



PARKS & RECREATION

FALL 2019 & WINTER 2020 ACTIVITY GUIDE



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/FAX



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

www.cityofpoulsbo.com
click on the "Register for a
Parks & Rec Class/Program"
on the right hand side

**Stop by the office at
19540 Front Street, Poulsbo
or
call 360.779.9898
or
fax 360.779.5917**

*Use your email address to set up your account. If that address is already "taken", that means that we have set the account up for you. Please call 360.779.9898 to get your log in password.

→ Start Here!

Registration begins August 26, 2019 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 business days unless someone else is found to take that place.

FACILITY RENTALS AND COMMUNITY SIGN BOARDS

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

There are three parks with facilities available to rent: The Austin-Kvelstad Pavilion at Muriel Iverson Williams Waterfront Park, Nelson Park and Raab Park all have picnic shelters.

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

RECREATION CENTER HOURS

The building is located at 19540 Front Street NE 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.

REGISTRATION

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.

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
Heidi Allen

Receptionists
Shawna Casey, Jami Sipila

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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.

UH, OH!
IT'S BEEN CANCELLED?!



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

Please remember to register early to avoid disappointment!



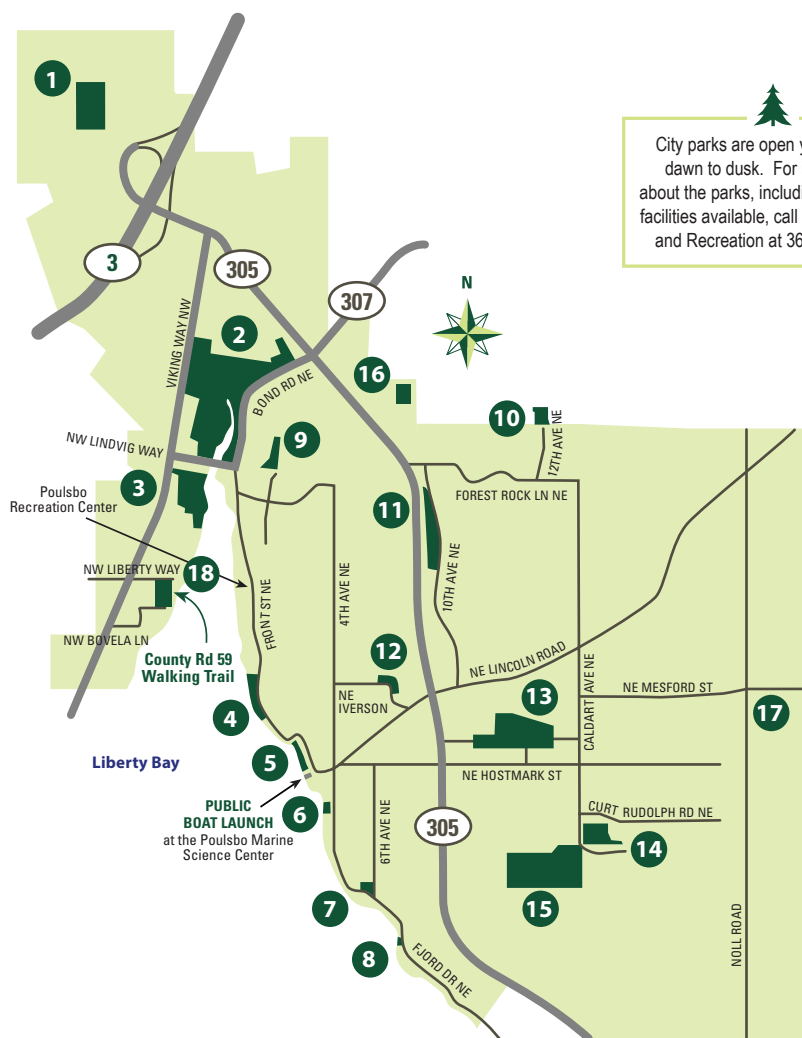


Register Online!

CityOfPoulsbo.com/register



CITY PARKS & TRAILS



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

1 COLLEGE MARKETPLACE BALL FIELDS

NW Reliance Street, 6 acres

- Slated for future park development

2 POULSBO'S FISH PARK

288 NW Lindvig Way

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

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 Poulsobo's Fish Park
- Nelson Family farmhouse (caretaker's residence)
- The Martinson Cabin Museum, operated by the Poulsobo Historical Society

4 AMERICAN LEGION PARK

Front Street, 4 acres

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

CITY PARKS & TRAILS

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, 2.5 acres

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

13 WILDERNESS PARK

Caldart Ave to Hwy 305, 11.56 acres

- Wooded trails and open space

14 AUSTURBRUIN PARK

Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

15 FRANK RAAB PARK

18349 Caldart Avenue NE, 21 acres

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

16 POULSBO PUMP TRACK

20523 Little Valley Rd. NE, 1.82 acres

- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

17 MORROW MANOR PARK

Corner of Noll & Mesford St., 1.2 acres

- Slated for future park development

18 WEST SIDE PARK

5th Avenue NW, 3.1 acres

- Slated for future park development

PRESCHOOL PROGRAMS

DANCE WITH ME

AGES 1-3

5 WKS

InMotion Performing Arts Studio. Spend a magical time with your toddler while they learn to dance to music and develop their motor and listening skills in a fun creative environment. Boys and girls will also get to play with fun instruments. This is a parent and toddler interactive dance class. (Caregivers and little siblings welcome.) Dress code and dance shoes not required.

No class on Nov 26 or 28. InMotion Performing Arts Studio, Poulsbo.

Tue	Sep 24-Oct 22	10-10:45a	\$65*
Thu	Sep 26-Oct 24	10-10:45a	\$65*
Tue	Nov 5-Dec 10	10-10:45a	\$65*
Thu	Nov 7-Dec 12	10-10:45a	\$65*

Tue	Jan 21-Feb 18	10-10:45a	\$65*
Thu	Jan 23-Feb 20	10-10:45a	\$65*
Tue	Mar 3-31	10-10:45a	\$65*
Thu	Mar 5-Apr 2	10-10:45a	\$65*



TIPPIE TOE BALLET

AGES 4-6

5 WKS

InMotion Performing Arts Studio. Dancers will explore music and movement and be introduced to the basics of ballet. These instructor-led classes are designed to stimulate coordination skills, listening skills, balance, music interpretation, creative movement, and motor development. **No class on Nov 26.** InMotion Performing Arts Studio, Poulsbo.

Tue	Sep 24-Oct 22	10:45-11:30a	\$65*
Tue	Nov 5-Dec 10+	10:45-11:30a	\$65*
Tue	Jan 21-Feb 18	10:45-11:30a	\$65*
Tue	Mar 3-Mar 31	10:45-11:30a	\$65*

+November session includes 1 free child's ticket to see Dance Ensemble Northwest's Nutcracker Thanksgiving weekend.



SOUND BEGINNINGS: MUSIC FUN!

AGES 0-6 WITH PARENT/CAREGIVER

4 WKS

Laura Meredith. Come enjoy enriching musical experiences with your child! We will sing, play, dance, listen, and play instruments! Early childhood is the best time to begin musical learning, which boosts intelligence. In each class, we will incorporate early literacy skills, beat and rhythm skills, vocal/singing skills, fine and gross motor skills, parent-child bonding, and classical music enjoyment. Visit laurasletsplaymusic.wordpress.com for more details on the program. **Additional materials fee will be due by Sep 1; see instructor's web site for more information.** Recreation Center Classroom.

Mon Sep 16-Oct 7 9:45a-10:15a \$60*
parent /1st child

Additional children \$10 each.

OPEN DOORS DRAMA: PLAYMATES

AGES 3-5

5 WKS

Katherine Beddoe. An introductory drama group perfect for the theatre-curious. In early years groups, children will use their imaginations to develop original theatre through creative play, ending with a celebratory sharing of our work for their families on the last day of class. Throughout the course, participants' confidence will be encouraged using exploration of their interests. The class environment is low-pressure, inclusive, and playful! **No class Nov 27.** InMotion Performing Arts Studio, Poulsbo.

Wed	Sep 25-Oct 23	10-11a	\$45*
Wed	Nov 6-Dec 11	10-11a	\$45*
Wed	Jan 22-Feb 19	10-11a	\$45*
Wed	Mar 4-Apr 1	10-11a	\$45*

SNOW DAYS

If the North Kitsap School District closes due to weather conditions, classes marked with a snowflake will be cancelled for the day. Classes beginning before 11 am that are marked with a snowflake will be cancelled if North Kitsap Schools are on a 2-hour delay.



PRESCHOOL PROGRAMS



Event held at the Recreation Center. Children over 6 will need to purchase a punch card for \$1. For more info, call 360-779-9898.

SPOOKTACULAR: A FREE HALLOWEEN PARTY FOR PRESCHOOLERS

Thu, Oct 31, 3:30-5p

Celebrate the changing of the seasons with this fun event just for preschoolers! Activities for children **ages 3-5** will include crafts, games, prizes, and candy. Activities will also be open to children over 5, but parents will need to purchase a punch card for them for \$1. Emphasis will be on the 3-5 age group. Wear your costume and come to play! Follow up with trick-or-treating in downtown Poulsbo. Recreation Center.

Thu Oct 31 3:30p-5p

Children age 5 and under are free;

Children age 6 and up will need to purchase \$1 punch card to participate in crafts & games.



LEARN & GROW PRESCHOOL

Learn and Grow Preschool at Poulsbo Parks & Recreation

Imagine Dream Play Learn Grow



2019-2020 Learn and Grow Preschool Classes:

Tweeners (age 3 by 8/31/2019)	T/Th	9:30-11:30a*	\$186 mo/\$55 registration fee
Pre-K (age 4 by 8/31/2019)	T/Th	12:30-3p	\$199 mo/\$60 registration fee
Pre-K (age 4 by 8/31/2019)	M/W/F	9:30-12n*	\$293 mo/\$60 registration fee
Pre-K (age 4 by 8/31/2019)	M/W/F	1:00p-3:30p	\$293 mo/\$60 registration fee

** Full, but wait list spots are available.*



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 through 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 ART AND PAINTING

4 WKS

AGES 2 & OLDER (WITH PARENT /
GRANDPARENT / CAREGIVER)

Colleen Doeleman. Preschoolers (and their parent or grandparent) will enjoy creating exciting works of art using non-toxic paints. Basic project instructions will be given to preschoolers as they set out on their artistic adventure. They will journey into the world of their own imagination as they create their very own art masterpieces. A selection of art supplies will be available to artists, so they can use their own thoughts and vision to construct many different one-of-a-kind art projects. Art time is a wonderful way to bond with your child while helping them to build confidence in everyday life. Come join in on the fun and help give your little loved one memories that will last a lifetime. **No class on Nov 28. A supply fee of \$25 per student is payable to the instructor at the first class.** Recreation Center Classroom.

Thu	Oct 3-24	9:45-10:30a	\$58*
Thu	Nov 7-Dec 5	9:45-10:30a	\$58*
Thu	Jan 16-Feb 6	9:45-10:30a	\$58*
Thu	Feb 20-Mar 12	9:45-10:30a	\$58*



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.

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THE ISLAND SCHOOL



OPEN HOUSE JOIN US!

January 22, 2020
7:00 PM



Kindergarten through
Fifth Grade

Half-Day & Full-Day
Kindergarten

Warm, Welcoming
Community for All

Engaging, Individualized
Education

We're just across the bridge

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

TheIslandSchool.org

The Education
Your Child Deserves

PRESCHOOL PROGRAMS

PRESCHOOL SCIENCE CLUB: EXPLORING SEA CREATURES

AGES 3-5

3 WKS

SEA Discovery Center Educators: Julie Leung, Robin Muir, and/or Mary Zabinski. Through interactive lessons, preschoolers learn more about the wonders of science, large and small, in our world. Each week, children take a closer look at "something science" - sea animals, things that float, and more - encouraging curiosity and hands-on exploration. Stories, crafts, and engaging activities provide opportunities to develop creativity and skills. Parents welcomed to stay and participate. **Register through Poolsbo Parks and Recreation.** Class held at SEA Discovery Center.

Tue 2-3:30p \$39* per child, per session

Session 1: Oct 8, 15, 22

Session 2: Nov 5, 12, 19

Session 3: Feb 4, 11, 18

Session 4: Mar 3, 10, 17

Wed 10-11:30a \$39* per child, per session

Session 1: Oct 9, 16, 23

Session 2: Nov 6, 13, 20

Session 3: Feb 5, 12, 19

Session 4: Mar 4, 11, 18



SIGN AND PLAY: AMERICAN SIGN LANGUAGE FOR TODDLERS

AGES 9 MO-5 YRS

4 WKS

Nicole Smith. This parent and me class is designed to share the love of language through voice, sign language and play. Using music, books, nursery rhymes and crafts, we will learn sign language for everyday objects, actions and more! Weekly lessons cover new vocabulary and signing tips to create communication earlier and eliminate frustrations. Group classes build a supportive community with signing experiences, successes, and challenges. Come sign with us! InMotion Performing Arts Studio.

Welcome to School: Days of the Week, Opposites, Counting

Wed Sep 11-Oct 2 10-11a \$50*

Hopkins is Lost, Bugs, Feelings, Halloween Stories

Wed Oct 16-Nov 6 10-11a \$50*

Family, Move and Groove, My Favorite Things, Holiday Specials

Wed Nov 20-Dec 11 10-11a \$50*

Greetings, My Day, Bedtime, Intro to ABC's

Wed Jan 15-Feb 5 10-11a \$50*

First 100 Words and Signs

Wed Feb 19-Mar 11 10-11a \$50*

AMERICAN SIGN LANGUAGE WORKSHOP FOR PARENTS & TEACHERS- SEE THE ADULT SECTION FOR THIS NEW CLASS!

IT'S POTTY TIME! POTTY TRAINING WORKSHOP

AGES 18 MO-5 YRS

Nicole Smith. This parent and me class will help motivate and celebrate the potty-training process. Potty Time is a playful and positive approach to potty training! It will teach the potty routine along with signs that children of any age and ability can use to talk about growing up, using the potty, and celebrating success of all kids! Potty Time helps kids listen to their bodies, stop what they are doing and go to the bathroom, celebrate success, deal with accidents in a positive way, and appreciate their amazing body! Potty Time supports any potty-training method you choose! Optional materials available at class: DVD and CD, Board Book, Hopkins the Frog and Guide. Recreation Center Gym.

Fri Sep 20 5:30-7:30p \$40* per family

Fri Nov 15 5:30-7:30p \$40* per family

Fri Jan 17 5:30-7:30p \$40* per family

Fri Mar 13 5:30-7:30p \$40* per family

PRESCHOOL PROGRAMS

MAMA Y YO ESPANSÖL (MOMMY AND ME SPANISH!) NEW CLASS!

AGES 1-3 4 WKS

Leah Lovely. Interested in starting your young learner on the pathway to foreign languages? We're now offering Mommy and Me Spanish! We will listen to music, read stories, sing songs, and play games as we integrate what we're already learning about our world with our Spanish knowledge. **Parent participation required.** Recreation Center Classroom.

Tue	Sep 24-Oct 15	9:45-10:15a	\$40*
Tue	Nov 5-26	9:45-10:15a	\$40*
Tue	Jan 21-Feb 11	9:45-10:15a	\$40*
Tue	Mar 3-24	9:45-10:15a	\$40*

SPANISH FOR PRESCHOOLERS

AGES 3-5 4 WKS

Leah Lovely. Give your listening learners a start in Española! Preschoolers will get their wiggles out while listening to tunes and playing games. Students will also listen to stories and discover the world around them in a new language. Adult participation is recommended. Recreation Center Classroom.

Tue	Sep 24-Oct 15	10:30-11:15a	\$40*
Tue	Nov 5-26	10:30-11:15a	\$40*
Tue	Jan 21-Feb 11	10:30-11:15a	\$40*
Tue	Mar 3-24	10:30-11:15a	\$40*



HOLIDAY COOKIES AND CRAFTS

AGES 3-5 3 WKS

Nicole Smith. Parents and children will enjoy time together making holiday cookies, crafts, stories and more. Keep the mess here and not at your home. In addition, we may also do a craft and a game or other activity. **Class includes all food and supplies. Please let us know well in advance if your child has food allergies.** Recreation Center Kitchen.

Mon	Dec 2-16	10-11a	\$68*
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STORYBOOK COOKING

AGES 3-5 3 WKS

Nicole Smith. Children will enjoy exploring the world of cooking through storybooks. Each week the students will listen to a fun story and then use the story's theme to create a cooking project. In addition to cooking, cooks will also do a craft and a game or other activity. This is a great way to introduce your child to cooking without having to worry about cleaning up your kitchen. **Class includes all food and supplies. Please let us know well in advance if your child has food allergies.** Recreation Center Kitchen.

Mon	Oct 14-28	10-11a	\$68*
Mon	Feb 24-Mar 9	10-11a	\$68*



NINJA WARRIOR: LITTLE WARRIORS

AGES 3-5 4 WKS

Recreation Center Staff. This action-packed class has participants race against the clock to tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. This is a class for those looking to get in great shape and have fun doing it. Students will be challenged to push themselves to train like Ninja Warrior competitors. Recreation Center Gym.

Thu	Sep 19-Oct 10	10:25-10:55a	\$42*
Wed	Oct 22-Nov 12	3:45-4:15p	\$42*
Thu	Oct 23-Nov 13	10:25-10:55a	\$42*
Wed	Nov 27-Dec 18	3:45-4:15p	\$42*

Wed	Jan 15-Feb 5	3:45-4:15p	\$42*
Thu	Jan 23-Feb 13	10:25-10:55a	\$42*
Wed	Feb 19-Mar 11	3:45-4:15p	\$42*
Thu	Mar 5-26	10:25-10:55a	\$42*

PRESCHOOL PROGRAMS

PRESCHOOL SPORTS: SOCCER

AGES 3-5

4 WKS

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



AGE 3

Wed	Sep 18-Oct 9	4:10-4:40p	\$40*
Sat	Sep 21-Oct 12	10-10:30a	\$40*

AGE 4/5

Wed	Sep 18-Oct 9	4:50-5:35p	\$48*
Sat	Sep 21-Oct 12	10:40-11:25a	\$48*



The Tradition Continues...

The Nutcracker

Only 4 shows! Thanksgiving Weekend

North Kitsap Auditorium—Poulsbo

For more information, please call (360) 779-7090
www.DENinmotion.org

FAMILY

SEA DISCOVERY CENTER FAMILY PROGRAMS

Public Aquarium Hours

Fall/Winter/Spring Hours

(Oct 1 - Jul 2)

Thu-Fri, 10a-2p

Sat-Sun, 12-4p

Closed Sep 9 – Sep 30 for maintenance.
Closed major holidays.

Cost: Free. Donations welcomed! Come explore our touch tank and aquarium exhibits that feature native marine life from the Salish Sea, freshwater trout and a tropical tank. Spend time in our theater or the children's activity area.



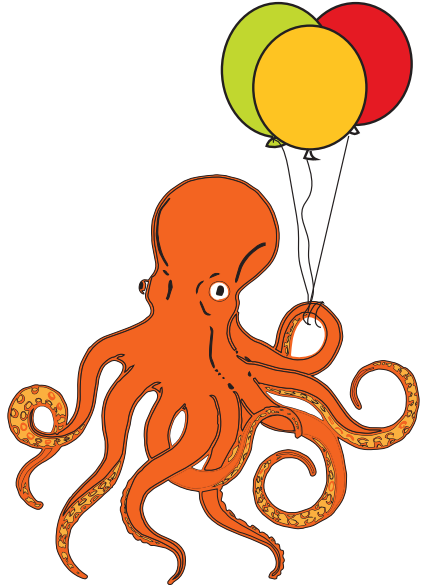
Meet the Author: Drew Collins

Local professional underwater photographer / videographer and president of 'Made in Puget Sound@,' Drew Collins explores the amazing and extraordinary creatures that live and thrive in our Puget Sound. Through his award-winning photography, he introduces you to the spectacular color and diverse life that abounds in our local waters. Learn about and see amazing giant Pacific octopus, tiny sculpins, wolf eels and much more, as he reads from his new book: **Puget Sound Underwater**. Get informed about the vital conservation, education and research efforts his nonprofit is accomplishing locally. Discover how everyone can contribute to reducing solid waste pollution, noise pollution, microplastics, over fishing, habitat loss and much more, all in our local Puget Sound underwater. In partnership with Kitsap Regional Library, Poulsbo.

