself and build self-esteem. Come join in the fun and let your creativity and imagination loose. Bring a friend for even more fun! **A supply fee of \$30 per student is payable to the instructor at the first class.** *Recreation Center Kitchen.*

T/W/Th	Jul 18-20	10a-12p	\$79*
T/W/Th	Aug 22-24	10a-12p	\$79*

Writers/Artists Camp

Ages 6-12 4 classes

Susan Stevens. If you have a creative mind and have always wanted to make your own book, this camp is for you. Students will be encouraged to write a short story, illustrate it, and finally, assemble it into a book. Guidance will be given regarding story development and illustration. Students will have their choice of mediums for the illustration process including chalk pastels, pencil, watercolor, crayons, or acrylic. *Recreation Center Kitchen.*

M-Th Jul 10-13 9:30a-12p \$88*
 Register 2 weeks prior, pay only \$78*!



register ONLINE!

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

Youth Summer Camps

Pirates Drawing Camp 3 classes Ages 6-12

Young Rembrandts. Ahoy mates! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more will inspire us as we draw, using cartoon and realistic drawing techniques. Kids love drawing our playful, expressive characters and will complete several drawings each day using the unique Young Rembrandts drawing method. They will show you all they have learned over the week when they complete one large scene on the final day. Get ready for pirate fun and enroll today! **All materials provided and include pencils, color pencils, Sharpies™ and markers. Campers should bring a sack lunch and dress for the weather. MIW Waterfront Park Gazebo.**

T/W/Th Jul 11-13 10a-1p \$75*

Ocean Life Pastels Camp 3 classes Ages 6-12

Young Rembrandts. Fun-filled days await our students as we explore ocean life while they learn to draw and color with pastels. We will create detailed, pastel compositions on each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab, and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame shop with your child's finished pastel pieces. These pastel drawings will reward students with a great sense of pride and accomplishment. **MIW Waterfront Park Gazebo.**

T/W/Th Aug 1-3 10a-1p \$75*

Master Artists Pastels Camp 3 classes Ages 6-12

Young Rembrandts. This workshop is full of possibilities! Join us for three days of pastel fun as we learn about a new medium and explore art history by studying different artists and their work. Each day we will create one large drawing in pastel chalks. We will create wonderful artwork while being inspired by Edvard Munch's *The Scream*, Vincent Van Gogh's *Harvest at Le Crau* and Claude Monet's *Regatta at Argenteuil*. The results will be truly frame-able! No experience necessary. **Please wear an old shirt or smock to class each day. Recreation Center Kitchen.**

T/W/Th Aug 22-24 9a-12p \$75*

Nature Day Camp 4 classes Ages 6-8, must have completed 1st grade

Laura Rencher. Explore the outdoors by learning about birds, insects, spiders, and mammals as we explore the ponds, meadows, forests, and streams. We will learn about bird adaptations, discover the life cycle of insects and amphibians, and investigate predator/prey relationships of mammals. We will play games, make crafts, and go on adventures. **Campers will need to bring a lunch. Meet at Nelson Park. Camp will be held at Nelson Park and Fish Park.**

M-Th Aug 7-10 9a-12p \$139*
Register 2 weeks prior, pay only \$129*!

Fashion Week 5 classes Ages 7-18

Amelia Fancher. Have a passion for fashion? Want to learn how to sew? Then Poulsbo Fashion Week camp is for you. Fashion camp is a one-week program for students that takes you from the sketch book to the runway. Campers will learn sewing machine basics and become comfortable with patterns and apparel sewing techniques. Once the basics are covered, you will dive into designing a creative look. At the end of the week, you will reveal your creation in a fun fashion show. **A \$15 materials fee is payable to the instructor on the first day of camp. Equipment will be provided. West Sound Academy.**

Age 7-11
M-F Jul 17-21 9a-12p \$98*

Age 12-18
M-F Jul 17-21 1-4p \$98*

Register 2 weeks prior, pay only \$88*!

Finding the Best You 3 classes Girls ages 11-14

Various Parks & Rec Instructors. Bring your squad and explore your unique approach to life. Learning what works for you AND how you work lets you take on daily challenges in a way that makes life an expanding adventure. Campers will learn about themselves from the inside out through journaling, goal setting, makeup & color analysis, art, and nutrition. They will explore skills to build confidence, expand their circle of influence, and do effective goal setting. Empower yourself to grow into a vibrant young woman, taking on the world in your own style! **Poulsbo Location TBA.**

T/W/Th Jun 27-29 1-4p \$99
T/W/Th Aug 1-3 1-4p \$99

Register 2 weeks prior, pay only \$89

Youth Summer Camps

Planet Protectors: Earth & Water Camps

Earthright Insight is a local organization whose mission is to engage and join communities through the appreciation of the natural environment, identification of environmental problems and production of solutions through actions including educational events, mural projects, interactive simulation models and captivating presentations. Kids will have an unique opportunity to have fun and get exercise while learning about their environment during the following camps.

Fauna Fanatics (Earth)

Ages 6-12 **5 classes**

Earthright Insight Certified Instructors. Expect to be amazed at the real stories from nature as we investigate nature each day. During camp you will collect many forest treasures, create awesome journals, and learn wild and true tales of nature to 'Wow' your family with. You are invited to become a 'specialist' in birds, trees, or whatever strikes you for the week! An outline of daily themes and activities is available online at Earthrightinsight.org. *West Sound Academy.*

M-F Aug 7-11 9a-3p \$195*

Aquatic Explorers (Water)

Ages 6-12 **5 classes**

Earthright Insight Certified Instructors. What creatures live in our Earth's waters and what can you do to keep them safe and plentiful? This camp will focus on investigating our world of water using fun games, crafts, and hands on science experiments with a focus on conservation and protection. You will investigate creatures, learn their purpose, and develop respect for their importance in our PNW ecosystem. *Poulsbo's Fish Park.*

M-F Aug 14-18 9a-3p \$195*

STEAM Camp: Science, Technology, Engineering, Art and Mathematics!

Grades 2-5 (2017-2018 school year)

Featuring Chemsimply by Sunny and Young Rembrandts Curriculum. We take STEM and go full STEAM ahead. Science, Technology, Engineering, the Arts, and Mathematics. Students will dive into STEAM with 4 days of learning fun. Students will gain knowledge and experience through projects including crystals and chromatography, circuits and more; they'll round out each day with observation, drawing, and coloring that will be full of accomplishment. *West Sound Academy.*

M-Th Jun 26-29 9a-12p \$135*

Register 2 weeks prior, pay only \$125*!

LEGO®-Building Bricks 4 Kidz® Camps

Bricks 4 Kidz® offers campers loads of learning fun using LEGO® bricks! We keep the pace fast and varied with guided projects and challenges as well as time for free play. Camps are specially designed by age group and built around themes kids love! Campers get to keep their very own custom-made mini-figures! **All camps held at West Sound Academy.** *LEGO® and Pokémon® are registered trademarks which does not sponsor, authorize, or endorse these programs.*

Mining and Crafting **3 classes**

Bricks 4 Kidz®. Experience the world of Minecraft® with LEGO® bricks in this fun camp! Campers will be challenged to bring their LEGO® designs to life by building new mob figures, mosaics and custom models, facing new challenges each day!

T/W/Th Jun 27-29 9a-11:30a \$90*

Pocket Brick Monsters **3 classes**

Bricks 4 Kidz®. Get ready for an adventure in the world of Pokémon®! Tap into your inner engineer as we build Dratini, Pikachu, Poké Balls, and more! Bring your own Pokémon® trading cards if you wish to play and trade at the end of each day!

T/W/Th Jul 18-20 9a-11:30a \$90*

Remote Control Mania **3 classes**

Bricks 4 Kidz®. Making it move is the name of the game at this exciting camp! Campers will love to see their creations in motion using LEGO® remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, and more!

T/W/Th Aug 1-3 9a-11:30a \$90*

Summer Circus Camp **4 classes**

Ages 8-14

Bob Webb. Did you ever want to run away and join the circus? Campers will learn how to juggle, ride a unicycle, and walk on a large ball. Mr. Webb runs the RATS program and has many years of experience with the Circus arts. Register for 1 camp or both! **Camper will need to bring a snack and a water bottle. Bike helmets and wrist guards are recommended but not necessary.** *Vinland Elementary.*

M-Th Jun 26-29 9a-12p \$89*

M-Th Aug 14-17 9a-12p \$89*

Register 2 weeks prior, pay only \$79*!

Youth Summer Camps

Viking Boys & Girls Tennis Camp Boys & Girls-grades 7-10 (Sept 2017)

If you are interested in playing tennis, or learning more about it, the **North Kitsap Varsity Tennis Coach, Jay DeVries**, will be holding a 4-day camp after school in early June. There will be basic instruction, skill work, games, and chances to compete in matches against other athletes at your skill level. The camp will be limited to the first 24 athletes that sign up. **Register at Poulsbo Parks and Recreation. NKHS Tennis courts.**

M-Th Jun 5-8 3-5p \$79*

Buccaneers Summer Track Camp

Ages 6-14 5 classes

Kingston High School Track Coaches will operate this fun-filled and focused camp, open to all kids who are interested in learning the fundamentals of track and field. Five days of running, jumping, and throwing through drills and games that teach fitness and the fundamentals of sprints, middle and long distance running, cross country, long jumping, javelin throwing, hurdles and relays. The camp will finish with a camp track meet on Friday. **Kingston High School Track.**

M-F Jul 24-28 9a-3p \$139*

Volleyball for our 5-8th Grade Girls!

Parks and Rec will run this summer training session to prep for school volleyball or start your skills development for next season! Course will include 4 days of training, to get the most jump for your buck! *North Kitsap area gyms. Levels may combine based on skills and numbers of girls signed up.*

5/6th grade girls (Beginners): 5-7p

7/8/9th grade girls(Intermediate): 7-9p

M-Th Jul 10-13 \$99*

M-Th Aug 14-17 \$99*

ACE Tennis Camp 5 classes

Learn the game! Improve your game!

Emily Shaleen & Elizabeth Ramirez.

Enjoy the sunshine and have a lot of fun on the courts! Beginner and Intermediate level for ages 7-15 will be held at the **NKHS tennis courts**. Training will focus on fundamentals of the game as well as individual techniques for service, volley, and game strategy.

Beginners: Ages 7-12 10a-12n

Intermediate: Ages 9-15 1-3p

All classes held at the NKHS tennis courts.

M-F Jun 26-30 \$89*

M-F Jul 10-14 \$89*

M-F Jul 17-21 \$89*

M-F Jul 24-28 \$89*

M-F Jul 31-Aug 4 \$89*

M-F Aug 7-11 \$89*



Skyhawks Sports Academy provides sport programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

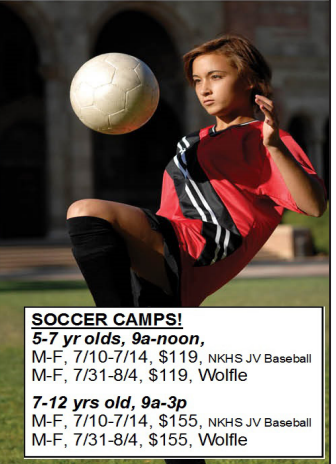


BASEBALL CAMP!
7-12 yr olds, 7/17-7/21, 9a-3p
M-F, at NKHS JV Baseball Field.
Price: \$155



BASKETBALL CAMPS!
5-7 yr olds, 9a-noon,
W-F, 7/5-7/7, \$79, KMS
M-F, 8/7-8/11, \$119, PMS

7-12 yrs old, 9a-3p
W-F, 7/5-7/7, \$105, KMS
M-F, 8/7-8/11, \$155, PMS



SOCCER CAMPS!
5-7 yr olds, 9a-noon,
M-F, 7/10-7/14, \$119, NKHS JV Baseball
M-F, 7/31-8/4, \$119, Woffle

7-12 yrs old, 9a-3p
M-F, 7/10-7/14, \$155, NKHS JV Baseball
M-F, 7/31-8/4, \$155, Woffle

SKILL-BASED SPORTS PROGRAMS FOR KIDS AGES 5-12

BASEBALL, BASKETBALL, AND SOCCER PROGRAMS IN POULSBO BEGIN THIS JULY!

