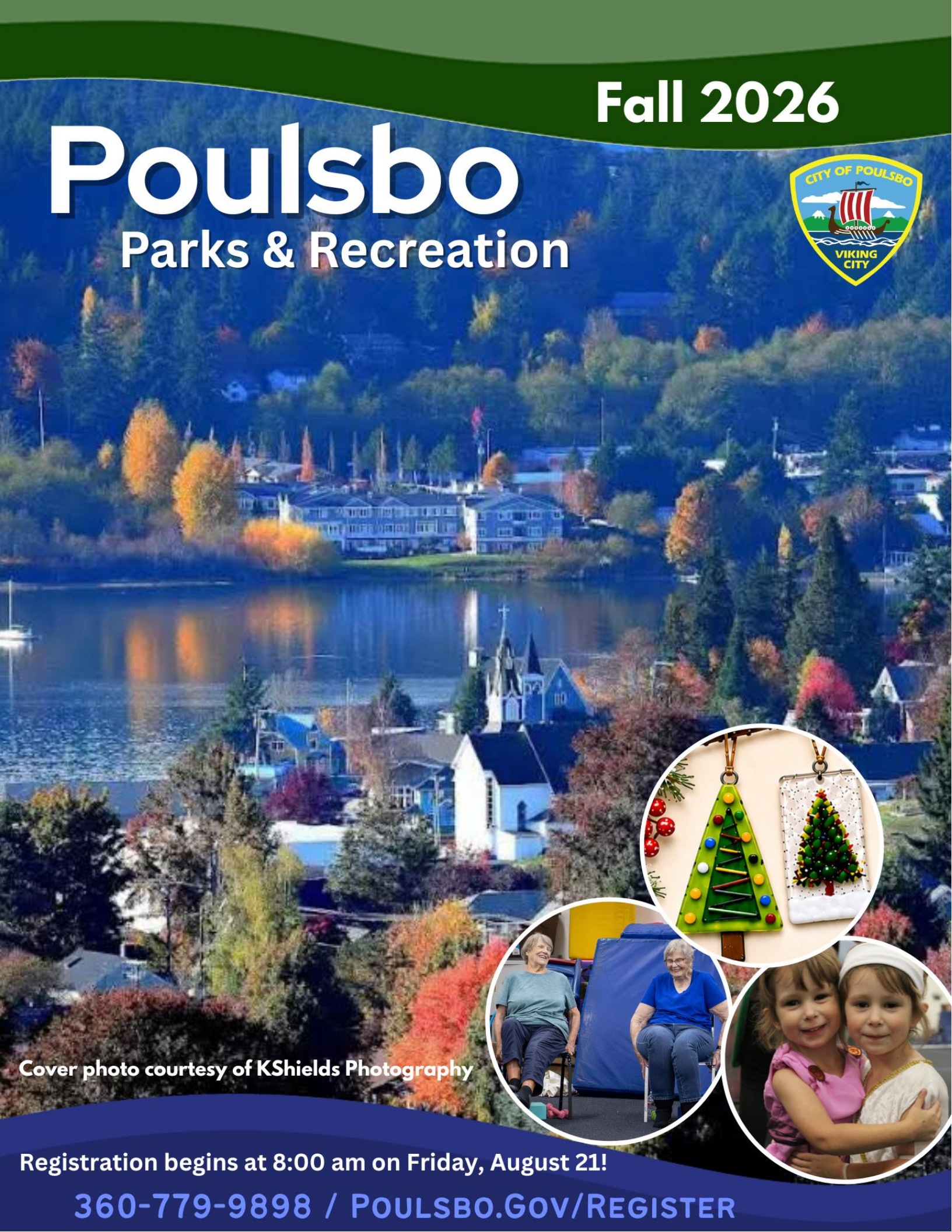


Fall 2026

Poulsbo

Parks & Recreation



Cover photo courtesy of KShields Photography

Registration begins at 8:00 am on Friday, August 21!

360-779-9898 / [POULSBO.GOV/REGISTER](https://poulsbo.gov/register)

City of Poulsbo

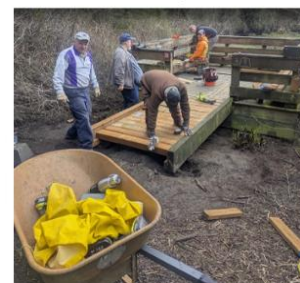
Jeff Ozimek, Parks and Recreation Director



Fall's greetings,

What a terrific summer we've had so far. We consistently experienced record breaking attendance at our beloved Summer Nights at the Bay free community concert series, kicking off the season with a tremendous America's 250th birthday celebration on the 4th of July. A very big thank you to all our sponsors, volunteers, staff, and partners who helped bring these free events to life for our community.

We also want to recognize our partners at the Poulsbo Lions Club for their many years of behind-the-scenes community service in Poulsbo's Fish Park. The Lions have been caring for Fish Park's boardwalk and viewing platforms for numerous years, replacing aging boards and conducting repairs. It's thanks to their selfless efforts, as well as many others, that our community can enjoy leisurely hikes through Fish Park. Thank you Poulsbo Lions Club!



This fall is a busy one for our parks team. September 1 – 30 is our annual Parks for Pollinators Bioblitz, followed by Poulsbo Pollinator Program (P3)'s community planting of native species in October, November, and December. Lastly, the beloved Salmon Tours returns to Fish Park this November 7 from 11:00 am – 3:00 pm. You can find more information on the above efforts and how to get involved on page 9 of this brochure.

New this Fall, we are proud to partner with Poulsbo Elementary, Pearson Elementary, and Poulsbo Middle School to offer a variety of after-school programs, while continuing to provide after-school programming at Suquamish and Wolfle Elementary Schools. Please see pages 22-24 for a complete listing of available programs. In addition, we will be offering camps for parents to take advantage of the half-day conference dates and over winter break.

For our seniors, our Senior Coffee Club now meets two days a week with creative activities on Monday as well as new programs for seniors including a social hour, a yarn club, weekly tech classes and an additional fitness program with the addition of the morning SAIL, Stay Active and Independent for Life classes.

There is so much good happening in our lovely city. I invite you to discover all that Poulsbo Parks & Recreation offers community members and to try something new this fall. You may just find yourself a new lifelong hobby and lasting friendships.

See you on the trail,

Jeff Ozimek, CPRE
Parks & Recreation Director
City of Poulsbo



FALL ACTIVITY GUIDE

Your favorite programs, classes and special events are listed in this brochure. Registration is easy: Online, in person or by phone!

Understanding the Activity Listings:

ACTIVITY NAME

Ages. Instructor. Description. Location. **CONTRACTOR** (where applicable.)

Day	Date or Date Range	Time	Fee
-----	--------------------	------	-----

If a supply fee is required, it will be included in the description.

To register, visit [Poulsbo.gov/Register](https://poulsbo.gov/Register)

Table of Contents

Department News & Information

Staff Contact Information.....	4
Department Office Hours.....	4
Registration Information.....	5
Refunds/Cancellations.....	5
Inclusion.....	6
Poulsbo Event and Rec Center.....	7

Community Enrichment & Special Events

Spooktacular.....	8
BioBlitz.....	9
Kitsap Salmon Tours.....	9
Free and Low Cost Programs...11-13	
Fishline/Financial Assistance.....	13

Senior Programs

Creative Workshops.....	14
Senior Fitness.....	14-15
Senior Coffee Club.....	15
Social and Educational.....	15-16

Youth Programs

Music.....	17
Theater.....	17
Dance.....	17
Art.....	17-20
Games.....	21
Food.....	21
Coding.....	21
Safe at Home & Babysitting.....	21

Homeschool

Yoga.....	21
Art.....	21-22

After School

Wofle Elementary.....	22-23
Poulsbo Elementary.....	23
Suquamish Elementary.....	23
Pearson Elementary.....	23-24
Poulsbo Middle School.....	24

Conference Days & Camps

Conference Days.....	25
Winter Break.....	25-26

Gymnastics 28-29

Youth Sports

Lil Ninjas.....	29
Skyhawks Sports.....	30
Preschool Sports.....	30-31
Soccer.....	31
Fall Volleyball League.....	32
Fall Basketball Leagues.....	32
Winter Basketball Leagues.....	32-33
Skateboarding.....	33

Adult Programs

Music & Art.....	35-39
Writing.....	39-41
Spanish.....	41
CPR, AED & First Aid.....	41
Tree Board & Outdoors.....	42
Humane Society & Animals.....	42
History & Civics.....	43
Financial Wellness.....	43

Adult Fitness & Sports

Fitness Class Schedule.....	44
Cardio, Strength & Pilates.....	45
Yoga & Tai Chi.....	45-46
Senior Fitness.....	47
Capoeira.....	47
HEMA, Swordsmanship.....	47-48

Parks, Facilities & Volunteers

Facility Rentals.....	50-51
Birthday Parties.....	51
Citizen Committees.....	52
Volunteer Opportunities.....	53

Registration 5

Parks Map 49





POULSBO PARKS & RECREATION

Hours

Monday-Friday

8:00 am - 7:00 pm

Closed for lunch 12:30 - 1:30 pm

Saturday

9:30 am - 1:30 pm

Poulsbo Parks & Recreation Staff

Director

Jeff Ozimek

(360) 394-9774

jozimek@poulsbo.gov

Parks Coordinator

Rachel Cornette

(360) 994-8639

rcornette@poulsbo.gov

Special Events Coordinator

Emily Hasche

(360) 394-9771

ehasche@poulsbo.gov

Office Manager

Pat Hightower

(360) 994-8636

phightower@poulsbo.gov

Office Clerk

Helen Cook

(360) 779-9898

hcook@poulsbo.gov

Office Clerk

Shelby Glasgow

(360) 779-9898

sglasgow@poulsbo.gov

Facility Attendant

Michelle Smyth

(360) 779-9898

msmyth@poulsbo.gov

Recreation Manager

Kris Goodfellow

(360) 994-8638

kgoodfellow@poulsbo.gov

Program Specialists

(360) 779-9898

Art

Cathy Johnson

cjohnson@poulsbo.gov

Gymnastics

Jo Van Horn

jvanhorn@poulsbo.gov

Recreation

Ginger Silfies

gsilfies@poulsbo.gov

Senior & Adaptive

Jesse Allred

jallred@poulsbo.gov

Sports - Leagues

Joe Schiel

joes@cityofpoulsbo.com

Contact Us

 (360) 779-9898

 19540 Front Street NE
Poulsbo, WA 98370

 poulsbo.gov/parks-recreation

 parksrec@poulsbo.gov

 [@poulsboparksrec](https://www.facebook.com/poulsboparksrec)

 [@poulsboparksrec](https://www.instagram.com/poulsboparksrec)

Closed in Observance of Federal Holidays:

Labor Day

Monday, September 7

Veterans Day

Wednesday, November 11

Thanksgiving Holiday

Thursday and Friday, November
26 & 27

Christmas Day

Friday, December 25



Registration begins August 21 at 8:00 am

Registration is ongoing until programs are full or are canceled due to low enrollment or other unforeseen reasons. Classes may be canceled if minimum enrollment has not been met up to five business days before the class start date, so please do not wait to register. You will be notified only if the class you want is unavailable or if there are any changes.

Please be aware that we frequently use e-mail notifications, so be sure we have your current e-mail address.

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

How to Register:



**By phone at
(360) 779-9898.**



**In person at
19540 Front Street NE
Poulsbo.**



**Online at
poulsbo.gov/register
24 hours a day.**

Use your e-mail address to sign in or set up an account. If that e-mail address is “taken”, that means we already have an account set up for you. Call (360) 779-9898 to get your login password. We are always happy to help you!

Wait Lists

We encourage our patrons to utilize our wait list feature as if there is high demand for a program we are sometimes able to add instructors to increase class size, or even add an additional class. If the class you want is full, be sure to be added to the wait list so we know you're interested. If you go on a wait list you will be notified by e-mail when a spot is open. You will have 24 hours to reply and will then be removed from the list.

Refunds & Cancellations

The department may cancel classes that do not meet minimum enrollment. Refunds will be processed back to the individual's debit or credit card. Cash and check payments will be refunded by check. While we try to provide several days notice of program cancellations, this isn't always possible due to incoming late registrations that might mean the difference between a program being canceled or not.

Participants may withdraw at any time up to five business days prior to the first day of the class or program. A \$10 administrative charge will be implemented for each class, and the difference will be refunded back to the individual's debit or credit card, or by refund check if payment was made by cash or check. There will be no refund given to a patron who withdraws from a program with less than 5 business days. The administrative fee will not be charged if the department cancels a program.

Contracted Programs

Contracted programs are those offered through agreements with independent businesses or instructors who provide specialized instructional services. These contractors are responsible for their own staff, curriculum, insurance, licensing, and compliance with City requirements. Contracted programs may be subject to a new state sales tax of 9.3% which will be added to the cost of the class at checkout. Contracted classes are clearly marked with “**CONTRACTOR**” next to the title of each program.

Mission Statement

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

Vision Statement

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

Core Values

Community Enrichment

We value our community and are committed to providing parks and programs that inspire, educate, and enhance the overall quality of life for our residents and visitors. Through personal interaction and social media, we will engage our community to ensure transparency, accountability, and collaboration.



Inclusiveness & Equity

We value inclusive parks and recreation programs. We respect and honor the diversity of people, ideas, and cultures. We welcome all residents and visitors regardless of age, ability, race, ethnicity, or income level by offering accessible parks and affordable programs.



Health & Wellness

We value the health and well-being of all who visit our parks and participate in our recreation programs. We will strive to maintain the highest quality of standards of safety, function, and beauty, to create a secure environment for all to enjoy.



Stewardship & Sustainability

We value our role as the guardians of the community's open spaces and are dedicated to responsibly managing and caring for our natural, cultural, and physical resources for current and future generations.



Inclusion

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

We do our best to accommodate those with special needs. Children and adults with special needs are encouraged to participate in our programs. If you are interested in participating in a program but are not certain about the accessibility of a facility or wish to discuss program details, please call the Parks & Recreation Department at (360) 779-9898 to discuss specifics.

POULSBO EVENT AND RECREATION CENTER (PERC) NEWS



Progress has been made on the Poulsbo Events and Recreation Center (PERC), with the ground being cleared and fields beginning to take shape. This park project has been many years in the making, and is a collaboration between the City of Poulsbo, the Kitsap Public Facilities District (KPF) and the community to create a new public facility in Poulsbo.

Phase I of the project will include two soccer fields, picnic shelters, an outdoor event space, multi-age playground, walking/jogging loop, basketball/multi-use court, four pickleball courts and restrooms.

Construction has begun, and will go through June 2027, with the grand opening planned for Fall 2027.

For safety reasons, if you have been using this area to exercise your dog, we ask that you please use the Raab Park Dog Park.