Signed copies of Drew's book, **Puget Sound Underwater** will be available for purchase, or bring your own book to be autographed. **No registration required.** SEA Discovery Center.

Sat Oct 5 4p

SEA Discovery Center is available for birthday parties and facility rentals! Visit www.edu/SEA to learn more.



Downtown Poulsbo's 2019 Viking City Car Show

Featuring: Goodie bags for show cars, 1920's fashion competition, kids activities at Waterfront Park (provided by SEA Discovery Center), fun awards and prizes. **Benefactor: SEA Discovery Center** – Revealing the joy of discovery to cultivate stewards of the marine environment.

Entry registration: \$10 before Aug 18, or \$20 day of event. For more information, email AnitaAlbala@gmail.com, call (360) 394-1745 or check out Downtown Poulsbo's Viking City Car Show on Facebook.

Sat Sep 7

9a-3p



GYMNASTICS

PLEASE READ THE DESCRIPTIONS CAREFULLY AS MANY CLASSES HAVE CHANGED. FOR YOUR CHILD TO BE SUCCESSFUL IN CLASS, PLEASE PLACE THEM APPROPRIATELY.

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

Poulsbo Parks & Recreation takes pride in our gymnastics classes, instructors, and facility at the Recreation Center and at Bredablik Elem. Classes are offered to youth as young as 18 months up to 18 years old, providing a variety of classes for your child's needs. Please read the class descriptions below.

Our recreational gymnastics program builds confidence in its participants in an encouraging, safe, and non-competitive environment. Our recreational gymnasts learn to love the sport of gymnastics and watch their skills progress at their own paces. Recreational gymnastics classes serve everyone from parent and child classes through level four of the gymnastics progression. Classes are offered Monday through Thursday!

Poulsbo Parks & Recreation also now offers classes modeled after USA Gymnastics Xcel program, a program designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes. We are excited to explore the possibility of a competitive gymnastics program for the future.



Who's teaching? Gymnastics supervisor and coach Kris Goodfellow has over 22 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. Kris will coach classes held at Bredablik Elem and in the mornings at the Recreation Center. Other coaches include NKHS gymnasts Junko Ketch, Kelli Stevens, and Ashlyn Allen, along with Leah Lovely.

SNOW DAYS

If the North Kitsap School District closes due to weather conditions, classes marked with a snowflake will be cancelled for the day. Classes beginning before 11 am that are marked with a snowflake will be cancelled if North Kitsap Schools are on a 2-hour delay.



PARENT-TOT GYMNASTICS AGES 18 MO-3 YRS

4 WKS

This completely child-led class lets little gymnasts and their parents explore the gymnastics room while working on motor skills in a safe and playful environment. This class is 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	not offered	10/22-11/12	11/26-12/17	\$39*
Wed	9:30-10a	9/18-10/9	10/23-11/13	11/27-12/18	\$39*
Tue	9:30-10a	1/21-2/11	3/3-3/24		\$39*
Wed	9:30-10a	1/22-2/12	3/4-3/25		\$39*

GYMNASTICS



TUMBLING TOTS

AGES 3 & 4

4 WKS

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

Tue	10:15-10:45a	not offered	10/22-11/12	11/26-12/17	\$43*
Wed	10:10-10:40a	9/18-10/9	10/23-11/13	11/27-12/18	\$43*
Tue	10:15-10:45a	1/21-2/11	3/3-3/24		\$43*
Wed	10:10-10:40a	1/22-2/12	3/4-3/25		\$43*



BEGINNING KINDERGYM

AGES 4-6

4 WKS

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	4:45-5:30p	9/17-10/8	10/22-11/12	11/26-12/17	\$55*
Wed	10:45-11:30a	9/18-10/9	10/23-11/13	11/27-12/18	\$55*
Thu	9:30a-10:15a	9/19-10/10	10/24-11/14		\$55*
Tue	4:45-5:30p	1/21-2/11	3/3-3/24		\$55*
Wed	10:45-11:30a	1/22-2/12	3/4-3/25		\$55*
Thu	9:30a-10:15a	1/23-2/13	3/5-3/26		\$55*

HOT SHOTS (ADVANCED KINDERGYM)

AGES 4-6

4 WKS

For students who have completed beginning Kindergym and have been placed by the instructor. Class will expand gymnastics work and is for kids ready to focus on skill technique. From Nov – Feb the high school gym is not available on Mondays. Bredablik Elementary.

Mon	5-5:45p	9/16-10/7	10/14-11/4		\$55*
Mon	5-5:45p	2/24-3/16			\$55*

LEVEL 1: BEGINNING REC GYMNASTICS

AGES 6-10

4 WKS

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. Recreation Center Gym.

Tue	5:40-6:30p	9/17-10/8	10/22-11/12	11/26-12/17	\$55*
Wed	4:30-5:15p	9/18-10/9	10/23-11/13	11/27-12/18	\$55*
Thu	5-5:50p	9/19-10/10	10/24-11/14		\$55*
Sat	10-10:50	9/21-10/12	10/26-11/16		\$55*
Tue	5:40-6:30p	1/21-2/11	3/3-3/24		\$55*
Wed	4:30-5:15p	1/22-2/12	3/4-3/25		\$55*
Thu	5-5:50p	1/23-2/13	3/5-3/26		\$55*
Sat	10-10:50	not offered	3/7-3/28		\$55*

LEVEL 2: INTERMEDIATE REC GYMNASTICS

AGES 6-10

4 WKS

This is a continuation of our Level 1 class. Students will master basic gymnastics skills and acquire new skills such as handstand, back hip circles, pivot turns on the beam, standing backbend to bridge, and backward roll to pike stand on the floor. Recreation Center Gym.

Thu	6-6:50p	9/19-10/10	10/23-11/13		\$55*
Sat	11-11:50a	9/21-10/12	10/26-11/16		\$55*
Thu	6-6:50p	1/23-2/13	3/5-3/26		\$55*
Sat	11-11:50a	not offered	3/7-3/28		\$55*

GYMNASTICS

LEVEL 3: ADVANCED GIRLS

AGES 6-10

4 WKS

Kris Goodfellow. Classes will be held in the High School Gymnastics Team Gym at Braidablik Elementary for the serious student looking for more than just a recreation level gymnastic class. Students will master skills learned in Level 1 and Level 2, while learning more advanced skills. An emphasis will be placed on skill connection and technique. Skills include glides on bars, cartwheel on the low beam, roundoff rebound, and back handsprings on the floor. Focus will be on building skills and routines that may lead to competition. **No class Apr 6.**

Mon	5:45-6:45p	9/16-10/7	10/14-11/4	\$65*+
Mon	5:45-6:45p	2/24-3/16	3/30-4/27	\$65*+

+ Register for both Mon (Level 3) & Wed (Level 4) in the same session and pay only \$122*/session. Must register by phone to receive discount.

LEVEL 4: PRE-TEAM

AGES 6-10

4 WKS

Kris Goodfellow. Classes will be held in the High School Gymnastics Team Gym at Braidablik Elementary for the serious student looking for more than just a rec level gymnastic class. This class continues to work on advanced gymnastics skills including hurdle to front handspring on the vault, glide kip, cartwheel and roundoff dismount on beam, front walkover, and roundoff back handsprings. Focus will be on building skills and routines that may lead to competition.

Wed	5:45-6:45p	9/18 -10/9	10/16-11/6	\$65*+
Wed	5:45-6:45p	2/12-3/4	3/11-4/1	\$65*+

+ Register for both Mon (Level 3) & Wed (Level 4) in the same session and pay only \$122*/session. Must register by phone to receive discount.

LEVEL 3 & 4 COMBINED: HIGH SCHOOL SEASON ONLY

AGES 6-10

3 WKS

Kris Goodfellow. Level 3 & 4 will be combined to one – 1-1/2 hr class on Wednesday evenings since Braidablik is not available during the high school gymnastics season.

Wed	6-7:30p	11/6-11/20	12/4-12/18	\$65*
Wed	6-7:30p	1/15-1/29	2/12-2/26	\$65*

MIDDLE/HIGH SCHOOL GYMNASTICS CONDITIONING CLASS

AGES 11-18

3 WKS/4 WKS

This class is excellent for all levels, from first timers to those just wanting to brush up their skills for the high school team. NK senior gymnasts Kelli Stevens & Junko Ketch will monitor drills, skills, and conditioning. **No class Sep 25.** Classes will be held at Braidablik Elementary in the High School Gymnastics Gym.

Wed	6-7:30p	9/18-10/9	10/16-10/30	\$50*
Wed	6-7:30	3/4-3/25		\$65*



YOUTH PROGRAMS



PRIVATE PIANO LESSONS

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 per week with 45-minute lessons available for more advanced students. Lessons are held on Tue, Wed, Thu and Fri. Fee includes event fees for up to 4 events per year. Daytime slots available for adult and non-traditional students as well. **Materials are not included in class fee.**

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

Fall quarter:	Tue-Fri	Sep 17-Dec 20 (14 wks)
30-min lessons:	\$360* or \$120 mo	(due Sep 17, Oct 1, Nov 1)
45 min lessons:	\$528* or \$176 mo	(due Sep 17, Oct 1, Nov 1)

Winter quarter:	Tue-Fri	Jan 7-Apr 3 (13 wks)
30 min lessons:	\$333* or \$111 mo	(due Jan 7, Feb 1, Mar 1)
45 min lessons:	\$492* or \$164 mo	(due Jan 7, Feb 1, Mar 1)

Spring quarter:	Tue-Fri	Apr 14-Jun 19 (10 wks)
30 min lessons:	\$258* or \$86	(due Apr 14, May 1, Jun 1)
45 min lessons:	\$378* or \$126	(due Apr 14, May 1, Jun 1)

YOUTH PROGRAMS

BEGINNING TO ADVANCED GUITAR

AGES 8-ADULT MONTHLY (4 LESSONS/MO)

Craig Dell. Private 30, 45 or 60-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 and 8p on Mondays. **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.** Recreation Center Music Room.

Lessons are offered in 4-week sessions. Participants register and pay prior to the first lesson. Continuing students will need to pay for the next 4 weeks prior to it beginning in order to hold their lesson time. 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.

60-minute lessons	\$216/4 wks
45-minute lessons	\$168/4 wks
30-minute lessons	\$108/4 wks

Craig Alden Dell, a veteran performer of the guitar, has studied and performed the styles of Classical, Flamenco and Impressionistic, as well as, Folk, Ethnic and Progressive guitar.

Having studied formally in the Tarrega School, he is a graduate of the Escuela Razonada de la Guitarra at the University of Barcelona under the direction of Maestro Emilio Pujol and his assistant, Hector Garcia. In the Classic style, he studied guitar from Christopher Parkening and received personal career guidance from Maestro Segovia when he had the opportunity to meet him in the late sixties. Craig studied Flamenco guitar from El Sarasate and has also performed for and studied technique from the legendary SABICAS. Mr. Dell won 1st Place in a U.S. Invitational Guitar Competition in August of 1976 and has toured extensively throughout the world. He has given two performances at Weill Hall at Carnegie Hall, to critical acclaim of the New York Times, and has performed as a featured soloist with the various symphony orchestras and conductors, including Stewart Robertson, Robert Wingert and Elizabeth Stoyanovich.

Katharine Beddoe (Poulsbo local and WWU grad) specializes in facilitating participatory arts for young people. She recently returned from a theatre internship in the U.K., which inspired her to offer similar work on her own doorstep.

OPEN DOOR DRAMA: JUNIORS & SENIORS

GRADES K-8 5 WKS

Katherine Beddoe. These Junior and Senior sessions are perfect for imaginative students who want to try drama. Participants will develop original theatre driven by their current interests, practice performance skills, and play games. The last day of class ends with a low-pressure sharing of their work. The supportive environment is a great place to play and be curious. We welcome kids interested in acting, dancing, writing, improv, design, and much more! **No class Nov 27.** Recreation Center Gym.

Juniors: Grades K-5

Wed	Sep 25-Oct 23	4:30-5:30p	\$47*
Wed	Nov 6-Dec 11	4:30-5:30p	\$47*
Wed	Jan 22-Feb 19	4:30-5:30p	\$47*
Wed	Mar 4-Apr 1	4:30-5:30p	\$47*

SENIORS: GRADES 6-8

Wed	Sep 25-Oct 23	3-4p	\$47*
Wed	Nov 6-Dec 11	3-4p	\$47*
Wed	Jan 22-Feb 19	3-4p	\$47*
Wed	Mar 4-Apr 1	3-4p	\$47*



YOUTH PROGRAMS



FAMILY PAINT-IN

AGES 8-ADULT

Colleen Doeleman. Create a painted canvas while spending quality family time together. Each student will paint their own project as the instructor leads you through step by step. Students will be encouraged to put their own unique spin on their art project with a slightly different color pallet and somewhat modified design that suits their own taste in art. You will learn various painting techniques using non-toxic acrylic paints. Each class will be centered on a new project to expand artistic horizons, creativity, and imagination while reinforcing fundamental painting techniques. Art is a fun and wonderful way to express yourself and build self-esteem. **Students under the age of 18 MUST be accompanied by a registered adult. A supply fee of \$10* (*\$18 for your first paint-in which includes your own set of brushes) per student per date is payable to the instructor at the start of each class.** Recreation Center Classroom.

Thu	Sep 26	6-8p	\$39*
Fri	Oct 18	6-8p	\$39*
Thu	Nov 21	6-8p	\$39*
Thu	Dec 19	6-8p	\$39*
Thu	Feb 6	6-8p	\$39*
Thu	Mar 19	6-8p	\$39*



1ST SECURITY BANK
PRESENTS

POULSBO
Kids Day!
2019
Celebrating **10** Years!

Saturday
September 7th
10am - 2pm

In the
College Marketplace
parking lot in front of
1st Security Bank

Bring the family
out for a day of fun
with a bike rodeo,
craft booths, balloons,
face-painting, hot dogs,
safety education,
and much, much more!

BENEFITING

 **North Kitsap**
FISHLINE

Bring non-perishable food
or cash donations for Fishline
and get a chance to
WIN AN EXTRA COOL PRIZE!

SOME OF OUR EARLY SPONSORS



GATEWAY
CHRISTIAN SCHOOLS



More Information?
PoulsboKidsDay.com

YOUTH PROGRAMS



CULINARY ADVENTURE

AGES 6 & OLDER

3 WKS

Recreation Center Staff. Let the cooking extravaganza begin! Create delicious food inspired by cuisine from around the world. Culinary adventurers will have a blast learning to cook by being introduced to the very basic concepts of cooking; mix, measure, beat, chop, and whip. Students will gain the confidence to take their new skills and knowledge home to cook for family and friends. Classes will include meal planning, food prep, cooking and, of course, eating! **All food and materials included. Please let staff know at registration if your child has any food allergies.**

Recreation Center Kitchen.

Mon	Oct 21-Nov 4	4:30-5:30p	\$69*
Mon	Mar 9-23	4:30-5:30p	\$69*

AMERICAN SIGN LANGUAGE FOR ELEMENTARY

GRADES K-5

4 WKS

Nicole Smith. This class will learn sign language for everyday objects, actions and more! Weekly Lesson plans to cover ASL vocabulary, manual alphabet, counting, and basic communication and sentence structure (building throughout the year). Group classes build a supportive community with signing experiences, successes, and challenges. Come sign with us! **No class on Nov 11 or Feb 17.** Vinland Elementary.

Mon	Sep 23-Oct 14	4:10-5p	\$49*
Mon	Nov 4-Dec 2	4:10-5p	\$49*
Mon	Jan 27-Feb 24	4:10-5p	\$49*
Mon	Mar 2-23	4:10-5p	\$49*



Register Online!

CityOfPoulsbo.com/register



Join us for The Island School's 36th Annual

Carnival!



Saturday, Oct. 5

Noon - 4 PM

A Family-Friendly Community Tradition!
 Live Music • Used Book Sale • Delicious Food • Games for All Ages



8553 NE Day Road • Bainbridge Island
206-842-0400 • TheIslandSchool.org

Free Family Event

PRESCHOOL SPOOKTACULAR

THURSDAY

OCT 31

3:30-5:00P



Event held at the Recreation Center.
Children over 6 will need to purchase a punch card for \$1

For more info, please call 360-779-9898.

YOUTH PROGRAMS



DADDY DAUGHTER DANCE

**SATURDAY
FEBRUARY 8**

6:30-9pm

**KINGSTON
MIDDLE SCHOOL**

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

**\$13
per person**

Co-sponsored by the Miss Viking Fest Court and Miss Westsound

NINJA WARRIOR

AGES 6-10

5 WKS

Mr. Webb. This action-packed class has participants race against the clock to tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. This is a class for those looking to get in great shape and have fun doing it. Students will be challenged to push themselves to train like Ninja Warrior competitors. **No class Nov 28.** Poulsbo Elementary Gym.

Thu	Sep19-Oct 17	5:15 -6p	\$65*
Thu	Nov 7-Dec 12	5:15 -6p	\$65*
Thu	Jan 16- Feb 13	5:15 -6p	\$65*
Thu	Feb 27-Mar 26	5:15 -6p	\$65*

ARCHERY

AGES 8 & OLDER

4 WKS

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. Continuing archery students are encouraged to register and our rangemaster will work with the student, so they are continuing to build on their skill and accuracy. Bow, arrows, and a wrist guard will be provided but students are welcome to bring their own if they own one. **No class Nov 27.** Recreation Center Indoor Range.

Wed	Oct 2-23	5-5:50p	\$59*
Wed	Oct 2-23	6-6:50p	\$59*
Wed	Nov 6-Dec 4	5-5:50p	\$59*
Wed	Nov 6-Dec 4	6-6:50p	\$59*
Wed	Jan 22-Feb 12	5-5:50p	\$59*
Wed	Jan 22-Feb 12	6-6:50p	\$59*
Wed	Mar 4-25	5-5:50p	\$59*
Wed	Mar 4-25	6-6:50p	\$59*



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!

YOUTH PROGRAMS

SEA DISCOVERY CENTER + POULSBO PARKS AND RECREATION PRESCHOOL/YOUTH PROGRAMS

Science Clubs and Classes

Preschool Science Club: Explore Sea Creatures and Other Science

Through interactive lessons, preschoolers learn about the wonders of science, large and small, in our world. Each week, children take a closer look at something science – sea animals, things that float and more – encouraging curiosity and hands-on exploration. Stories, crafts and engaging activities provide opportunities to develop creativity and skills. Parents welcomed to stay and participate. Ages 3-5. 3 weeks. \$39/youth. **Register through Poulsbo Parks and Recreation.** SEA Discovery Center.

Tue	Oct 8-22	2-3:30p
Wed	Oct 9-23	10-11:30a
Tue	Nov 5-19	2-3:30p
Wed	Nov 6-20	10-11:30a
Tue	Feb 4-18	2-3:30p
Wed	Feb 5-19	10-11:30a
Tue	Mar 3-17	2-3:30p
Wed	Mar 4-18	10-11:30a

Elementary Science Club: Dive Deep into Science

Take a deep dive into the sciences through hands-on investigations, experiments and problem-solving challenges. Elementary schoolers explore questions like: What phenomena occur in the three biospheres? Why is water so important and unique to the world? How can we use a microscope to discover more about our surroundings? Grades 3-5. 4 weeks. \$60/youth. **No class Oct 31. Register through Poulsbo Parks and Recreation.** SEA Discovery Center.