SPACE IS LIMITED!

REGISTER TODAY»

ONLINE:
www.skyhawks.com

PHONE:
800.804.3509

Youth Summer Camps

Poulsbo Summer Sailing Camps

Ages 8-16 and a new intro course for 6- and 7-yr-olds!!

Is there anything better than summer sun on Liberty Bay? Our sailing program is an excellent chance to enjoy our beautiful area as well as learn a passion which will be a part of you for life! Our Youth sailing program is for **ages 8-16 and will be held at the Port of Poulsbo (near the boat launch.)**

Students must have beginner swimming skills and provide their own Coast Guard-approved life jackets. The all-day classes will be conducted in Opti and FJ class sailboats. FJ's are approximately 14' with a beam of 5', and are an ideal sailing dinghy to teach young sailors the skills of boat handling and racing. The Opti class is a self-righting dinghy that was developed especially for junior training. The Opti is used for our younger sailors, and is a more stable design, while still performing well in a breeze. Opti class sailboats have been used around the world for many years as a junior trainer.

The purpose of our sailing camps is to learn sailing skills, boating safety, and to have fun! Please remember, however, that sailing can at times be dangerous and students must be willing to work hard each day. Capsizing for the "fun" of it will not be tolerated. **A Coast Guard-approved life jacket must be worn at all times when on the dock and in the water.**

Students will need to bring a sack lunch, a beverage with extra water for hot days, swimsuit, change of clothes, soft-soled footwear (something you do not mind getting wet), sunscreen, sunglasses and/or a hat, and clothing appropriate for the weather. Wetsuits will be used on inclement weather days only; bring your own if you have one. On cool days, you may need extra clothing. For further information, call Parks and Recreation at 360-779-9898.

Youth Sailing: 9a-4p

Mon-Fri	Jun 26-30	\$199*
W-Fri	Jul 5-7	\$125*
Mon-Fri	Jul 10-14	\$199*
Mon-Fri	Jul 17-21	\$199*
Mon-Fri	Jul 24-28	\$199*
Mon-Fri	Jul 31-Aug 4	\$199*
Mon-Fri	Aug 7-11	\$199*
Mon-Fri	Aug 14-18	\$199*
Mon-Fri	Aug 21-25	\$199*
Mon-Th	Aug 28-31	\$159*

Opti Sail Racing this Season!! NEW!!

Ages 8-12

We will be offering two new programs this summer; an Opti sail racing course which will run periodically over the summer, and an introduction to boating to our youngest new sailors! The Opti sail racing course requires pre-screening (attend one of the weekday camps above or permission from the instructor). You will gain instruction and practice on improving your performance and sailing skills.

Opti Sail Racing: Noon-4:30p

Mon-Fri	Jul 10-14	\$179*
Mon-Fri	Jul 24-28	\$179*
Mon-Fri	Aug 7-11	\$179*
Mon-Fri	Aug 21-25	\$179*

Intro to Sailing!! NEW!!

Ages 6-7

This intro course will include a relaxed atmosphere on the docks, with guidance and support to get them into a boat and slowly introduce them to the water. *Port of Poulsbo.*

Opti Intro Class: 9-11:30a

Tu/W/Th	Jul 11-13	\$99*
Tu/W/Th	Jul 25-27	\$99*
Tu/W/Th	Aug 8-10	\$99*
Tu/W/Th	Aug 22-24	\$99*

Lacrosse Summer Camp! 5 classes

Boys & Girls, entering grades 3-8 (Sept '17)

Come and find out what all the fun is about! This is the perfect opportunity to learn about the fastest game on two feet and to improve one's lacrosse skills. The camp is offered by the **North Kitsap Lacrosse Club** and will cover the skills of lacrosse - catching, throwing, cradling, checking, play of the game, rules, etc. Individual skill work, drills and team competitions will be an integral part of the camp. The camps are open to all regardless of residency. Registration is through Poulsbo Parks and Recreation, with registration fees paid to the City of Poulsbo. **Refundable deposits of \$75 for use of boy's equipment (stick, helmet, pads and gloves) or \$75 for use of girl's equipment (goggles and stick) should be paid to North Kitsap Lacrosse. All players must provide their own mouth guard and cleats. Camp will be held on NK area fields.**

For further information, contact Kathy Loveless at kathy@nklax.org, 360-440-9944 or Val Torrens at ValTandDaveR@comcast.net, 360-697-1397.

M-F Jun 26-30/9a-12p \$95*
Plus a \$75 refundable equipment deposit

Adult Programs

PORT TOWNSEND / SAN JUAN ISLANDS

WHALE TOURS

**Guaranteed
Whale
Sightings**



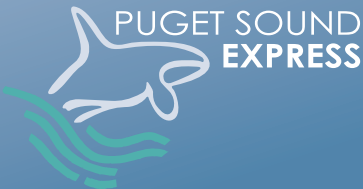
31st
Anniversary
Family Business

Breathtaking Tours & Adventures!

See wild orcas and tour the San Juan Islands on our family-run boats. Four-hour and daylong cruises from Port Townsend.

**We guarantee you'll see whales
or your next trip is free!**

TOURS



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Adult Programs

Private Piano Lessons 10 wks

Ages 7-Adult (or as arranged with the instructor)

Megan Hennings. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We're offering holistic music instruction with an emphasis on creating an enjoyable learning experience. Cultivation of a life-long love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including development of independent learning skills and strong playing skills.

Format: private instruction with scheduled group lessons. Half-hour instruction once a week with 45-minute lessons available for more advanced students. Fee includes event fees for up to 4 events per year. Daytime slots available for adult and non-traditional students also. **Materials not included in class fee.**

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

T, W, Th, F Apr 11-Jun 16

30 min lessons: \$253 or \$126.50 per month
(2 payments)

45 min lessons: \$368 or \$184 per month
(2 payments)

Fees will be prorated if a student begins mid-session.

Summertime Piano Lessons

All ages welcome!

Megan Hennings. We know that summer can be a busy time for people, but it is also a great time for piano, too! During the school year, you've built up momentum, why give it up now? Or maybe you've never experienced formal piano instruction and would just like to "try it out" to see what it's like. We are offering summertime private lessons to students who might be interested in a flexible schedule. Maybe you would like to take lessons for a month or maybe you need just a week here or there. Please call the Recreation Center at 360-779-9898 to arrange the private lessons.

T,W,Th Jun 25-Sep 1

\$25 per 30-min lesson; \$36 per 45-min lesson

Violin/Viola Private Lessons

Ages 4-100 8 wks/ 4 wks

Meta Newlin. Learn to play your chosen instrument. You will be taught music theory basics and you will be instructed using curriculum that accommodates individual learning styles.

Lessons: Lessons will be scheduled once a week on Tuesdays between 9 am and 7 pm. Please call the Parks and Recreation office (360-779-9898) and your name and number will be given to Meta. She will call you to schedule your lesson time. If you need to reschedule a lesson, 24 hrs. notice before your lesson is required. Lessons may or may not be made up and are at the instructor's discretion. Make-up lessons will be scheduled for Friday or Saturday. Please be at your lesson 5 minutes early with your materials. **You will need a violin or viola, bow, and case that may be purchased or rented online or through Ted Brown Music, along with rosin, shoulder rest, music notebook and a portable music stand.** Lessons will be held at the Recreation Center.

Materials: The curriculum, books, music, and supplies will be tailored to the child's or adult's individual needs and will be decided in the initial interview and first lesson. These will need to be purchased by the student. If you are a beginner, our first major book will be Maia Bang's Violin Method, Part 1. We will also start with some pieces from Suzuki violin/viola school volumes, and others. These may be ordered through the instructor at a small discount or on your own from Ted Brown Music in Silverdale.

Students may pay the entire session fee in advance or may make 2 payments. First payment is due at registration PRIOR to your first lesson and the balance is due by the May 9 lesson.

Meta Newlin is a member of the Bainbridge Island Symphony for the past 8 years (1st violin). She also takes part in community events in Bremerton, Poulsbo, and around the Puget Sound. She has taught violin and viola for 10 years.

Ages 4-7

Tue	Apr 18-Jun 6	40 minutes	\$228+
Tue	Jul 18-Aug 8	40 minutes	\$114*

+ Or 2 payments of \$114

Ages 8 - Adult

Tue	Apr 18-Jun 6	60minutes	\$336*++
Tue	Jul 18-Aug 8	60 minutes	\$168

++ Or 2 payments of \$168

register  ONLINE!

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

Adult Programs

Beginning to Advanced Guitar

Ages 8-Adult Monthly (4 lessons / mo)

Craig Dell. Private 45-minute acoustic or electric guitar lessons, designed for all levels. Lessons will be tailored to the student's level and will include reading music notation, tablature, basic chords, and strumming techniques. **Students must bring an acoustic or electric guitar in good working order. Music will be provided for beginning students; Intermediate/Advanced students will be asked to purchase specific books.**

Lessons will run between 1-8pm on **Mondays, Apr 10-24, May 1-22, Jun 5-26, Jul 10-31, and Aug 7-28.** Participants will automatically be registered for the next month on the 15th of the previous month to hold their scheduled lesson time. Monthly fee is due at first lesson of each month. Missed lessons may or may not be made up at the discretion of the instructor for a maximum of 2 lessons, provided 24-hour cancellation notice has been given. Make up lessons are held at instructor's discretion. *Recreation Center Music Room.*

Mondays- times scheduled with instructor

April: (3 lessons) \$119.25

May-Aug: (4 lessons) \$167 /mo.



Learn More at www.kitsap-humane.org

Thanks to our Sponsors:



Poulsbo Community Orchestra:

2016-2017 Season (Two months remaining)

Ages 16 and older

Glenn Hawkins, General Manager/Artistic Director. The Poulsbo Community Orchestra was formed in 2014, and is made up of volunteer musicians from the Puget Sound region. Two major concerts will be performed at the North Kitsap Community Auditorium. Most seats are filled; however, the orchestra is open to select strings, brass, woodwinds, and percussion musicians, ages 16 and older, and with two years recent playing experience.

There is no audition requirement to join. To register, visit www.poulsbocommunityorchestra.org and select Registration. Questions may be sent to info@PoulsboCommunityOrchestra.org. There is an \$80 per season registration fee. Rehearsals continue through June 25, 2017 on Monday evenings (7-9 pm) at *North Point Church, 1779 NE Hostmark St., Poulsbo.*

Mon Sep 19, 2016-Jun 26, 2017 7-9p \$80*

Concerts will be performed at North Kitsap Auditorium

Out of this World Classical Concert:

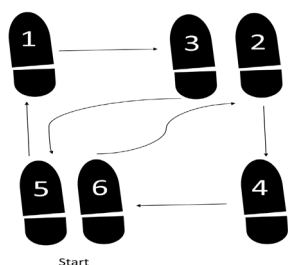
Sun Apr 2, 2017 3p free!

Night at the Movies Pop Concert:

Sun Jun 25, 2017 3p free!



Adult Programs



Educated Feet Dance Classes

The following classes are taught by **Sheila Phillips, certified Swing, Latin & Ballroom instructor**. Unless noted, all classes are located at *Vinland Elementary*. Open to teens & adults, no partner necessary! **PLEASE wear clean soled shoes, no black marks!** Minimum class size - 14 by Tuesday prior. Once minimum numbers met, registration remains open through 2nd week. **No new students past 2nd class each series.** Register through Poolsbo Parks and Recreation by calling 360-779-9898 or online at <http://cityofpoolsbo.com/parks/parks.htm>.

Take your educated feet to monthly DJ & Live Music dances Sheila hosts on Bainbridge Island! Details <http://www.educatedfeet.net/dances.htm>.