POULSBO EVENTS AND RECREATION CENTER OUR NEWEST COMMUNITY PARK OPENING 2027

PHASE I

- PARKING LOT
- PICNIC SHELTERS
- OUTDOOR EVENT SPACE
- MULTI-AGE PLAYGROUND
- WALKING/JOGGING LOOP
- BASKETBALL/MULTI-USE COURT
- FOUR PICKLEBALL COURTS



KITSAP
PUBLIC
FACILITIES
DISTRICT



WASHINGTON STATE
Recreation and
Conservation Office





OCTOBER 31ST 3:30-5PM
AT POULSBO PARKS & RECREATION



SPOOKTACULAR

FREE PRESCHOOL HALLOWEEN PARTY!

★ BRING NON-PERISHABLE FOOD ITEMS TO DONATE TO FISHLINE ★



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



**#Parks4Pollinators
#PoulsboBioBlitz**

In celebration of pollinators, help create a snapshot of the variety of local wildlife. Work alongside park staff to advance the health of local pollinators, which are essential to our ecosystem. Participants will use an app called **iNaturalist** to take pictures of plants, insects and animals; see what wildlife is present; and contribute to a scientific inventory of pollinator species.



LEARN MORE HERE:

[HTTPS://WWW.INATURALIST.ORG/PROJECTS/PARKS-FOR-POLLINATORS-2026-CITY-OF-POULSBO-PARKS-AND-RECREATION](https://www.inaturalist.org/projects/parks-for-pollinators-2026-city-of-poulsbo-parks-and-recreation)



**KITSAP
SALMON
TOURS**



**SAVE THE DATE
NOV. 7TH 11AM - 3PM**



VELKOMMEN TIL

Poulsbo

*little Norway,
BIG FUN*

Hosting an Event? Focused on Tourism?

2027 Poulsbo Tourism Grant

Applications Due September 3

For more information, visit:

<https://poulsbo.gov/parks-recreation/lodging-tax-grant-program/>



NOV 27 – DEC 13, 2026

VISIT KCMT.ORG FOR MORE INFO



Community Enrichment

You are capable of amazing things

The mission of the Parks and Recreation Department is to enrich the quality of life by serving the community's needs for quality and affordable educational and recreational programs, parks, and services to all residents and visitors. We are pleased to provide these enrichment programs to the community at little or no cost.

COLLEGE 101

NEW

Ages 16+. Western Washington University. Join your local university team from WWU Peninsulas for this informative session which provides prospective students and their families with essential information about options for earning college credit in high school, returning to college after a break, local degree options and regional career outcomes, paying for college, admission requirements, and the support services available to help students succeed. Held at Olympic College Poulsbo Campus.

Tue Oct 6 6:00-7:00 pm FREE

COLLEGE BOUND:

APPLICATION ESSAYS

Ages 16+. Jesse Pearson. Do you have college entrance applications looming? Find a way to see past the blank page and bring your personality and strengths forward. This class helps students develop and refine compelling essays that stand out. Multipurpose room.

Sat Sept 26 2:00-3:30 pm FREE

Sat Oct 24 12:00-1:30 pm FREE

RETIREMENT: WHAT YOU SHOULD KNOW RIGHT NOW!

Ages 18+. Marilyn Miller. Can you answer yes to these questions? "Will I be OK in retirement?" "Will my family be OK if I'm gone?" Spend an hour beginning the process of learning when you can retire comfortably will depend on many factors. Discover the important issues you will need to consider when planning for retirement. Recreation Center Kitchen.

Sat Sept 19 10:00 am-12:00 pm \$15

Sat Oct 17 10:00 am-12:00 pm \$15

Sat Nov 7 10:00 am-12:00 pm \$15

RAINY DAY PLAY

AGES 0-5 Get out of the rain and enjoy our indoor space with your little ones for playtime. Balls, tumbling mats, and various toys to play with and share in our large gym.

Tue Oct 6-Dec 15 9:30 am-11:30 am

\$5 per child/\$10 family

BEGINNING TAI CHI:

MOVING FOR BETTER BALANCE

Ages 18+. Tricia J. McMahon, New to Tai Chi? Please come to the beginning class to learn the 8 Tai Chi forms. Tai Chi is great for building muscle strength, increasing attentiveness and awareness, improving postural stability, and releasing tension. Class participants will enjoy connecting with others while improving coordination, flexibility, and so much more! While this program is free, please register to help with planning. Recreation Center Gym.

Thu Sep 3-24 1:30-2:20 pm FREE

Thu Oct 1-29 1:30-2:20 pm FREE

Thu Nov 5-19 1:30-2:20 pm FREE

Thu Dec 3-17 1:30-2:20 pm FREE

INTERMEDIATE TAI CHI:

MOVING FOR BETTER BALANCE

Ages 18+. Meg Brierly. If you have mastered the 8 Tai Chi forms, come to the intermediate class, which will focus on flow and technique. In either class, participants will enjoy connecting with others while improving coordination, flexibility, and so much more! While this program is free, please register to help with planning. Recreation Center Gym.

Tue Sep 1-29 12:15- 1:00 pm FREE

Tue Oct 6-27 12:15- 1:00 pm FREE

Tue Nov 3-24 12:15- 1:00 pm FREE

Tue Dec 1-29 12:15- 1:00 pm FREE

SELF DEFENSE FOR WOMEN

Ages 18+. Jason Bellaconis has been teaching martial arts for over 20 years. This is an ongoing class that meets monthly and is open to new students or returning. Jason has taught hundreds of classes and dozens of seminars specific to self-defense for women. The class will focus on learning practical defense techniques safely and effectively. All equipment and gear is provided. Recreation Center Gym.

Tue Sep 1-29 7:15-8:45 pm \$10

Tue Oct 6-27 7:15-8:45 pm \$10

Tue Nov 3-24 7:15-8:45 pm \$10

Community Enrichment

You are capable of amazing things

FOUNDING DOCUMENTS OF THE U.S.A:

READING THE CONSTITUTION

Ages 14+. Michael Fitzpatrick. The U.S. Constitution is regularly invoked in public conversation but far less read. This class offers participants an opportunity to read through and discuss the Constitution together. Michael Fitzpatrick will draw attention to key ideas and contexts for the section assigned each week. Held at the Poulsbo Library. The class will read the Constitution over a period of 5-weeks with the following planned schedule:

Week 1 – Preamble, Article One

Week 2 – Article Two & its Amendments (12, 20, 22, 25)

Week 3 – Articles Three through Seven

Week 4 – Bill of Rights (Amendments 1-10)

Week 5 – Second Founding (Amendments 13-15, 19, 24, 26).

Thu	Oct 8- Nov 5	5:30-6:30 pm	FREE
-----	--------------	--------------	------

SENIOR TECH CLINIC FROM KITSAP TECH SUPPORT

Kitsap Tech Support offers device-focused topics each month, covering everything from smartphones and tablets to laptops and everyday tech skills. Participants are welcome to drop in with any questions or challenges, regardless of the monthly topic. Sessions provides friendly, accessible support to help build confidence with a wide range of technology. Kitchen.

Wed 1:30-2:30 pm FREE

Sep 2-Sep 30: **Windows Desktop**

Oct 7-Oct 28 **iPhones**

Nov 4-Nov 25 **Mac Desktops**

Dec 2-Dec 30 **Getting to Know AI**

LAUGHTER YOGA

AGES 9+ Rachel Cornette. Laughter Yoga is an easy, fun exercise for the mind, body, and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. Bring a willingness to laugh! Recreation Center Upper Fitness Studio.

Thu	Oct 8	4:00-5:00 pm	FREE
Thu	Nov 12	4:00-5:00 pm	FREE
Thu	Dec 10	4:00-5:00 pm	FREE

VETERANS YOGA PROJECT – GENTLE YOGA

Ages 18+. Delores Leverett, RYT 200. Experience the calming benefits of Gentle Yoga, a slower-paced practice with fewer standing poses and minimal strain on the wrists and knees. This class is *free* for Veterans, Active-Duty Service Members, First Responders, and their Families. All others are warmly welcome to join with a donation, which goes directly to support Veterans Yoga Project. Please bring a yoga mat, water bottle, and any gear that helps you feel comfortable during practice (blanket, eye cover, bolster). Class size is limited to 12 participants; pre-registration is required.

Recreation Center Upper Fitness Studio.

Tue	Sep 1-29	6:30-7:20 pm	FREE
Tue	Oct 6-27	6:30-7:20 pm	FREE
Tue	Nov 3-24	6:30-7:20 pm	FREE
Tue	Dec 1-29	6:30-7:20 pm	FREE

END-OF-SUMMER SKATE JAM!

Ages 5-15. Join us for the End-Of-Summer Skate Jam! There will be music, community, and giveaways! Frank Raab Park, Skate Park.

Sat	Sep 26	12:00-4:00 pm	FREE
-----	--------	---------------	------

CPR & AED CERTIFICATION

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

Sat	Sep 12	9:00 am-12:00 pm	\$15
Sat	Oct 10	9:00 am-12:00 pm	\$15
Sat	Nov 14	9:00 am-12:00 pm	\$15
Sat	Dec 12	9:00 am-12:00 pm	\$15

FIRST AID, CPR, & AED CERTIFICATION

Sat	Oct 3	9:00 am-1:30 pm	\$68
-----	-------	-----------------	------

Community Enrichment

You are capable of amazing things

KITSAP HUMANE SOCIETY ANIMAL EDUCATION

All classes will be held in the Recreation Center Kitchen.

BOTTLE BABY BOOT CAMP

During the summer months, hundreds of kittens and puppies under 4-weeks-old end up in area shelters. These fragile animals need care around the clock, and people comfortable with bottle feeding can be difficult to find. With this class you'll learn the essentials of bottle-feeding kittens and puppies, how to make an emergency supply kit, and what to do if you find an orphan kitten in your community.

Sat	Sep 19	12:00-1:30 pm	FREE
-----	--------	---------------	------

FROM HISSES TO KISSES ***NEW***

Community cats are everywhere, and you can help break the cycle of outdoor births with Trap, Neuter, Return, and socialization! Learn how to determine the age of an outdoor kitten, how to safely bring them into your home, and how to work with them until they're ready for adoption and how to access resources to support Trap, Neuter, Return efforts. This course is helpful for community members as well as established foster families who want some extra socialization methods in their toolboxes.

Wed	Oct 14	4:00-5:00 pm	FREE
Sat	Nov 14	11:00 am-12:00 pm	FREE

BOW WOW BONA FIDES: CREATING A SOLID BEHAVIOR FOUNDATION FOR YOUR CANINE FOSTER ***NEW***

While fostering a dog or puppy can be incredibly rewarding, introducing a new dog into your established routine can be difficult! This course will lay the foundation of fostering a KHS canine and supply you with a behavior foundation that can benefit your resident dog too. From crate training to house training, leash safety and basic manners, we will help you feel prepared to teach some new tricks to dogs of all ages.

Sat	Dec 12	12:00-1:30 pm	FREE
-----	--------	---------------	------

PLANTING TREES FOR A LIFETIME: FALL TREE PLANTING

Fall is one of the best times of year to plant trees in the Pacific Northwest. Join horticulturist and arborist John Martin for a hands-on workshop covering the essential techniques that help trees thrive for decades. Learn how to select the right tree for the right location, evaluate planting sites, prepare the soil, plant at the proper depth, and avoid common planting mistakes that often lead to poor growth or premature decline. We'll also cover watering, mulching, staking, and early care practices that establish healthy, resilient trees. Whether you're planting your first tree or adding to an established landscape, this practical class will give you the confidence and skills to plant trees correctly and enjoy their beauty for generations. Poulsbo Park

Sat	Oct 24	10:00 am-12:00 pm	FREE
-----	--------	-------------------	------

AUTUMN TREE WALK: DISCOVER POULSBO'S FALL COLOR

Take a guided walk through Poulsbo and discover the trees that make fall in the Pacific Northwest so spectacular. Learn how to identify many beautiful ornamental and native trees growing in our neighborhoods by their fall color, bark, leaves, branching structure, and overall form. This relaxed walking class is suitable for all experience levels. Please wear comfortable walking shoes and dress appropriately for the weather. Downtown Poulsbo

Tue	Oct 20	5:30-7:00 pm	FREE
-----	--------	--------------	------

LAUGHTER YOGA IN THE PARK

Ages 9+. Rachel Cornette. Laughter Yoga is an easy, fun exercise for the mind, body, and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. Bring a willingness to laugh! Austin Kvelsted Pavilion.

Thu	Sep 3	6:00 pm	FREE
Thu	Sep 17	9:00 am	FREE

Senior Programs

FITNESS

LIFELONG FITNESS AND HEALTH

Ages 50+. Jolene Colbertson. Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. No class Sept 7. Recreation Center Gym.

M/W/F	Sep 2-30	12:15-1:15 pm	FREE
M/W/F	Oct 2-30	12:15-1:15 pm	FREE
M/W/F	Nov 2-30	12:15-1:15 pm	FREE
M/W/F	Dec 2-30	12:15-1:15 pm	FREE



STAY ACTIVE AND INDEPENDENT FOR LIFE (S.A.I.L)

Ages 50+. Jesse Allred. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance Upper Fitness Studio. Recreation Center Upper Fitness Studio.

M/W	Sep 14-30	9:00-10:00 am	FREE
M/W	Oct 1-31	9:00-10:00 am	FREE
M/W	Nov 1-30	9:00-10:00 am	FREE
M/W	Dec 1-31	9:00-10:00 am	FREE

BEGINNING TAI CHI: MOVING FOR BETTER BALANCE

Ages 18+. Tricia J. McMahon. New to Tai Chi? Please come to the beginning class to learn the 8 Tai Chi forms. Tai Chi is great for building muscle strength, increasing attentiveness and awareness, improving postural stability, and releasing tension. Class participants will enjoy connecting with others while improving coordination, flexibility, and so much more! While this program is free, please register to help with planning. Recreation Center Gym.

Thu	Sep 3-24	1:30-2:20 pm	FREE
Thu	Oct 1-29	1:30-2:20 pm	FREE
Thu	Nov 5-19	1:30-2:20 pm	FREE
Thu	Dec 3-17	1:30-2:20 pm	FREE

INTERMEDIATE TAI CHI: MOVING FOR BETTER BALANCE

Ages 18+. Meg Brierly. If you have mastered the 8 Tai Chi forms, come to the intermediate class, which will focus on flow and technique. In either class, participants will enjoy connecting with others while improving coordination, flexibility, and so much more! While this program is free, please register to help with planning. Recreation Center Gym.

Tue	Sep 1-29	12:15-1:00 pm	FREE
Tue	Oct 6-27	12:15-1:00 pm	FREE
Tue	Nov 3-24	12:15-1:00 pm	FREE
Tue	Dec 1-29	12:15-1:00 pm	FREE

New Monday Creative Workshops!