Thu	Oct 17-Nov 14	5:30-7:30p
Thu	Jan 30-Feb 20	5:30-7:30p
Thu	Mar 5-26	5:30-7:30p

Middle School Science Club

Through hands-on explorations, middle schoolers begin to identify and understand the world around us and beyond. We start small and ask big questions. Experiment with the unique properties of water, figure out how things work, create solutions for problems, and so much more. Participants should bring their curiosity and problem-solving abilities! Grades 6-8. 4 weeks. \$60/youth. **Register through Poulsbo Parks and Recreation.** SEA Discovery Center.

Tue	Oct 15-Nov 5	5:30-7:30p
Tue	Jan 28-Feb 18	5:30-7:30p
Tue	Mar 3-24	5:30-7:30p



SEA DISCOVERY CENTER + POULSBO PARKS AND RECREATION YOUTH PROGRAMS

Art Classes

Paint Party: Bewildering Biodiversity!

Children can learn to paint three different animals that they can see in their own backyard! Each week, we focus on a new habitat: land, sea and sky. By the end of this class, participants are able to blend colors, highlight and shade paintings and have lots of fun memories! **Wear appropriate clothing that you don't mind getting paint on. A supply fee of \$25 per student is payable to SEA Discovery Center at the first class.** Ages 8-14. 3 weeks. \$65/youth. **Register through Poulsbo Parks and Recreation.** SEA Discovery Center.

Wed	Oct 23-Nov 6	5:30-7:30p
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Paint Party: Oceans Everywhere!

Learn to paint three different animals from three different watery habitats! Each week, we explore a different part of the ocean and paint an animal that makes its home there. By the end of this class, participants are able to blend colors, highlight and shade their paintings and have lots of fun memories!

Wear appropriate clothing that you don't mind getting paint on. A supply fee of \$25 per student is payable to SEA Discovery Center at the first class. Ages 8-14. 3 weeks. SEA Discovery Center. \$65/youth. **Register through Poulsbo Parks & Recreation.** SEA Discovery Center.

Wed	Feb 12-26	5:30-7:30p
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YOUTH PROGRAMS

SEA DISCOVERY CENTER YOUTH ENRICHMENT PROGRAMS

Super Saturday (in partnership with Kitsap Regional Library, Poulsbo)

Participants enjoy story time, engage in hands-on activities, a craft and view the aquarium.

Grades K-2, plus guardian. \$10/family (Dec, Feb) or free (Oct, Nov, Mar-Jun) thanks to partnership with the Kitsap Regional Library, Poulsbo.

Register at www.edu/SEA. SEA Discovery Center.

Birds of Land and Sea

Sat Oct 12 10a-12p

Secret Life of Salmon

Sat Nov 9 10a-12p

The Circle of Marine Life

Sat Dec 14 10a-12p

The Wonder of Whales

Sat Feb 8 10a-12p

Echinoderms—Spines, Bumps and Tube Feet, Oh My!

Sat Mar 14 10a-12p

Kids Night Out at Western (KNOW)

Enjoy a well-deserved date night while your kids have a fun evening. Students in grades K-5 explore hands-on, inquiry-based science and view the aquarium.

Grades K-5. \$20/youth. **Register at www.edu/SEA.** SEA Discovery Center.

Fascinating Fossils

Fri Oct 4 6-9p

Novel Engineering

Sat Nov 16 6-9p

Science Mash-Up

Fri Feb 14 6-9p

Water Wonders

Sat Mar 28 6-9p

Girls in Engineering, Math and Science (GEMS) Night Out

Participants enjoy a fem-powered evening exploring the motivating fields of engineering, math and science through hands-on, inquiry-based science activities and view the aquarium. Girls in grades 6-8. \$20/youth. **Register at www.edu/SEA.**

SEA Discovery Center.

Journey into Genetic Mutations

Sat Oct 19 6-9p

Seeing the Insides on the Outside!

Fri Dec 6 6-9p

The Microcosmos

Sat Feb 29 6-9p



Science, Technology, Engineering and Math (STEM) Night Out

Participants view the aquarium and enjoy a fun-filled evening exploring the motivating fields on science, technology, engineering and math through hands-on, inquiry-based science while trying to solve problems!

Grades 4-6. \$20/youth. **Register at www.edu/SEA.** SEA Discovery Center.

Sea Life Photography

Fri Nov 1 6-9p

Wonderful Wetlands – Nature's Sponge, Nature's Filter

Sat Feb 1 6-9p

Engineer My Heart

Fri Mar 13 6-9p

SEA DISCOVERY CENTER ACADEMIC FIELD TRIPS

Are you interested in a marine science field trip for your class? Let SEA Discovery Center provide you and your students with a memorable, hands-on learning experience, discovering and exploring the magic of the Salish Sea. **Contact SEAeducation@www.edu for more information or to schedule your visit.**

Early Childhood (Grades Pre-K-2)

Offered year-round on Wed, Thu and Fri from 10a-3p. Come participate in story time, engaging hands-on activities, a craft and view the aquarium.

Elementary (Grades 3-5)

Offered Oct-Dec and Feb-Jun on Wed, Thu and Fri from 9:30a-1:30p. Students become marine scientists for the day, engaging in investigations, using scientific practices, mirroring what real scientists do every day! Participants use authentic scientific equipment to discover, collect and record data for a baseline study of Liberty Bay, engage in observations and hands-on activities of live marine organisms in the Discovery Lab and explore the aquarium exhibits.

Middle School Field Investigations (Grades 6-8)

Offered Oct-Dec and Feb-Jun from 8:30a-2:30p. This curriculum package includes a pre- and post-lesson at the school and a field investigation at SEA Discovery Center. Topics include plankton, Olympic oysters, microplastics, sound in water and shoreline monitoring using beach transects.



YOUTH PROGRAMS

TEEN VOLUNTEER INTERNS WANTED!

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



**Home of DANCE ENSEMBLE
NORTHWEST Ballet Co. &
MOMENTUM PERFORMING
GROUP Competition Dance**

**Enrolling Now
ages 3 and up**

The 2019/20 Season

- ♦ The Nutcracker Ballet
Thanksgiving Weekend
performed at NK Auditorium
Auditions Required
- ♦ Viking Fest Parade
- ♦ Studio Showcase in May
performed at NK Auditorium
- ♦ Summer Session July & August
Waterfront performance



Want to learn more?

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www.inmotionperformingarts.com

info@inmotionperformingarts.com

360-779-7090

FACILITY RENTALS

CLASSES..Meetings
BIRTHDAY PARTIES..

LUNCHEONS..**CRAFT GROUPS**



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



**Register
Online!**



CityOfPoulsbo.com/register

YOUTH SPORTS

FAMILY YOGA

AGES 8-ADULT 4 WKS

Leah Lovely. Mid-day yoga that caters to homeschool families or adults looking to relax a bit on their lunch break. Everyone is welcome for this mid-day fitness class. Recreation Center Gym.

Tue	Oct 1-22	11:45-12:30p	\$45*
Tue	Nov 5-26	11:45-12:30p	\$45*
Tue	Jan 14-Feb 4	11:45-12:30p	\$45*
Tue	Mar 3-24	11:45-12:30p	\$45*

NINJA WARRIOR

AGES 6-10 5 WKS

Mr. Webb. This action-packed class has participants race against the clock to tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. This is a class for those looking to get in great shape and have fun doing it. Students will be challenged to push themselves to train like Ninja Warrior competitors. **No class Nov 28.** Poulsbo Elementary Gym.

Thu	Sep19-Oct 17	5:15 -6p	\$65*
Thu	Nov 7-Dec 12	5:15 -6p	\$65*
Thu	Jan 16- Feb 13	5:15 -6p	\$65*
Thu	Feb 27-Mar 26	5:15 -6p	\$65*

ARCHERY

AGES 8 & OLDER 4 WKS

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. Continuing archery students are encouraged to register and our rangemaster will work with the student, so they are continuing to build on their skill and accuracy. Bow, arrows, and a wrist guard will be provided but students are welcome to bring their own if they own one. **No class Nov 27.** Recreation Center Indoor Range.

Wed	Oct 2-23	5-5:50p	\$59*
Wed	Oct 2-23	6-6:50p	\$59*
Wed	Nov 6-Dec 4	5-5:50p	\$59*
Wed	Nov 6-Dec 4	6-6:50p	\$59*
Wed	Jan 22-Feb 12	5-5:50p	\$59*
Wed	Jan 22-Feb 12	6-6:50p	\$59*
Wed	Mar 4-25	5-5:50p	\$59*
Wed	Mar 4-25	6-6:50p	\$59*

JOIN THE NORTH KITSAP MOUNTAIN VIKES MOUNTAIN BIKE CLUB!

GRADES 7-12

We are looking for riders to join us for the fun and challenge of riding trails here in North Kitsap. All you need is a mountain bike, a helmet, and a can-do attitude and you can learn and improve your skills on the bike. We've teamed up with the Evergreen Mountain Bike Alliance and Silverdale Cyclery to provide expert instruction on everything from mountain bike basics to jumping, cornering, and shredding local trails. Club members will participate in two rides per week and will have the opportunity to participate in trail building and maintenance with Evergreen Mountain Bike Alliance. Work party dates will be announced at the first meeting date of a class. We encourage parents to grab a bike and join in the fun.



Club members will receive a membership with the Evergreen Mountain Bike Alliance, a bike safety check, a water bottle, and tire tube. Our rides are just that - rides, not races. While riders of all skill levels are welcome, we do require an 11-speed or greater mountain bike and recommend at least 26" rims/tires. Also, some previous mountain biking experience is helpful too - our Evergreen coaches will take it from there and soon you'll be shredding Port Gamble and other local trails! Our main goal is to have fun, but we also want to challenge ourselves and improve our skills and therefore the fun of being on a bike! You will also need your own helmet and eye protection for each ride. Should you have questions, please feel free to contact Coach Hensley @ 206 295 5904 , or Coach Tanner @ 360-440-2221. Life is better on a mountain bike!

SESSION 1

Sat/Wed Sep 14-Oct 23 \$129*/ New riders; \$49*/ Returning riders

Locations & Time TBD

Fee includes class, membership with Evergreen Mountain Bike Alliance, and a safety check.

First meeting: Training class and first ride!

Sat Sep 14 10a Location TBD.

SESSION 2

Sat/Wed Feb 15-Mar 25 \$129*/ New riders; \$49*/ Returning riders

New riders receive all training and membership listed above. Locations TBD.

YOUTH SPORTS

BASKETBALL CLINICS AND CAMPS WITH COACH HENRY GUTERSON

FALL & WINTER BASKETBALL CLINICS: SKILLS AND GAMES

Join Coach Guterson for fun, skill-building basketball clinics on Saturdays. We'll play games and do drills that improve skills, like dribbling, passing, and shooting, and we'll spend time scrimmaging every session, playing full court basketball! Stress will be placed on working hard, being good sports, and playing together as a team. Open to boys and girls.

Wednesdays at Poulsbo Elementary

6 classes	\$82*/pp/class
Fall:	Sep 25-Oct 30
Winter:	Feb 26-Apr 1
Ages 4-5 (6' hoops)	4:30-5:20p
Ages 6-7 (8' hoops)	5:30-6:25p
Ages 8-10 (10' hoops)	6:30-7:30p

Saturdays at Poulsbo Middle School

No class Nov 30.

6 classes	\$82*/pp/class
Fall:	Nov 2-Dec 14
Winter:	Jan 18-Feb 22
Ages 2.5-3 (2'/4' hoops)	9:45-10:20a
Ages 4-5 (6' hoops)	10:30-11:20a
Ages 6-7 (8' hoops)	11:30a-12:25p
Ages 8-10 (10' hoops)	12:30-1:30p

WINTER BREAK BASKETBALL CAMP 4 CLASSES

Coach Henry Guterson. Children will improve individual skills and 5-on-5 team play thru games, drills, and scrimmages. Effort, sportsmanship, and teamwork will be stressed. Open to boys and girls. Camps are led and coached by Henry Guterson, a youth basketball coach since 2004, and current head boys' basketball coach at Kingston High School. Poulsbo Area Gym.

M/T/Th/F	Dec 30-Jan 3	No class Jan 1.
Ages 6-7	9:30-11:30a	\$92*
Ages 8-10	11:30a-2p	\$92*

COACHES, COACHES, COACHES!

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

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

This is quality time for our young people. They are practicing physical and mental skills, interacting with their peers and adults in a healthy atmosphere and learning the ability to compete towards a goal as part of a team and as an individual. Call Joe at Parks and Rec, (360) 731-1938, for more information on this valuable opportunity.

RECYCLE PREVIOUSLY PURCHASED PURPLE & GOLD JERSEYS!

If you have a purple and gold jersey used in the Parks and Rec basketball program that is still in good condition (no tears, numbers clearly visible, and clean), you can turn them in for a \$5 credit. Also, if you wish to purchase a used jersey, the cost is \$5!

INTERESTED IN BEING A BASKETBALL OFFICIAL?

Poulsbo Parks and Recreation basketball leagues use paid officials. If you are interested in working as an official, please give us a call (360-731-1938) or email (jschiel@cityofpoulsbo.com) and we'll get you started! Games commence early October and continue through end of May! Saturday games starting January 11th. Normally 2 officials per court per game.



YOUTH SPORTS

BASKETBALL: FALL COUNTY RECREATIONAL

GIRLS AND BOYS GRADES 3-8

Registration starts in August!

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts as they form, after schools open. Games will start in late Sept. Fall basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls at 3/4th grades, 5/6th grades and 7/8th grades. Officiated games are played during weekday evenings in NK and SK gyms. Visit <https://cityofpoulsbo.com/sports-programs-leagues-2/> for a registration form or call 360-779-9898 more information.
Weekday evenings Sep-Nov 8 \$105*
NK Reversible Jersey, if needed: \$25

MIDDLE SCHOOL PREP LEAGUE

GIRLS: GRADE 7 & 8

Dec/Jan practices & Sunday games

Registrations are being taken now! This is the league to prepare for school tryouts! Games will be held on Sundays and team practices can start as early as Nov 4th! Practices for girls in 7/8th grade run all of November until mid-January, finishing in conjunction your school team's season start. Games are double headers on Sundays in local HS and MS gyms. Games start the weekend of Dec 1st and continue to a playoff the weekend of Jan 25/26. Minimum 9 games, which include playoff games. **No games Dec 22, Dec 29, Jan 19.** Weekends, Dec 1-Jan 12, playoffs Jan 25/26. \$139*
NK Reversible Jersey, if needed: \$25

BASKETBALL: WINTER RECREATIONAL LEAGUE

BOYS: GRADES 2-10; GIRLS: GRADES 2-8

Dec-Mar practices and Saturday games

This is the best recreation basketball program available in the area! Our league provides consistent practices during the week (routinely 2 practices per week) for the duration of the season, team assignments based on player/coach/parent requests simplifying ride shares and friends on the same team, constant contact with the league coordinator for problem solving and scheduling issues, and 2 paid officials for all games. Games are on Saturdays!

2nd through 5th grade divisions play half court, man to man defense only, to help each player be actively involved in play. This is the safest, most enjoyable league your child will have the opportunity to play in. The emphasis continues to be on equal playing time, safe play,

and good sportsmanship. Girl and boy program specifics are listed below. **Early registration deadline is Fri, Nov 8.** First practices will start the week of Dec 2nd!

Poulsbo has partnered with Bainbridge Island P&R to improve the number of teams at each grade level! Divisions will be split into gold and silver divisions if numbers support and, for 6th grade and above, there will be end-of-season playoffs!!! Visit <https://cityofpoulsbo.com/sports-programs-leagues-2/> for a registration form or call 360-779-9898 more information.

BOYS AND GIRLS: GRADES 2-5

For girls and boys in grades 2-5, we have a winter recreational basketball instructional league. This league offers 2 practices per week, half-court defense only and mandatory rotations, solid competition, and a fun, learning experience. League divisions will be by grade and competition is against other area teams, same grade, and gender. 2nd and 3rd grade boys and girls will routinely use a hoop height of 9 feet for games. 5th grade teams will have the option (if both coaches agree) to play normal HS rules! 2nd and 3rd grade teams will use a junior size ball; 4th and 5th grade teams will use a 28.5" ball.

Saturday games, weekday practices; games start the first weekend in Jan through mid-March. Calling all coaches! North Kitsap & BI gyms.

GIRLS DIVISION: GRADES 6 THRU 8 AND BOYS DIVISIONS: GRADE 6; GRADES 7/8; GRADES 9/10

Games start the first week of January after the Middle School boy's season ends! Enjoy the benefits of your school training by putting your skills on the court for a full season of games! With enough teams, we will divide divisions into silver and gold brackets to keep talent levels close. All 6th grade boys and all girls will use a 28.5" ball; 7-10th boys will use the official size men's ball. All divisions in this group will compete in an end of season playoff, culminating in a day of championship play, Saturday, March 14!

2/3/4th grade teams

Minimum of 8 league games.

\$129*

5/6/7/8/9/10th grade BOYS and 5/6/7/8th grade GIRLS teams

Minimum of 9 games thru the season.

\$139*

NK Reversible Jersey, if needed: \$25

YOUTH SPORTS

VOLLEYBALL: FALL GIRLS RECREATIONAL LEAGUE

GIRLS: GRADES 5-8

Registration starts in August!

Coaches and Interested Adults needed!

Fall volleyball through Poulsbo Parks and Recreation, drawing players from the NK and CK areas. There will be 7 league matches per team starting late September and going through Nov 1, followed by a double elimination playoff the week of Nov 4th. Open gyms will be held to allow the girls time on the floor with coaches and facilitate aligning your daughter's skills with the appropriate team. Teams will be selected the week of Sept 16. There may be some travel required to gyms in Central Kitsap and Bl.

Weekday evenings Sep-Nov 8 \$139*
Fee includes a team tee!

Open gym practices for registered players:

Mon/Wed, 6-8pm, starting Monday, Sep 9!



VOLLEYBALL: FALL GIRLS TRAINING PROGRAM!

GIRLS: GRADES 2-4

8 WKS

Registration starts in August!

Here is your start into volleyball!! This is an 8-week session, practicing Mon/Wed, 5:15-6:45p, geared to introduce and train your young player in volleyball skills! Our goal- create a love of the game and give the girls the basic skills to compete in match play. We use reduced height nets and Volleylites through the training. Skills and internal scrimmages will be worked on throughout the session. **No class Oct 30.** Vinland Elementary Gym.

M/W Sep 16-Nov 6 5:15-6:45p \$125*
Fee includes a team tee!

VOLLEYBALL: WINTER CLINIC GIRLS: GRADES 3-8

Parks and Rec will be hosting a Volleyball Training Clinic using instructors from Kitsap Volleyball Club this winter! We will be teaching basic to advanced techniques for girls in grades 3-8. The different skill sets that will be covered are passing, setting, hitting, individual defense, and serving, focusing on proper techniques! Find a new way to improve your game, whether you are a recreational player or a competitive one! North Kitsap School District Gyms.

Six Saturdays, scheduled between Jan 18-Mar 7th

Instructors will assign girls during first clinic day.

Grades 3-5: 5:30-6:45p \$105*

Grades 6-8: 6:45-8:15p \$105*

VOLLEYBALL: SPRING GIRLS RECREATIONAL LEAGUE

GIRLS: GRADES 5-8

Registration starts in February!

Coaches and Interested Adults needed!

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

This builds on our fall season; the continued exposure for the girls will benefit the athletes for years to come! We are offering volleyball through Poulsbo Parks and Recreation, drawing players from the NK, Bl, and CK areas. For the 5-8th graders, there will be 7 matches per team from late April - June 2nd, followed by a min of 2 matches in a playoff! We expect to field two divisions; an upper and lower division. There will be some travel required to gyms in Central Kitsap and Bl. Registration forms will be available online this winter or call 360-779-9898 for more information. Practices will start late March/early April, or as soon as your team forms! NK, CK, Bainbridge Island gyms.

Weekday evenings Mar 11-Jun 5 \$145*
Fee includes a team tee!



Register Online!

CityOfPoulsbo.com/register



YOUTH SPORTS

VOLLEYBALL: SPRING GIRLS TRAINING PROGRAM!