East Coast Swing 5 wks

A favorite jazzy American dance from the 20's and still swingin' today! Swing is the logical place to begin to learn partner dancing. It's easy to learn, intuitive, and not terribly structured. Learn to dance to different tempos by changing rhythm patterns. A popular choice for beginners. Basics & beyond. **No class May 4.** *Vinland Elementary Gym.*

Thu Apr 20-May 25 6:30-7:30p \$55*

Night Club 2 Step 5 wks

One of the most practical and versatile social dances ever conceived, this simple romantic dance fills a gap where no other dance fits. It's a twist on the slow dance done to *mid-tempo* ballads & contemporary music. Relaxed and a very smooth style. Suitable for beginners. Basics & beyond. **No class May 4.** *Vinland Elementary Gym.*

Thu Apr 20-May 25 7:30-8:30p \$55*



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

Cha Cha Basics NEW! 4 wks

George & Jan Bahr. This is the class to start with for the Cha Cha. This is one of the easier Latin dances to learn! You will learn the basic steps and turns that will prepare you for the dance floor and for taking additional classes. *Pearson Elem Gym.*

Mon Apr 3-24 7-8p \$39*

Rumba Basics NEW! 4 wks

George & Jan Bahr. This is the class to start with for the Rumba. You will learn the basic steps and turns that will prepare you for the dance floor and for taking additional classes. *Pearson Elem Gym.*

Mon May 1-22 7-8p \$39*

Tango Basics NEW! 4 wks

George & Jan Bahr. This is the class to start with for the American style Tango. This is one of the easier Latin dances to learn! You will learn the basic steps and turns that will prepare you for the dance floor and for taking additional classes. *Pearson Elem Gym.*

Mon Jun 5-26 7-8p \$39*

West Coast Swing 4 wks

George & Jan Bahr. This is a different dance than the East Coast Swing. West Coast Swing is generally danced to slower music and can be a very fun and sexy dance. The class is 4 weeks long and consists of 2 beginning and 2 intermediate lessons. **It is recommended that you have a partner and some previous dance instruction/experience.** *Pearson Elem Gym.*

Mon Jul 10-31 7-8p \$39*

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

Adult Programs



1 class

Beginning Watercolor Workshop

Nancy Sefton. This 3-hour workshop is for (1) those without previous watercolor experience, and (2) those who've tried watercolors, but wish to review the basics. Students will first practice the special strokes and effects inherent in this medium, then paint along with the instructor, and finally try an original work of their own. Nancy Sefton is a member of the Poulsbo Artist League; her art hangs throughout Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center Kitchen.*

Mon Apr 24 12:30-3:30p \$37*

1 class

Intermediate Watercolor Workshop

Nancy Sefton. This class allows students with basic watercolor experience to take further steps, learning to train the eye in planning composition, colors, and other important elements of a successful painting. Nancy Sefton is a member of the Poulsbo Artist League; her paintings hang throughout Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration.** *Recreation Center Kitchen.*

Mon Mar 27 9:30a-12:30p \$37*

Summer Watercolor Workshops with Dana Marrs

We are so excited to have Dana Marrs return to Poulsbo Parks and Recreation to offer some summer watercolor workshops. Register for one or for all three 1-day workshops. Class is open to all levels. Materials list provided if you need one - if returning just bring your materials.

Watercolor Thursdays: Birch Trees

Dana Marrs. Warm up to watercolor. Open to those new to watercolor painting. We will open paints and set up your palette. We will learn to mix and apply paint to create a tree landscape. For those returning watercolor enthusiasts, I have instructions on taking our Birch Tree paintings to another level!! Don't miss this one. *Recreation Center Kitchen.*

Thu Jun 8 9:30a-12p \$32*

Watercolor Thursday: Negative Painting

Dana Marrs. For continuing students, we will practice the skill of painting negative space and apply that new skill to a desert landscape. We will use all those sunny, warm colors. *Recreation Center Kitchen.*

Thu Jun 15 9:30a-12p \$32*

Watercolor Thursday: Koi Fish

Dana Marrs. For continuing students, loose painting techniques with salt added to the pigment for effect. *Recreation Center.*

Thu Jun 29 9:30a-12p \$32*

Paint In The Park

1 class

Ages 5-95

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a creation from start to finish. This instructor- led class will walk you through the steps to create a pallet based art masterpiece using stencils and weathering techniques. The unique class style allows you the option to paint any art you wish, while not painting the same picture as everyone else. Open to all skill sets and ages.

Note: Children under age 12 must be accompanied by a parent during the class. All materials are included. *Various parks.*

Sat	Apr 8	1-3p	\$38*
Sat	May 13	1-3p	\$38*
Sat	Jun 10	1-3p	\$38*
Sat	Jul 8	1-3p	\$38*
Sat	Aug 12	1-3p	\$38*
Sat	Sep 9	1-3p	\$38*

Pallet Painting Class

1 class

Rachel McCreight. Enjoy 2 hours of quality time with friends and family as you paint a creation from start to finish. This instructor-lead class will walk you through the steps to create a pallet based art masterpiece using stencils and weathering techniques. The unique class style allows you the option to paint any art you wish, while not painting the same picture as everyone else. Open to all skill sets and adults ages 18 and up. **All materials are included.** *Recreation Center Kitchen.*

Thu	Apr 20	6:30-9:30p	\$38*
Thu	Jun 15	6:30-9:30p	\$38*
Thu	Jul 20	6:30-9:30p	\$38*
Thu	Aug 17	6:30-9:30p	\$38*

Adult Programs

4 wks

Reclaimed/Up-Cycled Multimedia Art

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

Wed Apr 19-May 10 11a-1p \$78*

1 class

Calligraphy and Hand-Lettering

Crista Dougherty. This class will start with the basics, covering the tools and strokes that make up modern and traditional hand-lettering styles, using calligraphy pens and brushes. You will learn letter structures and how to build on these forms to create your own alphabets. While calligraphy takes practice, it's not as difficult as it first appears. This class will leave you with a solid understanding for the modern copperplate style. Wonderful for Do-It-Yourself Wedding invitations. **Please bring to class a pencil, a ruler, a pad of watercolor paper, and a calligraphy pen with a pointed nib and ink.** *Poulsbo City Hall 2nd Floor Conference Room.*

Sat May 13 10a-1:30p \$32*

1 class

Understanding Digital Photography: Basics

Crista Dougherty. Gain confidence to move away from shooting on auto and get creative control of your camera. This hands-on class will cover the fundamentals for exposure, ISO, aperture, shutter speed, controlling depth of field, creating interesting compositions and facing specific challenging scenarios in photography. **Students will need their DSLR camera, and a small notepad and pen or pencil to keep in their camera bag. Please bring a lunch.**

Sat May 27 10a-2p \$49*

Sat Jun 24 10a-2p \$49*

5 wks

Understanding Digital Photography: Intermediate

Crista Dougherty. This in-depth course focuses on refining your creative and technical photography skill. Through weekly prompts and class discussions, you'll dig in to making powerful compositions and learn to see the world photographically. Topics include using design elements and principles, controlling light and focus, making portraits, color theory, learning from iconic artworks and developing a personal style. **Come with an understanding of exposure and basic camera controls, bring an SLR camera, and get ready to shoot great photos.**

Tue Jul 11-Aug 8 6:45-8:45p \$69*

Community Mural Mosaic Park Bench

Kitsap Mosaics. Help us build some beautiful mosaic benches for some of our local parks. The whole family can be involved to create a beautiful piece of art. Come join the fun! Kids **ages 7 and up** may be dropped off to work on their own. **Children under 7 require an adult to be present.** Program runs every other Saturday through the summer. Whole families can be involved, to design a tile that will be set into each bench. We need 68 tiles total for our first bench. **All supply fees included.** Register through Poulsbo Parks and Recreation. *Kitsap Mosaics, Poulsbo.*

Sat 10-11:30a \$50 per tile

Dates: Apr 15, 29, May 13, 27, Jun 10, 24, Jul 8, 22, Aug 5, 19

1 class

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

David & Suzanne O'Clair Shelley. This workshop covers simple ways to clean up your dietary act whether you are a full-out celiac, gluten-intolerant, or dairy-sensitive. Cleaner food means fewer aches and pain as inflammation in the body subsides. David has great nutritional strategies, too, for the celiac's system. You will leave with **shopping lists** covering specific, everyday foods available at Trader Joe's, Costco, Central Market and online resources. You also receive a variety of **recipes.** And, we'll bring **food-tastings** - so don't eat too much before you come!

David discovered he was a celiac thirty-five years ago when it was practically unheard of. Suzanne recently discovered her own gluten- and dairy- intolerances. **A materials fee of \$5 per person is paid to the instructor at the class.** *Recreation Center Kitchen.*

Mon Apr 24 6-8p \$37*

Wed Jul 26 6-8p \$37*

register  ONLINE!

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

Adult Programs

LEARN LOCALLY

Earn your degree at a location near you



Western Washington University partners with Olympic college to deliver Bachelor's degree programs on the Peninsulas, employing the same high quality instruction and rigorous academic standards at every location. Small class sizes result in a welcoming environment and a high degree of interaction between faculty and students. Staff and advisors care about the success of every student.

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

Degree Programs

- Business Administration
- Computer Information and Systems Security
- Educational Leadership
- Environmental Policy
- Environmental Science
- Human Services
- Multidisciplinary Studies
- Teacher Education

Community-Based Programs

- Youth Programs for Preschool through Grade 9
- Western Lecture Series
- Academy for Lifelong Learning



www.edu/peninsulas

Active Minds Changing Lives
AAVEO

Adult Programs



Academy for Lifelong Learning
PENINSULAS

Academy for Lifelong Learning

Learn for the joy of it. Courses are focused on adult learners inspired by a belief that a curious mind never retires. With no homework, tests or grades, instructors encourage discussion and an exchange of knowledge and ideas.



Western Lecture Series

Carrying on a decades-old Western Washington University tradition, Peninsula residents have access to community forums that feature prominent speakers who foster and encourage creative thought. The lectures are designed to enhance your understanding and vision, challenge prevailing modes of thought, and expand our range of interests.



www.wu.edu/peninsulas

Active Minds Changing Lives
AA/EO

Adult Programs

SEA

DISCOVERY CENTER

– Science Education Aquarium –



FREE

Visitors of all ages
are welcome

Thursday - Sunday
11 a.m. - 4 p.m.



Want a night out?

Let Western take care of the kids

**Kids Night Out @ Western
(KNOW)** • Grades K-5

Friday, April 21 • 7-9:45 p.m.

GEMS (Girls in Engineering,
Math and Science) **Night Out**
Grades 3-8

Friday, May 26 • 7-9:45 p.m.

Summer Programs

- **Odyssey of Arts & Science** • Grades 4-9
- **Grandparents U**
Intergenerational program

www.wvu.edu/SEA

(360) 394-2733



Adult Programs

Gayle Larson has been an urban vegetable gardener in the Pacific NW for over 15 years. A Certified Professional Horticulturist, she has taught vegetable gardening locally and at Edmonds Community College. Through her business, Dancing Raven Design, she offers edible garden design, coaching and consultation services. Gayle is offering the following one-day workshops to help you prepare for the gardening season.

Organic Vegetable Gardening:

Container Gardening

Gayle Larson, Certified Professional Horticulturist and Edible Garden Coach. No room for a garden plot? You can still grow lots of great veggies on your patio or deck in containers! Learn what to look for in a container, what kinds of soil to use and which vegetables to choose. You'll be surprised at what you can grow in a small space! *Raab Park P-Patch & Picnic Shelter.*

Tue Jun 6 1-2:30p \$34*

Organic Vegetable Gardening:

Tips and Tricks for Terrific Tomatoes

Gayle Larson, Certified Professional Horticulturist and Edible Garden Coach. Learn the tricks and techniques successful gardeners use to ripen tomatoes and peppers in our chilly NW summers. Topics include: timing, varieties, protection from the weather, and disease and harvesting tips. *Raab Park P-Patch & Picnic Shelter.*

Tue Jun 20 1-2:30p \$34*

Organic Vegetable Gardening:

Intro to Crop Rotation and Succession Planting

Gayle Larson, Certified Professional Horticulturist and Edible Garden Coach. Some of the most confusing things about vegetable gardening are deciding what and when to plant for healthy plants and continuous harvests. Crop rotation helps prevent disease and pest problems, as well as balance soil nutrient levels and structure. Succession planting is a system for timing your harvests to fit your needs. *Recreation Center Kitchen.*

Thu Jun 22 6:30-8p \$34*



The Raab Park Community Garden (The P-Patch) is a partnership between the WSU Extension Kitsap Master Gardener Program and the Poulsbo Parks and Recreation Department. The P-Patch has 51 sunny garden plots in three sizes: 10' x 20' plot for \$55 per year, 10' x 10' plot for \$38 per year and the 8x4x2' plots for \$32 per year. (Fee covers March 1-February 28 of each year). Poulsbo city residents receive an \$8 discount.