Now introducing our Monday series of classes, focused on hands-on activities, crafts, writing, and so much more!

10:30-11:30 am

All classes are FREE and held in the multipurpose room.

Pressed Floral Bookmarks

Monday, September 14

Learn to Play Pickleball

Monday, September 21

Floral Arranging

Monday, September 28

Autumn Canvas Painting

Monday, October 5

Soundbath Meditation

Monday, October 12

Mini Pumpkin Painting

Monday, October 19

Fall Paper Flower Wreath

Monday, October 26

Book Discussion

Monday, November 2

Holiday Cardmaking

Monday, November 9

Paint Wooden Holiday Coasters

Monday, November 16

Creative Journaling

Monday, November 23

Soundbath Meditation

Monday, November 30

Winter Canvas Painting

Monday, December 7

Snowy Trees Watercolor

Monday, December 14

Holiday Sing-a-Long

Monday, December 21

New Years Vision Boards

Monday, December 28

Wednesday Coffee Club Classes

Lectures, classes, discussions and social time led by community professionals.

10:30-11:30 am

All classes are FREE and held in the kitchen.

Soundbath Meditation
Wednesday, September 2

Meet Poulsbo's City Manager
Wednesday, September 9

League of Women Voters
Wednesday, September 16

Saving the World One Yard at a Time
Wednesday, September 23

Cup Up Poulsbo
Wednesday, September 30

Vista Gardens
Wednesday, October 7

Senior Guidance & Educational Panel
Wednesday, October 14

Kitsap Humane Society
Wednesday, October 21

Meet the City of Poulsbo Planning Director
Wednesday, October 28

Fishline's Community Impact
Wednesday, November 4

Benefits of an Anti-Inflammatory Diet
Wednesday, November 18

Thanksgiving Potluck
Wednesday, November 25

Tolman Law Q&A
Wednesday, December 2

Kitsap Tech Support
Wednesday, December 9

Managing Holiday Stress
Wednesday, December 16

Cookie Exchange
Wednesday, December 23

SENIOR WALKING CLUB

Ages 50+. Jesse Allred. Start your week with a breath of fresh air! Join Jesse and your neighbors for a simple walk to enjoy the outdoors and stay active. Regular movement supports heart health and helps you feel your best, while walking has been proven to improve balance and boost your mood. Dress for the weather; we'll be walking rain or shine.

Thu	Sep 3-24	9:00-10:00 am	Meet at Fish Park
Thu	Oct 1-29	9:00-10:00 am	Meet at Waterfront Pk

YOGA FOR BACK CARE WORKSHOP

Ages 18+. Jolene Culbertson, RYT 500. Learn and practice care for our backs. Topics, techniques, and practice for osteopenia, osteoporosis, osteoarthritis, and chronic back, shoulder, neck, or hip pain. No prior experience is necessary. Bring yoga props or use ours. Bring a small blanket and two pillows of different sizes. Recreation Center Multipurpose Room.

Thu	Oct 1-15	10:45-11:45 am	\$36* (3)
-----	----------	----------------	-----------

CREATIVE MOVEMENT FOR ADULTS AND SENIORS

Jo Van Horn. Fun exercise for beginners and former dancers alike! We will be using the BrainDance structure developed by Anne Green Gilbert, founder of the Creative Dance Center in Seattle. BrainDance is a full body-brain exercise that focuses on eight fundamental movement patterns of early human development and can be done seated, standing, or even lying down! Come move your body in a creative, non-judgmental, and safe space. Recreation Center Upper Fitness Studio.

Wed	Sep 23-Oct 21	12:15-1:15 pm	FREE
Wed	Nov 18-Dec 16	12:15-1:15 pm	FREE

SOCIAL

SENIOR BOOK CLUB

Ages 50+. Jesse Allred. Join our new book club for a welcoming space to read, discuss, and connect. This collaboration with Kitsap Regional Library features selected titles that participants can borrow by picking up a copy at Parks and Rec! Enjoy thoughtful, relaxed conversation as we explore meaningful books together. Multipurpose Room.

All classes are held Mondays, 2:00-3:30 pm, FREE

Oct 5: Hamnet by Maggie O'Farrell

Nov 16: On the Hippie Trail by Rick Steves

NEEDLES & NOTIONS: KNITTING, CROCHET, EMBROIDERY AND NEEDLEWORK GROUP

Ages 50+. Join us for an informal, drop-in needlework gathering where knitters, crocheters, embroiderers, and all fiber-craft lovers can create together. Bring along any project you're working on, or simply come to explore something new. We'll have a small supply of yarn, hooks, needles, and other materials available for anyone who wants to try out a craft. Recreation Center Kitchen.

Mon	Sep 14-28	1:30-3:30 pm	FREE
Mon	Oct 5-26	1:30-3:30 pm	FREE
Mon	Nov 2-30	1:30-3:30 pm	FREE
Mon	Dec 7-28	1:30-3:30 pm	FREE



SENIOR SOCIAL HOUR

Ages 50+. Come hang out with us after Lifelong Fitness for a fun and friendly Senior Social Hour! It's the perfect chance to cool down, laugh, chat, and make new connections. We'll have puzzles, cards and maybe even some light refreshments, so feel free to stop by, unwind, and enjoy a little extra joy in your day.

Recreation Center Kitchen. no social hour held on December 18th or 25th.

Fri Sep 4-25	1:30-2:30 pm	FREE
Fri Oct 2-30	1:30-2:30 pm	FREE
Fri Nov 6-27	1:30-2:30 pm	FREE
Fri Dec 4-11	1:30-2:30 pm	FREE

EDUCATIONAL

SENIOR TECH CLINIC FROM KITSAP TECH SUPPORT

Ages 50+. Kitsap Tech Support offers device-focused topics each month, covering everything from smartphones and tablets to laptops and everyday tech skills. Participants are welcome to drop in with any questions or challenges, regardless of the monthly topic. Sessions provides friendly, accessible support to help build confidence with a wide range of technology. Recreation Center Kitchen.

All classes are held Wednesdays, 1:30-2:30 pm, FREE

September:	Windows Desktop
October:	iPhones
November:	Mac Desktops
December:	Getting to Know AI

Our free senior programs are made possible by generous donations from individuals and community partners. *Thank you!*



RETIREMENT: WHAT YOU SHOULD KNOW RIGHT NOW!

Ages 18+. Marilyn Miller. Can you answer yes to these questions?

"Will I be OK in retirement?" "Will my family be OK if I'm gone?"

If not, would you be willing to spend an hour to begin the process of getting to yes? When you can retire comfortably will depend on many factors. Discover the important issues you will need to consider when planning for retirement. Getting ready to retire is a marathon, not a sprint. It is your life; you are the only one who can determine how it will turn out. Parks and Recreation Center Kitchen.

Sat Sep 19	10:00 am-12:00 pm	\$15
Sat Oct 17	10:00 am-12:00 pm	\$15
Sat Nov 7	10:00 am-12:00 pm	\$15

Poulsbo Parks & Recreation

NELSON PARK PLANT & SEED SWAP

50+

19
September

10:00 AM
- 1:00 PM

Nelson Park
20296 3rd Ave NW

Join Us!



Fishline

Food Bank & Comprehensive Services

MEET WITH A FISHLINE REPRESENTATIVE

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

September

Wednesday, Sep 9, 11:30 am - 1:00 pm

Wednesday, Sep 23, 4:30 pm - 7:00 pm

October

Wednesday, Oct 7, 11:30 am - 1:00 pm

Wednesday, Oct 21, 4:30 pm - 7:00 pm

November

Wednesday, Nov 4, 11:30 am - 1:00 pm

Wednesday, Nov 18, 4:30 pm - 7:00 pm

December

Wednesday, Dec 2, 11:30 am - 1:00 pm

Wednesday, Dec 16, 4:30 pm - 7:00 pm

PIANO LESSONS

Ages 7+. Jill Vernarsky. Have you always wanted to play that certain tune? We're offering holistic music instruction with an emphasis on creating an enjoyable learning experience. Course content will be tailored to suit your individual interests, with teaching goals most often including the development of independent learning skills and strong playing skills. Private 30-minute lessons are once a week, with 45-minute lessons available for more advanced students. Materials not included in class fee. Please call the Recreation Center at 360-779-9898 to arrange lessons. No lessons on October 12. Recreation Center Piano Studio.

Mondays only, Sep 14-Dec 7 (12 weeks)
30-min lesson fee: \$392* or \$131/mo
45-min lesson fee: \$548* or \$183/mo

Fee is for per session, with even monthly payments for your convenience.
Payments are due Sep 1, Oct 1 and Nov 1.

TINY TUTUS

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

Wed	Sep 23-Oct 21	10:15-10:45 am	\$58*
Wed	Nov 18-Dec 16	10:15-10:45 am	\$58*

PRESCHOOL DANCE

Ages 4-5. Jo Van Horn. This preschool dance class is full of movement, dancing, and playing as we explore creative dance concepts such as size, speed, shape, and more! These classes emphasize creativity, social and emotional growth, movement, and fun! Exposing children to creativity and movement not only exercises little bodies but also nurtures big imaginations. Recreation Center Upper Fitness Studio.

Wed	Sep 23-Oct 21	11:00-11:45 am	\$75*
Wed	Nov 18-Dec 16	11:00-11:45 am	\$75*

TINY TALES THEATER

Ages 3-5. Shannon Leigh/Danika Logdahl. Does your 3-5-year-old love make-believe and acting out stories? Drama uses theatrical skills (voice, body, imagination and cooperation) to experience story and character and to explore the world and specific details of the story. Favorite stories of good literary quality are told by the instructor and dramatized by the students. Shannon Leigh is a drama teacher with over 10 years of teaching experience with children of all ages. Recreation Center Kitchen.

Mon	Sep 14-Oct 5	4:00-4:45 pm	\$65*
Mon	Oct 19-Nov 9	4:00-4:45 pm	\$65*
Mon	Nov 23-Dec 14	4:00-4:45 pm	\$65*

ACTING ADVENTURES: INTRO TO DRAMA

Ages 6-10. Shannon Leigh/Danika Logdahl. Does your child have an interest in music and drama? This class is the perfect time for them to shine! Each session will include easy games that teach the fundamentals of theater. These instructor-led classes are meant to inspire the youngest of theater kids to find their spotlight and gain the basic skills that can be used in other theater programs around the community.! Recreation Center Multipurpose Room.

Mon	Sep 14-Oct 5	5:00-5:45 pm	\$65*
Mon	Oct 19-Nov 9	5:00-5:45 pm	\$65*
Mon	Nov 23-Dec 14	5:00-5:45 pm	\$65*

INTRO TO MUSICAL THEATER

Ages 7-12. Shannon Leigh/Danika Logdahl. Step into the spotlight! This fun and engaging class introduces young performers to the world of musical theater through singing, acting, and storytelling. Students will learn how to express characters, build confidence on stage, and work together as an ensemble while performing songs from favorite musicals. No experience needed - just bring your voice, imagination, and enthusiasm! No class held on November 11. Poulsbo location.

Wed	Sep 16-Oct 7	4:30-5:15 pm	\$65*
Wed	Oct 28-Nov 25	4:30-5:15 pm	\$65*

STEAM ART ADVENTURES

NEW

Ages 1-5. Mackenzie Ryan. Spend the morning with your grown-up being creative and exploring art. A super fun activity for all, creating a super memory. All materials included. **CONTRACTOR**. Recreation Center Multipurpose Room.

All classes are held on Mondays, 10:00-11:00 am, \$28.

Sep 21: **Color Mixing Apple Orchard** Explore primary and secondary colors while creating painted apple trees.

Sep 28: **Pumpkin Pulp Science** Investigate pumpkin insides before painting a pumpkin masterpiece.

Oct 12: **Fizzing Potion Lab** Explore safe chemical reactions using baking soda and vinegar while decorating a potion bottle.

Oct 19: **Spider Web Engineers** Build strong webs using yarn while learning about tension and structure.

Oct 26: **Flying Bats** Discover how wings work by creating a flying bat.

Nov 9: **Acorn Architects** Build tiny woodland homes while learning about animal habitats.

Nov 16: **Thankful Tree Lab** Learn why trees lose their leaves while making gratitude art.

Nov 23: **Turkey Tail Patterns** Explore repeating patterns and symmetry.

Nov 30: **Build a Snowball Launcher** Simple engineering paired with decorating a mini launcher.

NEW INSTRUCTOR SPOTLIGHT: WILLIAM MCGUIRE

William McGuire is a professional illustrator, concept artist and cartoonist, working for companies such as Nickelodeon, Big Fish, LeapFrog, Paramount, Elevate Games and many more. He is also the author of 12 + children's books. We are excited to have Mr. McGuire share his professional experience, insight and enthusiasm as he instructs the following classes.

Visit Mr. McGuire's website at: <https://williammcguire.net>.

KIDS ART CONCEPTS AND SKILLS WORKSHOP ***NEW***

Ages 6-12. William McGuire. Kids who are encouraged to be creative are more observant, expressive, and communicative. Drop the kids off, keep them entertained, and bring them back home enthusiastic to continue creating! Professional illustrator, author of 12+ kids' books, ready to teach your kids the basic ideas of structure and shape and give them the visual understanding to apply to their everyday practice Spark their artistic enthusiasm and give them a brand-new appreciation for self-expression. Classes will involve projects and individual instruction as kids learn by doing and pick up new skills along the way. **CONTRACTOR**.

Recreation Center Multipurpose Room.

Sat	Sep 26-Oct 10	12:00-1:30 pm	\$36
Sat	Nov 14-28	12:00-1:30 pm	\$36



INTRO TO ILLUSTRATION ***NEW***

Ages 8+. William McGuire. Illustration does not have to be intimidating. Learn the basics of breaking down objects into their component shapes, learn lines of movement, form, weight, silhouette, composition, and color. Personal instruction, week by week feedback, and exercises meant to start you working like a real artist. Instructor has been illustrating for 20+ years, full of professional experience, insight, tricks, and tips. Bring your enthusiasm and your art creation platform of choice; sketchbook, iPad, or any other way you like to work. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	5:00-6:30 pm	\$171*
Tue	Nov 3-24	5:00-6:30 pm	\$171*

CARTOONING

NEW

Ages 8+. William McGuire. Learn cartooning from a professional illustrator! Personal instruction on character type, shape, lines of motion, gesture, form, weight, composition, color, and appeal. Analyze cartooning favorites, find out what makes them work, and learn how to make your own. Pull it out of your head and make it real! Bring your enthusiasm and your art creation platform of choice; sketchbook, iPad, or any other way you like to work. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	6:30-8:00 pm	\$171*
Tue	Nov 3-24	6:30-8:00 pm	\$171*

INTRO TO PROCREATE: ILLUSTRATION ***NEW***

Ages 10+. William McGuire. Thorough instruction from the ground up on how to use Procreate, an industry standard for illustration. Whether you want to put together a professional portfolio or just learn for fun, this class will cover basic Procreate functionality, file construction, optimizing, organization, and a multitude of tips and tricks, all from a professional illustrator and industry veteran. Participants must bring an iPad with a copy of Procreate already purchased and ready to go. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	8:00-9:00 pm	\$106*
Tue	Nov 3-24	8:00-9:00 pm	\$106*

MINI AND ME PAINTING

Ages 2+ (all children need an adult present). Beth Daquilante. Spend the evening painting with your grown-up. A super fun activity for all, creating a super memory. All materials included. Recreation Center Kitchen.