GIRLS: GRADES 2-4

8 WKS

Registration starts in February!

Here is your start into volleyball!! This is an 8-week session, practicing Mon/Wed, 5:15-6:45p, geared to introduce and train your young player in volleyball skills! Our goal- create a love of the game and give the girls the basic skills to compete in match play. We use reduced height nets and Volleylites through the training. Skills and internal scrimmages will be worked on throughout the session. **No class May 25.** Vinland Elementary.

M/W Apr 13-Jun 3 5:15-6:45p \$125*
Fee includes a team tee!

BASKETBALL: SPRING COUNTY RECREATIONAL

GIRLS AND BOYS: GRADES 3-8

Weekday practices and games

Registration starts in February!

Poulsbo Parks and Recreation is taking registrations for all athletes, with teams hitting the courts as they form. Games will start late April. Spring basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls in 3/4th, 5/6th and 7/8th grades. Officiated games are played during weekday evenings in NK and SK gyms. Registration forms will be available online or call 360-779-9898 for more information.

Weekday practices will begin in mid-March/early April.

Weekday games in the evenings; late April thru early June.

Fee: \$105*

NK Reversible Jersey, if needed: \$25.

LACROSSE

BOYS & GIRLS: GRADES 5-12, NORTH KITSAP AND KINGSTON

If you are a girl or boy that wishes to participate in the fastest sport on two feet, lacrosse is the game of skill and swiftness you've been waiting to play. Lacrosse is the premiere sport for those wishing to challenge themselves while experiencing and honoring the oldest game in North America. Football, soccer, and basketball players will also find it to be the best cross-training sport available in North Kitsap. Our teams participate in girl's and boy's leagues in Washington State.

We anticipate fielding the following teams for the 2020 Spring Season leagues:

North Kitsap Boy's: HS Varsity* and HS JV

Kingston Boys: HS Varsity*

North Kitsap and Kingston Girl's: HS JV League.

Combined NK and Kingston MS boys

Combined NK and Kingston Coed: 5/6th grade division.

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

PRE-SEASON TEAM MEETINGS

North Kitsap HS Boys will host a pre-season team meeting on Thu, Oct 24 at 6p at Poulsbo Parks and Recreation.

Kingston HS boys will also have their team meeting in Oct. Date/time/location will be posted on their Facebook account, (@kingstonbucslax).

A separate meeting for HS girls, MS boys, and Elementary School teams will be held on Fri, Oct 25 at 5:30pm at Poulsbo Parks and Recreation.

Parents will have an opportunity to meet the coaches, ask questions about the sport or league and submit spring season registrations. Questions, please call 360-779-9898.

SPRING SEASON

Team formation (number of teams and level of play) are based on registrations received by Nov 5. **The \$250/150 (based on age group) spring season registration deadline is Mon, Nov 4.** All players registering prior to the deadline will be guaranteed assignment to a team. Registrations will continue after Nov 4th until all teams are full. Additional family volunteer hours or financial/fundraising commitments may be required. Details will be available at the preseason meetings. Students in good academic standing attending schools (including home schools) within the NK and Kingston school district boundaries are eligible to play. All players must present current USL cards (US Lacrosse) by close of business Friday, first week of practice. Individual memberships can be accomplished at <http://www.uslacrosse.org>.

Please contact the team representatives for more information: Kingston Lacrosse: Leslie Falen 360-297-0887 or kingstonbucslax@gmail.com. NK Lacrosse: Jason Mauk, 360-286-8103 or jasonmauk@fastmail.com.

YOUTH SPORTS

HIGH SCHOOL BOYS & GIRLS: GRADES 9-12

Coaches will assess each player's ability at the beginning of the season to determine the best team for the players. All HS teams participate within competitive Washington state leagues and sometimes out of state teams.

Games usually occur weeknights with away games mostly within the Seattle, Tacoma, Redmond, and Peninsula areas. Practice dates and game schedules will be posted prior to the first day of practice. **Current sports physical is required. High School players must provide their own gear – Boys: helmet, pads, stick, mouth guard and cup and Girls: stick, goggles, and mouth guard.**

Practices: Mon-Fri Mar 2-Mid-May \$275*

NKHS Boys and HS Girls: Practices will be held at Strawberry Field, 4:30-6:30p.

KHS Boys practices will be held at KMS, 3-5:30p.

HS JV Girls, Combined NK and KHS: Practices will be held at Strawberry Field, 4:30-6:30p

MIDDLE SCHOOL: NK AND KINGSTON COMBINED BOYS: GRADES 7-8

The middle school program is the best opportunity to learn the fastest growing sport in the region. Emphasis is on skill development and fun. Games usually occur on Saturday with away games mostly within the greater Seattle area. Practice dates and game schedules will be posted prior to the first day of practice. Practices will be held at Strawberry Field.

Practices:

M-Th	Feb 3-26	4:30-6:30p	
M-F	Mar 2-Mid-May	4:30-6:30p	\$275*

YOUTH COED: NK AND KINGSTON COMBINED GIRLS & BOYS: GRADES 5-6

The Coed Lacrosse program introduces the basics of lacrosse and fun. There are 2-3 practices per week (specific days TBA), and games on Saturdays, with away games mostly within the south Puget Sound area. Practice dates and game schedules will be posted prior to the first day of practice.

Equipment (helmet, pads, and stick) will be loaned to players with a \$150 refundable equipment deposit. Players must provide their own

mouth guard and cup (boys). Players are required to purchase a reversible uniform (~\$80) from NKLAX. No physical required. Practices will be held at Strawberry Field.

Practices:

M-Th	Feb 3-26	4:30-6:30p	
M-F	Mar 2-Mid-May	4:30-6:30p	\$175*

NKHS SAIL RACING TEAM 2019-2020

FALL SINGLEHAND SAILING GRADES 8-12

Fall Singlehand Sailing will have a meeting to assess how best we can provide opportunities for our HS sailors to practice in the fall. The fall season is for building advanced racing skills in Lasers with some practice time in FJ's. **Some previous sailing experience required.** Students in grades 8-12 enrolled in any North Kitsap area school are eligible. Port of Poulsbo. **Preseason Meeting for all sailors and parents: Tue, Sep 3, 6pm, Recreation Center.**

Practices:

Twice per week TBD	Sep/Oct	\$150*
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SPRING TEAM SAILING GRADES 8-12

Spring season competition is in Doublehand and Team Racing, sailing primarily in FJ's. Practices will be minimum 2 days per week, Mon-Thu, 3-5:30p, with travel to competitions on most weekends. **No previous sailing experience required.** Students in grades 8-12 enrolled in any North Kitsap area school are eligible. Port of Poulsbo.

Preseason Meeting for all sailors and parents: Thu, Jan 23, 2020, 6pm, Recreation Center.

Practices:

M-Th	Feb-May	3p-5:30p	\$249*
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For more information on high school sailing visit: www.highschoolsailingusa.org and www.nwisa.org.

SUMMER INSTRUCTOR EMPLOYMENT OPPORTUNITIES!!

Our sailing program uses US Sailing certified instructors for their summer camps. Those instructors routinely come from our sailing team and our community. If you are interested in teaching summer camps and have or have the desire to complete the US Sailing instructor qualifications, please call Joe at Parks & Rec at (360) 731-1938. You can find available US Sailing Certification courses at http://www.ussailing.org/training/calendar/sb_calendar.asp.

ADULT PROGRAMS

PRIVATE PIANO LESSONS

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 per week with 45-minute lessons available for more advanced students. Lessons are held on Tue, Wed, Thu and Fri. Fee includes event fees for up to 4 events per year. Daytime slots available for adult and non-traditional students as well. **Materials are not included in class fee.**

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

Fall quarter:	Tue-Fri	Sep 17-Dec 20 (14 wks)
30-min lessons:	\$360* or \$120 mo (due Sep 17, Oct 1, Nov 1)	
45 min lessons:	\$528* or \$176 mo (due Sep 17, Oct 1, Nov 1)	
Winter quarter:	Tue-Fri	Jan 7-Apr 3 (13 wks)
30 min lessons:	\$333* or \$111 mo (due Jan 7, Feb 1, Mar 1)	
45 min lessons:	\$492* or \$164 mo (due Jan 7, Feb 1, Mar 1)	
Spring quarter:	Tue-Fri	Apr 14-Jun 19 (10 wks)
30 min lessons:	\$258* or \$86 (due Apr 14, May 1, Jun 1)	
45 min lessons:	\$378* or \$126 (due Apr 14, May 1, Jun 1)	

BEGINNING TO ADVANCED GUITAR

AGES 8-ADULT

MONTHLY (4 LESSONS/MO)

Craig Dell. Private 30,45 or 60-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 and 8p on Mondays. **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.** Recreation Center Music Room.

Lessons are offered in 4-week sessions. Participants register and pay prior to the first lesson. Continuing students will need to pay for the next 4 weeks prior to it beginning in order to hold their lesson time. 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.

60-minute lessons	\$216/4 wks
45-minute lessons	\$168/4 wks
30-minute lessons	\$108/4 wks

Craig Alden Dell, a veteran performer of the guitar, has studied and performed the styles of Classical, Flamenco and Impressionistic, as well as, Folk, Ethnic and Progressive guitar. Having studied formally in the Tarrega School, he is a graduate of the Escuela Razonada de la Guitarra at the University of Barcelona under the direction of Maestro Emilio Pujol and his assistant, Hector Garcia. In the Classic style, he studied guitar from Christopher Parkening and received personal career guidance from Maestro Segovia when he had the opportunity to meet him in the late sixties. Craig studied Flamenco guitar from El Sarasate and has also performed for and studied technique from the legendary SAB-ICAS. Mr. Dell won 1st Place in a U.S. Invitational Guitar Competition in August of 1976 and has toured extensively throughout the world. He has given two performances at Weill Hall at Carnegie Hall, to critical acclaim of the New York Times, and has performed as a featured soloist with the various symphony orchestras and conductors, including Stewart Robertson, Robert Wingert and Elizabeth Stoyanovich.

ADULT PROGRAMS

Shannon Singleton has been clogging for 10 years. She danced with Mike and Watona Williams in Poulsbo until they retired and some of her fondest memories are of summer nights dancing in the gazebo in Waterfront Park. She currently dances with the Country Cloggers Club in East Bremerton. Shannon hopes to inspire new cloggers to share in the fun!

INTRO TO CLOGGING NEW CLASS!

ADULTS

8 WKS

Shannon Singleton. Looking for a fun way to get more exercise? Try clogging! Clogging has its origins in the folk dances of Ireland, England, Scotland, and Africa. Settlers in the American South took elements of these styles to form a unique American step dance, Appalachian clog dancing. Modern clogging has continued to evolve with influences by country-western line dancing, jazz tap and Irish and Canadian step dance as well. Dance steps are done in time with the music, usually with the heel keeping rhythm on the downbeat. We dance in lines with a cuer calling the steps to a variety of music styles. No partner or prior dance experience needed!

No special footwear is needed to begin but shoes with a leather bottom may be easier to dance in than tennis shoes. Join us and give your body a fun "movement break"! **No class Jan 29.** Vinland Elementary Multipurpose Room.

Wed Oct 2-Nov 20 6:30-7:30p \$105*

Wed Jan 22-Mar 18 6:30-7:30p \$105*

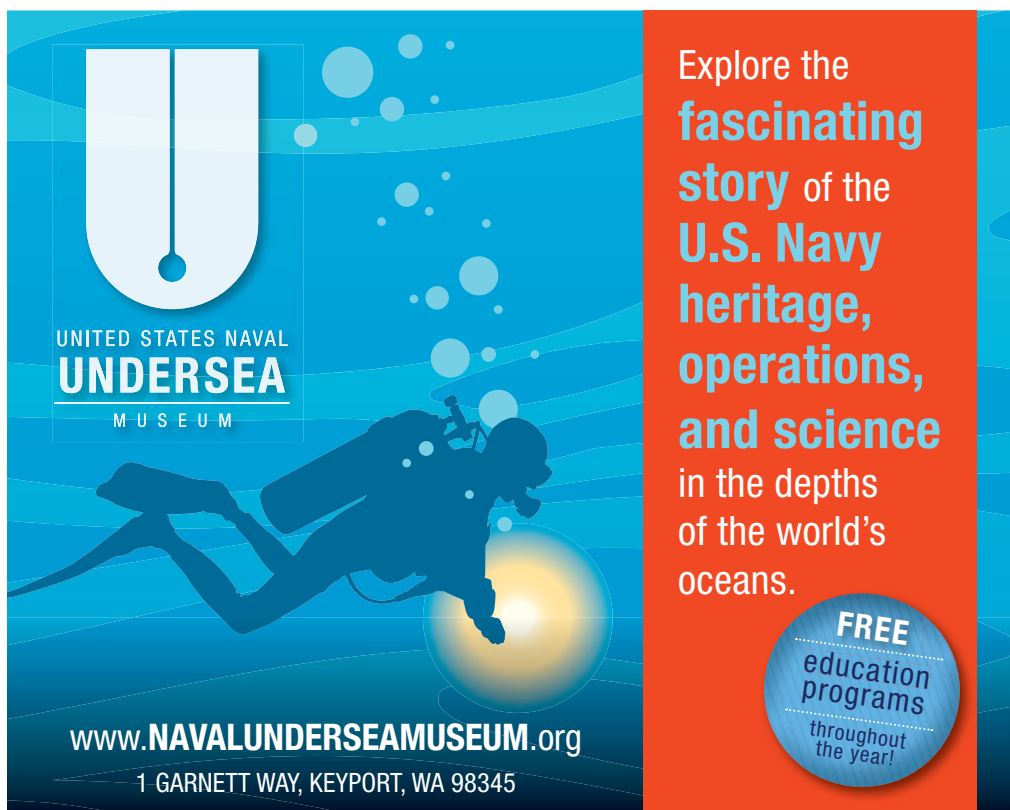
CLOGGING 2 NEW CLASS!

ADULTS

8 WKS

Shannon Singleton. Now that you have the "basics", expand on steps learned in the intro class to continue with the fun dance style. **No class Jan 29.** Vinland Elementary Multipurpose Room.

Wed Jan 22-Mar 18 7:30-8:30p \$105*



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ADULT PROGRAMS

GEORGE & JAN BAHR ARE OFFERING DANCE CLASSES AT PEARSON ELEMENTARY!

MORE RUMBA 4 WKS

George & Jan Bahr. Learn additional Rumba dance steps that will increase your confidence on the dance floor and add styling. This class has steps that are no harder than Intermediate, just different! Pearson Elem. Gym.

Mon Sep 9-30 7-8p \$44*

MORE CHA CHA 4 WKS

George & Jan Bahr. Learn additional Cha Cha dance steps and add flair and styling as you become more confident. Steps are not more difficult than intermediate level, just different! If there is time, we will also teach the Cowboy Cha Cha. Pearson Elem. Gym.

Mon Oct 7-28 7-8p \$44*

MORE TANGO 4 WKS

George & Jan Bahr. You've learned the basic steps of Tango, now we'll add some new ones to make it even more fun. You'll increase your confidence and add styling as we learn some different steps that are no harder than intermediate level. Class will be held on Jan 20. Pearson Elem. Gym.

Mon Jan 6-27 7-8p \$44*

FOXTROT BASICS 4 WKS

George & Jan Bahr. Learn the basic steps and turns of Foxtrot that will prepare you for the dance floor and for taking additional classes. Foxtrot is a versatile dance that can be danced to slower or faster tempo music. Class will be held on Feb 17. Pearson Elem. Gym.

Mon Feb 3-24 7-8p \$44*

MORE FOXTROT 4 WKS

George & Jan Bahr. Refine what you learned in the Foxtrot Basics class, as you add flair and gain confidence. You'll learn additional Foxtrot dance steps that are no more difficult than intermediate level. Pearson Elem. Gym.

Mon Mar 2-23 7-8p \$44*

EDUCATED FEET DANCE CLASSES AT VINLAND ELEMENTARY, POULSBOROUGH!

Sheila Phillips, certified instructor in Swing, Latin & Ballroom. Open to singles & couples; adults & teens. Effort made to balance leads & follows. **PLEASE wear shoes that leave no black marks!!** Register through Poulsbo Park & Rec 360.779.9898 by Tuesday prior. Minimum class size - 14. No new students past 2nd class each series. Take your Educated Feet to monthly DJ & Live Music dances Sheila hosts on Bainbridge Island! All classes below will be held at Vinland Elementary, Poulsbo.

EAST COAST SWING 4 WKS

A favorite jazzy American dance from the 20's and still swingin' today! Swing is the logical place to begin to learn partner dancing. It's easy to learn, intuitive, and not terribly structured. Learn to dance to different tempos by changing rhythm patterns. A popular choice for beginners. Basics & beyond. Minimum registration required by Tue, Sept 24.

Thu Sep 26-Oct 17 6:30-7:30p \$52*

SWINGIN' THE BLUES 4 WKS

Swing steps blend with Blues for a smooth and intimate style. It's a versatile partner dance that emphasizes individual expression and improvisation. Suitable for slower tempos, particularly jazz & blues. This is a must learn one-step dance using easy walking footwork. A good choice for beginners. Basics & beyond. Minimum registration required by Tue, Sept. 24.

Thu Sep 26-Oct 17 7:30-8:30p \$52*

WEST COAST SWING 4 WKS

Learn a fun modern swing and possibly the most versatile dance out there! Dance to rhythm & blues, swing, country & contemporary music. Smooth, stylish, creative, and playful! Start learning the basic steps, rhythm & style and you'll have a dance you can do forever! Minimum registration required by Tue, Feb. 18.

Thu Feb 20-Mar 12 6:30-7:30p \$52*

NIGHT CLUB TWO STEP 4 WKS

One of the most practical and versatile social dances to learn, 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. Minimum registration required by Tue, Feb. 18.

Thu Feb 20-Mar 12 7:30-8:30p \$52*

ADULT PROGRAMS

SEPTEMBER 20 – OCTOBER 20, 2019

THE FANTASTICS

CREATED BY HARVEY SCHMIDT & TOM JONES DIRECTED BY RANDY POWELL

NOVEMBER 15 – DECEMBER 8, 2019

Murder on West Moon Street

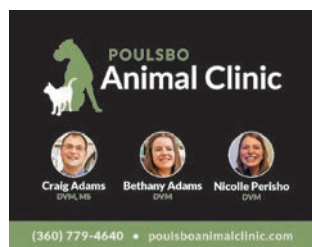
CREATED BY ROB URBINATI DIRECTED BY KATHY CURRIE

JANUARY 24 – FEBRUARY 23, 2020

TICK, TICK... BOOM!

CREATED BY JONATHAN LARSON DIRECTED BY JAMES SGAMBATI

2019–2020 SEASON SPONSOR



2nd stage productions

Imagined Reality, Sept 7, 7 pm

Bad Reputation, An American Tale, Oct 26, 7 pm & 27, 2 pm

Christmas Sing-Along, Dec 14, 6 pm

Jewel Box
T H E A T R E

225 Iverson St.
Poulsbo, WA
jewelboxpoulsbo.org

ADULT PROGRAMS



POULSBO COMMUNITY ORCHESTRA 2019-20 CONCERT SEASON

Now in its 6th year, the Poulsbo Community Orchestra (PCO) is made up of volunteers

from around Puget Sound. It seeks to provide musicians with a rewarding orchestral experience and give the community free symphony concerts. The PCO is directed by Maestro Mario Alejandro Torres. He rehearses the orchestra in Poulsbo's North Point Church at 1779 NE Hostmark Street from 7-9 pm each Monday of the concert season. He then conducts the PCO in three concerts annually in the North Kitsap Community Auditorium at 1881 NE Hostmark Street in Poulsbo.