Gardeners must use organic gardening practices, products and materials. Information and resources on organic gardening are provided, as well as many hand tools and gardening implements. Produce may not be sold, but may be shared or donated to a food bank. Gardeners donated 700 lbs of produce to Fishline in 2016. Participants are responsible for signing a "Gardener's Agreement" and providing their own seeds, plants, organic fertilizers and/or compost. They are also required to contribute six (6) hours of community work in the garden's common areas. Water is included.

Spring / Summer Gardening 2017

Returning gardeners who successfully completed their garden service hours in 2016 have plot priority and have now registered for the 2017 season. New gardeners on the waitlist were assigned plots after March 1, so the number of plots available as of the mailing of this brochure is unknown. **Please call Poulsbo Parks and Recreation to get the most updated information for 2017.** For more information, call Parks and Recreation, 360-779-9898.



Adult Programs

Poulsbo Tree Board Programs

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 tree maintenance. The 7-member board is a mixture of ISA Arborists, professional educators and scientists, Master Gardeners, and citizens. **Classes are free, but please pre-register at 360-779-9898.**

Spring Tree Walk in Poulsbo's Urban Forest

Poulsbo Tree Board members. Join us in discovering the wide variety of tree species growing in Poulsbo. We will enjoy a pleasant spring evening walk through a neighborhood and learn about significant tree species growing in our city. Tree identification characteristics, exceptional attributes and special management needs will be discussed. Discover new trees with spring interest to grow in your own garden or landscape! *Please meet at the Gateway School Parking lot. We will proceed to walk the Poulsbo library grounds to look at trees.*

Wed	Apr 26	7-8:15p	FREE
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Summer Tree Walk in Poulsbo

Poulsbo Tree Board members. It's finally summer, and trees are fully leafed out. We will enjoy a pleasant summer evening walk through the city's neighborhoods and learn about significant tree species growing in our city. Tree identification characteristics, exceptional attributes and special management needs will be discussed. Discover trees with summer interest to grow in your own garden or landscape! *Meeting site TBA.*

Tue	Jun 27	7-8:15p	FREE
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Summer Tree Pruning

City Arborist Kevin McFarland and Poulsbo Tree Board members. Join this remarkable team to learn about what summer pruning can do for your trees. Late summer is a great time to prune fruit trees as well as certain ornamental trees including dogwoods, magnolias, maples, and flowering plums and cherries. If you have always wanted to learn how to keep your trees from sending up so many suckers and waterspouts, this is the class for you. We will meet outside, rain or shine at *Poulsbo Library.*

Sat	Jul 8	10a-12p	FREE
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2nd Saturday Guided Walks through Poulsbo's Fish Park

Led by Poulsbo's Fish Park Steering Committee Members. Have you ever wondered how Poulsbo's Fish Park got its start? And what is there to see on this 40 acre urban nature park? If these questions have you curious, then come join some of the volunteers who have helped create this community treasure. This project began in 2002 with the purchase of 13 acres for just over \$1 million dollars. The ongoing development has been successful using city dollars, state and federal grants, property donations, various service clubs, and extensive volunteer support. Poulsbo's Fish Park citizen steering committee plans, builds and fundraises for future park development. Come enjoy the sights and sounds of this unique place with the people who really love this now 40-acre park. **The walk is free, but please register so we know how many people are coming. All ages welcome - maximum 20 people per tour. Must be able to walk for 1/2-1 mile. Rain or shine!**

Poulsbo's Fish Park, 288 NE Lindvig Way.

Sat	Apr 8	11a-12n	FREE
Sat	May 13	11a-12n	FREE
Sat	Jun 10	11a-12n	FREE
Sat	Jul 8	11a-12n	FREE
Sat	Aug 12	11a-12n	FREE

2 classes

Backyard Birding and Beyond

Gene & Sandy Bullock, Kitsap Audubon. Bird watching is one of America's fastest growing hobbies. It's great for the economy because some 27 million bird watchers spend more than \$40 billion each year on books, bird seed, accessories, and related travel. It can also be good for birds, because people want to save what they know and love.

As our most visible and accessible wildlife neighbors, they bring joy and wonder with their stunningly beautiful plumage and exuberant spring choruses. When beginners try to identify a new bird by browsing a comprehensive field guide, they are quickly overwhelmed with confusing choices. But there are more productive ways to learn about those "little brown jobs" that visit your yard. This 3-hour course will help you get started on a rewarding pastime that could become a lifelong passion. You'll learn "how to see" and "what to look for," equipped with a better understanding of how birds are grouped in nature by niche and diet. Families encouraged to attend together. *Poulsbo City Hall Council Chambers.*

T/Th	Apr 18 & 20	6:30-8p
\$10 ea or \$15/ family		

Adult Programs



Small Animal Massage 2 wks

Janice Hill and Alice Cramer. Bring your dog and your significant other to classes for hands-on massage techniques. Come and learn the basics of providing soothing and healthy massage for your pets. This class will teach you the basics of Swedish massage strokes for use on cats and dogs. Massaging your cat or dog can improve their circulation, help with their immune system, balance their muscles, improve their muscle strength, help avoid injury, lower blood pressure, and deepen your relationship with your animal. Learn when to massage and when not to massage, what signals your animal is giving you, and how to read their feedback during the massage. Students will learn how to adapt techniques for cats, but **please do not bring cats to class. Participants will need to bring a towel or pad for your dog to lie on.** *Recreation Center Kitchen.*

Fri	Apr 28 & May 5	7-8:30p	\$38*
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Through Your Eyes: Writing Your Life Stories 8 wks

Heidi Thorsen, Instructor/Coach. Capturing memories. Reflecting on experiences. Leaving your legacy. Through Your Eyes is an 8-week course in writing the stories of your life. In this class, a weekly life theme is explored through activities and priming questions to help you get started with the writing. A two-page story is then written during the week by each class member and shared with classmates the following session. Participants gain a growing appreciation of their own lives and the lives of others while documenting personal life stories for families or others to enjoy. This course will be taught by Heidi Thorsen, a career educator, a certified Guided Autobiography instructor, and core council board member of the Birren Center for Autobiographical Studies in Los Angeles, CA. For additional information and resources, view her website at: tyememoirs.com. After a dynamic 8-week session, you will have definitely stretched — backward and forward. *Class will be at the instructor's home studio, located at 21205 Stottlemeyer Rd. NE, Poulsbo.*

Wed	Apr 26-Jun 14	1-3p	\$125*
Wed	Apr 26-Jun 14	6-8p	\$125*

Spanish

Our Spanish program will take a hiatus after the current session. BUT!! We will pick back up in the fall with the same instructor Will Perkins and great classes. So you can plan ahead, classes will begin in September.

French lessons offered by Myriam Desauois-Mullen.

Orientation meetings: drop in any time between 5 & 6:30p to discuss your language needs with the instructor. *Recreation Center.*

Spring Orientation: Mon, Apr 10, 5-6:30p

Fall Orientation: Mon, Sep 18, 5-6:30p

L'aventure Française 10 wks

Conversation for Travel: Beginning

Myriam Desauois-Mullen. Are you planning a trip to a French-speaking country? This class will teach you the conversation skills needed to make your trip more enjoyable. The emphasis will be on travel-related vocabulary and conversation. **No class May 29 or Oct 9.** *NKHS classroom.*

Mon	Apr 17-Jun 26	5-6:15p	\$109*
Mon	Sep 25-Dec 4	5-6:15p	\$109*

L'aventure Française 10 wks

Conversation for Travel: Continuing Beginners/Intermediate

Myriam Desauois-Mullen. Are you planning a trip to a French-speaking country? This class will teach you the conversation skills needed to make your trip more enjoyable. The emphasis will be on travel-related vocabulary and conversation. **No class May 29 or Oct 9.** *NKHS classroom.*

Mon	Apr 17-Jun 26	6:20-7:50p	\$129*
Mon	Sep 25-Dec 4	6:20-7:50p	\$129*

L'aventure Française 10 wks

Grammar Intermediate!

Myriam Desauois-Mullen. This session will allow discussion on grammatical questions and use. **No class Nov 23.** *NKHS Classroom.*

Thu	Apr 27-Jun 29	6-6:45p	\$79*
Thu	Sep 28-Dec 7	6-6:45p	\$79*



register ONLINE!

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

Adult Programs

5 wks

How to Build A FREE Web Site & Blog!!

Jami Sipila, owner of local video production & media company, LondonBLUE Studios. In this class, you will learn how to set up an account with Wix.com. You will learn basic navigation of the editor and how to work within templates. In addition to setting up the account, we will create a "home" page, a "contact" page, an "about" page and a "blog" page to make it a functional web site for you or your business. You will also learn about adding different types of content including: text, pictures, video, and widgets. Some computer and internet knowledge is required. Information will be taught as a class, not on a one-on-one basis, so please be prepared for a small classroom environment. Plan on taking notes! If there is time, we will use remaining class time for individuals to begin building their website independently with the instructor available. **You should bring a laptop & have an email account (any provider) to follow along, but are welcome to come and take notes if you don't.** For class questions, please feel free to contact Jami directly at LondonBlueStudios@gmail.com or message her on Facebook at facebook.com/LondonBlueStudios. (See LondonBlueStudios.com & MyKitsapWedding.com for examples). *Recreation Center.*

Tue Apr 11-May 9 7-8p \$92*

1 class

Quick Wix! How To Build A FREE Web Site & Blog!!

Jami Sipila, owner of LondonBLUE Studios. Our main focus will be to learn how to set up an account with Wix.com, understand basic navigation of the editor, and how to work within templates. We will create a few pages including a "home" page and "blog" page to give you the foundation you need to make a functional web site for you or your business. You will also learn about adding different types of content including text and pictures. Some computer and internet knowledge is required. Information will be taught as a class, not on a one-on-one basis, so please be prepared for a small classroom environment. **You should bring a laptop & have an email account (any provider) to follow along, but are welcome to come and take notes if you don't.** For class questions, please feel free to contact Jami directly by emailing her at LondonBlueStudios@gmail.com or message her on Facebook at facebook.com/LondonBlueStudios. (See LondonBlueStudios.com & MyKitsapWedding.com for examples). *Recreation Center.*

Wed May 24 11:30-2:30p \$75*
Wed Jul 12 11:30-2:30p \$75*

www.cityofpoulsbo.com

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



Spooktacular

Central Market
WB Properties

Viking Fest Road Race

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

Easter Candy Hunt

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

Summer Nights on the Bay

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

Poulsbo Park Projects

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

Senior Trip Volunteers

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

Adult Programs

Financial Seminars 1 class

Don Soderquist, CMFC, Financial Advisor with Waddell & Reed. For questions regarding the workshops, please contact him at (360) 613-7031. Everyone who attends will receive a free full-color workbook. All classes are held in the Poulsbo City Hall 2nd floor conference room. *Don Soderquist and Waddell & Reed receive no compensation for the seminar. Registration fees are charged by Poulsbo Parks & Recreation which Waddell & Reed has no affiliation to. Waddell & Reed, Inc. Member SIPC. Insurance products are offered through insurance companies with which Waddell & Reed has sales arrangements.*

Long-Term Care Choices

This workshop will discuss long-term care issues and solutions. Careful financial planning can help protect you and your family from debilitating bills associated with long-term care.

Tue	Apr 11	6-7:30p	\$10
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Mental Roadblocks: How Your Brain Can Keep You From Making Wise Financial Decisions

This workshop introduces the five cognitive processes hardwired into our brains that often make financial decisions challenging. Each roadblock is closely examined in creative fashion to help audience members understand why our brains manipulate the investment planning process – and what can be done about it.

Tue	May 2	6-7:30p	\$10
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A Plan For All Seasons: The Seasonal Approach to Investing

Whether securing an early retirement, owning a business or sending a child to college, investment-driven aspirations are unique from one person to the next. Yet we all experience four distinct financial seasons over time – accumulation, pre-retirement, retirement, and legacy. What season are you in?