Classes are held from 5:30-6:30 pm, \$30 per person, per class.

Thu	Sep 17:	Moon over Mountains
Fri	Oct 23:	Spooky Moon
Fri	Nov 20:	Harvest Moon
Fri	Dec 18:	Winter Landscape

PAINT NIGHT!

Ages 10+. Beth Daquilante. Miss Beth will lead you step-by-step as you create a masterpiece of your very own! A fun class to do with family or friends. A \$5 materials fee is payable to the instructor at the start of the class. Recreation Center Kitchen.

Classes are held from 7:00-8:30 pm, \$30 per person, per class, plus materials fee.

Thu	Sep 17:	Moon over Mountains
Fri	Oct 23:	Spooky Moon
Fri	Nov 20:	Harvest Moon
Fri	Dec 18:	Winter Landscape

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



BEGINNER WATERCOLOR

Ages 10+. Beverly Jewett. We will start with a transfer technique that anyone can use. (Good for those with early and emerging drawing skills.) Students will work with a variety of quality levels of paint and papers to get a good grasp on what they prefer. We will also try out metallic pens to lightly embellish your work. Each class features a different nature-inspired design. Supplies provided. Recreation Center Kitchen.

Tue Oct 6-20 10:00 am-12:00 pm \$98*

WATERCOLOR OPEN STUDIO

Ages 10+. Mariah Ordonez, MAT, NBCT. Learn essential watercolor techniques within the safety of a small group setting and with the support of an experienced arts educator and artist. Each class will focus on a different watercolor skill so that you can feel confident using this delicate medium. This course is a journey of creative exploration, and you will be encouraged to find your voice as you reflect on what inspires you. Each session will feature new watercolor techniques, color theory, composition, and self-expression opportunities. Open to all levels of learners. Materials list provided with registration. No class on November 26. Recreation Center Kitchen.

Thu Sep 17-Oct 22 1:45-3:15 pm \$188*
Thu Nov 5-Dec 10 1:45-3:15 pm \$188*

NEW

SIMPLE QUILLING FOR BEGINNERS

Ages 8+. Beverly Jewett. Paper quilling is delicate and versatile, with many beautiful applications. The intricacy looks difficult to master, but these designs can be learned with just a few basic skills. We will learn tight and open coils, Marquis, teardrop, slug, diamond, square, triangle, and the use of straight and curved lines, applied to a stable background. Each session features a different design and builds in complexity. All supplies and tools provided. Recreation Center Kitchen.

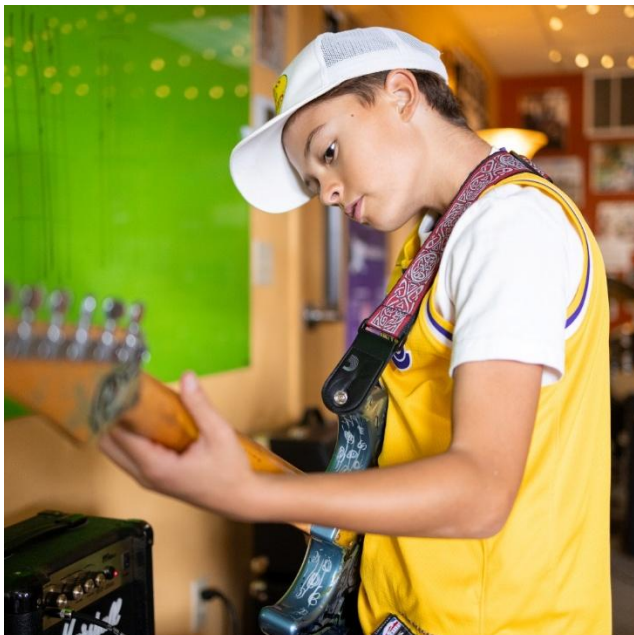
Tue Sep 8-22 10:00 am-12:00 pm \$98*

MIXED MEDIA / COLLAGE ACCORDION BOOK

NEW

Ages 8+. Beverly Jewett. Unfold your creativity! In this exploration of paper and glue, paint and pen, stickers and stamps, your experienced instructor will guide you in composition, color theory, contrast, and telling a story with art. These three weekly sessions will end with the assembly of your own ultra-unique accordion art book. All supplies included. (Bring photocopies of any personal images you want to include.) Recreation Center Kitchen.

Tue Nov 10-24 10:00 am-12:00 pm \$98*



Belong Here. Go Anywhere.

- ☒ College & life preparation - Grades 6-12
- ☒ Every student known, challenged & supported
- ☒ Robust options in visual art, music & theatre
- ☒ Sliding Scale Tuition - Many families qualify

**Come see what makes us special.
Schedule a campus visit today.**

16571 Creative Dr NE, Poulsbo [westsoundacademy.org](https://www.westsoundacademy.org)
360-598-5954 admissions@westsoundacademy.org

ART EXPLORERS: MIXED MEDIA ART CLASS

NEW

Ages 6–11. Theary Tran. In this hands-on art class, young artists will explore their creativity through a variety of exciting projects using drawing, painting, and sculpture. Each week, students will experiment with different materials and techniques, creating everything from colorful paintings and detailed drawings to imaginative 3D sculptures made from papier-mâché, clay, fabric, recycled materials, and more. Supply fee is included in the price of the class. **CONTRACTOR**. Recreation Center Kitchen/Classroom.

Tue Oct 20-Nov 17 5:00-6:00 pm \$148*

LEAF LITTER ART

NEW

Ages 8–11. MacKenzie Ryan. Students will explore texture and composition by creating layered leaf projects using paper and natural leaf shapes. The class emphasizes color relationships found in autumn foliage while encouraging creative arrangement and design experimentation. Finished artworks include a collage mosaic, woodland lantern, and clay leaf trinket dish. All supplies included. No class September 23. **CONTRACTOR**. Recreation Center Multipurpose Room.

Wed Sep 9-30 4:30-6:00 pm \$106*



MONSTER MAYHEM ART

NEW

Ages 8–11 (3rd to 5th grade). Mackenzie Ryan. Students will invent their own original monster characters using drawing, collage, and mixed-media techniques. The instructor will guide participants through expressing personality through shape, color, and texture. This class encourages imagination, storytelling, and early character design skills. **CONTRACTOR**. All supplies included. Recreation Center Multipurpose Room.

Wed Oct 7-28 4:30-6:00 pm \$138*

NEW

WINTER WONDERLAND RESIST ART

Ages 8–11. Mackenzie Ryan. Students will discover the magic of creating negative space by making winter wonderlands to enjoy all season long. They'll make their own reusable fabric wrapping paper, a serene winter landscape that combines wax resist methods with ink blowing, and watercolor cards. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.

Wed Dec 2-16 4:30-6:00 pm \$106*

HOLIDAY FUSED GLASS ORNAMENTS

Ages 9 to adult. Fired Arts. Adult participation is required for children under age 9. Create four beautiful, fused glass ornaments in a variety of festive styles! We provide all materials, tools, and step-by-step instructions to help you design your own unique holiday keepsakes. Choose from a variety of fun ornament designs including trees, gnomes, snowmen, penguins, polar bears, winter scenes, candles, birdhouses, and more! No experience necessary! A \$15 class fee payable to instructor at the start of each class. Due to pre-prepping/cutting of glass there are "no refunds." **CONTRACTOR**. Recreation Center Multipurpose Room.

Choose your time slot:

Fri	Dec 11	4:00-5:00 pm	\$58*
Fri	Dec 11	5:00-6:00 pm	\$58*
Fri	Dec 11	6:00-7:00 pm	\$58*

Sat	Dec 12	10:00-11:00 am	\$58*
Sat	Dec 12	11:00 am-12:00 pm	\$58*
Sat	Dec 12	12:00-1:00 pm	\$58*

FUSED GLASS FRIDAYS!

NEW

Ages 12+. Dawn Marble. Explore the art of fused glass with a new themed project each month! Students will create unique decorative pieces using a variety of colorful fusible glass and creative design techniques. Each project offers a fun opportunity to experiment with color, texture, and glass placement while creating a finished piece to enjoy. Projects will be kiln-fired by the instructor and available for pickup approximately one week after class. A materials fee of \$10 is payable to the instructor at the start of class, except for the holiday dish on Nov 13, which ranges from \$5-\$20. **CONTRACTOR**. Recreation Center Multipurpose Room.

Fridays, 5:00-7:00 pm, \$52*, per class, per person

Aug 28: **12" Garden Stake**

Additional stakes may be created for \$5 each.

Sep 18: **Pocket Vase**

Oct 16: **Bird or Airplane Suncatcher**

Nov 13: **Holiday Dish**

INTRODUCTION TO HAND-BUILDING IN CERAMICS

NEW

Ages 10+. Mariah Ordonez, MAT, NBCT. You'll dive into the ancient world of working with clay and learn how to make amazing creations using your hands. All tools for projects are provided. A \$20 materials fee is payable to the instructor at the start of the first class to cover clay, firing fees, and glaze. Students who have previously taken Intro to ceramics may sign up for this class as an open studio with clay opportunity. No class on November 26. Recreation Center Kitchen.

Thu	Sep 17-Oct 22	12:00-1:30 pm	\$188*
Thu	Nov 5-Dec 10	12:00-1:30 pm	\$188*

GRATITUDE GAMES

NEW

Ages 8-11 (Grades 3-5). Mackenzie Ryan. Students explore creativity, kindness, and gratitude through the creation of different games to be played with friends and family throughout the Thanksgiving holiday season. Each week they will bring home a new activity, their own creation that can be played around the table or just for fun! All supplies included. No class on November 11. **CONTRACTOR.** Recreation Center Multipurpose Room. Wed Nov 4-18 4:30-6:00 pm \$73*



FOOD EXPLORERS: NUTS AND DONUTS

NEW

Ages 7-13. Theary Tran. Master of the world's donuts! Learn to make a no-fail batter and bake low-calorie donuts. These are baked in a hot oven, not deep-fried, thus are healthier for you. Work on making various frostings and be your own creative baker and decorate them as you wish while you compete for a prize for best decorated donut! Menu subject to change. **Recipes contain gluten, nuts, egg and dairy. Notify instructor of any allergies.** All materials included. Recreation Center Kitchen.

Thu Oct 15 5:00-7:00 pm \$60*

CODING: VIDEO GAME BUILDING WITH SCRATCH 3

Ages 7-12. Bricks 4 Kidz. Kids will develop a range of coding and problem-solving skills as they create fun video games in this coding class using Scratch 3. Each game progressively teaches more advanced capabilities within the video game design software. Students will be proud and excited to play their own completed video games. Different challenges each week are targeted at every age and skill level. All students take home a custom minifigure. No class on November 11. Recreation Center Classroom. Wed Oct 14-Dec 9 5:30-6:30 pm \$145*

SAFE AT HOME

Ages 8-12. Jo Van Horn & Ginger Silfies. Participants are certified through the SafeSitter® program. Students will learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the SafeSitter® First Aid Chart and will learn a system that helps them to assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps toward independence. A \$20 Safe@Home student booklet and completion certificate are included in the cost of the class. Recreation Center Kitchen.

Mon Nov 9 5:00-6:30 pm \$75*

BABYSITTING CERTIFICATION

Ages 11-16. Jo Van Horn & Ginger Silfies. Give your child the skills and confidence to be a great babysitter! The SafeSitter® curriculum covers important topics such as, general safety, childcare skills, first aid, choking rescue, and life and business skills. This babysitting course is fun and interactive, with hands-on demonstrations and skills practice using medical manikins. Students will learn and practice diapering, the Heimlich Maneuver, infant choking rescue techniques, and more! A \$30 workbook, a babysitting certification card, and a babysitter reference form are all included in the cost of the class. Recreation Center Multipurpose Room.

Mon Oct 12 10:00 am-3:30 pm \$108*

M-W Dec 28-30 1:30-3:15 pm \$108*

NOTE: October 12 is a "No School" day with the North Kitsap School District.

HOMESCHOOL PROGRAMS

Homeschool kids are also welcome to register and attend any of the after-school programs offered at school locations.

HOMESCHOOL YOUTH YOGA ***NEW***

Ages 7-12. Jessica Silva. Youth yoga sessions provide active, engaging experiences that blend movement, mindfulness, and relaxation while helping participants build confidence, resilience, and lifelong healthy habits. They will learn empowering and supportive postures designed to foster a sense of peace and strength while focusing on emotional regulation, resilience, and concentration. Recreation Upper Fitness Studio.

Tue Nov 3-24 9:30-10:15 am \$73*

HOMESCHOOL TEEN YOGA ***NEW***

Ages 13-18. Jessica Silva. These yoga sessions are designed for teens to provide a supportive space for active, engaging experiences that blend movement, mindfulness, and relaxation while helping participants build confidence, resilience, and lifelong healthy habits. Recreation Upper Fitness Studio.

Tue Nov 3-24 10:30-11:30 am \$73*

NEW

SIMPLE QUILTING FOR BEGINNERS

Ages 8+. Beverly Jewett. Paper quilting is delicate and versatile, with many beautiful applications. The intricacy looks difficult to master, but these designs can be learned with just a few basic skills. We will learn tight and open coils, Marquis, teardrop, slug, diamond, square, triangle, and the use of straight and curved lines, applied to a stable background. Each session features a different design and builds in complexity. All supplies and tools provided. Recreation Center Classroom.

Tue Sep 8-22 10:00 am-12:00 pm \$98*

INTRODUCTION TO HAND-BUILDING IN CERAMICS ***NEW***

Ages 10+. Mariah Ordonez, MAT, NBCT. You'll dive into the ancient world of working with clay and learn how to make amazing creations using your hands. All tools for projects are provided. A \$20 materials fee is payable to the instructor at the start of the first class to cover clay, firing fees, and glaze. Students who have previously taken Intro to ceramics may sign up for this class as an open studio with clay opportunity. No class on November 26. Recreation Center Kitchen.

Thu	Sep 17-Oct 22	12:00-1:30 pm	\$188*
Thu	Nov 5-Dec 10	12:00-1:30 pm	\$188*

WATERCOLOR OPEN STUDIO

Ages 10+. Mariah Ordonez, MAT, NBCT. Learn essential watercolor techniques within the safety of a small group setting and with the support of an experienced arts educator and artist. Each class will focus on a different watercolor skill so that you can feel confident using this delicate medium. This course is a journey of creative exploration, and you will be encouraged to find your voice as you reflect on what inspires you. Each session will feature new watercolor techniques, color theory, composition, and self-expression opportunities. Open to all levels of learners. Materials list provided with registration. No class on November 26. Recreation Center Kitchen.