Musicians wishing to learn more about PCO membership, including minimum age and playing level expectations, should go to www.poulsbocommunityorchestra.org/minimum-requirements.html. To apply for membership, select "Membership Application" and then click the link to download the form. Applicants are asked to provide pertinent information, identify rehearsals and performances they will attend, and are required to accept certain conditions of PCO membership. The form also lists participation fees which are \$27 for Poulsbo residents and \$35 for non-residents. The City of Poulsbo will bill each musician after the PCO accepts their application. Student scholarships are available. No audition is required. Seating is limited. Direct questions to personnel@poulsbocommunityorchestra.org. Concert and season sponsorships are available.

Rehearsals

Mondays	Sep 16-Jun 1	7-9p	\$35*
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Performances

Christmas Concert	Dec 8	3p	Free
Classical Concert	Mar 22	3p	Free
Summer Pops	June 7	3p	Free

ADULT IMPROVISATIONAL THEATRE

ADULTS AGE 18+ 3 WKS

Sandi Spellman. A 3-week course in the concepts, foundations, and practice of improvisational theater. After an introduction and overview in the first class, we will dive in and PLAY! Each week will build on the previous class(es) to cover a basic toolkit of improv skills. The focus will be on "doing" rather than watching...the only way to explore improv is to be willing to jump in and

participate! Improvisational theater IS true theater and while the magic created may well be funny, the goal is to explore the truth of the human experience. Hand-outs will be provided to outline each class. Fall classes held in Recreation Center Classroom; Winter classes at InMotion Performing Arts Studio, Poulsbo.

Sun	Sep 15-29	3-5p	\$56*
Sun	Nov 3-17	3-5p	\$56*
Sun	Jan 26-Feb 9	3-5p	\$56*
Sun	Mar 1-15	3-5p	\$56*

OIL PAINTING

8 WKS

Julia Turk. Oils on canvas are very rewarding and not difficult to apply, and the results are amazing and will last a lifetime. Landscapes, portraits, still life and pets are some of the subjects that Julia can help both beginning and intermediate students paint. Developing your own unique style is the key! Join other artists as you begin or continue your journey into oil painting! **No class Nov 11 or Feb 17.** Recreation Center Classroom.

Mon	Sep 23-Nov 18	6-8:30p	\$149*
Mon	Jan 27-Mar 23	6-8:30p	\$149*

PASTEL PORTRAIT PAINTING AND DRAWING

8 WKS

Julia Turk. For all levels, beginners upward. Learn to draw life-like portraits of family, friends, and other people, working from photographs. Students will discover how to use pastels effectively to create a portrait that will be admired with pleasure. The shape of the face, placement of features and other identifying characteristics will enable students to draw a portrait, as the possibilities are endless with a little creativity and imagination. **Materials list will be provided at registration.** Recreation Center Classroom.

Tue	Jan 28-Mar 17	2-4:30p	\$149*
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PAINTING WITH WATER: A NEW APPROACH TO WATERCOLOR

8 WKS

Julia Turk. For **experienced** artists looking to bring their art to the next level. Students will use their own works to review traditional watercolor techniques and learn how to analyze color. Students will also use watercolor to participate in some abstract art techniques, as well as refining the traditional ones. During this inspiring, hands-on class, students will bring their own work and expand on individual interests and expression. Julia is an experienced artist whose one-on-one approach can help students take their existing work to the next level. **Material list provided with registration.** Recreation Center Classroom.

Tue	Sep 24-Nov 12	2-4:30p	\$149*
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ADULT PROGRAMS

FAST AND LOOSE WATERCOLORS 3 WKS

Donna Russell. This class is for both the absolute beginner and the more advanced painter who wants to paint in a freer style. Drawing skills are not required. (Really!) It will help you paint faster, more creatively, and have more fun. Donna is a member of the Poulsbo Artist League and the Bremerton Art Guild; her art hangs throughout Kitsap County. **Students will need to purchase their own materials; a materials list will be provided upon registration.** Recreation Center Classroom.



OLYMPIC LANDSCAPES

This course includes suggestions on basic equipment, why and how to modify a photo to make a good painting, basic techniques in handling water and applying paint, simple techniques to make interesting skies, trees, and water, using different brushes, non-brush methods of painting, and color mixing to get rich and realistic colors. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Sep 18-Oct 2 10a-12n \$59*

OLYMPIC TOWNS WITH PEOPLE

Paint stores, cafes, and houses of your favorite towns and put people in them. You can actually do this without losing your mind. This course includes suggestions on basic equipment, why and how to modify a photo to make a good painting, basic techniques in handling water and applying paint, using pen and ink in a simple doable way, using a proportional divider to get the sizes right (available from instructor or on internet), and color mixing so you don't have to buy yet another tube of paint. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Oct 9-23 10a-12n \$59*

FLOWERS

Begonias, daisies, lilacs and hydrangea, pansies, poppies, free choice. This course includes suggestions on basic equipment, why and how to modify a photo to make a good painting, basic techniques in handling water and applying paint, how to mix and apply paint to get luminous flowers, how to give your painting some pizzazz, how to analyze forms to make flowers simple and accurate. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Nov 6-20 10a-12n \$59*

BIRDS

Small birds like chickadees and large birds like geese, sea birds, free choice. This course is intended to free you from just copying a picture of a bird. We will use a Chinese approach that is quick and simple and produces birds with a lot of life and personality. We will try out calligraphy brushes and sumi-e ink (supplied in class by the instructor) as well as more common brushes and watercolor. You can make unique Christmas cards with your own birds. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Dec 4-18 10a-12n \$59*

HOOVES

This course is intended to free you from just copying pictures. If you think you can't paint horses, deer, elephants, bison, and donkeys, then rethink that. We will use an Asian derived technique I call "inside-out painting". Not only do you not have to stay in the lines, there are no lines. We will try out calligraphy brushes and sumi-e ink (supplied in class by the instructor) as well as more common brushes and watercolor. You will find yourself painting animals with energy and personality. We will experiment with a proportional divider available from the instructor or the internet. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Jan 15-29 10a-12n \$59*



**Register
Online!**

CityOfPoulsbo.com/register



ADULT PROGRAMS

ALL ABOUT WATER

This course includes modifying photos to make good paintings of lakes and boats, streams and bridges, and seacoasts with crashing waves. It includes how to modify a photo to make a good painting, information on basic equipment, brush techniques, handling water in your painting, and painting good reflections. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Feb 12-26 10a-12n \$59*

SMALL LIFE

This course includes painting plants and flowers with bees, beetles, hummingbirds, praying mantises, frogs and toads, turtles, and anything else in your backyard. Emphasis will be on modifying photos to make a good painting and not just copying so your paintings have life and personality. It includes information on basic equipment, brush techniques, handling water in your painting, and using a variety of techniques like pen and ink and pouring painting and some Asian techniques. You can make great cards and children's pictures. Illustrate your own children's book. You do not have to be proficient at drawing. Free your inner painter and retire your inner critic.

Wed Mar 11-25 10a-12n \$59*

Because Poulsbo history is your history...

Martinson Cabin Museum
open Saturdays
10-4 in Nelson Park



Heritage Museum
in City Hall, open
10-4, Wednesday
through Saturday

Maritime Museum
open daily 10-4 at
19010 Front St. NE



POULSBO
HISTORICAL SOCIETY

PoulsboHistory.com 360-440-7354

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. Dr. Cross brings over 35 years of teaching, counseling, coaching, and healing to the classes. Contact info: geneseesandra@gmail.com and © 206-498-4343.

USING ART TO TAKE POUNDS OFF! 1 CLASS

Dr. Sandra Cross. A terrific Spring workshop to explore a new way to involve ourselves with a focus on our creativity to get more fit. This is a three-hour workshop to introduce, review, explore, & discuss using bestselling author Julia Cameron's (*The Artist's Way* books) brilliant approach to weight loss. Our workshop will center on her book, *The Writing Diet*, as well as research from: Geneen Roth (*When Food is Love, & Feeding the Hungry Heart*), & Barbara Edelstein, M.D. (*The Woman Doctor's Diet for Women Only*). In addition, we will begin looking at other creative activities as tools. Come and see if this may be a key to gain "access to your own creativity and shed pounds as a result." (Christiane Northrop, M.D.) Held at instructor's studio, 19829 Hamilton Ct. NE, Poulsbo; above garage.

Sat Mar 28 1-4p \$40*

IT'S NEVER TOO LATE!! 5 WKS

Dr. Sandra Cross. A great fall class to renew, restore, and revive! This class is based on research on life's 3rd chapter renewal. We will use Julia Cameron's book *It's Never Too Late to Begin Again*, but also activities & discussions from other research (list given in class). Each week will offer a combination of readings, presentations, activities, discussions, & sharing times to help each of us "discover creativity & meaning at midlife & beyond". Each class will focus on 2 or 3 topics from: Wonder, Freedom, Connection, Purpose, Honesty, Humility, Resilience, Joy, Motion, Vitality, Adventure, & Faith. **No class Oct 7.** Held at instructor's studio, 19829 Hamilton Ct. NE, Poulsbo; above garage.

Mon Sept 30-Nov 4 6-8p \$150*

ADULT PROGRAMS



ACRYLICS: IMPASTO PAINTING WITH ARTIST KNIVES 1 CLASS

Lauriann Atlee. Impasto technique in painting is where paint is laid on in thick layers. Students will use a variety of artist tools, knives, and brushes to create visible strokes and textures. We'll also explore various art gels and products used to thicken acrylic paint. Participants will leave with a completed piece of art. **Canvases and acrylic supplies included, no additional supply fee.** Recreation Center Classroom.

Thu	Sep 19	6-8:30p	\$44*
Thu	Oct 10	6-8:30p	\$44*
Thu	Dec 12	6-8:30p	\$44*
Thu	Jan 30	6-8:30p	\$44*
Thu	Mar 26	6-8:30p	\$44*

CREATIVE INKTENSE ART 4 WKS

Colleen Doeleman. Learn how easy it is to adapt this amazingly versatile ink-like medium to complement almost any art media or even use it alone! This wonderful newer substance is one of the most versatile and multipurpose materials that can be used to create a work of art. Learn how to use and create Inktense on many different surfaces including watercolor paper, fabric, and wood; the possibilities are endless. All skill levels are encouraged to join in the fun. No prior experience is necessary to join! Art is a wonderful way to express yourself, stimulate your imagination and build self-esteem. A new project will be painted each week on a different surface. **A supply fee of \$35 per student is payable to the instructor at the beginning of the first class.** Recreation Center Classroom.

Thu	Feb 6-27	11:30a-1:30p	\$96*
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FAMILY PAINT-IN- AGES 8-ADULT

Colleen Doeleman. Create a painted canvas while spending quality family time together. Each student will paint their own project as the instructor leads you through step by step. Students will be encouraged to put their own unique spin on their art project with a slightly different color pallet and somewhat modified design that suits their own taste in art. You will learn various painting techniques using non-toxic acrylic paints. Each class will be centered on a new project to expand artistic horizons, creativity, and imagination while reinforcing fundamental painting techniques. Art is a fun and wonderful way to express yourself and build self-esteem. **Students under the age of 18 MUST be accompanied by a registered adult. A supply fee of \$10* (*\$18 for your first paint-in which includes your own set of brushes) per student per date is payable to the instructor at the start of each class.** Recreation Center Classroom.

Thu	Sep 26	6-8p	\$39*
Fri	Oct 18	6-8p	\$39*
Thu	Nov 21	6-8p	\$39*
Thu	Dec 19	6-8p	\$39*
Thu	Feb 6	6-8p	\$39*
Thu	Mar 19	6-8p	\$39*

DRAWING ON THE RIGHT SIDE OF THE BRAIN 4 WKS

Drawing Unplugged: Trick Your Inner Art Critic- You CAN Draw!

Deborah Simon. How about a drawing class for those who don't know how to draw, believe they can't draw, or want to improve their skills without appearing inadequate in a room full of artists? Judgment and reason are important brain functions, but they can easily overtake the quieter creative risk-taking that is invaluable in any problem-solving situation. Nurturing the sensitive, free-thinking spirit in this skill has to be done in a way that circumvents reason and tricks judgment into silence. This class features drawing lessons that will teach students to find that risk-taking part of their brains and learn how to give it a voice. Once that voice is allowed to speak, students not only see that they CAN draw, they learn how to make that subtle switch from reason to creativity in other areas of life. This is the real and lasting skill and accomplishment in drawing and art. Activities will cover perspective, positive and negative space, still life, and portrait drawing. **A materials list will be available at registration.** Recreation Center Classroom.

Sat	Nov 2-23	12-2p	\$78*
Sat	Mar 7-28	12-2p	\$78*

ADULT PROGRAMS

Academy for Lifelong Learning (ALL) on the Peninsulas

Courses designed for active adult learners and inspired by the belief that a curious mind never retires.

ALL on the Peninsulas offers short, university-level courses in the fine arts, humanities, current events and politics, as well as natural and social sciences. Make new friends and better your brain in an energizing environment. There are no entrance requirements, tests or grades; this is learning simply for the joy of learning.

Classes are led by engaging instructors, recruited from a diverse pool of current and retired faculty as well as professionals and scholars from the community and taught in a style that encourages interdisciplinary exploration, discussion and exchange of ideas.

ALL courses are offered year-round and convene for three to six weeks, mainly on weekdays. Class sessions are 60-90 minutes in length. Interested adults from all facets of life, working or retired, are welcome to participate.

Course offerings in Poulsbo (held at Olympic College – Poulsbo) as well as other surrounding communities. *Poulsbo fall 2019 offerings include:*

Wild Plants as Food and Medicine

Wed Sep 18-Oct 9 6-8p

The Brontë Sisters: Charlotte, Emily and Anne – Victorian Romanticists

Thu Oct 31-Nov 21 5:30-6:30p

Introduction to Islam

Tue Nov 5-12 6-8:30p

View the complete, current course schedule and register at: oce.wwwu.edu/ALLPeninsulas

Western Lecture Series

Throughout the year, engaging speakers and scholars deliver talks on a variety of academic subjects and world affairs. Presentations are designed to expand your knowledge, provoke thought, enhance understanding and inspire creativity. Every lecture introduces a distinct and interesting topic. **Western Lecture Series is free and open to the public. Registration is not required.**

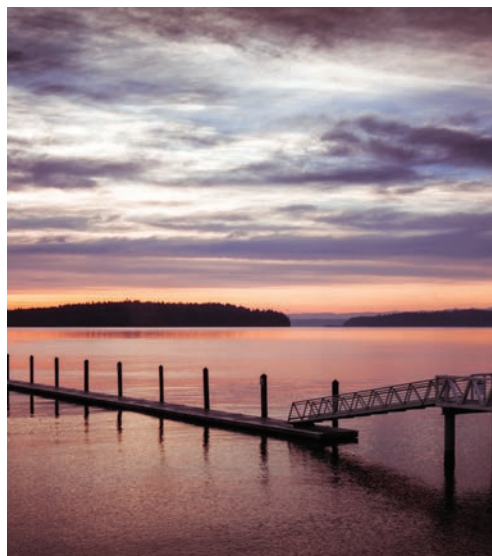
Course offerings in Poulsbo (held at Olympic College – Poulsbo) as well as other surrounding communities. *Poulsbo fall 2019 offerings include:*

Are Salmon Doomed? Hatching a Plan to Save a Northwest Icon

Wed Oct 9 6-7p

What's Age Got to Do with it?

Wed Nov 6 6-7p



ADULT PROGRAMS

UNDERSTANDING DIGITAL PHOTOGRAPHY: BASICS 1 CLASS

Crista Dougherty. This class is designed for beginning DSLR photographers interested in learning the full potential of their cameras. Gain confidence to move away from shooting on auto and get creative control of your images. This hands-on class will cover the fundamentals for exposure, ISO, aperture, shutter speed, controlling depth of field, creating interesting compositions and facing specific challenging scenarios in photography.

Students will need their DSLR camera, and a small notepad and pen or pencil to keep in their camera bag. Please bring a lunch. Recreation Center Classroom.

Sun	Oct 6	1-5p	\$49*
Sat	Dec 7	10a-2p	\$49*
Sat	Feb 1	10a-2p	\$49*



CALLIGRAPHY AND HAND-LETTERING 1 CLASS

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

Sat	Jan 18	10a-1:30p	\$35*
Sat	Mar 28	10a-1:30p	\$35*



UNDERSTANDING DIGITAL PHOTOGRAPHY: INTERMEDIATE 5 WKS

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

Tue	Oct 15-Nov 12	6-8p	\$69*
Sun	Feb 9-Mar 8	2-4p	\$69*

WRITING LIFE STORIES: THROUGH YOUR EYES 8 WKS

Heidi Thorsen. Capturing Memories. Reflecting on Experiences. Leaving Your Legacy. Through Your Eyes is an 8-week course in writing stories of your life. Themes, activities, and priming questions are used to awaken memories seemingly forgotten. A two-page story is 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 grow in understanding of the lives of others as life stories are shared. Whether for personal reflection or for families or friends, these stories become a treasure. Instructor Heidi Thorsen is 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, check out her website at: tyememoirs.com. After a dynamic 8-week session, you will have definitely stretched — backward and forward. Class will be held at the instructor's home studio, 21205 Stottlemeyer Road NE, Poulsbo.

Wed	Sep 25-Nov 13	1p-3p	\$125*
Wed	Sep 25-Nov 13	6p-8p	\$125*
Wed	Jan 8-Feb 26	1-3p	\$125*

ADULT PROGRAMS

SIGN LANGUAGE WORKSHOP

ADULTS ONLY PLEASE

1 CLASS

Nicole Smith. Have you heard about the benefits of sign language? Designed for parents, caregivers and educators of children that are preverbal, have special needs, or those who would like to bring the benefit of American Sign Language to their classroom. Materials available at workshop for purchase. Recreation Center Classroom.

Fri	Sep 13	5:30-7p	\$30*/couple
Fri	Jan 10	5:30-7p	\$30*/couple

SPANISH

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

EASY SPANISH FOR BEGINNERS

6 WKS

This class is designed for those with little or no previous experience in Spanish. We will use stories, music, and conversation to build comfort with a new language. We address basic phonetics and grammar with abundant repetition. Supplemental readings and grammar exercises will be found online. There is no textbook nor materials fee, but you will need internet access to get the most out of class. **No class Nov 27.** NKHS classroom.

Wed	Sep 18-Oct 23	5-6:30p	\$92*
Wed	Oct 30-Dec 11	5-6:30p	\$92*
Wed	Jan 8-Feb 12	5-6:30p	\$92*
Wed	Apr 15-May 20	5-6:30p	\$92*

INTERMEDIATE CONVERSATIONAL SPANISH

6 WKS

If you have studied some Spanish, this course should help you refresh existing knowledge. We use stories, music, and conversation to shake off the cobwebs and to build new understanding. Supplemental readings and grammar exercises will be found online. There is no textbook nor materials fee, but you will need internet access to get the most out of class. **No class Nov 27.** NKHS classroom.

Wed	Sep 18-Oct 23	6:30-8p	\$92*
Wed	Oct 30-Dec 11	6:30-8p	\$92*
Wed	Jan 8-Feb 12	6:30-8p	\$92*
Wed	Apr 15-May 20	6:30-8p	\$92*

FRENCH LESSONS OFFERED BY MYRIAM DESAUNOIS-MULLEN

Orientation meeting for fall & winter sessions, open for drop in anytime, 5-6:30p, to discuss with your instructor your language needs.

Mon, Sep 16, 5-6:30p, Recreation Center, Poulsbo.

L'AVENTURE FRANÇAISE 10 WKS

CONVERSATION FOR TRAVEL: BEGINNING

Myriam Desaunois-Mullen. Are you planning a trip to a French speaking country in the distant future? If so, this will be the class for you! During this 10-week period you will learn travel-related vocabulary and conversational skills. **No class Oct 31, Nov 28.** NKHS Classroom.

Thu	Sep 26-Dec 12	5-6:15p	\$114*
Thu	Jan 16-Mar 19	5-6:15p	\$114*

L'AVENTURE FRANÇAISE 10 WKS

CONVERSATION FOR TRAVEL: CONTINUING BEGINNERS / INTERMEDIATE

Myriam Desaunois-Mullen. Would you like to continue this lovely language? This is a conversational class where you will strengthen your skills by able to discuss topics with other students. **No class Nov 11, Feb 17.**

Class WILL be held on Jan 20 in the Recreation Center Classroom. All other classes held in NKHS classroom.