Tue	May 30	6-7:30p	\$10
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Your Retirement: Medicare & Health Care Options

Health care is an important part of your overall retirement financial plan. Understand the options available to support a physically and financially healthy retirement. *Poulsbo City Hall 2nd floor Conference Room.*

Tue	Jun 20	6-7:30p	\$10
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Your Retirement: What to Expect and How to Plan

As retirement nears, create a plan designed to ensure your income will last as long as you do. We will help you know what to expect in retirement and guide you through the steps so you can head confidently into the future.

Tue	Jul 11	6-7:30p	\$10
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Your Retirement Income: Making It Last and Enjoying It

As you stand at the eve of your retirement, feel confident that your assets can last as long as you do and that you are positioned to enjoy the retirement you've always envisioned.

Tue	Aug 1	6-7:30p	\$10
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Marilyn Miller is an Investment Advisor Representative with On Pointe Advisory and Financial Services, LLC. She has a National Social Security Advisor certification from the National Social Security Association LLC in Cincinnati.

Social Security: 1 class

What you should know before you retire

Marilyn Miller. As if navigating Social Security isn't daunting enough; employees at Social Security are not trained or allowed to give advice on the numerous benefit options available. There are **2,728 rules** for Social Security benefits as well as **567** ways to claim benefits. All the changes put into law Nov 2015 will be discussed. With life expectancy increasing, retirees outliving their income is a major concern. With the number of claiming options that can impact an applicant's income, it is critical to have somewhere to turn for guidance. This seminar will provide the information for making informed decisions. As a follow-up to the course, if requested, attendees will be provided with a written report of their options. People who request the report will need to schedule a time to meet with Marilyn in her office for review. *Recreation Center Classroom.*

Wed	Apr 19	6:30-7:30p	\$25
Tue	May 16	6:30-7:30p	\$25
Tue	Jun 13	6:30-7:30p	\$25



register ONLINE!

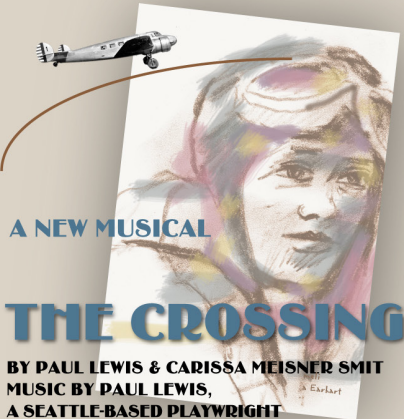
<https://secure.rec1.com/WA/poulsbo-parks-recreation/>

Adult Programs

COMING TO **Jewel Box** THEATRE

225 Iverson St.
Poulsbo, WA 98370

www.jewelboxpoulsbo.org Tickets online: brownpapertickets.com



A NEW MUSICAL

THE CROSSING

BY PAUL LEWIS & CARISSA MEISNER SMIT
MUSIC BY PAUL LEWIS,
A SEATTLE-BASED PLAYWRIGHT

DIRECTED BY SHARON GREANY

Fridays & Saturdays

March 17 — April 8, 2017

Sundays, March 19 & 26, April 2 & 9

Opening Night Party Sponsor:



BLACK TIE

by A.R. Gurney



Directed by Erin McKiernan

Fridays & Saturdays

June 2 — 24, 2017

Sundays, June 4, 11, 18 & 25

Opening Night Party Sponsor:



The Comedy of Errors

by William Shakespeare



Directed by Sharon Greany

JOIN US FOR SHAKESPEARE IN THE PARK – A COMMUNITY PARTNERSHIP!

Sunday matinees, July 16, 23 & 30, will be held at the Pavilion at Raab Park in Poulsbo. Be sure to bring your folding chair, blanket and even your lunch! Open seating begins at 1:00 pm for the 2:00 pm performance. Admission is free, but donations are welcome. Parking and restrooms are adjacent to the Pavilion. This event will delight the entire family!!

July 14 — 30, 2017

Opening Night Party Sponsor:



Adult Programs

Community Emergency Response Team (CERT)

Kitsap County Department of Emergency Management staff. The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. With real hands-on training during the various classes, participants that take the entire course will use fire extinguishers on a real fire, perform search and rescue operations in the fire training tower and participate in a disaster exercise. Upon completion of the entire CERT program, team members will become volunteers with the Kitsap County Department of Emergency Management and will be registered as emergency workers in the State of Washington. Graduates of the CERT Program will receive CERT identification cards, certificates of completion and a back pack with the basic tools necessary for CERT members in the field! *Classes are held at a variety of venues; please check the daily schedule.*

Units 1 & 6 – Introduction & CERT Organization

Mon, May 1, 6-9p Poulsbo City Hall Council Chambers

Unit 2 – Fire and Utilities

Mon, May 8, 6-9p Poulsbo Fire Station 71, 911 NE Liberty Rd.

Units 3 & 4 – Disaster Medical Operations

Sat, May 13, 9a-3p Poulsobo City Hall Council
Chambers

Units 7 & 8 – Disaster Psychology and Terrorism

Mon, May 15, 6-9p Poulsbo City Hall Council
Chambers

Unit 5 – Disaster Search and Rescue

Sat, May 20, 9a-3p Poulsbo Fire Station 77, 1305
NW Pioneer Hill Rd.

Review/Exam

Mon, May 22, 6-9p Poulsbo City Hall Council
Chambers

Final Drill

Sat, May 27, 9a-12p KCDEM Training Tower,
Bremerton
All classes are FREE.

1 class

The Essentials of Disaster Preparedness

Kitsap County Department of Emergency Management. This class is designed to provide you with essential information on preparing for, and recovering from a disaster. We will address our primary disaster risks here in Western Washington, and the likelihood of losing immediate access to our normal transportation and communication resources in a major disaster. This class provides guidance strengthening your resiliency to disasters as you gather the supplies you will need to have at home, work and in your car. We will also introduce you to “Map Your Neighborhood,” a strategy in which neighbors can support each in times of disaster. **Class is free, but please pre-register through Poulsbo Parks and Recreation, 360-779-9898. Recreation Center Kitchen/Classroom.**

Wed Apr 26 6:30-8p FREE

1 class

Disaster Preparedness in Your Neighborhood

Kitsap County Department of Emergency Management. This class is designed for residents with a passion for connecting with their immediate neighbors so that they can help each other after a major earthquake. It will focus on how to effectively implement the “Map Your Neighborhood” strategy introduced at the April 26 Essentials of Disaster Preparedness class, and at presentations made last spring at the Poulsbo City Hall. We will provide tips and suggestions on building a stronger neighborhood, whether you live in a traditional single home neighborhood, in an apartment or condominium complex, or in a more rural environment. **Class is free, but please pre-register through Poulsbo Parks and Recreation, 360-779-9898. Recreation Center Kitchen/Classroom.**

Wed May 10 6:30-8p FREE



Adult Programs

The following classes are taught by **Heather Gudmundson**, B.A. Elementary Ed., Master's Degree Special Education, Administrative Credential and Educational Kinesiologist. National and international Brain Gym® consultant. Co-creator of DVD *Education in Motion*.

Introduction to Brain Gym® 2 classes

Heather Gudmundson. In stress, the non-dominant brain and non-dominant sensory modalities shut down. The implications for learning are huge! Can you learn visually or are you visually blocked? Can you process auditory stimulation or is your listening and ability to remember impaired? My experience is that 3 out of 4 (75%) of people are auditorily blocked! Are you able to communicate effectively or unable to access language? Do you become clumsy and feel 'stuck' or can you move with fluidity? Through a simple process of bio-feedback your learning profile will be determined in a few minutes. Empower yourself with simple movements that integrate both hemispheres of the brain and activate visual and auditory centers for ease of learning. For more information checkout braingym.org. **Students should bring ample water to class.** Recreation Kitchen/Classroom.

Sat.	May 6 & 13	10a-12p	\$65*
Sat.	Jun 10 & 24	10a-12p	\$65*

Family Brain Gym® 2 classes

Age 6 and older, with adult

Heather Gudmundson. Would you like to improve communication within your family unit, reduce stress, and support your child's ability to learn with ease? Discover each family member's dominance (learning) profile and how it effects communication within the family. Discover who can listen and remember, communicate, perceive visually, or move with fluidity in stress and who cannot! Learn simple integrative techniques that reduce stress therefore improving performance and ease in daily life activities. When both hemispheres, auditory and visual centers are activated improvement in focus, communication, listening and memory is noticeable. Imagine spending less time settling in and completing homework! Students and adults labeled A.D.D. and A.D.H.D benefit from this non-chemical alternative. Registration fee covers a family of 3, additional family members are \$25 each. **Students should bring ample water to class.** Recreation Center Kitchen/Classroom.

Sat.	Apr 22 & 29	10a-12p	\$75* / up to 3 family members \$25 for each additional family member
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2 classes

Brain Gym® for Educators®

Heather Gudmundson. Brain Gym is a series of simple movements that reduce stress, integrate both hemispheres of the brain and activate listening and visual centers! Specific activities enhance communication skills and whole brain learning. As an educator for 45 years, I have witnessed the profound ability of Brain Gym to empower students and improve self-esteem. Once learned, students can apply the simple techniques in any new learning situation. As a classroom teacher, I completed the entire series of activities in 5 to 7 minutes! It was no longer necessary to repeat directions numerous times. Parents reported that their children settled into homework assignments more easily and it is proven effective for children labeled A.D.D. and A.D.H.D.! Check out braingym.org for more information. *Teacher's Edition of Brain Gym* (\$30) available at first class. **Students should bring ample water to class.** Local Poulsbo school or Recreation Center classroom.

Tu/Th	Jul 18 & 20	10a-12p	\$65*
Sat	Aug 12	10a-12 & 1-3p	\$65*

2 classes

Learn the Art of Muscle Checking

Heather Gudmundson. Ever wondered which foods and supplements are supportive to your health and which are not? Did you know there are 50 names used to disguise sugar, that NutraSweet/Spoonful/Equal are neurotoxins, or that MSG has numerous names to conceal its presence in food? Does it matter to you that GMO foods are not labeled? Take the guesswork out of it! Learn simple bio-feedback techniques used by many professionals including naturopaths, dentists and chiropractors to tune into the wisdom of your body. Practice includes self-check techniques and a method for facilitating others. **Bring foods and supplements you would like to muscle check, as well as ample water.** Recreation Kitchen/Classroom.

Sat	May 6	1-2:30p	
AND	May 13	1-2p	\$58*
Sat	Jun 10	1-2:30P	
AND	Jun 24	1-2p	\$58*

register  ONLINE!

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

Adult Programs

1 class

Mothers and Daughters Color Analysis Workshop

Ages 9-14 and their moms

Suzanne O'Clair. Knowing your colors is the first step to becoming your *personal stylist!* This essential information helps you 'see yourself' so you can find colors and clothes that make you look like a star in your everyday life. We cover a little information about skin care and make-up, but mainly, we focus on *you seeing your colors for yourself.* You leave with a tool for finding your colors, too. A **\$5 materials fee is payable to the instructor at class.** Recreation Center Kitchen.

Suzanne O'Clair studied color analysis with a Hollywood make-up artist and an award-winning photographer.

Sat	Apr 29	3-5p	\$37*
Mon	Jul 31	6-8p	\$37*



Connecting to Your Personal Wisdom

Teresa Brewster is a lifelong student of personal and spiritual development, and has been a professional intuitive healer and reader for the past 13 years. She has practiced out of her office in Poulsbo for the past 10 years, seeing clients on an individual basis, as well as teaching Reiki classes, Develop Your Intuition classes, and Embracing Your Body Wisdom Classes. **Dr. Sandra Cross** has an extensive background of teaching, counseling and presenting to ages 12-92. She is a Reiki Master as well, and brings her considerable talents in these areas, as well as a passion for writing and self-development to the class.

Sassy Star Talks

1 class

Suzanne O'Clair. Informative, fun talks about Astrology as a powerful tool for timing, transitions, and transformation in our lives. The sun, moon and planets change position every day. We talk about those changes and apply that information directly to your individual chart. YOU get an on-the-spot mini-reading – which can be an eye-opening event.