Thu	Sep 17-Oct 22	1:45-3:15 pm	\$188*
Thu	Nov 5-Dec 10	1:45-3:15 pm	\$188*

BEGINNER WATERCOLOR

Ages 10+. Beverly Jewett. We will start with a transfer technique that anyone can use. (Good for those with early and emerging drawing skills.) Students will work with a variety of quality levels of paint and papers to get a good grasp on what they prefer. We will also try out metallic pens to lightly embellish your work. Each class features a different nature-inspired design. Supplies provided. Recreation Center Kitchen.

Tue	Oct 6-20	10:00 am-12:00 pm	\$98*
-----	----------	-------------------	-------

MIXED MEDIA / COLLAGE ACCORDION BOOK ***NEW***

Ages 8+. Beverly Jewett. Unfold your creativity! In this exploration of paper and glue, paint and pen, stickers and stamps, your experienced instructor will guide you in composition, color theory, contrast, and telling a story with art. These three weekly sessions will end with the assembly of your own ultra-unique accordion art book. All supplies included. (Bring photocopies of any personal images you want to include.) Recreation Center Kitchen.

Tue	Nov 10-24	10:00 am-12:00 pm	\$98*
-----	-----------	-------------------	-------

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



POULSBO.GOV/REGISTER

After-School Programs



WOLFLE ELEMENTARY AFTER-SCHOOL PROGRAMS

NEW

YOGA MINDFUL MOVEMENT SERIES

Ages 8-11. Jessica Silva. Youth yoga sessions provide active, engaging experiences that blend movement, mindfulness, and relaxation while helping participants build confidence, resilience, and lifelong healthy habits. They will learn empowering and supportive postures designed to foster a sense of peace and strength while focusing on emotional regulation, resilience, and concentration. Students should bring a snack for after school and a water bottle.

Tue	Sep 29-Oct 20	4:05-4:50 pm	\$73*
Tue	Nov 3-24	4:05-4:50 pm	\$73*

FIBER ARTS

NEW

Ages 8-11. Dana Harris. Children will develop valuable hand-eye coordination as well as focus and divergent thinking as they explore projects such as weaving, sewing, collage, crochet and more! A \$20 materials fee is due to the instructor at the first class.

Wed	Sep 30-Oct 21	3:10-4:10 pm	\$86*
-----	---------------	--------------	-------

LEARN TO DRAW

NEW

Ages 5-8. Dana Harris. Children will develop hand-eye coordination, focus and creative thinking while learning to draw what they see. We will use line, value, color and texture to describe objects in realistic and imaginative ways. Students will be exposed to a variety of materials including charcoal, markers, oil pastel and graphite. A \$10 materials fee is due to the instructor at the first class.

Wed	Nov 4 & 18	3:10-4:10 pm	\$47*
-----	------------	--------------	-------



PICKLEBALL

Ages 8-11. Pickleball Kingdom Staff. Get ready for some fun on the court! Each week, kids will learn and practice pickleball skills like serving, rallying, and teamwork through exciting drills and mini games. The focus is on learning new skills, building confidence, and having a great time staying active with friends. No experience is needed, and all equipment is provided. No class held on November 11 and 25.

Wed	Nov 4-Dec 9	3:10-4:00 pm	\$75*
-----	-------------	--------------	-------

360-779-9898

ACTING & MUSICAL THEATER ***NEW***

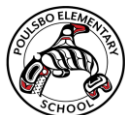
Ages 7-11. Danika Logdahl/Shannon Leigh. Discover the excitement of musical theater through acting, movement, and creative expression in this fun and engaging after-school class. Students will build confidence, develop performance skills, and work together through theater games, character development, and acting out scenes.

Wed Jan 13-Feb 3 3:10-4:00 pm \$76*

LEARN TO PAINT ***NEW***

Ages 8-11. Dana Harris. Students will delve into the world of color in a variety of painting media including watercolor, acrylic, and tempera. Learning the basics of mixing color as well as applying it to create an image or a scene is an invaluable skill for mental focus, creative thinking and hand-eye coordination. Students will be able to explore realistic and abstract subject matter. A \$20 materials fee is due to the instructor at the first class. No class on February 17.

Wed Feb 3-Mar 3 3:10-4:10 pm \$86*



POULSBO ELEMENTARY AFTER-SCHOOL PROGRAMS

ART CLUB ***NEW***

Ages 8-11. Cathy Johnson. Students will wind down the day creating art based on the theme of the week. Themes will include space, nature, fantasy, and animals, and an art project will be brought home weekly. Children should bring a snack and water bottle, and dress for the weather, as time will also be spent outdoors. All materials provided.

Wed Sep 30-Oct 21 3:10-4:00 pm \$88*

BRICKS 4 KIDZ

Ages 5-9. Bricks 4 Kidz. Learn the fundamentals of S.T.E.A.M. (science, technology, engineering, art, mathematics) in an extraordinary atmosphere for children, where we learn, we build, and we play with LEGO® Bricks! Using proprietary model plans created by engineers and architects, each class uses models and curriculum that are different from session to session as well as year to year. All students take home a custom minifigure (kits are reused not taken home). No class on October 28.

Wed Oct 7-Nov 4 3:10-4:10 pm \$88*

ACTING & MUSICAL THEATER ***NEW***

Ages 7-11. Danika Logdahl/Shannon Leigh. Discover the excitement of musical theater through acting, movement, and creative expression in this fun and engaging after-school class. Students will build confidence, develop performance skills, and work together through theater games, character development, and acting out scenes. No class November 25.

Wed Nov 18-Dec 16 3:10-4:00 pm \$76*

PICKLEBALL

Ages 8-11. Pickleball Kingdom Staff. Get ready for some fun on the court! Each week, kids will learn and practice pickleball skills like serving, rallying, and teamwork through exciting drills and mini games. The focus is on learning new skills, building confidence, and having a great time staying active with friends. No experience is needed, and all equipment is provided.

Wed Feb 24-Mar 17 3:10-4:00 pm \$75*



SUQUAMISH ELEMENTARY AFTER-SCHOOL PROGRAMS

PICKLEBALL

Ages 8-11. Pickleball Kingdom Staff. Get ready for some fun on the court! Each week, kids will learn and practice pickleball skills like serving, rallying, and teamwork through exciting drills and mini games. The focus is on learning new skills, building confidence, and having a great time staying active with friends. No experience is needed, and all equipment is provided.

Wed Sep 30-Oct 21 3:10-4:00 pm \$75*

BRICKS 4 KIDZ

Ages 5-9. Bricks 4 Kidz. Learn the fundamentals of S.T.E.A.M. (science, technology, engineering, art, mathematics) in an extraordinary atmosphere for children, where we learn, we build, and we play with LEGO® Bricks! Using proprietary model plans created by engineers and architects, each class uses models and curriculum that are different from session to session as well as year to year. All students take home a custom minifigure (kits are reused not taken home). No class held on November 25.

Wed Nov 18-Dec 16 3:10-4:10 pm \$88*



PEARSON ELEMENTARY AFTER-SCHOOL PROGRAMS

NEW

YOGA MINDFUL MOVEMENT SERIES

Ages 5-7. Jessica Silva. Youth yoga sessions provide active, engaging experiences that blend movement, mindfulness, and relaxation while helping participants build confidence, resilience, and lifelong healthy habits. They will learn empowering and supportive postures designed to foster a sense of peace and strength while focusing on emotional regulation, resilience, and concentration. Students should bring a snack for after school and a water bottle.

Thu Oct 1-22 4:05-4:50 pm \$73*

ACTING & MUSICAL THEATER ***NEW***

Ages 7-11. Danika Logdahl/Shannon Leigh. Discover the excitement of musical theater through acting, movement, and creative expression in this fun and engaging after-school class. Students will build confidence, develop performance skills, and work together through theater games, character development, and acting out scenes.

Wed Sep 30-Oct 21 3:10-4:00 pm \$76*

ART CLUB ***NEW***

Ages 8-11. Cathy Johnson. Students will wind down the day creating art based on the theme of the week. Themes will include space, nature, fantasy, and animals, and an art project will be brought home weekly. Children should bring a snack and water bottle, and dress for the weather, as time will also be spent outdoors. All materials provided.

No class held on November 11 and 25.

Wed Nov 4-Dec 9 3:10-4:00 pm \$88*

YOGA MINDFUL MOVEMENT SERIES ***NEW***

Ages 8-11. Jessica Silva. Youth yoga sessions provide active, engaging experiences that blend movement, mindfulness, and relaxation while helping participants build confidence, resilience, and lifelong healthy habits. They will learn empowering and supportive postures designed to foster a sense of peace and strength while focusing on emotional regulation, resilience, and concentration. Students should bring a snack for after school and a water bottle. No class on November 26.

Thu Nov 5-Dec 3 4:05-4:50 pm \$73*

PICKLEBALL

Ages 8-11. Pickleball Kingdom Staff. Get ready for some fun on the court! Each week, kids will learn and practice pickleball skills like serving, rallying, and teamwork through exciting drills and mini games. The focus is on learning new skills, building confidence, and having a great time staying active with friends. No experience is needed, and all equipment is provided.

Wed Jan 13-Feb 3 3:10-4:00 pm \$75*



POULSBO MIDDLE SCHOOL AFTERSCHOOL PROGRAMS

POLYMER CLAY CHARMS ***NEW***

Ages 11+. Mackenzie Ryan. Students will sculpt miniature charms using polymer clay, learning basic shaping, color blending and detailing techniques. The charms will be incorporated into wearable art design as participants create beautiful keychains, phone charms, or backpack accessories. This hands-on class builds fine motor skills and introduces 3D artistic thinking. All supplies included.

Thu Sep 10 & 17 2:45-4:45 pm \$60*

GHOSTS GALORE ***NEW***

Ages 8+. Mackenzie Ryan. Each week, kids will discover just how spooky or cute a ghost can be by creating a new project. Explore paint layering and printing with a Gelli plate, needle-felted ghosty garland, glow-in-the-dark paintings, squeegee painting, and cheesecloth floating ghosts. All supplies included.

Thu Oct 1-22 2:45-4:45 pm \$80*

GRATITUDE JOURNALING ***NEW***

Ages 11+. Mackenzie Ryan. Each week, students will try an alternative type of journaling. Focused on gratitude, self-reflection, and seasonal themes. The class introduces layout design, folding techniques, and visual storytelling by making zines, junk journaling, and map making. Each participant leaves with a completed mini publication. All supplies included.

Thu Nov 5-19 2:45-4:45 pm \$60*

HOLIDAY GIFT MAKER STUDIO ***NEW***

Ages 11+. Mackenzie Ryan. Students will create handmade holiday gifts such as decorated boxes, mini art prints, or personalized crafts. The class focuses on thoughtful design, presentation, and creativity for gifting. All supplies included.

Thu Dec 3-17 2:45-4:45 pm \$68*



Recreation for All Assistance Program (RAAP)

Need help paying for your Parks and
Recreation Registration fee?

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

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

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

CONFERENCES HALF-DAY CAMPS

SKYHAWKS SPORTS CAMP: CONFERENCE HALF-DAYS

Age 5-10. Take advantage of this after-school camp on the half-day conference days. Based on the popular summer camps, multi-sport camps are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn rules and essential skills for each sport, along with vital life lessons such as sportsmanship, inclusion, and teamwork. Vinland Elementary. Register at skyhawks.com.

T-F Oct 27-30 12:15-3:00 pm \$165

ALL-LEVELS GYMNASTICS CAMP: CONFERENCE HALF-DAYS

Ages 6-11. Turn those NKSD half days into high-flying fun! Keep your kids active, engaged, and smiling all afternoon. This all-levels camp is open to boys and girls—whether they're brand-new to gymnastics or flipping with confidence. Campers will jump into tumbling, balance beam challenges, bar skills, vault drills, dance, conditioning games, creative crafts, and plenty of just-plain fun! It's the perfect mix of energy, skill-building, and imagination. Please send your gymnast with lunch and a water bottle labeled with their name. Braidablik Elementary, training home of the NK & Kingston High School gymnastics teams.

Tu-Th Oct 27-29 1:30-4:30 pm \$175*

WINTER BREAK CAMPS

ELF ESCAPE

Ages 5-11. Jo Van Horn and Parks & Recreation Staff. Let us be your holiday helpers as you make your list and check it twice! While we whisk them away for three hours to make holiday-themed crafts, decorate cookies, play games, and complete obstacle courses, you can take advantage of us keeping the kids busy to finish up the holiday necessities. All materials included. Please bring a snack and water bottle with your child's name on it. Recreation Center.

F/Sa Dec 18-19 1:30-4:30 pm \$99*

HOLIDAY DANCE PARTY

Ages 4-6. InMotion Performing Arts Studio Staff. Join us for a holiday dance party! Explore various dance styles including ballet, jazz, hip hop, and musical theatre to all your favorite Holiday tunes. A fun introduction to different dance styles with the music kids love. Each camper should bring their own snack and water bottle. **CONTRACTOR.** InMotion Performing Arts Studio.

M-W Dec 21-23 9:30 am-12:30 pm \$125*

DANCE CAMP: K-POP DANCE MOVES

Ages 7-12. InMotion Performing Arts Studio. Explore various dance styles including ballet, jazz, hip hop, and musical theatre while dancing to your favorite K-pop music. Campers will enjoy fun K-Pop-themed crafts and activities as they build confidence, creativity, and a love of dance. A fun introduction to different dance styles with the music kids love. Each camper should bring their own snack and water bottle. **CONTRACTOR.** InMotion Performing Arts Studio.

M-W Dec 21-23 9:30 am-12:30 pm \$125*

M-W Dec 28-30 9:30 am-12:30 pm \$125*

DANCE CAMP: FROZEN

Ages 4-6. InMotion Performing Arts Studio Staff. Explore various dance styles including ballet, jazz, and musical theatre while celebrating with all our favorite Frozen characters and music. A fun introduction to different dance styles with the music kids love. Each camper should bring their own snack and water bottle. **CONTRACTOR.** InMotion Performing Arts Studio.

M-W Dec 28-30 9:30 am-12:30 pm \$125*

GNOME FOR THE HOLIDAYS: A MAGICAL WINTER FIRED ARTS CAMP

Ages 5-12. Lori Blevins of Magical Moments. Celebrate the season with whimsical holiday treasures. Children will create cozy woodland-inspired projects using ceramics, fused glass, canvas painting, and mixed media art techniques. Campers will enjoy designing unique holiday keepsakes, handmade gifts, and festive surprises to take home and enjoy throughout the holiday season. Please bring a water bottle, lunch, and your favorite snacks. All materials included. **CONTRACTOR.** Recreation Center Multipurpose Room.