Mon	Sep 23-Dec 2	5-6:30p	\$134*
Mon	Jan 13-Mar 23	5-6:30p	\$134*

L'AVENTURE FRANÇAISE 10 WKS

CONVERSATION FOR TRAVEL: ADVANCED

Myriam Desaunois-Mullen. Now you are at the top! You have mastered the understanding of this language including grammar, vocabulary, and conversational skills. This class will provide more challenging topics which will make you feel like you are in a French speaking country. **No class Nov 11, Feb 17. Class WILL be held on Jan 20 in the Recreation Center Classroom.** All other classes held in NKHS classroom.

Mon	Sep 23-Dec 2	6:35-8:05p	\$134*
Mon	Jan 13-Mar 23	6:35-8:05p	\$134*



ADULT PROGRAMS

RAAB PARK COMMUNITY GARDEN: (THE P-PATCH)

WELCOME GARDENERS! The Raab Park Community Garden (The P-Patch) is sponsored by the City of Poulsbo Parks and Recreation. There is a maximum allocation of two plots per household. The P-Patch has 51 sunny raised bed garden plots in three sizes:

PLOT SIZE AND ANNUAL FEES

NEW!

Annual Application Fee*	Resident	\$10
*Non-refundable	Non-Resident	\$18

10' x 20'

Resident	\$47
Non-Resident	\$55

10' x 10'

Resident	\$30
Non-Resident	\$38

8' x 2' x 4'

Resident	\$24
Non-Resident	\$32

NEW!

Clean Plot Deposit	All Applicants	\$25
This is refundable if the plot is left cleaned out at the end of the season.		

The gardening year runs March 1, 2020-February 28, 2021. Gardeners must use organic gardening practices, products, and materials. Information and resources on organic gardening are provided, as well as a selection of long handled tools, wheelbarrows and hoses from the lending shed. Produce may not be sold but may be shared or donated to a food bank. Participants are responsible for complying with the "Gardener's Agreement", and reading and understanding the Patch Rules, Regulations and Guidelines. They are also required to keep their plot area clean and looking good.

A Clean Plot deposit is required and will be either rolled over for continuing gardeners or refunded at the end of the gardening season for those who clean their plots and end their rental. This is a year-round garden, with water service provided from April through October. **Plot fees are non-refundable.** For more information, call Parks and Recreation, 360-779-9898



ADULT PROGRAMS

THE POULSBO TREE BOARD

The Poulsbo Tree Board was established in 1997 to advise and educate the Mayor, City Council and citizens on issues pertaining to trees in the city. This includes the promoting of responsible planting of trees on public and private property; promoting public education and proper maintenance of trees; advocating trees within the city; providing for aesthetics within the city through the formulation and implementation of tree programs; developing innovative and joint funding for tree projects from a variety of sources; and providing the Mayor and the City Council with a yearly report regarding Tree Board activities. The 7-member board is a mixture of ISA Arborists, professional educators and scientists, vegetation experts, Master Gardeners, and citizens.

The Poulsbo Tree Board is pleased to offer a series of classes about trees and tree care. Attend one or all of these classes. They are sure to be educational and fun! Please pre-register for planning and communication purposes.

WALK AND TALK: AUTUMN LEAVES ARE TURNING!

1 CLASS

Kevin McFarland, City Arborist; and Tree Board members. Join us as we enjoy a pleasant afternoon walk through the city's neighborhoods and look at beautiful fall color. Tree identification characteristics, exceptional attributes and special management needs will be discussed as well. Discover new trees to grow in your own garden or landscape! Location to be announced.

Sun Oct 13 1-2:30p FREE
(please pre-register for planning purposes)

DESIGNING WITH TREES IN THE LANDSCAPE

1 CLASS

Jim Leary, Poulsbo Tree Board member, Architect and Master Gardener and Gayle Larson, Poulsbo Tree Board member, Garden Designer, Master Gardener. It is often helpful to have a design plan in hand (or at least a few ideas) before buying trees for your garden. Design considerations include mass, form, line, texture, and color, but gardeners also need to consider tree attributes such as height, width, soil and water needs, light needs, and other cultural needs. Recreation Center Classroom.

Tue Nov 19 7-8:30p \$8

TREE BIOLOGY: HOW DO TREES WORK?

1 CLASS

Jenise Bauman, Poulsbo Tree Board member, Restoration Ecologist and Professor at WWU Huxley College of the Environment on the Peninsulas; Terri Jones, Poulsbo Tree Board member, Professional Forester (retired). Understanding how a tree functions helps you make decisions regarding tree care and management. Learn how trees grow above and below ground, how they make and utilize food, and how they move and use water and nutrients. This is a great foundation for the other classes in this series. Recreation Center Classroom.

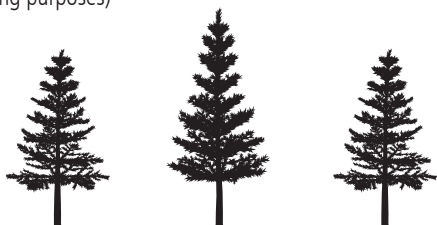
Wed Feb 26 7-8:30p \$8

WALK AND TALK: GREAT TREES FOR WINTER INTEREST

1 CLASS

Kevin McFarland, Poulsbo City Arborist; Poulsbo Tree Board members. Join us as we enjoy a pleasant afternoon walk through the city's neighborhoods and parks to find trees that stand out during winter. Tree identification characteristics, exceptional attributes and special management needs will be discussed as well. Discover new trees to grow in your own garden or landscape! Site to be announced.

Sun Mar 1 1-2:30p FREE
(please pre-register for planning purposes)



ADULT PROGRAMS

THE ABC'S OF PRUNING ORNAMENTAL TREES

1 CLASS

Bess Bronstein, Poulsbo Tree Board member, Horticultural Consultant, ISA Certified Arborist. Understanding tree structure, growth and response is as important for successful pruning as knowing how to make proper pruning cuts. Learn the basics of tree growth and structure, types of pruning cuts, and what responses to expect from your cuts. Recreation Center Classroom.

Tue Mar 3 7-8:30p \$8

PRUNING ORNAMENTAL TREES: FIELD DEMONSTRATION 1 CLASS

Join Poulsbo City Arborist Kevin McFarland and Poulsbo Tree Board members and ISA Certified Arborists as they demonstrate the proper pruning techniques used for pruning ornamental trees. Tools and sharpening will also be covered. Site to be determined.

Sun Mar 8 1-3p FREE

(please pre-register for planning purposes)

FRUIT TREE PRUNING

1 CLASS

Kevin McFarland, Poulsbo City Arborist; and Bess Bronstein, Poulsbo Tree Board member, Horticultural Consultant, ISA Certified Arborist. Knowing how and when to prune for fruit is much different than pruning an ornamental tree. Learn about the different approaches for different fruit types, including training and timing. Learn tips on how to increase fruit production, improve branch structure, and renovate older, non-productive trees. If you have a home orchard, this class is for you! Recreation Center Classroom.

Tue Mar 10 7-8:30p \$8

FRUIT TREE PRUNING: FIELD DEMONSTRATION

1 CLASS

Kevin McFarland, Poulsbo City Arborist and Poulsbo Tree Board members. Join ISA Certified Arborists as they demonstrate the proper pruning techniques used for pruning a variety of fruit trees. Tools and sharpening will also be covered. Site for field demonstration will be announced prior to class.

Sun Mar 15 1-3p FREE

(please re-register for planning purposes)

TREE SELECTION AND PLANTING

1 CLASS

Jenise Bauman, Poulsbo Tree Board member, Restoration Ecologist and Professor at WWU Huxley College of the Environment on the Peninsulas; Janet Brown, Poulsbo Tree Board member, PSE Utility Arborist, ISA Certified Arborist The most successful tree planting occurs when the right tree is selected for the site, and then planted correctly. Learn about great ornamental trees that do well in the Pacific Northwest, and what attributes you should look for when selecting your tree. Once you have decided on a tree, then you need to plant it correctly so it will thrive. This class will teach you the steps needed to plant and take care of your new tree so that it will live a healthy full life. Recreation Center Classroom.

Tue Mar 17 7-8:30p \$8



ADULT PROGRAMS

GARDENING WITH JOE SEALS

SERIES OF ONE-CLASS WORKSHOPS

Joe Seals is a degreed horticulturist whose experience includes that of marketing director with the largest seed companies in the world, director of the horticulture program for LMUSD, board member for botanical gardens, All-America Selections judge, nursery owner and manager, and an editor and writer for Sunset Books and Magazine. He's taught for various colleges including UCLA and has spoken to professional and trade horticulture groups in the US and in Europe. Joe has published one book "Essentials of Gardening," and is currently finishing his latest book "Back to the – NEW – Basics of Gardening." He also happens to be Poulsbo's newest Tree Board member and has been a passionate hands-in-the-dirt gardener for more than 50 years. Mr. Seals offers the following gardening classes for fall and winter. **Please register early, as the classes fill quickly!**

All classes are held in the Recreation Center Classroom.

BULBS FOR SPRING COLOR

An inspiring and information-filled slideshow "walk" through over 100 of the most stunning and easiest flowers we can and should plant. There's a lot more than just daffodils and tulips (but this class covers some special versions of those, as well). **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Sept 25	6:30-9p	\$15
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PERENNIALS FOR PNW GARDENS – THE BEST, THE SPECIAL, THE RARE

An inspiring illustrated slideshow "walk" through over 100 of the plants that keep on giving. Covers the tried-and-true, the spectacular and the one-of-a-kind (in your neighborhood, at least). **A materials fee of \$5 is due to the instructor at the start of class.**

Thu	Oct 3	6:30-9p	\$15
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CREATING A NATIVE LANDSCAPE

An introduction to the plants of Northwest Washington that look good and do well as landscape plants, and how to lay out a garden with them. Native plants thrive on our soils, do well with whatever rain comes our way and hold up to most diseases and pests our gardens might ordinarily get. Natives are also the best way to encourage birds, butterflies, bees, and other pollinators. The class covers which do well in shade, sun, wet soils, dry soils, etc. Plenty of landscape design tips. **A materials fee of \$5 is due to the instructor at the start of class.**

Wed	Oct 9	6:30-9p	\$15
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RIGHT PLANT, RIGHT PLACE

This is THE most important concept to understand to be a successful gardener. This is about how to select plants that really fit your garden and landscape if you want to reduce (or maybe completely eliminate) maintenance and problems. Learn why some of your already struggling plants are struggling. Discover how our type of climate is so important in the plant choices you make and learn what "zone" you're really in. Find out what makes up our native soils and why they can grow spectacular landscape plants – if you choose right. Finally, this class provides the details of that mysterious and magical thing called "microclimate." **A materials fee of \$5 is due to the instructor at the start of class.**

Thu	Oct 17	6:30-9p	\$15
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HOW TO DESIGN (OR RE-DESIGN) YOUR LANDSCAPE

Covering the principles of design, some of the important practical steps and plenty of creative tips. For those who are starting with a blank slate to gardeners who want to polish their creation or simply tweak around the edges. **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Oct 23	6:30-9p	\$15
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ADULT PROGRAMS

WHAT GARDENERS NEED TO KNOW ABOUT SOIL

This class is about the science, the spirit, and the soul of soil. It covers what soil is made of — hint: it's not "dirt" — with emphasis on humus and the living community (the "edaphon"). Plus, what some of our native soils are like and how water moves on and in your own soil. Before you crank up the tiller, step on that shovel or put down that layer of wood chips, you need to attend this class. It's suggested students take the sequel class, *"Taking Care of Your Soil,"* after this one.

Thu	Oct 31	6:30-9p	\$15
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TAKING CARE OF YOUR SOIL

There's plenty of old myths and bad practices when it comes to helping garden soil become the best it can be. This class will dispel some of those and provide insight and practical steps to truly improve the overall health of your soil. Spoiler: it doesn't include amending. Although not necessary, it's highly recommended to also take "What Gardeners Need to Know about Soil" before this class. **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Nov 6	6:30-9p	\$15
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SOME GARDENING FUNDAMENTALS FOR BEGINNERS

The basics: climate and climate zones, when to plant what, buying the best plants, improving soil, planting methodology, watering principles and techniques, some pruning nitty-gritty, a few good words to know, along with the one principle that leads to more gardening success than any other. In advance of the class, students will receive an "e-out" of the most common mistakes and the biggest myths of gardening. **A materials fee of \$2 is due to the instructor at the start of class.**

Thu	Nov 14	6:30-9p	\$15
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HOUSE PLANT ESSENTIALS

Indoor plants are proven to enhance our health, productivity, and creativity, and in this fast-paced world they also help calm us down. This class will help you create an indoor garden — or jungle — starting with the basics of finding the right plant for the spot you have and how to keep it thriving. Includes the basics of potting, watering, and feeding along with some pest and disease management tips. By the way, this class has nothing to do with that popular finicky green-leafed plant so popular in the PNW. **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Jan 8	6:30-9p	\$15
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SEEDS: BASICS OF SOWING

If you're planning on sowing early indoors, here's what you need, what the seeds and seedlings need and what it takes to get your babies from the house to the garden. Or if you're sowing directly to the garden soil, this also includes how to do it most efficiently and effectively. Plus, the scoop on "open-pollinated," "heirlooms" and "hybrids."

Thu	Jan 16	6:30-9p	\$15
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ALL ABOUT THE SHADE GARDEN

Planning and maintaining this ubiquitous PNW garden concept. The best plants (with a slide show), useful design tips and, of course, ways to prevent the problems unique to shady sites. **A materials fee of \$5 is due to the instructor at the start of class.**

Wed	Jan 22	6:30-9p	\$15
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GARDEN PEST MANAGEMENT WITHOUT PESTICIDES

Managing garden pests is not about which pesticide to use or which homemade concoction works on the garden beasties. It's about being proactive rather than reactive; it's about putting that ounce of prevention to work for you. This class presents an integrated approach to keeping your plants — the ornamental and the

ADULT PROGRAMS

edible – free from diseases and insects in multiple ways. And just in case something does find its way into your yard, we'll tell you how to tackle it in proven ways. **A materials fee of \$5 is due to the instructor at the start of class.**

Thu	Jan 30	6:30-9p	\$15
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CONTAINER GARDENING

What you and the plants need, how to plant the plants, how to grow them (covering watering and feeding and pinching), plus creative container garden tips. Covers seasonal containers and perennial containers. **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Feb 5	6:30-9p	\$15
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SEASONAL SUMMER COLOR – FLOWERS AND FOLIAGE FROM ANNUALS, BULBS AND TENDER PERENNIALS

These are the glamorous shooting stars of the summer garden, the ones that fill in the gaps, make the bold statements and can fit in almost anywhere. For those who like to lush up their gardens. **A materials fee of \$5 is due to the instructor at the start of class.**

Thu	Feb 13	6:30-9p	\$15
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WEEDS!!

A full-on approach to overcoming the biggest complaint in gardening. Why weeds are weeds and what to do to minimize them from happening. **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Feb 19	6:30-9p	\$15
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VEGETABLE GARDENING – A BEGINNER'S GUIDE

This class starts with the basics of location, timing and whether to use seeds or plants. Then it'll cover the best ways to build a better soil and onto the "intensive" practices of raised beds, close spacing, interplanting, succession and relay planting, vertical gardening, no-till mulching, and rotation. Along with a few tips on pest management. All in 2 ½ hours; bring a fast pencil. **A materials fee of \$5 is due to the instructor at the start of class.**

Thu	Feb 27	6:30-9:00p	\$15
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EASY PLANTS FOR AN EASY LANDSCAPE

Low maintenance starts with the right plant. If you'd like to save time and money, pick the plant that fits the climate, the soil, the environment. Really nice slide show. **A materials fee of \$5 is due to the instructor at the start of class.**

Wed	Mar 4	6:30-9:00p	\$15
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BIRD AND BUTTERFLY GARDENING

This class with a beautiful slide show illustrates how to add the components necessary to turn your landscape into a magnet for these flying beauties. Bonus: guidelines for a pollinator garden. **A materials fee of \$2 is due to the instructor at the start of class.**

Thu	Mar 12	6:30-9:00p	\$15
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GREAT TREES

Trees are the "big bones" of every landscape and it's important to choose trees that suit your conditions, are in scale with your house and property, and fit in with the amount of maintenance you want to give. This class with slide show covers the best trees for Kitsap, with emphasis on those for smaller properties (but enough of the grand guys to please the even the large-scale gardener). **A materials fee of \$2 is due to the instructor at the start of class.**

Wed	Mar 18	6:30-9:00p	\$15
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ADULT PROGRAMS

MANAGING THE LARGER LANDSCAPE SUSTAINABLY

Joe Seals. This class is a special series of 3 sessions; sessions are not offered separately. **A materials fee of \$10 is due to the instructor at the start of the first class.** Poulsbo Location TBD.

Class 1: Managing Design

Includes: Design Considerations and Issues; Where to Start: Steps in the Process – Planning or Re-Planning; Existing Native Flora; Privacy/Security; Designing with and for Water; Designing for Lower Maintenance; Large-scale Planting Practices; Companion Non-natives.

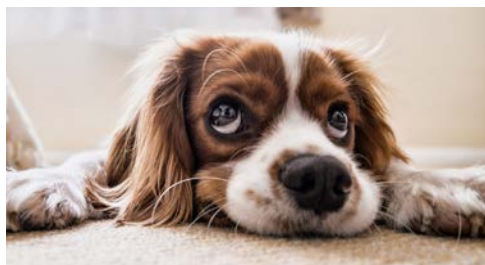
Class 2: Managing Soil

Includes: Initial Steps; Cover Cropping; Composting and Mulching; Long-term Soil Management.

Class 3: Managing Maintenance

Includes: Sustainable Maintenance Practices; Minimizing Resource Input; Preventative Pest Management; Weed Clearing and Proactive Weed Management; Protecting Against Wildlife.

Mon	Dec 2-16	6-9p	\$55*
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CANINE 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. You can choose to not bring your dog and work with our “demo dog” if you would like. **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 Classroom.

Fri	Oct 4 & 11	7-8:30p	\$55*
Fri	Mar 20 & 27	7-8:30p	\$55*

RESTART – A NUTRITIONAL WORKSHOP FOR ALL AGES AND BODY TYPES

5 WKS

Carly Michelson, Nutritional Therapy Practitioner (NTP). Are you ready for increased energy, enhanced cognitive performance, better more restful sleep, decreased anxiety, stabilized moods, and balanced hormones? Reboot your system with real food and balance blood sugar in this course. RESTART is a 5-week program... part nutrition class, part sugar elimination, part support group – an empowering combination! This program is perfect for all body types, whether your body needs a quick reset, or you’re embarking on a whole new health journey. This class is the perfect place to start. **A supply fee of \$30 for cookbooks and journals is payable to the instructor at the first class.** Recreation Center Classroom.

Week 1 – How to prepare for your real food sugar detox challenge.

Week 2 – Learn about macronutrients and proper digestion.

Week 3 – Learn about cravings, sugar stress and property blood sugar balance.

Week 4 – The skinny on fats and why they are vital to optimal health.

Week 5 – Tools and tips on how to move forward, as well as a celebration of your successes!

Tue	Oct 1-29	6:30-8p	\$195*
Tue	Jan 28-Feb 25	6:30-8p	\$195*



ADULT PROGRAMS

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. Dr. Cross brings over 35 years of teaching, counseling, coaching, and healing to the classes. Contact info: geneseesandra@gmail.com and © 206-498-4343.