After you register, please contact Suzanne at ostarsabove.com/contact with your date, place and time (AM or PM) of birth so you have your chart at class. Recreation Center Kitchen/Preschool room.

Suzanne O'Clair is a practicing astrologer who writes the 'Stars Above Kitsap' column for the Sound Publishing's 5 newspapers.

Mon	Apr 10	6:30-8p	\$37*
Mon	May 8	6:30-8p	\$37*
Mon	Jun 12	6:30-8p	\$37*
Mon	Aug 14	6:30-8p	\$37*
Mon	Sep 11	6:30-8p	\$37*

Spring Your Vision Forward!

Create a Vision Board!

2 classes

Teri Gangi-Helder Instructor/Coach.

This course will help you create a powerful energetic visual concept of your deepest desires and goals by designing your personal life map through a **vision board!** You will learn the keys to igniting your board towards your desired lifestyle. Explore what could be between you and your goals. No art experience needed. Discover how to begin immediately to live your true-life vision. **A \$5 materials fee is payable to the instructor at the first class.** Recreation Center Classroom.

Mon	May 15 & 22	6-8p	\$45*
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Intuition 1

"Intuition isn't mystical. It's a sort of background sense of how things should work; it's facts hidden in the brain. Intuition is logic." Dr. James D. Watson.

Everyone is born with intuition, but most of us have learned to discount and ignore it. In this class, we will practice developing our intuitive sense and allow it to become a guiding force in our lives. There will be a 45-minute lunch-and-mingle break. **Bring a sack lunch; refrigerator available.** Snacks and writing materials will be provided by the instructors. Workshop will be held in Poulsbo TBD.

Sat	May 6	10a-4p	\$115*
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Spirituality 1

This class will focus on finding meaning in our lives through writing, discussion and other creative activities. There will be a 45-minute lunch-and-mingle break. **Bring a sack lunch; refrigerator available.** Snacks and writing materials will be provided by the instructors. Space is limited, so don't wait to register. Workshop will be held in Poulsbo, address provided upon registration.

Sat	Jul 29	10a-4p	\$115*
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Adult Fitness & Sports

3 classes

Learn to Row with Kitsap Rowing Association

Are you ready to spend quality time outside on beautiful Liberty Bay in Poulsbo? Have you wanted to try rowing, but weren't sure where to start? Kitsap Rowing Association (KRA) is offering Learn to Row (LTR) classes for anyone who has never rowed in a shell before, and has an interest in learning the sport. Rowing is a nonimpact life-time sport with many rowers rowing into their 70's and 80's. Rowing utilizes all the body's major muscle groups and provides for both a strength and cardio workout. The sport is team oriented and lots of fun. The goal of the LTR is to teach people new how to row so that they can join our regular rowing sessions. Participants are required to lift 30 lbs. overhead. Each class consists of 5 sessions: one on-land on Wednesday evening and 4 on-water session (2 each on Saturday & Sunday). Bring a sack lunch. **Students must attend all 5 sessions. Rowers who complete the session will also get 4 weeks of club rowing without fees.** Please join us!

As a member of the US Rowing Association, KRA supports both recreational rowing and competitive rowing. For more information please visit: www.kitsaprowing.org. If you have rowed before or would like to cox or coach, please contact us directly at kitsaprowing@gmail.com.

Session 1			\$199
Wed	Apr 19	On Land:	6p-8:30p
Sat	Apr 22	On Water:	9:45a-3:45p
Sun	Apr 23	On Water:	9:45a-3:45p

Session 2			\$199
Wed	May 10	On Land:	6p-8:30p
Sat	May 13	On Water:	9:45a-3:45p
Sun	May 14	On Water:	9:45a-3:45p

Session 3			\$199
Wed	Jun 7	On Land:	6p-8:30p
Sat	Jun 10	On Water:	9:45a-3:45p
Sun	Jun 11	On Water:	9:45a-3:45p

Session 4			\$199
Wed	Jul 12	On Land:	6p-8:30p
Sat	Jul 15	On Water:	9:45a-3:45p
Sun	Jul 16	On Water:	9:45a-3:45p

Session 5			\$199
Wed	Aug 9	On Land:	6p-8:30p
Sat	Aug 12	On Water:	9:45a-3:45p
Sun	Aug 13	On Water:	9:45a-3:45p

Session 6			\$199
Wed	Sep 6	On Land:	6p-8:30p
Sat	Sep 9	On Water:	9:45a-3:45p
Sun	Sep 10	On Water:	9:45a-3:45p

www.cityofpoulsbo.com

Sailing courses for Adults

US Sailing Certified Instructors.

In partnership with the Poulsbo Yacht Club, we have expanded the adult sailing programs available to you for 2017. Our opportunities to enjoy the waterways of Puget Sound include classes in learning how to sail in a fun and responsive centerboard dinghy. Or, you may choose to work on a larger, keel boat, learning as you sail!

All courses are taught by U.S. Sailing Instructors, and are for adult sailors ages 17 and older. All dinghy classes will include a swim test and capsized recovery practice using an F.J. or similar class centerboard dinghy. Register early, as class size is limited. Participants must provide their own Coast Guard approved lifejackets. **Minors must have a waiver signed by their parent before participating.** Please note that classes are held at either the *Port of Poulsbo (near boat ramp)* or the *Poulsbo Yacht Club, 18129 Fjord Dr. NE.*

2-Man Dinghy Sailing

Mandatory swim test/capsize drill first day.

Bring a change of clothes!

Port of Poulsbo, by the boat ramp

Session 1:			Jul 18-20	
Tu/W/Th	Jul 18, 19, 20	5:30-8:30p		\$99*
Sat,	Jul 22 is makeup date	9a-12n		

Session 2:			Aug 1-3	
Tu/W/Th	Aug 1, 2, 3	5:30-8:30p		\$99*
Sat,	Aug 5 is makeup date	9a-12n		

Session 3:			Aug 22-24	
Tu/W/Th	Aug 22, 23, 24	5:30-8:30p		\$99*
Sat,	Aug 26 is makeup date	9a-12n		

Family/Adult Keel Boat (~24') Sailing

Poulsbo Yacht Club

Session 1:			Jul 11-13	
Tu/W/Th	Jul 11, 12, 13	5:30-8:30p		\$99*
Sat,	Jul 15 is makeup date	9a-12n		

Session 2:			Jul 25-27	
Tu/W/Th	Jul 25, 26, 27	5:30-8:30p		\$99*
Sat,	Jul 29 is makeup date	9a-12n		

Session 3:			Aug 15-17	
Tu/W/Th	Aug 15, 16, 17	5:30-8:30p		\$99*
Sat,	Aug 19 is makeup date	9a-12n		



register ONLINE!

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

Adult Fitness & Sports

The Recreation Center is a great place to enjoy fitness classes. The fitness room is air conditioned with a padded floor and large mirrors. Locker rooms and limited showers are available. Bring a water bottle and a towel and/or exercise mat for abdominal floor work.

Purchase a punch card for use in all classes: 10 classes/\$56; 15 classes/\$72. Drop In: \$8. City residents receive an \$8 discount on punch cards.

Time & Day	Monday	Tuesday	Wednesday	Thursday	Friday
8:10-9:10 am	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)
5:30-6:30 pm	Yoga (Jolene)		Yoga (Drew)		

Yoga Basics

Lori Whiting, ACE. A revitalizing mind/body workout designed to increase flexibility and strength through yoga postures, using yoga blocks and straps to modify postures and focusing on proper alignment. We'll work on balance and use breathing and relaxation for stress relief. All levels welcome.

TNT – Tighten 'N Tone

Lori Whiting, ACE. This class will help to define and tone muscles and speed up your metabolism using resistance bands and dumbbells. Core conditioning exercises will help shape and define your physique and strengthen back muscles. We'll finish with stretching to increase flexibility and relaxation, and breathing to relieve stress. All levels welcome.

Yoga

Jolene Culbertson, RYT 200. Gain greater flexibility and strength in this 60-minute yoga class. We will focus on basic yoga postures, correct alignment, and proper breathing techniques in a non-intimidating and fun environment. Yoga is something that is great to do as your primary form of exercise, but it is also a perfect pairing for other fitness activities and sports that you may enjoy. Join us weekly as we learn more about how yoga fits into our lives and about how our mind and body work together. Students will need to provide their own yoga mat and block, if desired. Yoga straps will be provided.

Yoga

Drew Kunz. Explore and strengthen the body through alignment, breath, and mindfulness to help develop a healthy, sustainable Yoga practice. Casual and slow paced with lots of time to dive deep, transform and unfold. Ideal for beginners, those with injuries and/or those just wanting to deepen their practice.

Weight Room

The Recreation Center offers separate weight room and cardiovascular equipment for the community's use. There are various weight lifting machines including a Hoist V-5 multi-station machine with leg press attachment; a Powertec multi-station machine using free weights, and a Parabody Safety Squat Rack with Lat and Row attachments. We also have a Precor Elliptical. **Youth 16 years or older may use the weight room with a waiver signed by their parent.**

\$29 / mo for individuals / \$5 drop in.*

\$49 / family per month.*

Racquetball

The Recreation Center has two fully enclosed courts available for play on a reservation or walk-in basis. Courts may be reserved on a first come basis **two days in advance during prime-time hours**, or day of play by phone or in person. Court time can be scheduled from 8a-6:30p Mon-Thu and 8a-5p on Fridays. **No black-soled shoes or street shoes are allowed on the courts.**

\$8 per hour or a 10-hour punch card for \$70. Racquets and balls available for rent for \$1 per hour.

Adult Fitness & Sports



Wally ball

A fast game of volleyball on a racquetball court, this game is for 6-8 people, and is gaining interest and participation in the area. Reservations are made similar to racquetball, by calling 360-779-9898 for a court and the equipment. Court time can be scheduled from 8a-6:30p Mon-Thurs and 8a-5p on Fridays. A complete set of rules is also available. \$10 per hour or a 10-hour punch card for \$85.

Pickleball!

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

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

Basketball: Adult Open Gyms

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

Good sportsmanship is required.

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

1 class

Self Defense Workshop for College Freshman

Mike Cain. Parents – send your kids off to college with the knowledge of how to protect themselves. In this informative class taught by martial arts instructor Mike Cain, students will learn hands-on instruction in how to defend against choking, punching, grabbing and pushing. No hard hitting or throws. Participants will learn about pressure points, joint locks, and practical application for self-defense. Recreation Center Gym.

Sat Aug 5 9:30a-12:30p \$35*

Walking Club

Bring your walking shoes and a water bottle for a fun and invigorating urban walk. Departing from the Poulsbo Library at 10:00a; June 20-July 25 (no walk July 4).

Slowpitch Softball: Adult Mixed Teams!

Modified USSSA Slowpitch on North Kitsap fields. This a great recreational league, bringing many fun people out for sport. USSSA mixed rules apply; even numbers of women and men must be on the field at all times. Capable kids can play with their parents. Some practice and scrimmage dates will be available starting Jun 12. **NO smoking. NO alcohol.**

Good Sportsmanship. 20 teams, 12 games minimum. Games will be double-headers, and will be played weekday evenings until dark.

North Kitsap Softball Fields. Deadline to register: June 22nd.

Weekday games: Thu, Jul 6; then M-F, Jul 10-Aug 18
Team fee: \$650 Individuals seeking a team, we'll build a team: \$65

Prenatal Yoga

4 wks

Tessa Watson. This four-week series is designed to explore your changing body and connect with your creative energy. Our practice consists of breath work, alignment focused asana, relaxation, and meditation. Deepen your innate abilities for birth and motherhood. Every stage of pregnancy welcome. Please discuss undertaking prenatal yoga with your care providers before starting new exercise. Attend one or all four classes. For more information about this class, please call 360-697-6100. Well Being Health Center.

Saturdays, Apr 15, 22, 29, May 6 10:45a-12:15p
\$20 per class

A Guide into Self-Care

1 class

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

Thu Apr 27 5:30-7p \$20

Restorative Hips with Yoga Tune Up®

Michelle Clemens, LMP. Restorative Hips, AKA "The Friday Class" is the best way to "press the reset button" for your hips, low back and knees. In this class, we will explore our hip's many layers of tissues and fascias and acknowledge our proprioception of such a complex area of the body through static and dynamic poses. This class will leave you with a new sense of balance, calmness and embodiment. Well Being Health Center.