M-W Dec 21-23 10:00 am-2:00 pm \$288*

KCMT CAMP: WINTER EDITION

Ages 7-12. Kitsap Children's Musical Theater Staff. Campers will have a blast singing songs, learning choreography, perfecting their acting skills, and making wintery crafts to get into the holiday spirit! Our camp will culminate in a small performance at 3:30 on the last day of each week that is open to friends and family. PARENTS, check your email each day during the week of camp; important day-of-scheduling info may be emailed out each evening. Additional paperwork for KCMT is required when attending this camp and must be returned to the camp. Paperwork can be sent to summercamps@kcmt.org or brought on the first day of camp. Campers should bring a sack lunch, snack, and water bottle each day. Pearson Elementary.

M-W Dec 21-23 9:00 am-12:00 pm \$175*

M-W Dec 28-30 9:00 am-12:00 pm \$175*

MINI GYMNASTICS HOLIDAY CAMP

Ages 4-6. Join us for a merry little adventure! Our Mini Holiday Camp is packed with giggles, energy, and festive fun. Young gymnasts will tumble, balance, swing, vault, and climb their way through exciting activities on the beam, bars, rings, rope, and more. We'll mix in cheerful crafts and playful holiday surprises to keep the joy flowing all camp long! Please send your gymnast with a snack and a water bottle labeled with their name. Recreation Center Gym.

M-W	Dec 28-30	9:30-11:30 am	\$125*
-----	-----------	---------------	--------

ALL-LEVELS HOLIDAY GYMNASTICS CAMP

Ages 6-11. Open to boys and girls of all experience levels! Get ready for two high-energy days packed with tumbling, balance beam adventures, bar swings, vaulting fun, dance, strength-building games, creative crafts, and nonstop smiles. Whether your child is brand-new to gymnastics or already flipping like a pro, this camp is designed to keep them moving, learning, and having a blast! Please send your gymnast with lunch and a water bottle labeled with their name. Breidablik Elementary. This camp is a fundraiser for the NK & Kingston High School gymnastics teams.

M-Tu	Dec 21-22	5:00-7:00 pm	\$88*
------	-----------	--------------	-------

One day only \$48*

PICKLEBALL PALOOZA: WINTER BREAK CAMP

Ages 7-14. Pickleball Kingdom. All day- all things pickleball! Campers will improve skills through instruction, drills, and games—plus silly fitness challenges and obstacle courses. The week finishes with a high-energy tournament and lots of laughs. Monday through Wednesday will be for skill introduction, drills, and themed games and challenges, while Thursday serves as an optional add-on fun day with challenges and/or a mini tournament. Must be registered for Mon-Wed to add Thu. Pickleball Kingdom Pouslsbo.

M-W	Dec 21-23	9:00 am-3:00 pm	\$198*
Th	Dec 24	9:00 am-3:00 pm	\$48*

M-W	Dec 28-30	9:00 am-3:00 pm	\$198*
Th	Dec 31	9:00 am-3:00 pm	\$48*

SKYHAWKS SPORTS CAMP: WINTER BREAK

Dive into the excitement with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins! Register at skyhawks.com. Pouslsbo Middle School.

M-W	Dec 21-23	9:00 am-12:00 pm	\$125
M-W	Dec 21-23	9:00 am-3:00 pm	\$225

VOLLEYBALL CLINIC:

BEGINNER BACK-COURT SKILLS

Ages 9-11. Katie Freiboth and Kristin Klassert. Build strong foundational back-court skills! This clinic will focus on learning and improving the fundamentals of defensive drills, passing, and transitions through fun, age-appropriate drills. Players will develop proper technique, coordination, and confidence while building the skills needed to become stronger back-row players. Pouslsbo Middle School.

Mon	Dec 21	5:30-6:45 pm	\$30
-----	--------	--------------	------

VOLLEYBALL CLINIC:

BEGINNER FRONT-COURT SKILLS

Age 9-11 Katie Freiboth and Kristin Klassert. Build confidence at the net! Players will learn the fundamentals of hitting, footwork, and net play through fun, age-appropriate drills. Players will develop proper technique, coordination, and confidence while building the skills needed to become stronger front-row players. Pouslsbo Middle School.

Tue	Dec 22	5:30-6:45 pm	\$30
-----	--------	--------------	------



VOLLEYBALL CLINIC:

INTERMEDIATE BACK-COURT SKILLS

Age 12-14 Katie Freiboth and Kristin Klassert. Sharpen your back-court game! This clinic is designed to help players build confidence and consistency through focused training on defensive drills, serve receive, passing, and back-row attacking. Players will leave with the tools to become more confident and effective on the court. Pouslsbo Middle School.

Mon	Dec 21	7:00-8:45 pm	\$30
Tue	Dec 29	7:00-8:45 pm	\$30

VOLLEYBALL CLINIC:

INTERMEDIATE FRONT-COURT SKILLS

Age 12-14. Katie Freiboth and Kristin Klassert. Take your front-row game to the next level! This clinic is designed to help players develop confidence and technique through focused training on attacking, blocking, footwork, and transition play. Players will improve their hitting mechanics and net play while building the skills and confidence. Pouslsbo Middle School.

Tue	Dec 22	7:00-8:45 pm	\$30
Wed	Dec 30	7:00-8:45 pm	\$30



**CROSSPOINT
CHRISTIAN SCHOOL**
fostering faith, cultivating wisdom

TOGETHER *as one.*



*One Campus.
One Community.
One Future.*



ACCEPTING APPLICATIONS FOR 2026-2027
ONE CAMPUS SERVING KITSAP COUNTY · GRADES K-12

*Bus
available
to & from
Poulsbo!*

4012 Chico Way NW, Bremerton, WA

WWW.CROSSPOINTCS.ORG



FALL GYMNASTICS

AGES 18 MONTHS-16 YEARS

FALL SESSIONS ARE ALL 5 WEEKS

The Poulsbo Parks & Recreation Gymnastics Program is committed to providing a safe, fun, and enriching environment where participants build strong foundations in movement and athletic skills. Since joining the Recreation Center in 1995, our program has helped students develop flexibility, balance, and strength that support success in all sports—not just gymnastics. Through positive instruction and a supportive community, we encourage perseverance, patience, trust, thoughtful risk management, and other essential life skills, fostering both personal growth and a lifelong love of active recreation.

Poulsbo Parks & Recreation takes pride in our gymnastics classes, instructors, and facility at the Recreation Center, providing a variety of classes for youth aged 18 months to 16 years. Please read the class descriptions below.

Our recreational gymnastics program builds confidence in its participants in an encouraging, safe, and non-competitive environment. Our gymnasts learn to love the sport of gymnastics and watch their skills progress at their own pace. Recreational gymnastics classes serve everyone from Mini and Me classes through Middle School.

Who's teaching? Gracie Allen, Lily Barich, Danika Longdahl, Alli Johnson, Ginger Silfies, and Jo Van Horn.

MINI & ME GYMNASTICS

Ages 1.5-3. Children and their grown-ups can work on their motor skills in a safe and playful environment. This is a loosely structured class with an instructor present for circle time, modified stretches, and ideas of things to do with your little gymnast. However, this class is child-led, allowing access to all gymnastics equipment for lots of fun and exploration. Adult participation is required, and siblings are not allowed to participate unless they are registered for the class. No class October 12.

Mon	9:30-10:00 am	9/21-10/26	11/16-12/14
Wed	9:30-10:00 am	9/23-10/21	11/18-12/16
Sat	9:00-9:30 am	9/26-10/24	11/14-12/12

\$58*/5-week session

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

See page 31 for details.



INCLEMENT WEATHER POLICY

If the North Kitsap School District **cancels school**, all Parks & Recreation programs will be canceled for the day.

If the North Kitsap School District has a **2-hour delayed start**, programs that start before 11a will be canceled and all other programs will be decided on a case-by-case basis.

We will make every attempt to offer a make-up class for classes that are canceled due to weather, power outages and other unforeseen events by extending the session. However, if you can not attend the make-up date, there will be no credit or refund offered.

If no make-up class is offered, then a credit will be given for the missed class.

TUMBLING TOTS

Ages 3-4. Students will be introduced to the basic skills of gymnastics in a fun and fast-paced environment. The focus is on developing coordination, strength, balance, and flexibility. We will also develop social skills such as how to take turns, how to follow directions, and how to work with others. This is a fully structured class, but parent participation is encouraged if necessary. No class on October 12 or November 26.

Mon	10:15-10:45 am	9/21-10/26	11/16-12/14
Wed	10:15-10:45 am	9/23-10/21	11/18-12/16
Thu	4:15-4:45 pm	9/24-10/22	11/12-12/17
Sat	9:45-10:15 am	9/26-10/24	11/14-12/12

\$70*/5-week session

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

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

- **Tumbling Tots, Ages 3-4 and Kindergym, Ages 4-6.**

If your child is 4, has not already been introduced to a structured class, is high energy, and/or is unable to stay focused for very long, please register them for Tumbling Tots. If they are 4, are in preschool, and can stay focused on tasks, then please register them for Kindergym.

- **Kindergym, Ages 4-6 and Leveled classes, Ages 6-10.**

If your 6-year-old has never done gymnastics, is tired after being in all-day kindergarten, and/or has trouble focusing, please register them for Kindergym. The Leveled gymnastics class may be frustrating for them.

BEGINNING KINDERGYM

Ages 4-6. Students will be introduced to basic tumbling skills, balance beam & bar work, vaulting technique, rings, and rope. The class focuses on coordination, strength, and spatial awareness. No class October 12.

Mon	11:00-11:45 am	9/21-10/26	11/16-12/14
Mon	5:00-5:45 pm	9/21-10/26	11/16-12/14
Wed	11:00-11:45 am	9/23-10/21	11/18-12/16
Wed	5:00-5:45 pm	9/23-10/21	11/18-12/16
Sat	10:30-11:15 am	9/26-10/24	11/14-12/12

\$82*/5-week session

HOTSHOTS: ADVANCED KINDERGYM

Ages 4-6. For gymnasts who have completed Beginning Kindergym several times and have been placed by the instructor. This class is ready for kids to focus on skill technique and expand gymnastics work. Instructor permission is required. No class November 26.

Thu	5:00-5:45 pm	9/24-10/22	11/12-12/17
-----	--------------	------------	-------------

\$82*/5-week session.

TUMBLING ONLY: BEGINNING & INTERMEDIATE

Ages 6-12. Calling all gymnasts, dancers, and cheerleaders! No experience is necessary for this fun class. After basic warm-ups and stretching, this class will split kids into groups based on skill level and focus on different tumbling skills each week. These skills include, but are not limited to, cartwheels, bridges, handstands, floor rolls, roundoffs, bridge kickovers, back walkovers, and handstand forward rolls.

Wed	4:00-4:40 pm	9/23-10/21	11/18-12/16
-----	--------------	------------	-------------

\$78*/5-week session

LEVEL 1: BEGINNING GYMNASTICS

Ages 6-10. This beginner-friendly class introduces young athletes to the essential skills of gymnastics in a fun and supportive environment. Students will explore basic tumbling, balance beam fundamentals, introductory bar work, vault techniques, and movement on rings and rope. Along the way, participants build body awareness, strength, flexibility, and confidence as they learn new skills and discover what their bodies can do. Perfect for kids who are curious, energetic, and ready to grow. No class October 12.

Mon	6:00-6:45 pm	9/21-10/26	11/16-12/14
Tue	6:00-6:45pm	9/22-10/20	11/17-12/15
Wed	6:00-6:45 pm	9/23-10/21	11/18-12/16
Sat	11:30-12:15 pm	9/26-10/24	11/14-12/12

\$82*/5-week session

If your gymnast has been placed in Level 2 or 3 but the haven't attended classes for 6 months or longer, please consider having your child repeat a lower-level class before continuing with their advanced one to ensure positive and safe skill progression.

SEE GYMNASTICS CAMPS ON PAGE 25 & 26.

LEVEL 2: INTERMEDIATE REC GYMNASTICS

Ages 6-10. This class is for students who know how to do bridges and cartwheels and know body positions. Skills will build on tumbling and dance, bar work, low and high beam, and vaulting. Increased focus on strength and flexibility. Instructor permission is required. Instructor permission required. No class on November 26.

Thu	6:00-6:45 pm	9/24-10/22	11/12-12/17
-----	--------------	------------	-------------

\$82*/5-week session

LEVEL 2/3 SPLIT: INTERMEDIATE & ADVANCED REC GYMNASTICS

Ages 6-10. Perfect for gymnasts ready to level up and join us two days a week! Students should already be comfortable with bridges, cartwheels, and basic body positions. In this upbeat, skill-building class, athletes will grow their tumbling and dance abilities, strengthen bar skills, gain confidence on both low and high beam, and practice dynamic vaulting. We'll also put extra emphasis on building strength and flexibility to help gymnasts progress safely and confidently. Instructor permission required.

Tue	4:50-5:50 pm	9/22-10/20	11/17-12/15
-----	--------------	------------	-------------

\$90*/5-week session



Snow days: If the North Kitsap School District closes due to weather conditions, all classes will be canceled for the day. All classes beginning before 11 am will be canceled if North Kitsap Schools are on a 2-hour delay.

LIL' NINJAS

Ages 3-5. Parks & Rec Staff. This action-packed class has participants tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. Class is fast-paced and great for those high-energy kids who are not ready to focus on a skills-based gymnastics class. Recreation Center Gym.

Mon	4:15-4:45 pm	9/21-10/26	11/16-12/14
Thu	10:45-11:15 am	9/24-10/22	11/12-12/17

\$79*/5-week session

PRIVATE LESSONS

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

Fees:

- \$30 / 30 minutes for the individual.
- \$45 / 45 minutes for the individual.
- \$60 / 60 minutes for the individual.
- Add \$5 for an extra child from the immediate family (one only)



SKYHAWKS SPORTS PROGRAMS
AGES 2.5-12 Skyhawks Sports Academy Staff. Skyhawks is the country's leader in providing a safe, fun, and skill-based sports experience for kids. Poulsbo Parks & Recreation is proud to partner with them to offer the following programs for spring and summer.
CONTRACTOR.
All registration is through Skyhawks. For more information, or to register online, visit the Skyhawks webpage at <https://www.skyhawks.com/search/>.



SKYHAWKS VOLLEYBALL

Ages 5-12. Whether your athlete is new to volleyball or looking to refine their technique, Skyhawks emphasizes fundamentals first—passing, setting, serving—then layers in game awareness, teamwork, and confidence. Coach-led sessions use drills, games, and small-sided matches so every player leaves smiling and improving. Raab Park.