USING ART TO TAKE POUNDS OFF! 1 CLASS

Dr. Sandra Cross. A terrific Spring workshop to explore a new way to involve ourselves with a focus on our creativity to get more fit. This is a three-hour workshop to introduce, review, explore, & discuss using bestselling author Julia Cameron's (*The Artist's Way* books) brilliant approach to weight loss. Our workshop will center on her book, *The Writing Diet*, as well as research from: Geneen Roth (*When Food is Love, & Feeding the Hungry Heart*), & Barbara Edelstein, M.D. (*The Woman Doctor's Diet for Women Only*). In addition, we will begin looking at other creative activities as tools. Come and see if this may be a key to gain "access to your own creativity and shed pounds as a result." (Christiane Northrop, M.D.) Held at instructor's studio, 19829 Hamilton Ct. NE, Poulsbo; above garage.

Sat	Mar 28	1-4p	\$40*
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IT'S NEVER TOO LATE!! 5 WKS

Dr. Sandra Cross. A great fall class to renew, restore, and revive! This class is based on research on life's 3rd chapter renewal. We will use Julia Cameron's book *It's Never Too Late to Begin Again*, but also activities & discussions from other research (list given in class). Each week will offer a combination of readings, presentations, activities, discussions, & sharing times to help each of us "discover creativity & meaning at midlife & beyond". Each class will focus on 2 or 3 topics from: Wonder, Freedom, Connection, Purpose, Honesty, Humility, Resilience, Joy, Motion, Vitality, Adventure, & Faith. **No class Oct 7.** Held at instructor's studio, 19829 Hamilton Ct. NE, Poulsbo; above garage.

Mon	Sept 30-Nov 4	6-8p	\$150*
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CONFLICT RESOLUTION 4 WKS

Deborah Simon. Who doesn't find themselves in the midst of conflict on a daily basis? Because we live in society, conflict is a fact of life, but amazingly, it is a fact that is frequently misunderstood and rarely a subject of study outside of psychological and sociological circles. Add in emotions and you have a recipe for avoidance at best and disaster at worst. Why do we fight other people? How should we respond when confronted? What makes us so angry at one time and not another—with one person and not another? In this class, we will peel back those layers and discover, individually and together, what conflict is, what our role is, how we each respond to it, how to be our own master, and what impact communication and perspective have on conflict resolution. **Class requirements/prerequisites:** We will be involved in many activities during this class. Students must come prepared to have fun with a good attitude, but they must also come with an attitude of cooperation so that others can have fun. North Kitsap High School Classroom.

Tue	Sept 24-Oct 15	7-8:30p	\$60*
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HOW TO BUILD A FREE WEBSITE & BLOG!! 2 CLASSES

Jami Sipila, owner of Pacific Northwest video production & media company, LondonBLUE Studios. The goal of this class is to teach you basic level practical application of Wix, so you can build a site of your own! You will learn how to set up an account with Wix.com, learn basic navigation of the editor and how to work within a template. We will create "Home", "Contact", and "About" pages to make it a functional web site for you or your business. You will also learn about adding different types of content including text, pictures, and video. Please have 10-20 photos saved on your computer that can be used on your site. Please also have 2 pre-written paragraphs, one for your "About" page and one for your "Home" page, saved in Word, Google Docs, or your email. **Some computer and internet knowledge are required.** Information will be taught as a class, not on a one-on-one basis, so please be prepared for a small classroom environment. It is recommended that you plan to take notes through the lesson. **You should bring a laptop & have an email account (any provider) to follow along but are welcome to come and take notes if you don't.** For class questions, please feel free to contact Jami directly by emailing her at LondonBlueStudios@gmail.com. (See LondonBlueStudios.com & MickkeysMagicalAdventures.com for web site examples). Recreation Center Classroom.

Tu/Th	Dec 10 & 12	7-9:30p	\$92*
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Tu/Th	Mar 24 & 26	12-2:30p	\$92*
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KITSAP SALMON FREE VIEWING SITES

November 9, 2019 | 11 am - 3 pm

KETA LEGACY FOUNDATION RHODODENDRON PRESERVE

Tours held at 11 am and 1:30 pm.
2401 Seabeck Highway, Bremerton

CHICO CREEK MOUTH

4270 Kittyhawk Drive NW, Bremerton

ERLANDS POINT PRESERVE

East of the corner of Chico Way NW
and Erlands Point Rd. NW, Bremerton

SALMON HAVEN AT DICKERSON CREEK

Northlake Way NW and
Taylor Road, Bremerton



JARSTAD PARK

4230 W. Belfair Valley Road, Gorst

COWLING CREEK

20325 Miller Bay Road, Poulsbo

POULSBO'S FISH PARK

288 NW Lindvig Way, Poulsbo

CLEAR CREEK TRAIL RIDGETOP PAVILION

9228 Ridgetop Blvd., Silverdale



For more information and other possible viewing dates:
KitsapSalmonTours.org, 360.337.7157

Brought to you by City of Bremerton, Chico Salmon Park Stewardship Group, Clean Water Kitsap, Clear Creek Task Force, Friends of Miller Bay, Great Peninsula Conservancy, Hood Canal Salmon Enhancement Group, Keta Legacy Foundation, Kitsap County, Kitsap Poggie Club, Kitsap PUD, Kitsap Regional Library, City of Poulsbo, Suquamish Tribe, Washington Dept. of Fish and Wildlife, Washington Sea Grant, and WSU Extension

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact Amy Linhart in advance at 345 6th Street, Suite 550, Bremerton, WA 98337, amy.linhart@wsu.edu

ADULT PROGRAMS

RAISING THE OUTLIERS / EDUCATING THE OUTLIERS

Deborah Simon. Do you have (or work with) a child who:

- is wise beyond their years (sometimes with everything but their schoolwork)
- can crumble into sobs, glow with intense happiness, or break down into a tantrum all within the space of a few hours
- doesn't hear, see, or respond to anything but the narrow focus of what they are working on at the time (usually with anything except housework)
- painfully good at OR painfully unable to read and/or organize themselves?

Then they may be one of the outliers, also known as gifted and/or twice-exceptional, but those terms can be emotionally charged and frequently misunderstood. Applying any of these terms to such intense little humans isn't a matter of labeling. It's a way of quantifying who they are so that we can help them succeed at being all they can be. After all, an outlier doesn't stop being an outlier when they leave school for the day or when they grow up. It's who they are and how they see the world. Classes held in the Recreation Center Classroom.

RAISING THE OUTLIERS 1 CLASS

Deborah Simon. Come learn about giftedness and twice-exceptionality (2e) and how the gifted/2e mind works. We'll talk about raising gifted/2e kids, being a gifted/2e kid, and how gifted/2e kids grow up to be gifted/2e adults (and parents!). We'll explore intensities, quirks, and characteristics. And you'll leave with resources, ideas, and assurances that you're not alone in this journey.

Wed	Oct 30	7-9p	\$20
Wed	Jan 29	7-9p	\$20

EDUCATING THE OUTLIERS 1 CLASS

Deborah Simon. Teaching gifted/2e kids is more than just deciding what classes they will take in which school program. Will (can) you homeschool? What about on-line classes/schools? Or mentoring? We'll talk about lifelong options for gifted/2e students and investigate avenues for these amazing little learners. You'll leave with resources, ideas, and a renewed sense of excitement for your role in your student's life.

Tue	Nov 12	7-9p	\$20
Wed	Mar 11	7-9p	\$20

Marilyn M. Miller is a registered investment adviser, dba Federal Benefits Advisors, in the State of Washington. She is licensed for life, annuities, long term care, final expenses, and disability insurance in WA.

SOCIAL SECURITY: WHAT YOU SHOULD KNOW BEFORE YOU RETIRE 1 CLASS

Marilyn Miller. As if navigating Social Security isn't daunting enough; employees at the Social Security Administration 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. Course includes workbook materials. There is no cost for the report, but attendee will need to schedule a time to meet with Marilyn in her Poulsbo office for review.** Recreation Center Classroom.

Tue	Sep 17	6:30-7:30p	\$25
Thu	Oct 17	6:30-7:30p	\$25
Sat	Nov 16	10-11a	\$25
Tue	Jan 21	6:30-7:30p	\$25
Thu	Feb 20	6:30-7:30p	\$25
Sat	Mar 21	10-11a	\$25



ADULT PROGRAMS

FINANCIAL SEMINAR SERIES 1 CLASS WORKSHOPS

Don Soderquist, CMFC, Financial Advisor with Waddell & Reed, is offering the following financial and investment classes to the community this fall and winter. For questions regarding the workshops, please contact him at (360) 613-7030.

Everyone who attends will receive a free full-color workbook. All classes are held in the Recreation Center Classroom.

Don Soderquist and Waddell & Reed receive no compensation for the seminar. Registration fees are charged by Poulsbo Parks & Recreation, which Waddell & Reed has no affiliation to. Securities and investment advisory services offered through Waddell & Reed, Inc., a Broker/Dealer, Member FINRA/SIPC and a Federally Registered Investment Advisor. Insurance products are offered through insurance companies with which Waddell & Reed has sales arrangements.

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 Sep 24 6-7:30p \$10

Long-Term Care

This presentation discusses the ins and outs of long-term care, the reasons it is needed and how to plan for it financially. Careful financial planning can help protect you and your family from debilitating bills associated with long-term care.

Tue Nov 5 6-7:30p \$10

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.

Wed Feb 12 6-7:30p \$10

Money Management: Identifying Issues and Opportunities

Planning for a sound financial future starts with basic money management. This seminar covers money management basics, managing financial risks, retirement funding and how to begin the financial planning process.

Mon Mar 30 6-7:30p \$10



Tuba Christmas

Free Family Event

**Saturday
December 14
3:00 PM**

*Muriel Iverson
Williams Waterfront Park*

Jas Linford, conductor



Local tuba, sousaphone, euphonium, serpent and ophicleide players of all ages and backgrounds will play traditional Christmas Carols in a free public concert.

The public is invited for a holiday sing-along.



For more information call
Doug Murray at 360-620-7733.

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. Limited showers are available. Bring a water bottle and a towel and/or exercise mat for 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
8:10-9:10am	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)	Yoga Basics (Lori)	TNT: Tighten & Tone (Lori)
5:30-6:30pm	Yoga (Jolene)		Yoga (Drew)		

YOGA BASICS

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

TNT – TIGHTEN ‘N TONE

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

YOGA

Jolene Culbertson, RYT 200. Gain greater flexibility and strength with a focus on basic yoga postures, alignment, and breath in a non-intimidating environment. This class is perfect for all levels of experience and fitness.



YOGA

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

CHAIR YOGA

6 WKS

Jolene Culbertson. Come join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an ARNP, RYT 500 with 40+ years of both medical and yoga experience. **No class Nov 11, Jan 20, or Feb 17.** Recreation Center.

Mon	Oct 21-Dec 2	4-5 pm	\$57*
Mon	Jan 6-Feb 24	4-5 pm	\$57*
Mon	Mar 2-Apr 6	4-5 pm	\$57*

FAMILY YOGA

4 WKS

AGES 8-ADULT

Leah Lovely. Mid-day yoga that caters to homeschool families or adults looking to relax a bit on their lunch break. Everyone is welcome for this mid-day fitness class. Recreation Center Gym.

Tue	Oct 1-22	11:45-12:30p	\$45*
Tue	Nov 5-26	11:45-12:30p	\$45*
Tue	Jan 14-Feb 4	11:45-12:30p	\$45*
Tue	Mar 3-24	11:45-12:30p	\$45*

WEIGHT ROOM

The Recreation Center offers separate weight room and cardiovascular equipment for the community's use. There are various weightlifting 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.

ADULT FITNESS & SPORTS



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.

WALLYBALL

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

PICKLEBALL!

Stop in and try out 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. Poulsbo Middle School Gym.
Sundays 6-8p \$3 drop-in
Fees are paid at the gym.

FACERCISE!!! TAKE YEARS OFF YOUR LOOKS! 1 CLASS

Kathy Parslow. Facercise is a series of 14 medically developed exercises that tone and tighten the 57 muscles of the neck and face. Your skin will lift too, since it is attached to muscle. Used by rock stars, movie stars and royalty, it's call "Hollywood's best kept secret". The New York Times writes, "Facercise bends time's arrow the other way." Take decades off your face in just minutes a day with Facercise – the technique that works better than any wonder cream you've ever tried!

Fri	Sep 27	5:30-7p	\$75*
Thu	Nov 7	6:30-8p	\$75*
Tue	Jan 14	6:30-8p	\$75*
Tue	Mar 24	6:30-8p	\$75*

SELF DEFENSE WORKSHOP FOR WOMEN

AGE 13 THRU SENIORS 1 CLASS

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. Great for young women headed to college. Recreation Center Gym/Classroom.

Sat	Sep 28	10a-1p	\$38*
Sat	Oct 12	10a-1p	\$38*
Sat	Feb 8	10a-1p	\$38*
Sat	Mar 28	10a-1p	\$38*

Are you interested in a private Self Defense class with Mr. Cain for yourself, your group or business? Give us a call to schedule one, 360-779-9898. \$145 per 3-hour class, maximum of 8 participants.

UH, OH!

IT'S BEEN CANCELLED?!



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

Please remember to register early to avoid disappointment!



ADULT FITNESS & SPORTS

Kickboxing instructor Russ Middleton was a student at the Evolving Body Mind Kung Fu Academy of Oakland CA (EBM) www.kungfu.net for over 20 years. Russ is an expert in San Shou, Hsing I and Northern Shaolin. Russ began his training at EBM with Northern Shaolin under David Tircuit, then became the first San Shou competitor on the Oakland San Shou Team under Brent Hamby. As a San Shou fighter in the 80-kilo class, Russ holds several titles including USAWKF National Champion and has competed in professional San Shou in China and has served as a US San Shou Team member in 2003 and 2005 in Macau and Hanoi. Russ is one of the very few non-Chinese fighters to win a pro San Shou fight in China.

TRADITIONAL CHINESE KICKBOXING NEW CLASS!

ADULTS

8 CLASSES / DEC-6 CLASSES

Russ Middleton. Train and get in shape! Conditioning, Cardio, Stretching are the focus of this San Shou inspired fitness class. Emphasis will be placed on safety, instructing proper technique, and developing strength and flexibility. **Class materials/attire: the instructor will provide kicking and punching pads. Participants are required to bring their own boxing gloves. 14-16-ounce gloves are recommended and there are many affordable gloves online. Recommended attire is loose fitting shorts and a comfortable t-shirt. Shoes are not worn. No class Nov 11. Class WILL be held on Jan 20 & Feb 17.**

Recreation Center Gym.

M/W	Sep 4-30	7-8p	\$55*
M/W	Oct 2-28	7-8p	\$55*
M/W	Oct 30-Nov 27	7-8p	\$55*
M/W	Dec 2-18	7-8p	\$42*
M/W	Jan 6-29	7-8p	\$55*
M/W	Feb 3-26	7-8p	\$55*
M/W	Mar 2-25	7-8p	\$55*

Register for both the Fitness and Technique classes in the same session and pay only \$99 (*\$89 for 3-wk Dec session).

TRADITIONAL CHINESE KICKBOXING: SPARRING, TAKEDOWNS & THROWS NEW CLASS!

ADULTS

8 CLASSES / DEC-6 CLASSES

Russ Middleton. The focus of San Shou is free standing kickboxing techniques; kicks, knees, elbows, and punches, while incorporating takedowns and throws. The dynamic interplay of kickboxing with wrestling and grappling moves make it a unique and powerful form of self-defense. Emphasis will be placed on safety, instructing proper technique, and developing strength and flexibility. **Class materials/attire: the instructor will provide kicking and punching pads. Participants are required to bring their own boxing gloves. 14-16-ounce gloves are recommended and there are many affordable gloves online. Recommended attire is loose fitting shorts and a comfortable t-shirt. Shoes are not worn. No class Nov 11. Class WILL be held on Jan 20 & Feb 17.** Recreation Center Gym.

M/W	Sep 4-30	8-9p	\$55*
M/W	Oct 2-28	8-9p	\$55*
M/W	Oct 30-Nov 27	8-9p	\$55*
M/W	Dec 2-18	8-9p	\$42*
M/W	Jan 6-29	8-9p	\$55*
M/W	Feb 3-26	8-9p	\$55*
M/W	Mar 2-25	8-9p	\$55*

Register for both the Fitness and Technique classes in the same session and pay only \$99 (*\$89 for 3-wk Dec session).

ADULT FITNESS & SPORTS

Brazilian Jiu-Jitsu & Yoga Warrior Buddha

Adults & Kids

Present This Flyer For A Week Trial

20301 Bond Rd NE Ste. 100 & 200, Poulsbo WA | 7995 NE Day Rd W Ste. A, Bainbridge Island WA

WarriorBuddhaBJJ.com | @WarriorBuddhaBJJ



LEARN TO ROW WITH KITSAP ROWING ASSOCIATION

Have you seen our boats out on Liberty Bay and wanted to try rowing? Curious about the fastest growing sport in America, 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 4- or 8-person shell before and has an interest in learning the sport. Rowing is a non-impact lifetime sport, and our club has members ages 18 – 70+. Rowing utilizes all of the body's major muscle groups and provides for both a strength and cardio workout. The sport is team oriented and lots of fun. We have a great location at the Poulsbo Marina and row year-round both in the mornings and early evenings. **LTR Participants should have no active knee or back issues, be able to lift 30 lbs overhead, do a squat, and have knee and back flexibility to get in and out of a shell.** Each 12-hour class consist of 3 sessions: one on-land and 2 on-water sessions. The goal of the LTR is to teach you the basics of rowing in preparation to join our regular rowing sessions.

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

Wed	Sep 4	On Land:	6-8:30p
Sat	Sep 7	On Water:	6-11a
Sun	Sep 8	On Water:	6-11a
Session fee:			\$199*

SENIOR PROGRAMS

SMART PHONE 101

1 CLASS

Crista Dougherty. Is your phone smarter than you? In this class, students will learn the basics about Smart Phones. Phone settings, apps, contacts, photos, text messaging, maps and of course, using it as a phone.

Bring your phone and your questions. Recreation Center Classroom.

Mon	Sep 30	1-3p	\$18
Mon	Nov 18	1-3p	\$18
Mon	Jan 27	1-3p	\$18
Mon	Mar 16	1-3p	\$18

SENIOR PROGRAMS & EXCURSIONS ROUND TABLE

Everyone is invited!! Come join Parks and Recreation staff to brainstorm about senior programs and excursions – what kind of programs would you like to see offered through Parks and Recreation? Where would you like to go on the excursions? What can we offer to keep people interested and engaged? We want to hear from you – the people who sign up for the programs. We'll have muffins and beverages to share. Recreation Center Classroom.

Wed Jan 8 10:30a

SENIOR TRIPS AND EXCURSIONS

Poulsbo Parks and Recreation and Martha and Mary Health Services (MMHS) are pleased to be providing Senior Trips and Excursions for the community! This partnership will utilize MMHS's comfortable, 16-passenger minibus, while Parks and Recreation will continue to plan and implement fun, day-long excursions throughout the Northwest. We will also be using NW Passage Charters & Tours busses for some of the trips, as noted in the trip description (NWPCT). We will continue to utilize and enjoy the senior trip driver volunteers that you have gotten to know over the years, along with a few new ones.

To reserve a space on a trip, you may register online, come to the Recreation Center, or mail in your registration as soon as you receive your brochure. Fees usually include transportation and ferry, with admission and lunch on your own. Trips fill up quickly, so get your reservation in soon. Waiting lists will be formed for all trips filled. **No credit will be issued prior to the trip UNLESS your place can be filled.** The departure and return point for all trips is the Recreation Center. We have 3 trips this session that utilize a 24-passenger charter bus. Typically, there is a minimum of 12-13 (or 20 for the larger bus) participants per trip.

****New this session, the bus will stop at Kingston's Village Green Community Center on selected trips. When you register, there will be a question on your registration that will ask you where you will pick up the bus. You will select Poulsbo Recreation Center or Village Green Community Center.***

Please be aware that sometimes our trips run a little behind schedule due to traffic issues, ferry schedules and other uncontrollable situations. Please plan accordingly. Also, these trip descriptions are as up to date as possible as of the print date of this catalog. Occasionally something will change slightly – a menu item, a ferry departure, and the like. We will alert passengers if we feel like the change will modify the trip in any way; otherwise, we will go with any minor changes.