Tue Jun 27 6-7:15p \$20

Senior Programs



It's a GRAND Day...! **NEW! ***

By popular demand, these weekly activities are designed specifically for grandparents who are providing care for their grandchildren while their parents are at work. Join us each Thursday for a fun activity designed for both grandchild (**ages 3-6**) and grandparent participation while the older kids are in school. Summer programs will accommodate kids up to age 10. A variety of activities will give you something to look forward to each week, and possibly to try at home later. Activities are generally 45 minutes to an hour long, and have limited space. Most occur at locations other than the Recreation Center; transportation is not provided.

Sample activities may include music, nature walks, art/drawing, cooking, yoga, outdoor play, dance, gardening, or visiting the SEA Discovery Center. Activities are subject to change based on weather conditions. For the most current list of activities, visit <https://secure.rec1.com/WA/poulsbo-parks-recreation/> or call us at 360-779-9898.

Please call and sign your grandchild(ren) and yourself up for each activity in advance. A punch card (\$20 for one adult and two children) must be purchased in advance and is good for 6 activities. *Poulsbo locations TBA.*

Thanks to the sponsors of this program: Poulsbo Lions Club, InMotion Performing Arts Studio, WWU SEA Center, Young Rembrandts.

Thu Apr 13-Aug 31 10a-various end times
\$20 punch card expires 8/31/17

1 class

Self Defense Workshop for Seniors

Mike Cain. Learn how to protect yourself in this informative class taught by martial arts instructor, Mike Cain. Class includes hands-on instruction in how to defend against choking, punching, grabbing and pushing. No hard hitting or throws. You will learn about pressure points, joint locks and practical application for self-defense. There is controlled contact as you learn the various moves. We will work within your physical limitations. *Recreation Center Gym or Poulsbo City Hall Council Chambers.*

Sat	May 6	9:30-12:30p	\$35*
Sat	Jul 22	9:30-12:30p	\$35*
Sat	Sep 30	9:30-12:30p	\$35*

Senior Trips and Excursions

Poulsbo Parks & Recreation and Martha and Mary Health Services (MMHS) continue to provide Senior Trips and Excursions to the community! Most of the trips will be on their 16 passenger mini bus, though we have two trips this time on charter buses. We are fortunate to have amazing volunteer drivers and chaperones who accompany participants on the trips.

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

To reserve a space on a trip, you may register online, come to the Recreation Center, or mail in your registration as soon as you receive your brochure. Fees usually include transportation & ferry, with admission and lunch on your own. Trips fill up quickly! Waiting lists may be formed for full trips. No credit will be issued prior to the trip **UNLESS** your place can be filled. The departure and return point for all trips is the Recreation Center. Typically, there is a minimum of 12-14 riders per trip.

Please be aware that sometimes our trips run a little behind schedule due to traffic issues, ferry schedules and other uncontrollable situations. Please plan accordingly.

Walking Assessment:

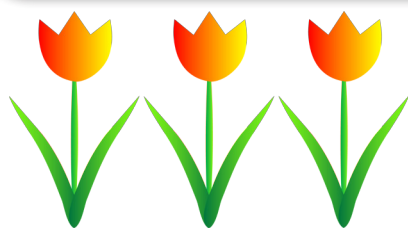
- 1) Limited walking, but most is on flat terrain or indoors.
- 2) Medium walking, including some outdoor situations or possible uneven ground.
- 3) Quite a bit of walking, but most should be on hard surfaces.

McMenamins Anderson School and Flower World! **2**

Thu, Apr 13 8:45a-5p
\$38* sales tax \$3.42 Total \$41.42

At long last, McMenamins has opened one of their famous pubs in Washington at the Anderson School in Bothell! We'll have lunch at "Tavern on the Square", and you'll have some time to stroll the grounds and look at the different buildings before we head over to Flower World in Maltby. There you'll find 15 acres of retail display areas and a great selection of seasonal plants. **Fee includes transportation and ferry. Lunch and shopping is on our own.**

Senior Programs



Skagit Valley Tulip Festival 2

Mon, Apr 17 7:45a-5:45p

\$64* sales tax \$5.76 Total \$69.76

We've rented a **charter bus** for today! It is time to head north to one of the premier spring events in the northwest. We will first stop at the 3.5 acre Roozengaarde Display Garden. A division of **Washington Bulb Co., Inc.**, the largest flower bulb grower in the U.S. with 1000+ acres of Skagit Valley tulip, daffodil, and iris fields. Great photo opportunities abound. **Lunch will be at the Kiwanis Salmon BBQ in Hillcrest Park. \$15 adult or \$12 senior plate. If you are not a salmon eater, please feel free to bring a brown bag lunch.** After lunch, we will drive to Snow Goose Produce Market, an outdoor country market that offers the best in organic produce and local fare such as fresh and smoked seafood, baked breads, artisan cheeses and wines. **Fee includes charter bus transportation and ferry. Admission to the garden (\$7) and lunch is on your own. Please bring exact change for admission & lunch.**

Cirque du Soleil – Luzia 2

Sun, Apr 23 9:30a-5:45p

\$129* sales tax \$11.61 Total \$140.61

Inspired by Mexico's rich cultural heritage, Luzia is Cirque Du Soleil's 38th original production, and plays at Marymoor Park in Redmond. Named after the Spanish words for light and rain, two elements which play a big part in the show. In fact, the show uses a mind-boggling six thousand liters of water for each show, raining down on the company's beautifully costumed acrobats, clowns and gymnasts. It's a shimmering, radiant spectacle. Founded in 1984, Cirque Du Soleil has become a veritable empire, creating dozens of shows that have played to millions across the globe. Famed not only for their acrobatic prowess, Cirque shows always boast stunning design, make-up and costumes, all built around storylines that weave together elements from ancient mythology and fairytales. Our seats are 'level 2', in a nice, small amphitheater style. **Fee includes transportation, ferry and show ticket. Lunch is on your own.**

Bellevue Botanical Garden and PowellsWood Garden 3

Thu, May 4 7:45a-4:30p

\$62* sales tax \$5.58 Total \$67.58

The Bellevue Botanical Garden is an urban refuge, encompassing 53-acres of cultivated gardens, restored woodlands, and natural wetlands. The living collections showcase plants that thrive in the Pacific Northwest. Please bring a few dollars to donate to this beautiful garden! We'll eat our boxed lunches on the bus as we head to the PowellsWood Garden in Federal Way. A Northwest pleasure garden tucked away in a Federal Way neighborhood, the three acres of PowellsWood are nestled against another thirty-five acres of native successional forest. A series of exquisite hedges help define several distinct garden rooms graced with more than a thousand varieties of trees, shrubs and perennials. **Fee includes transportation, ferry, boxed lunch and garden tours.**

Terracotta Warriors of the First Emperor at the PSC 2

Mon, May 8 7:45a-4p OR

Tue, Jun 27 7:45a-4p

\$69* sales tax \$6.21 Total \$75.21

Experience *Terracotta Warriors of the First Emperor*, a one-of-a-kind exhibition premiering at Pacific Science Center in Seattle, and featuring artifacts from the first imperial dynasty of China. The expansive collective of terracotta statues—including soldiers, civil officials, and entertainers—at the burial complex of China's First Emperor is awesome in its scope. Pull them apart, however, and each individual statue tells its own piece of the story of the culture, craft and science of one of history's most monumental endeavors. See a simulation of the original boldly-colored warriors transforming over time, and where rows of pristine terracotta sculptures seem to repeat, *Terracotta Warriors* will express the awesome scale of the project to build and preserve these quiet guards of the afterlife. There is **no IMAX movie** with our visit. **Fee includes transportation, ferry, and exhibition. Lunch is on your own at the Center.**

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

Senior Programs



Cougar Mountain Zoo and Snoqualmie Falls 3

Thu, May 18 7:45a-5p

\$69* sales tax \$6.21 Total \$75.21

Established in 1972, the primary focus of the Cougar Mountain Zoo is on endangered species and education. Many of the Zoo animals have been born or raised at the Zoo and have developed a self-assured attitude toward humans, enabling visitors to take a deep glimpse into the beauty and mysteries of other life forms. We'll have a guided tour of the zoo, and will even enjoy a tiger cub encounter. We'll venture into the town of Snoqualmie for lunch, visiting beautiful Snoqualmie Falls before leaving the area. **Fee includes transportation, ferry, zoo admission and tour. Lunch is on your own.**

Alderbrook Resort and the Wild Felid Advocacy Center 2

Tue, May 23 10:30a-4p

\$59* sales tax \$5.31 Total \$64.31

We will start off the day with an early lunch at the Alderbrook Resort in Union. This resort sits on the Hood Canal and boasts lovely grounds to stroll around. After lunch, we will hop back into the bus and head to The Wild Felid Advocacy Center on Harstine Island in Mason County. Here we will see a variety of wild cats that are being cared for by this non-profit organization. Their mission is to provide a safe haven, education, and conservation for wild cats. Join us for a guided tour that will include feeding of the variety of cats that they have on site. You will see approximately 50 cats including 11 different species ranging from a tiny 3-pound Geoffroy's Cat to a 325-pound Siberian Tiger! Also included are 17 African Servals, 13 Bobcats, 3 Canada Lynx, 3 Eurasian Lynx, 2 Cougars, 1 African Spotted Leopard, 2 Gordon's Cats, Jungle Cats, Jungle Cat Hybrids, Two 3-year-old Tigers and 1 Wild Red Tabby Domestic House Cat that bites! **No photos allowed. Fee includes transportation and tour. Lunch is on your own.**

Albers Vista Gardens 2

Thu, Jun 1 11a-3:30p

\$34* sales tax \$3.06 Total \$37.06

Upon entering the Oasis in the city (east Bremerton), you leave the world behind and see a panorama of botanical delights. Colorful, cascading groundcovers lead you to a valley edged with evergreens, maples, rhododendrons and species from around the world. Patterns of color transform the hillside in time with the seasons. This garden began in 1998, and now the gardens are formed by 15 different areas, each with its distinct theme, and contain over a thousand aesthetically arranged different species and cultivars that provide four season color and interest. Come enjoy a guided tour of this hidden treasure. We will stop for lunch prior to the tour at Anthony's in Bremerton. **Fee includes transportation and garden tour. Lunch is on your own.**

Olympia Farmers Market and Percival Landing 2

Thu, Jun 8 8:30a-5p

\$30* sales tax \$2.70 Total \$32.70

Join us as we venture to our state's capital city to enjoy the Olympia Farmers Market. Experience top quality fresh organic produce harvested daily; Washington grown fresh apples & fruits; herbs, dried & fresh cut flowers, healthy breads, desserts, jams & jellies, great food, quality locally grown plants & flowers, art and crafts from local artisans and live entertainment. We'll stop and visit Percival Landing before heading home. Percival Landing is 3.38 acres and is one of Olympia's three waterfront parks, located on the east side of Budd Bay on the southernmost tip of Puget Sound. **Fee includes transportation; shopping on your own.**

Festival of Sail Tacoma 2017 3

Fri, Jun 16 8:30a-5p

\$44* sales tax \$3.96 Total \$47.96

Expect big things as the Tall Ships return to Tacoma! Join us on the shores of Puget Sound for Festival of Sail Tacoma 2017. It's a rare chance to catch a glimpse, step aboard, and even set sail on some of the grandest ships of yore. Tacoma will be one of only a handful of Pacific ports that will host the historic ships. Festival of Sail Tacoma 2017 will feature ship tours, educational programming, food and beverage, entertainment, and fun for the entire family! Invited ships include the Adventuress, Schooner Freda B, Lady Washington, and others. **Fee includes transportation and single-day on-board tour pass on the ships. Lunch is on your own.**