Ages 5-8

Mon	Sep 14-Oct 5	4:30-5:30 pm	\$89
-----	--------------	--------------	------

Ages 8-12

Mon	Sep 14-Oct 5	5:45-6:45 pm	\$89
-----	--------------	--------------	------

SKYHAWKS CHEERLEADING ***NEW***

Ages 5-12. Whether your child is new to cheerleading or eager to refine their skills, Skyhawks emphasizes fundamentals first—body control, jumps, rhythm, and coordination—then layers in performance confidence and team spirit. Our coach-led sessions use proven teaching progressions, high-energy drills, and fun routines so every participant leaves smiling and motivated. Recreation Center Gym.

Ages 5-8

Fri	Sep 18-Oct 16	5:00-5:45 pm	\$115
Fri	Oct 23-Nov 20	5:00-5:45 pm	\$115
Fri	Nov 27-Dec 18	5:00-5:45 pm	\$92

Ages 8-12

Fri	Sep 18-Oct 16	6:00-6:45 pm	\$115
Fri	Oct 23-Nov 20	6:00-6:45 pm	\$115
Fri	Nov 27-Dec 18	6:00-6:45 pm	\$92



SKYHAWKS BASEBALLTOTS

Ages 2-5. Give your little superstar an awesome first step into baseball! This class uses age-appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sports skills, and child development. Skyhawks is a great way to introduce baseball to kids who just want to get started with the basics! Dress for the weather. Please wear athletic attire and sneakers. Frank Raab Park.

Ages 2-3.5

Sat	Aug 29-Sep 12	9:00-9:45 am	\$75
Sat	Sep 19-Oct 17	9:00-9:45 am	\$115

Ages 3.5-5

Sat	Aug 29-Sep 12	10:00-10:45 am	\$75
Sat	Sep 19-Oct 17	10:00-10:45 am	\$115

SKYHAWKS 1st DOWN TOTS FLAG FOOTBALL

Ages 3.5-7. Dive into the excitement with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins! Raab Park.

Ages 3.5-5

Sat	Sep 19-Oct 17	11:00-11:45 am	\$115
Sat	Oct 24-Nov 21	11:00-11:45 am	\$115
Sat	Nov 28-Dec 26	11:00-11:45 am	\$115

Ages 5-7

Sat	Sep 19-Oct 17	12:00-12:45 pm	\$115
Sat	Oct 24-Nov 21	12:00-12:45 pm	\$115
Sat	Nov 28-Dec 26	12:00-12:45 pm	\$115

SPORTS SHORTS: MINI & ME BALL SPORTS

Ages 18 mo-3 yrs. Jack Valdez. Indoor play activity time for you and your little ones. The instructor will lead games and fun with the parachute, balloons, bean bags, soccer, t-ball, and basketball, plus all the fun of running, jumping, and playing catch. Recreation Center Gym.

Thu	Sep 24-Oct 22	10:00-10:30 am	\$58*
Thu	Nov 12-Dec 17	10:00-10:30 am	\$58*

LIL' NINJAS

Ages 3-5. Parks & Rec Staff. This action-packed class has participants tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. Class is fast-paced and great for those high-energy kids who are not ready to focus on a skills-based gymnastics class. Recreation Center Gym.

Mon	Sep 21-Oct 26	4:15-4:45 pm	\$79*
Thu	Sep 24-Oct 22	10:45-11:15 am	\$79*
Mon	Nov 16- Dec 14	4:15-4:45 pm	\$79*
Thu	Nov 12- Dec 17	10:45-11:15 am	\$79*

PRESCHOOL OUTDOOR SOCCER

Ages 3-6. Jack Valdez. Children will have an opportunity to explore basic concepts of sports and develop skills. They will also develop social skills such as taking turns, following directions, and playing with others. **Please note, parents may be asked to participate and children exhibiting unsportsmanlike conduct may be asked to sit out.** Most classes are held rain or shine, dress for the weather. Once these classes are full, additional classes may be offered, so be sure and have your name put on a waitlist if you can't get into a class. Raab Park.

Age 3-4

Tue	Sep 15-Oct 13	4:30-5:00 pm	\$70*
Sat	Sep 19-Oct 17	9:30-10:00 am	\$70*

Age 4-6

Tue	Sep 15-Oct 13	5:10-5:55 pm	\$82*
Sat	Sep 19-Oct 17	10:15-11:00 am	\$82*

INTRO TO SOCCER

Ages 6-10. Jack Valdez and Jesse Allard: Introduce your child to soccer in this fun and fast-paced introductory class. Class will focus on soccer basics and build fundamentals in a fun and non-competitive environment. Players will be exposed to creative soccer exercises, drills, and games that will enhance their technical ability in a fun and encouraging atmosphere. Most classes are held rain or shine, dress for the weather. Raab Park.

Thu	Sep 17-Oct 15	5:00-5:45 pm	\$82*
Sat	Sep 19-Oct 17	11:15 am-12:00 pm	\$82*

SOCCER SKILLS II

Ages 6-10. Jack Valdez and Jesse Allard: This skills class is for kids who have completed several sessions of the Intro class but still are not ready for a competitive league. Focus is on continuing to build on solid basics and fun. Classes are held rain or shine; dress for the weather. Raab Park/Poulsbo Elementary Gym.

Thu	Sep 17-Oct 15	5:45-6:30 pm	\$82*
Sat	Sep 19-Oct 17	12:15-1:00 pm	\$82*
Thu	Oct 29-Dec 3	6:10-6:55 pm	\$82*

INDOOR/OUTDOOR SOCCER

Ages 3-10. Jack Valdez. 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.** Please add your name to a waitlist if the class is full. No class on Nov 24 or 27. Poulsbo Elementary.

Age 3-4

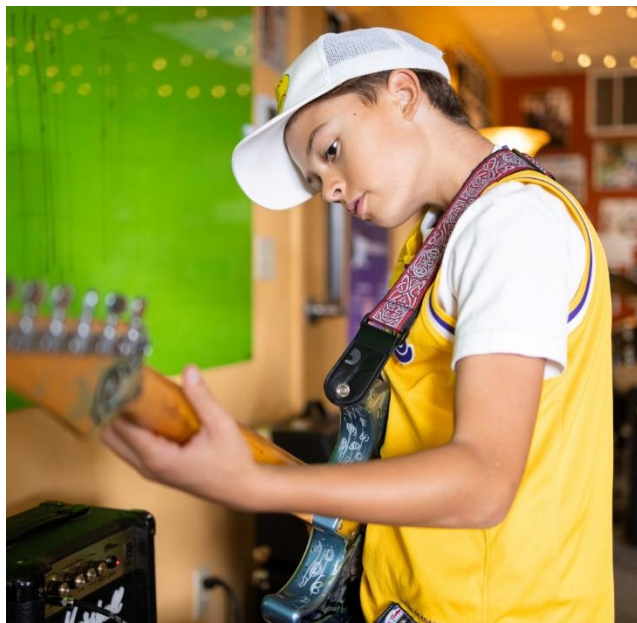
Tue	Oct 27-Dec 1	5:10-5:40 pm	\$70*
Sat	Nov 7-Dec 12	9:30-10:00 am	\$70*

Age 4-6

Tue	Oct 27-Dec 1	5:45-6:30 pm	\$82*
Sat	Nov 7-Dec 12	10:15-11:00 am	\$82*

Age 6-10

Thu	Oct 29-Dec 3	5:10-5:55 pm	\$82*
Sat	Nov 7-Dec 12	11:15-12:00 pm	\$82*



Belong Here. Go Anywhere.

- ☒ College & life preparation - Grades 6-12
- ☒ Every student known, challenged & supported
- ☒ Robust options in visual art, music & theatre
- ☒ Sliding Scale Tuition - Many families qualify

**Come see what makes us special.
Schedule a campus visit today.**

📍 16571 Creative Dr NE, Poulsbo 🌐 westsoundacademy.org
📞 360-598-5954 ✉ admissions@westsoundacademy.org

VOLLEYBALL: BEGINNING GIRLS

Grades 3 & 4. BUMP, SET, SPIKE!! Are you interested in playing volleyball? Not old enough for a volleyball league? Girls will learn all the elements of the game, including basics to passing, setting, hitting and service, with live scrimmages held towards the end of the session to utilize new skills. Conditioning will also be covered. Water bottles and knee pads are recommended. Max 20 players. Vinland Elementary.

Tu/F Sep 8-Oct 6 5:30-6:45 pm \$170*

VOLLEYBALL: INTRAMURAL FALL GIRLS RECREATIONAL LEAGUE

Two divisions: Beginners, Grades 5/6 and Intermediate/Advanced, Grades 7/8/9 (2026/2027 school year.)

Fall volleyball through Poulsbo Parks and Recreation will draw players from the North and Central Kitsap areas, as well as partnering with Bainbridge Island Parks and Rec for additional teams. There will be 7 matches per team for each division, with matches on Saturdays. Most practices will be Tuesdays and Fridays. Teams will start practices the week of Sept 14, but we will continue to take registrations until formed teams are full. There may be some travel required to gyms on Bainbridge Island and Central Kitsap.

Practices: Weekdays, mostly Tues/Fri, beginning week of Sept 14

Matches: Saturdays, Oct 3-Nov 14

Fee: \$195pp

BASKETBALL: FALL COUNTY RECREATIONAL

Boys and Girls, Grades 3-8. Teams will be formed as registrations are received, with practices beginning after school starts. Fall basketball games will be jointly conducted with SKYAA, a South Kitsap youth organization. There will be divisions for boys and girls in grades 3/4, 5/6, and 7/8. Rules have been adjusted for recreational level of play, with 3/4 grade teams using reduced height baskets. All girls teams and boys 3/4 and 5/6 will use 28.5" balls. Boys in grades 7/8 will use the regulation, official-sized ball. Practices will routinely be scheduled twice per week, with coach input, and will be about 1.5 hours in length. We will work around school events and team game schedules. Games will be held in North, Central and South Kitsap gyms.

Coaches having a group of athletes wishing to play on their team should contact Joe Schiel, joes@poulsbo.gov with the names to ensure they are assigned to their team.

Practices: Weekday evenings, twice per week, beginning after schools open, as teams form.

Games: Weekday evenings, Monday-Thursday, beginning in late September.

Fee: \$195*pp

Visiting Teams: \$800

Jerseys, if you don't have one, are \$30, plus sales tax.

BASKETBALL: 2027 WINTER RECREATIONAL BASKETBALL LEAGUES

FORMING POULSBO AND KINGSTON TEAMS
REGISTRATION OPENS IN OCTOBER!

WINTER 2026/2027 BASKETBALL LEAGUE:

MIDDLE SCHOOL GIRLS PREP

Girls, Grades 6-8. A strong league, playing double headers on Sundays to prepare our 6/7/8 grade girls for their upcoming school seasons! The league is put together to provide the girls practice and game time prior to school tryouts. We routinely schedule games either at Kingston High School (primary gym) or Kingston Middle School. Practices starting as soon as teams form early Nov. We can work around most schedules and conflicts.

Registration: Begins in October

Practices: Weekday evenings

Games: 9 GG, which includes playoff games.

Possible game dates are Dec 6, 13, 20; Jan 3 and 10.

Playoffs: Jan 16 & 17

Fee: \$225* per player

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

COACHES NEEDED!!

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

This is quality time for our young people. They are practicing physical and mental skills, interacting with their peers and adults in a healthy atmosphere and gaining the ability to compete toward a goal as part of a team and as an individual.

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



Email Joe Schiel at joes@cityofpoulsbo.com for more information on this valuable opportunity.

2027 WINTER RECREATIONAL BASKETBALL LEAGUE: ELEMENTARY BOYS AND GIRLS

Grades 1-5. This is your basketball league!! Divisions by grade and gender, with each player getting a ball! Returning players can ensure the return to last year's team by signing up before Nov 9. Teams, when formed, can start practices the week of Tuesday, Dec 1. Teams will be formed as registrations are received, so register early. Any questions, please call us at 360-779-9898!

Registration: Begins in October.

Practices: Weekday evenings, as teams are formed.

Games: Grades 1-4, 7 games; Grade 5, 8 games
Games are on Saturdays, starting Jan 9

and will be completed no later than Mar 13.

Fee: Grades 1-4, \$195* per player.

Grade 5, \$225* per player.

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

2027 WINTER RECREATIONAL BASKETBALL LEAGUE: MIDDLE SCHOOL BOYS

Grades 6-8. Your school season will be over well before our game schedule starts!! Continue your play with your buddies in this great league!! We will have a 6th grade boys division and a 7/8th grade boys division. Practices will start in early December as teams are formed. Teams will be formed as registrations are received, so register early. Any questions, please call us at 360-779-9898!

Registration: Begins in October.

Practices: Weekday evenings, two weekly.

Games: Minimum 8 games, including a playoff the last two weeks of the season (March 1-13)

Games are on Saturdays, starting Jan 9

and will be completed no later than Mar 13.

Fee: \$225* per player.

BASKETBALL SKILLS WITH HENRY GUTERSON

Ages 4-12. Children will participate in scrimmages, games, and drills meant to be fun and improve skills. Effort, sportsmanship, and teamwork will be stressed. All offerings are coached by Henry Gutterson, a youth coach since 2004. Appropriate age heights— 4'6"/8'/10' hoops— will be used, depending on the age group. No class on Oct 10 or Nov 28. Kingston Middle School Aux Gym.

Ages 4-5: 9:00-9:55 am

Ages 6-7: 10:00-11:00 am

Grades 2-3: 11:15 am-12:15 pm

Grades 4-6: 12:30-1:30 pm

Sat Sep 12-Oct 24 \$128*

Sat Nov 7-Dec 19 \$128*

FOOTBALL CHEER WORKSHOP

Ages 7-13. Carolyn Slade, NKHS Cheer coach and NKHS Cheer Team volunteers. Get ready to jump, dance, and shout! Learn the fundamentals of cheerleading in a fun, energetic, and supportive environment. Cheer students will learn cool cheers, dances, and fun stunts, and develop teamwork and spirit. Participants will be invited to dinner with the Cheer team on Friday night and to perform at halftime at a North Kitsap High School Football game. Pom poms and hair bows are included.. Participants are dismissed to parents after the half-time performance on Friday. NKHS Commons/Stadium.

Wed Sep 30 5:00-7:00 pm

Thu Oct 1 5:00-7:00 pm

Fri Oct 2 5:00 pm-Half-time \$125*

HOP ON BOARD: INTRO TO SKATEBOARDING

Ages 5-13. NSCX (North Sound Connects). Learn the basics of skateboarding in a fun, supportive environment! Participants will explore skateboard components, safety gear, and fundamental skills on small ramps and rollers. Classes also cover skatepark etiquette and building confidence on a board, with parents encouraged to join in and required for any participant under 8 years old. Helmet required. Participants are encouraged to bring their skateboards and elbow/knee pads if they have them. Some skateboards may be available for use. No experience required—bring a sense of adventure! Held at Frank Raab Park.