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

Walking Assessment:

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

NORTHWEST TREK WILDLIFE PARK

2

Tue, Sep 17 8a-5p \$63*
sales tax \$5.67 Total \$68.67

So close, yet far enough away to have a wild experience. You'll start the day out with a 50-minute naturalist-guided tram tour of the free-roaming area, which allows you to see bison, Roosevelt elk, moose, mountain goats and other native animals, up close and in their natural habitats. A self-guided walking tour along the paved trails in the core of the park provides the opportunity to see grizzly bears, wolves and more in naturalistic exhibits. You'll enjoy a boxed lunch from Central Market before you get to experience an Animal Trailside Encounter. The keepers will let you get close to a beaver, porcupine, skunk, or other small animals. Learn about where they live and what they eat. Fee includes transportation, admission, lunch, and tours. **Please choose one of the following for your boxed lunch: Roasted Turkey Sandwich on whole grain bread; Italian Grinder on a baguette; Turkey Cranberry on whole grain bread; Caprese Sandwich on a Panini; Roast Beef & Blue Cheese on a baguette; Jambon & Brie Baguette; Pastrami & Jarlsberg Sandwich; or a Caesar Salad. (MMHS Bus)**

SENIOR PROGRAMS



MOSTLY TRUE – VASHON ISLAND TOUR

2

Thu, Sep 26 8:45a-4:30p \$63*
sales tax \$5.67 Total \$68.67

Vashon Island....so close yet so far away. Today we will head to the Southworth ferry and ride over to the island. Vashon is a beautiful and rural part of King County. We have just the person to show us around using comedy and history in his spiel! Tour leader Chris likes to retell stories of the island in a lighthearted, easy going manner. The day will first include an early lunch at the Hardware Store Restaurant, and then Chris will jump on the bus to begin the entertaining tour of the island. The group will visit the Heritage Museum and downtown area before moving on to enjoy other areas of the island. **Fee includes transportation, ferry, and tour. Lunch is on your own. (MMHS Bus).**

MT. ST. HELENS

1

Wed, Oct 2 7:30a-5:30p \$105*
sales tax \$9.45 Total \$114.45

The eruption of Mount St. Helens caused the largest landslide in recorded history, sweeping through the Toutle River Valley and removing 1,306 feet from the top of the volcano. The powerful lava flow, savage winds and deadly heat destroyed much of the previous landscape. What the mountain left behind is the history of a violent eruption that shook the surrounding region and

left many with stories of that tumultuous day on May 18, 1980. Located along Spirit Lake Highway, the visitor centers are nothing short of unforgettable and extraordinary, each telling different stories. The awesome views from each of the centers speak for themselves, bringing you face to face with a monumental natural event. We will visit two of the centers today, including the Mt. St. Helens Forest Learning Center and the Johnston Ridge Observatory (up close and personal). **Fee includes bus transportation, center admission and boxed lunch. Annual or lifetime recreation passes will get you in for free! We will give you an \$8 credit after the trip if you used your lifetime recreation card. Please choose one of the following for your boxed lunch: Roasted Turkey Sandwich on whole grain bread; Italian Grinder on a baguette; Turkey Cranberry on whole grain bread; Caprese Sandwich on a Panini; Roast Beef & Blue Cheese on a baguette; Jambon & Brie Baguette; Pastrami & Jarlsberg Sandwich; or a Caesar Salad. (NWPCT Bus)**

LEAVENWORTH IN FALL COLORS

2

Thu, Oct 10 7a-7p \$97*
sales tax \$8.73 Total: \$105.73

Stevens, Bluet, Snoqualmie. Fall colors at their best! Join us as we cruise up Stevens Pass to the beautiful city of Leavenworth. The drive alone is worth the trip, but after getting up there; you can wander the shops and enjoy the people watching. Leavenworth is a city full of Bavarian spirit and civic pride, and the city is especially festive during Oktoberfest. **Fee includes bus transportation and ferry. Lunch and shopping on your own. (NWPCT Bus)**



Register Online!

CityOfPoulsbo.com/register



SENIOR PROGRAMS



TACOMA GLASSBLOWING STUDIO

1

Thu, Oct 24 **10:30a-5:30p** **\$107***
sales tax \$9.63 **Total \$116.63**

We first did this trip in 2016, and it was a tremendous success! We have taken a little break so sign up while the opportunity is here! We will head to the Tacoma Glassblowing Studio to use our creative talents and glass. Each person in the group will select a project and will blow the glass to create a treasure! You can choose from one of 13 shapes including: vases, bowls, plates, clam shell, paperweight, heart, pumpkin, or ornaments. All of the supplies and instruction needed to complete your project is included. The glass will then be fired, and Parks & Rec will pick-up a few days after the class. We will enjoy lunch in Tacoma before the class. **Fee includes transportation and class; lunch is on your own. (MMHS Bus)**

SWEETS TOUR AND LUNCH AT MCMENAMINS

3

Tue, Oct 29 **10a-5p** **\$87***
sales tax \$7.83 **Total \$94.83**

The 1916 Elks Temple has been restored and reimagined into a vibrant gathering place for guests and locals alike. The Elks Temple was built in the second Renaissance Revival style in 1915-16 when fraternal organizations were an important part of the community and had the money to build beautiful buildings such as this one. It was designed by É. Frère Champney, a graduate of the École des Beaux-Arts in Paris. It is now listed on the National Register of Historic Places. From the old Hangout, a bar reminiscent of world travels, to the Spanish Ballroom, a grant space hosting live music, you'll find something at every turn. Threads of art, history and elements of the local community are woven into seven floors in the structure. We'll enjoy lunch at one of their restaurants before embarking on a Sweet Tour. Pretty Gritty Tours will show us that Tacoma has a rich and tasty history as a major destination for the manufacturing of delicious treats including Almond Roca, Mountain Bars and Baskin Robbins. You'll be able to hear, see and taste the sweet history of Tacoma. There will be about 3 blocks of walking on the tour. **Fee includes transportation and tour; lunch is on your own. (MMHS Bus)**

HOLIDAYS AT WATSONS AND WINDMILL NURSERIES

2

Thu, Nov 14 **8:45a-5p** **\$28***
sales tax \$2.52 **Total \$30.52**

Today is a day to just enjoy the holiday decorations around us! We will head down to Puyallup to visit Watsons Greenhouse and Nursery. They will be all decked out for the season, offering garden items, gourmet food and possibly reindeer sightings. Next we will visit Windmill Gardens in Sumner, with lunch (on your own) at the Windmill Bistro. Not only do they have wonderful holiday decorations, but the Village also includes a display garden and tea shop. **Fee includes transportation. Lunch is on your own. (MMHS Bus)**

SKY NURSERY AND MOLBAK'S GARDEN + HOME

2

Tue, Nov 19 **7:30a-5p** **\$41***
sales tax \$3.69 **Total \$44.69**

Nothing says December like a visit to various nurseries that are decked out for the holidays! First, we'll visit Sky Nursery in Shoreline. They started as a feed and garden store in 1953, but today Sky Nursery is recognized as the Gardener's Garden Store throughout the region for its quality plant materials and garden supplies, and an experienced, knowledgeable staff. Join us as we walk through and enjoy the decorations, gifts, and plants. We will then head over to Woodinville to Molbak's, known for its beautiful decorations and gift items, but also for its annual Poinsettia Festival. You can walk through rows and rows of all colors and decide which ones to take home. The bus can also pick you up at Kingston's Village Green Community Center. Please specify your choice of pick up sites during registration. **Fee includes transportation and ferry. Lunch and shopping on your own. (MMHS Bus)**

32ND ANNUAL - A VICTORIAN COUNTRY CHRISTMAS FESTIVAL 2

Thu, Dec 5 **8:30a-5p** **\$41***
sales tax \$3.69 **Total \$44.69**

Step back in time into a Victorian village where holiday music fills the air! Shop in over 500 stores and find the perfect gift for everyone on your list. Enjoy gourmet food, wine, and delicious taste treats throughout the festival! Visit two beautiful theaters and see countless professional stage shows, The Singing Nativity and concerts! Soak in the atmosphere of music, lights, and décor... because Christmas starts at A Victorian Country Christmas in Puyallup. Today is Senior Day, with giveaways and special shows. **Fee includes transportation and show ticket; lunch is on your own. (MMHS Bus)**

SENIOR PROGRAMS

WA STATE HISTORICAL MUSEUM AND FANTASY LIGHTS IN SPANAWAY

2

Thu, Dec 19 12:30p-7:15p \$32*
sales tax \$2.88 Total \$34.88

Today we head south to enjoy a little history and a little holiday. After enjoying lunch at a downtown Tacoma restaurant, we will head over to the old Union Station for a "free visit" day at the Washington State Historical Museum. You will self-guide yourself through their dedicated work of collecting preserving and presenting Washington's rich and storied history. Once we are done there, we will travel over to Spanaway to enjoy the 25th annual 'Fantasy Lights at Spanaway Park,' the largest holiday drive-through display in the Northwest, featuring nearly 300 elaborate displays and thousands of sparkling lights. The beautiful two-mile drive along Spanaway Lake has become a memorable lakeside tradition for the entire family. Visitors of all ages will be treated to the magical world of animation and imagination where bears fly kites, Santa and Rudolph sail a tall ship, snow boys kick field goals, penguins slide down an igloo, and reindeer leap over your car. You will also marvel at more LED lighting throughout the park along with new displays a rocket ship, octopus, sea turtles and a giant clam. **Fee includes transportation and Fantasy Lights. Lunch is on your own. (MMHS Bus)**

MUSEUM TREASURES IN NORTH KITSAP

2

Tue, Jan 21 9:30a-3:30p \$31*
sales tax \$2.79 Total \$33.79

We have some great museums in Kitsap County, so today we will visit two of these local treasures. First, we will visit the Suquamish Museum. This new building was opened in 2012 and is home to relics and records related to the Suquamish Tribe including artifacts from the Old Man House and the Baba'kwob site. Our guided tour will last about an hour, and the main exhibit - Ancient Shores - Changing Tides - is about the history and culture of the Suquamish People. We will leave there and travel to Bainbridge Island, where we will have lunch downtown before visiting the Bainbridge Island Museum of Art (BIMA). Since opening its new building in 2013, BIMA has become the cultural living room for the local community. With a focus on PNW artists, they welcome visitors from around the world. **Fee includes transportation and tour; lunch and donation to BIMA on your own. (MMHS Bus)**

THE MALTBY CAFÉ AND THE REPTILE ZOO

2

Thu, Jan 30 8:30a-5p \$49*
sales tax \$4.41 Total \$53.41

We'll start the day with a world-class breakfast at the Maltby Café in lesser-known Maltby. Situated below a 1930s-era gymnasium in what used to be a school cafeteria built in 1911, the Maltby Cafe dishes up outstanding country breakfasts and equally satisfying lunches. We'll take the back roads and cruise into Monroe, where we will get an up close and personal with exotic reptiles from across the globe. This includes turtles, alligators, lizards, and snakes. A very unique experience! *The bus can also pick you up at Kingston's Village Green Community Center. Please specify your choice of pick up sites during registration.* **Fee includes transportation, ferry, and tour. Lunch and shopping on your own. (MMHS Bus)**

BOEHMS AND NORTH BEND PREMIUM OUTLETS

2

Thu, Feb 13 7:45a-5p \$53*
sales tax \$4.77 Total \$57.77

Back by popular demand! Delight in the sights and the sounds of....Chocolate! This guided tour at Boehms Candies in Issaquah will take you through their candy factory where you will receive samples of confections and see how the candies are made. You will also see the authentic Swiss Chalet, and Alpine Chapel where you will learn about the history of Boehm's founder, Julius Boehm. After that, we'll head over to the North Bend Outlet Mall for lunch and shopping. **Fee includes transportation, ferry, and tour. Lunch and shopping are on your own. (MMHS Bus)**

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!



SENIOR PROGRAMS

FUTURE OF FLIGHT AVIATION CENTER (THE BOEING TOUR) AND MUSEUM OF FLIGHT RESTORATION CENTER

3

Thu, Feb 27 7:30a-5p \$86*
sales tax \$7.74 Total \$93.74

If you like planes, then this day is for you. We will make two stops in South Everett today. (1) Aviation has changed dramatically since William Boeing filled his first production order of Model C Seaplanes for the U.S. Navy during World War I. The Future of Flight Aviation Center & Boeing Tour is the only public tour of a commercial jet assembly plant in North America. Explore the interactive exhibits and displays in our 28,000-square-foot Aviation Center Gallery; then go behind the scenes for a 90-minute tour of the Boeing plant where you can watch 747s, 777s, or 787s being assembled right before your eyes. You will walk 1/3 mile on the tour. (2) After lunch, the second stop will be at the Museum of Flight's Restoration Center at Paine Field in Everett. Here you will tour and see acquired aircraft under restoration. Dedicated volunteers put many hours into working to restore each aircraft to exhibition quality in the most historically accurate way possible. *The bus can also pick you up at Kingston's Village Green Community Center. . Please specify your choice of pick up sites during registration. Please sign up by Jan 27. Fee includes transportation, ferry, and tours. Lunch is on your own. (MMHS Bus)*

ALDERBROOK RESORT AND THE WILD FELID ADVOCACY CENTER

2

Tue, Mar 10 10a-4p \$63*
sales tax \$5.67 Total \$68.67

It's almost spring again – right? 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 where you will learn about their species, individual stories, and how they are cared for at the center. The Wild Felid Advocacy Center reconnects people with wildlife by introducing visitors to rare, threatened, and endangered species—up close and personal. The Center's animal residents serve as ambassadors for their wild counterparts. No photos allowed. **Fee includes transportation and tour. Lunch is on your own. (MMHS Bus)**

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



Spooktacular

Central Market | WB Properties | Navy
Federal Credit Union

Viking Fest Road Race

Kitsap Physical Therapy
Poulsbo Running | Sport Haus
Maxx Nutrition | Tuna Graphics
KitsapSun / Fusion Creative Works
Jerry Cooper | West Sound Cycling

Easter Candy Hunt

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

Summer Nights on the Bay

Western Wa University
Catherine Arlen Team, Windermere Real
Estate | Port of Poulsbo | InMotion
Performing Arts Studio | Navy Federal
Credit Union

Poulsbo Park Projects

Poulsbo Lions Club | Poulsbo-NK Rotary
Club | Poulsbo's Fish Park Steering
Committee | WWU-Huxley College |
Poulsbo-BI Trout Unlimited | Stendahl
Ridge neighbors | RandyKan | American
Building & Roofing | Windermere-Poulsbo
Tim Ryan Construction | Puget Sound
Energy | Scott's Tree Service |
Westerland Tree Service | Waag Tree
Service | Freddie Mac | Scouts Daniel
Sheriff, Tim Lara | Volunteers

Senior Trip Volunteers

Diann Hebert | Carol Salo | Doug & Lin
Murray | Moe O'Rourke | Christine Salo |
Jill Anderson | Lisa Lane

SENIOR PROGRAMS

LYNDEN

2

Wed, Mar 18

7:30a-5p

89*

sales tax \$8.01

Total \$97.01

Lynden is a short drive from Bellingham, yet the moment you arrive, you're transported to the Netherlands. The Dutch influence is everywhere, from murals of people wearing Dutch traditional clothing, to the building on Front Street and the 72' windmill. Join us as we charter a bus and drive north to this charming city. Plans call for a visit to the Lynden Pioneer Museum, Jansen Art Center, downtown shops, and restaurants (where you'll enjoy lunch on your own), and finally the Edaleen Dairy. We'll travel back home via Highway 9 to Sedro Woolley so you can see some of the countryside. *The bus can also pick you up at Kingston's Village Green Community Center. Please specify your choice of pick up sites during registration.* **Fee includes transportation and ferry. Lunch and shopping are on your own. (NWPCT Bus)**



FALL CITY WALLABY RANCH AND SNOQUALMIE FALLS

2

Tue, Mar 24

7:45a-4:30p

\$64*

sales tax \$5.76

Total \$69.76

The Fall City Wallaby Ranch is a ten-acre privately owned property located in the lush green Snoqualmie Valley in Fall City, Washington. The Ranch is the home of owners Rex and Tawny Paperd and includes an acre of grassy Wallaby and Kangaroo playgrounds, two acres of aircraft parking, private access roads and seven acres of Equestrian paradise. The Ranch is a USDA Licensed and Inspected Facility dedicated to the breeding of world class Gray and Albino Bennetts, Wallabies and Red Kangaroos. The roos are a part of their family, and they make every effort to provide information about the animals, presented in an entertaining fashion. After the visit, we will drive into the City of Snoqualmie for lunch and make a stop at beautiful Snoqualmie Falls before heading home. **Fee includes transportation, ferry, and ranch tour. Lunch is on your own. (MMHS Bus)**

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.

Daffodil Planting Day

Saturday November 2nd at 9a

POULSBORO CITY HALL PARKING GARAGE

Individuals and organizations welcome!
Bring your gloves and trowel!

NK COMMUNITY POOL



North Kitsap Community Pool

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

Swimming Lessons

We offer an array of lessons starting at 6 months to adult. Our classes have a low instructor to student ratio. Preschool classes have a 1 to 4 ratio and youth classes have a 1 to 6 ratio. Preschool classes are for ages 3 yrs to 5 yrs and youth classes are for ages 6yrs to young adult. Private and Semi-private lessons are also available by request. The schedule below is subject to change.

Morning, Evening & Weekend Lessons

<u>Session Dates</u>	<u>Registration</u>
9/9 to 10/9 M/W	9/3
9/10 to 10/10 T/TH	9/3
10/14 to 11/13 M/W	10/11
10/15 to 11/14 T/TH	10/11
11/18 to 12/11 M/W	11/15
11/19 to 12/12 T/TH	11/15

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

Morning, Evening & Weekend lessons

<u>Session Dates</u>	<u>Registration</u>
1/6 to 1/29 M/W	12/20
1/7 to 1/30 T/TH	12/20
2/3 to 2/26 M/W	1/31
2/4 to 2/27 T/TH	1/31
3/2 to 3/25 M/W	3/1
3/3 to 3/26 T/TH	2/28

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

Swim Camp

We offer Swim Camp during North Kitsap School District 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

\$150.00 Half Day Punch Card (5 punches)
\$250.00 Full Day Punch Card (5 punches)
\$35.00 Half Day Drop-In
\$60.00 Full Day Drop-In

Fall/Winter Dates

December 23rd, 24th, 26th, 27th, 30th, 31st
January 2nd-3rd
April 6th-10th



Water Aerobics/Aquacise

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

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

Lap Swim

Please call for lane availability

Monday, Wednesday and Friday: 5:45am to 2:00pm, 5:00 to 8:00pm
Tuesdays and Thursdays: 5:45am to 2:00pm, 5:00pm– 6:30pm
Saturdays: 7:00am to 2:00pm

Open Swim

Saturdays from 11:15am to 2:00pm



Pricing*

Drop-ins: Adult \$5.25, Youth/Senior \$4.25, Aquacise \$5.50 and Family \$15.00
Punch Cards (12 swims): Adult \$52.50, Youth/Senior \$42.50 and Aquacise \$55.00
We also offer 1 month, 3 month, 6 month and 1 year passes.

*Prices are subject to change.

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



Community Tree Lighting

November 29, 2019, 6pm
at Viking & Lindvig

Poulsbo Parks & Rec. 200 NE Moe St. Poulsbo, WA 98370	PSRT STD US POSTAGE PAID Sound Publishing Inc 98204
ECRWSS POSTAL PATRON	

DADDY DAUGHTER DANCE

**SATURDAY
FEBRUARY 8**

6:30-9pm

**KINGSTON
MIDDLE SCHOOL**

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

\$13
per person

Co-sponsored by the Miss Viking Fest Court and Miss Westsound

CITY OF POULSBO PARKS & RECREATION

19540 Front Street (physical) 200 Moe Street (mailing) · Poulsbo, Wa 98370
(360) 779-9898 or www.cityofpoulsbo.com