Senior Programs

Outback Kangaroo Farm and Lunch at Rhodes River Lunch 2

Thu, Jun 22 7:45a-4:30p

\$58 sales tax \$5.22 Total \$63.22*

The Outback Kangaroo Farm is a fan favorite! Dress for the conditions, because today we'll head to Arlington, where we will enjoy a tour of exotic animals on a real farm. It is fun to walk through and see the menagerie of furry and feathered residents including kangaroos, wallabies, wallaroos, flying squirrels, llamas, lemurs, alpacas, pygmy goats, peacocks, ostriches, and more. Make sure to wear walking shoes! After the tour, we'll travel up the highway to Rhodes River Restaurant, where the eating area overlooks an indoor horse arena. Hopefully, you will be eating and watching the horses during your time at the restaurant. **Fee includes ferry, transportation, and tour. Lunch is on your own.**

Diablo Lake and Lunch Boat 2

Thu, Jul 13 6a-7:15p

\$129 sales tax \$11.61 Total \$140.61*

We have chartered a bus for this trip!! Seattle City Light has been offering the popular Diablo Lake Boat Tour for more than 80 years, and now in partnership with North Cascades Institute, the tradition continues. You will learn about the area's natural history, biodiversity and geology, as well as the unique relationship between the North Cascades environment and the Skagit River Hydroelectric Project, which provides clean, low-cost, renewable power to the citizens of Seattle. The adventure begins by boarding the *Alice Ross IV* – a brand-new boat designed especially for Skagit Tours. As you cruise the glacier-fed Diablo Lake, you'll learn about the surrounding wildlife habitat and enjoy views of snow-clad mountain peaks, islands and waterfalls. The tour ends with a delicious, organic lunch at the North Cascades Environmental Learning Center on the shores of Diablo Lake. **Fee includes BUS transportation, ferry, tour and lunch.**



21st Annual

Sequim Lavender Festival 2

Fri, Jul 21 9a-5p

\$25 sales tax \$2.25 Total \$27.25*

U-Pick. U-Tour. U-Free. Experience the lavender farms as part of the festival that has made Sequim world famous for 20 years. The founders of the Lavender Festival began with a vision of rolling purple fields to replace fallow dairy pasture, restoring the agricultural base of the fertile Sequim Prairie. Since then, cultivation of lavender in the Sequim-Dungeness Valley has grown into a strong, environmentally sound, agri-business. Over 110,000 lavender plants are grown each year in the area. With its myriad uses beyond sheer fragrance – cosmetic, culinary, medicinal, craft, decorative – the magical herb has fostered dozens of small, creative ventures across the Olympic Peninsula and beyond. This tour features 8 stunning iconic lavender farms, though our goal is to stop at 4 of these farms. Each farm is a beautiful destination and a festival within itself. We will also visit the Street Faire in Sequim. **Fee includes transportation. Lunch is on your own.**

Sol Duc Hot Springs 2

Tue, Jul 25 8a-5p

\$37 sales tax \$3.33 Total \$40.33*

Today is a day to explore and enjoy something that is almost in our own backyard. Sit back and enjoy the ride into Olympic National Park to the Sol Duc Hot Springs Resort. The resort offers three mineral hot spring soaking pools, one freshwater pool and hiking trails. Temperatures vary between the pools, allowing you to find the perfect one to relax and soak in. The springs receive part of their water from rain and melting snow, which seep through cracks in the sedimentary rocks where it mingles with gasses coming from cooling volcanic rocks. The mineralized waters then rise to the surface along a larger crack or fissure. Bring your own towel and enjoy lunch at the resort (or bring your own). **Fee includes transportation; lunch and pool use (\$10 / age 62+) is on your own.**

Senior Programs

Deception Pass Boat Tour/Laconner 2

Thu, Aug 3 7:45a-5:30p OR

Tue, Aug 22 7:45a-5:30p

\$79 * sales tax \$7.11 Total \$86.11

Deception Pass is one of the most photographed and visited places in Washington State! Join us today as we head over on the Pt. Townsend ferry to Whidbey Island to experience a natural wonder of our area. Take a unique ride on a seated open deck boat and enjoy a 360-degree unobstructed view as we pass through the waters of Deception Pass. Captain Brett is a U.S. Coast Guard certified captain who loves to share this exciting and picturesque setting with you. Look for wildlife such as bald eagles, seals, porpoises and maybe an occasional whale. Learn the tales of characters who navigated these waters and the splendor of this National Historic Landmark. Before this landmark was built, travelers had to cross on an unscheduled ferry. To summon the ferry, passengers would simply hit a mallet against a metal lumberjack saw which sounded the "BOING" to the operator. This indicated they were ready to cross, and the first woman ferry boat captain in Washington would pick them up. We'll first visit the seaside town of La Conner, where you can stroll and enjoy lunch. **Fee includes transportation, ferry and boat tour. Lunch is on your own.**

Destiny Harbor Tours – Tacoma 2

Thu, Aug 10 9-4p

\$79* sales tax \$7.11 Total \$86.11

This is a new one for us! Today we head to Tacoma to tour the Thea Foss Waterway, SR 509 cable-stayed bridge, 11th. St. (Murray Morgan) Bridge, Grain terminal, Navy reserve ships, and see all the ships, boats, tugs, and barges in the area. We'll continue into the Blair waterway to observe any cargo handling and shipping activity on that day. During the trip, there are ample views of all mountains, famous Stadium High School, Vashon and Maury Island, plus views over toward Brown's Pt, Pt. Defiance, and Gig Harbor. There are tons of things to see and we'll talk about highlights without taking away from the feeling of just being there. There are sea birds and seals, etc., that can be seen on this trip, yet the themes are primarily the manifold man-made things and stunning natural vistas to take in plus the frequent opportunity to see ships and port operations in action. **Fee includes transportation and boat tour. Breakfast is on your own.**



Pt. Defiance Zoo and Aquarium and the Pt. Defiance Rose Garden – Tacoma 3

Tue, Aug 15 9a-4p

\$25* sales tax \$2.25 Total \$27.25

This 760-acre park has something for everyone. Come explore the only combined zoo and aquarium in the Northwest. You'll see sharks and seahorses, polar bears and peacocks, walruses, and wolves, all in one place! This Zoo is large enough to offer an awesome array of animals yet small enough for you to get close to them. Today is ***Free*** day for seniors age 65 and older! **All others will need to pay \$16.95 admission fee.** After the Zoo, we will head over to the Rose Garden, the focal point of Point Defiance Park. It has more than an acre of rose gardens, the oldest of which was established in 1895. The site includes a garden of miniature roses, arbors of climbing roses, a picturesque wishing well and quaint gazebos. Lots of color and variety. We will also visit the main garden. **Fee includes transportation. Lunch (at the zoo) and admission to zoo (if under age 65) is on your own.**

Lake Crescent Lodge 2

Tue, Aug 29 9a-4p

\$29* sales tax \$2.61 Total \$31.61

As the summer winds down, there is still time to enjoy an outing in our closest national park. In the midst of trees and water sits the historic Lake Crescent Lodge, built in 1916 as Singers Tavern in Olympic National Park. The lodge serves as an ideal base camp for the variety of recreational activities in the park, while allowing you to experience the charm of a turn-of-the-century resort. It is located west of Port Angeles, and in the heart of the park. We'll drive leisurely to the park and enjoy lunch in their restaurant. A 1½-mile hard-packed trail leads from the lodge parking lot through old growth forest to Barnes Creek for those who wish to walk off their lunch. We'll also stop by Sunny Farms in Sequim. **Fee includes transportation. Lunch is on your own.**

North Kitsap Community Pool



North Kitsap Community Pool

1881 NE Hostmark St. Poulsbo, WA. 98370
www.nkpool.com (360) 396-3285

Swimming Lessons

We offer an array of lessons starting at 6 months to adult. Our classes have a low instructor to student ratio. Preschool classes have a 1 to 4 ratio and youth classes have a 1 to 6 ratio. Preschool classes are for ages 3yrs to 5 yrs and youth classes are for ages 6yrs to adult. Private and Semi-private lessons are also available by request. For more information or to register please call us at (360) 396-3285

Evening & Weekend Lessons

Spring and Summer

<u>Session Dates</u>	<u>Registration</u>
4/10 to 5/3 M/W (8 lessons)	3/29
4/11 to 5/4 T/TH (8 lessons)	3/29
4/15 to 5/6 Sat. (4 lessons)	3/27
5/8 to 6/7 M/W (9 lessons)	5/3
5/9 to 6/8 T/TH (10 lessons)	5/3
5/13 to 6/10 Sat. (4 lessons)	5/8
6/26 to 7/26 M/W (10 lessons)	6/12
6/27 to 7/27 T/TH (9 lessons)	6/12
6/24 to 7/22 Sat. (4 lessons)	6/12
7/31 to 8/30 M/W (10 lessons)	7/26
8/1 to 8/31 T/TH (10 lessons)	7/26
7/29 to 8/19 Sat (4 lessons)	7/24

Morning lessons

Spring

<u>Session Dates</u>	<u>Registration</u>
4/11 to 5/4 T/TH (8 lessons)	3/29
5/9 to 6/8 T/TH (10 lessons)	5/3

Summer

(Mon. through Thur. 2 week sessions)

<u>Session Dates</u>	<u>Registration</u>
6/26 to 7/6 M-TH (7 lessons)	6/12
7/10 to 7/20 M-TH (8 lessons)	7/6
7/24 to 8/3 M-TH (8 lessons)	7/20
8/7 to 8/17 M-TH (8 lessons)	8/3
8/21 to 8/31 M-TH (8 lessons)	8/17

Swim Camp

We offer Swim Camp during non-school weekdays and school breaks. Swim Camp includes a swim lesson (2 lessons for full day camp), supervised free swim, crafts, snacks and much more! Register early to save your spot or drop in if room is available. Swim Camp is for children ages 5 to 10. The morning session is from 7:30am to 12:30pm, and the afternoon session is from 12:30pm to 5:30pm or our full day is from 7:30am to 5:30pm.

Price

\$130.00 Half Day Punch Card (5 punches)
\$210.00 Full Day Punch Card (5 punches)
\$30.00 Half Day Drop-In
\$50.00 Full Day Drop-In

Spring Dates

March 29th-31st
Spring Break April 3rd through April 7th

Summer Dates

every week during the Summer starting the 20th of June and Ends September 1st.

Water Aerobics/Aquacise

Our Aquacise program is offered 6 days per week Monday– Saturday. It is an impact free form of exercise that can help improve strength, flexibility, and endurance. Aquacise classes are open to all ages. There is no registration required, drop-ins are always welcome.

We offer classes Monday through Friday from 6:30am to 7:30 am and 10:30am to 11:30 am. Tuesdays and Thursdays we have an evening AquaZumba class from 7:05pm to 8:05pm. Saturdays we have a class from 8:30am to 9:30am Please call for more information

Lap Swim

Lap swim availability varies from day to day and throughout each day. Please call ahead for lane availability.

Pricing

Drop-ins: Adult \$4.50, Youth/Senior \$3.50, Aquacise \$5.00 and Family \$13.00
Punch Cards (12 swims): Adult \$45.00, Youth/Senior \$35.00 and Aquacise \$50.00
We also offer 1 month, 3 month, 6 month and 1 year passes.

The North Kitsap Community Pool is owned and operated by the North Kitsap School District

Information

Summer Kids Fair

Looking for things to keep the kids busy this summer?

**Saturday June 3,
10 am-1 pm
Poulsbo Library
700 NE Lincoln Rd.**

Join organizations and companies from around Kitsap County who offer great activities for kids to do this summer. Meet staff, get camp schedules and prices and ask questions.

Poulsbo Parks & Rec.
200 NE Moe St.
Poulsbo, WA 98370

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Poulsbo's 40th Annual **2017 VIKING FEST ROAD RACE** *Saturday, May 20th!*

Go to [Getmeregistered](#) to sign up!

Registration
online thru Wed,
May 17,
midnight.

5 mile: \$19 Start time: 9AM
1 mile: \$9 start time: 9:05AM
Kids Dashes (\$2),
start downtown at 10:15 AM

Late reg. begins Thurs, May 18th,
At Poulsbo Parks and Rec!
\$22 for 5 mile, \$11 for 1 mile.
Registrations will be taken day of race a
Lion's Park till 8:45am.

*Disposable chip timing for both the
1 and 5 mile runs this year!!*

A Community Partnership of

Kitsap Sun

max NUTRITION



**Enjoy Viking Fest Weekend!
May 19-21!**

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