Sat Sep 19 10:00 am-12:00 pm \$35

Sat Oct 3 10:00 am-12:00 pm \$35

Sat Oct 17 10:00 am-12:00 pm \$35



LACROSSE WORKSHOP

Grades K-8. Join us for an indoor lacrosse workshop designed for players of all skill levels. This workshop focuses on developing core lacrosse techniques in a fast-paced, indoor setting. Players will work on passing, shooting, footwork, and game strategy through engaging drills and small-sided games. No class November 28. Poulsbo Elementary.

Sat Sep 26-Oct 24 12:15-1:15 pm \$75*

Sat Nov 7-Dec 12 12:15-1:15 pm \$75*

HALLOWEEN LACROSSE: FREE EVENT!

Come meet coaches and try the sport in this free Halloween open house. Kids can come dressed up in their costumes and have some fun at the field before going trick or treating. Strawberry Field.

Sat Oct 31 3:00-6:00 pm FREE



PACIFIC PIRANHA SWIM TEAM

We are a year-round youth swim team
for ages 6-18.



*Come try out for one of our developmental or
competitive groups!*

Practices are located at North Kitsap
Community Pool

For more information:

swimwithppst.membership@gmail.com

www.swimppst.com



POULSBO HISTORY

Come visit us on Front Street

Maritime Museum | Heritage Museum



POULSBO
HISTORICAL SOCIETY

/ july 2020

PIANO LESSONS

Ages 7+. Jill Vernarsky. Have you always wanted to play that certain tune? We're offering holistic music instruction with an emphasis on creating an enjoyable learning experience. Course content will be tailored to suit your individual interests, with teaching goals most often including the development of independent learning skills and strong playing skills. Private 30-minute lessons are once a week, with 45-minute lessons available for more advanced students. Materials not included in class fee. Please call the Recreation Center at 360-779-9898 to arrange lessons. No lessons on October 12. Recreation Center Piano Studio.

Mondays only, Sep 14-Dec 7 (12 weeks)
30-min lesson fee: \$392* or \$131/mo
45-min lesson fee: \$548* or \$183/mo

Fee is for per session, with even monthly payments for your convenience.
Payments are due Sep 1, Oct 1 and Nov 1.

CREATIVE MOVEMENT FOR ADULTS & SENIORS

Jo Van Horn. Fun exercise for beginners and former dancers alike! We will be using the BrainDance structure developed by Anne Green Gilbert, founder of the Creative Dance Center in Seattle. BrainDance is a full body-brain exercise that focuses on eight fundamental movement patterns of early human development and can be done seated, standing, or even lying down! Come move your body in a creative, non-judgmental, and safe space. Recreation Center Upper Fitness Studio.

Wed	Sep 23-Oct 21	12:15-1:15 pm	FREE
Wed	Nov 18-Dec 16	12:15-1:15 pm	FREE

DANCE CLASSES WITH GEORGE AND JAN BAHR

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

RUMBA BASICS

Ages 18+. George & Jan Bahr. An elegant Latin dance, this is the class to start with for Rumba. Students will learn the basic steps and turns to prepare them for the dance floor. Pearson Elementary School Gym.

Mon	Sep 14-Oct 5	7:00-8:00 pm	\$58*
-----	--------------	--------------	-------

MORE RUMBA

Ages 18+. George & Jan Bahr. In this class, students will learn additional Rumba dance steps that will increase their confidence on the dance floor and add styling. This class has steps that are no harder than intermediate, just different! Pearson Elementary School Gym.

Mon	Oct 12-Nov 2	7:00-8:00 pm	\$58*
-----	--------------	--------------	-------

ROLLER BEATS: DANCE SKATING

Ages 18+. Hunter Chapa. Discover the rhythm of movement in this dance roller skating class! Students will immerse themselves in the art of dance on wheels as the instructor guides them through fundamentals, essential techniques, balance drills, and footwork. Participants will need their own skates with rubber toe stoppers, knee and elbow pads, and helmets suggested. Recreation Center Sports Court.

Brand New Skaters

Mon	Sep 14-28	5:00-6:00 pm	\$55*
-----	-----------	--------------	-------

Beginners Dance Skating

Mon	Sep 14-28	6:00-7:00 pm	\$55*
-----	-----------	--------------	-------

PAINT NIGHT!

Ages 10+. Beth Daquilante. Miss Beth will lead you step-by-step as you create a masterpiece of your very own! A fun class to do with family or friends. A \$5 materials fee is payable to the instructor at the start of the class. Recreation Center Kitchen.

Classes are held from 7:00-8:30 pm, \$30 per person, per class, plus materials fee.

Thu	Sep 17:	Moon over Mountains
Fri	Oct 23:	Spooky Moon
Fri	Nov 20:	Harvest Moon
Fri	Dec 18:	Winter Landscape

BEGINNER WATERCOLOR

Ages 10+. Beverly Jewett. We will start with a transfer technique that anyone can use. (Good for those with early and emerging drawing skills.) Students will work with a variety of quality levels of paint and papers to get a good grasp on what they prefer. We will also try out metallic pens to lightly embellish your work. Each class features a different nature-inspired design. Supplies provided. Recreation Center Kitchen.

Tue	Oct 6-20	10:00 am-12:00 pm	\$98*
-----	----------	-------------------	-------

WATERCOLOR OPEN STUDIO

Ages 10+. Mariah Ordonez, MAT, NBCT. Learn essential watercolor techniques within the safety of a small group setting and with the support of an experienced arts educator and artist. Each class will focus on a different watercolor skill so that you can feel confident using this delicate medium. This course is a journey of creative exploration, and you will be encouraged to find your voice as you reflect on what inspires you. Each session will feature new watercolor techniques, color theory, composition, and self-expression opportunities. Open to all levels of learners. Materials list provided with registration. No class on November 26. Recreation Center Kitchen.

Thu	Sep 17-Oct 22	1:45-3:15 pm	\$188*
Thu	Nov 5-Dec 10	1:45-3:15 pm	\$188*

INSTRUCTOR SPOTLIGHT: WILLIAM MCGUIRE

William McGuire is a professional illustrator, concept artist and cartoonist, working for companies such as Nickelodeon, Big Fish, LeapFrog, Paramount, Elevate Games and many more. He is also the author of 12 + children's books. We are excited to have Mr. McGuire share his professional experience, insight and enthusiasm as he instructs the following classes. Visit Mr. McGuire's website at: <https://williammcguire.net>.

INTRO TO ILLUSTRATION

Ages 8+. William McGuire. Illustration does not have to be intimidating. Learn the basics of breaking down objects into their component shapes, learn lines of movement, form, weight, silhouette, composition, and color. Personal instruction, week by week feedback, and exercises meant to start you working like a real artist. Instructor has been illustrating for 20+ years, full of professional experience, insight, tricks, and tips. Bring your enthusiasm and your art creation platform of choice; sketchbook, iPad, or any other way you like to work. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	5:00-6:30 pm	\$171*
Tue	Nov 3-24	5:00-6:30 pm	\$171*

CARTOONING

Ages 8+. William McGuire. Learn cartooning from a professional illustrator! Personal instruction on character type, shape, lines of motion, gesture, form, weight, composition, color, and appeal. Analyze cartooning favorites, find out what makes them work, and learn how to make your own. Pull it out of your head and make it real! Bring your enthusiasm and your art creation platform of choice; sketchbook, iPad, or any other way you like to work. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	6:30-8:00 pm	\$171*
Tue	Nov 3-24	6:30-8:00 pm	\$171*

INTRO TO PROCREATE: ILLUSTRATION

Ages 10+. William McGuire. Thorough instruction from the ground up on how to use Procreate, an industry standard for illustration. Whether you want to put together a professional portfolio or just learn for fun, this class will cover basic Procreate functionality, file construction, optimizing, organization, and a multitude of tips and tricks, all from a professional illustrator and industry veteran. Participants must bring an iPad with a copy of Procreate already purchased and ready to go. **CONTRACTOR**. Recreation Center Multipurpose Room.

Tue	Sep 29-Oct 20	8:00-9:00 pm	\$106*
Tue	Nov 3-24	8:00-9:00 pm	\$106*

MOSAICS MINI MOSAIC PENDANT

Ages 12+. Dawn Marble. Create a unique mini mosaic pendant in this fun, fast-paced class! Students will design a pendant using Apoxie Sculpt (TM) and decorate it with tiny glass tiles, beads, and other colorful findings. Leave with a wearable piece of art that's uniquely yours. Additional pendant bases will be available for purchase. A materials fee of \$10 is payable to the instructor at the start of class. Recreation Center Multipurpose Room.

Fri	Sep 11	3:00-4:30 pm	\$55*
Fri	Oct 9	3:00-4:30 pm	\$55*
Fri	Nov 6	3:00-4:30 pm	\$55*

HOLIDAY FUSED GLASS ORNAMENTS

Ages 9 to adult. Fired Arts. Adult participation is required for children under age 9. Create four beautiful, fused glass ornaments in a variety of festive styles! We provide all materials, tools, and step-by-step instructions to help you design your own unique holiday keepsakes. Choose from a variety of fun ornament designs including trees, gnomes, snowmen, penguins, polar bears, winter scenes, candles, birdhouses, and more! No experience necessary! A \$15 class fee payable to instructor at the start of each class. Due to pre-prepping/cutting of glass there are "no refunds." Recreation Center Multipurpose Room.



Choose your time slot:

Fri	Dec 11	4:00-5:00 pm	\$58*
Fri	Dec 11	5:00-6:00 pm	\$58*
Fri	Dec 11	6:00-7:00 pm	\$58*
Sat	Dec 12	10:00-11:00 am	\$58*
Sat	Dec 12	11:00 am-12:00 pm	\$58*
Sat	Dec 12	12:00-1:00 pm	\$58*

MOSAICS: GLASS ON GLASS

Ages 16+. Dawn Marble. Students will design a unique 5x7-inch mosaic using colorful glass adhered to a clear base, giving the finished artwork the look of a traditional stained-glass panel. Choose from a variety of provided patterns or create your own custom design. You'll learn glass selection, glass cutting, layout techniques, and adhesive application, then complete your artwork in a ready-to-display frame. A materials fee of \$15 is payable to the instructor at the start of class. Recreation Center Multipurpose Room.

Sat	Aug 29	10:00 am-12:00 pm	\$62*
Fri	Sep 11	5:00-7:00 pm	\$62*
Fri	Oct 9	5:00-7:00 pm	\$62*
Fri	Nov 6	5:00-7:00 pm	\$62*

GLASS OPEN STUDIO

Ages 16+. Dawn Marble. **Artists will bring their own stained glass or mosaic project to Open Studio** and enjoy dedicated creative time to work on or finish their project with an instructor available to answer questions, offer guidance, troubleshoot techniques, or collaborate on ideas. Glass cutters, copper foil, solder, a glass grinder, and safety equipment are provided. Glass will be available for purchase if needed. Previous stained-glass class or equivalent experience is required. A materials fee for consumable supplies is payable to the instructor at the start of each studio session. Recreation Center Multipurpose Room.

Sat	Aug 29	5:00-7:00 pm	\$25
Sat	Sep 12	12:00-2:00 pm	\$25
Sat	Oct 17	5:00-7:00 pm	\$25
Sat	Nov 7	3:00-5:00 pm	\$25

STAINED GLASS: *NEW* FLOWERS/PLANT STAKE

Ages 16+. Dawn Marble. Students will choose from a selection of cute critter or flower patterns as they create a stained-glass houseplant stake. They will practice cutting glass, applying copper foil, and soldering their project into a finished piece, learning the Tiffany copper foil method to create their design. Once complete, the stained-glass creation will be mounted on a sturdy copper stake. Basic stained glass or soldering experience is helpful but not required. A materials fee of \$10 is payable to the instructor at the start of class. Recreation Center Multipurpose Room.

Sat	Sep 12	9:30-11:30 am	\$62*
Sat	Nov 7	1:00-3:00 pm	\$62*

FUSED GLASS FRIDAYS! *NEW*

Ages 12+. Dawn Marble. Explore the art of fused glass with a new themed project each month! Students will create unique decorative pieces using a variety of colorful fusible glass and creative design techniques. Each project offers a fun opportunity to experiment with color, texture, and glass placement while creating a finished piece to enjoy. Projects will be kiln-fired by the instructor and available for pickup approximately one week after class. A materials fee of \$10 is payable to the instructor at the start of class, except for the holiday dish on Nov 13, which ranges from \$5-\$20. Recreation Center Multipurpose Room.

Fridays, 5:00-7:00 pm, \$52*, per class, per person

Aug 28: **12" Garden Stake**

Additional stakes may be created for \$5 each.

Sep 18: **Pocket Vase**

Oct 16: **Bird or Airplane Suncatcher**

Nov 13: **Holiday Dish**

STAINED GLASS FREESTYLE GLASS *NEW* PANEL

Ages 16+. Dawn Marble. Students will design and create a unique mosaic-style panel using stained glass, glass marbles, wire, shells, and other found objects. Learn to wrap each piece in copper foil and solder everything together using the traditional Tiffany-stained glass technique. Mix colors, textures, and unexpected materials to create an eye-catching work of art that reflects your personal style. Basic stained-glass experience is recommended, but adventurous beginners are welcome. A materials fee of \$10 is payable to the instructor at the start of class. Recreation Center Multipurpose Room.

Sat	Sep 19	9:00 am-12:00 pm	\$75*
Sat	Oct 17	9:00 am-12:00 pm	\$75*
Sat	Nov 7	9:00 am-12:00 pm	\$75*

NEW SIMPLE QUILLING FOR BEGINNERS

Ages 8+. Beverly Jewett. Paper quilling is delicate and versatile, with many beautiful applications. The intricacy looks difficult to master, but these designs can be learned with just a few basic skills. We will learn tight and open coils, Marquis, teardrop, slug, diamond, square, triangle, and the use of straight and curved lines, applied to a stable background. Each session features a different design and builds in complexity. All supplies and tools provided. Recreation Center Classroom.

Tue	Sep 8-22	10:00 am-12:00 pm	\$98*
-----	----------	-------------------	-------



CHRISTMAS BEGINS HERE

FRESH WREATHS.
LOCAL IMPACT.
BRIGHTER FUTURES.

Every purchase helps Kiwanis invest in
local children, students, and community
projects throughout North Kitsap.



Shop Local.
Give Local.
Love Local.

HOLIDAY WREATHS
GARLAND
CENTERPIECES
& MORE!

Thank you 

for making a difference right
here in our community!

KIWANIS CLUB
OF GREATER POULSBORO

LEARN MORE:
poulsbokiwanis.org

f Kiwanis of
Greater Poulsbo

MIXED MEDIA / COLLAGE

NEW

ACCORDION BOOK

Ages 8+. Beverly Jewett. Unfold your creativity! In this exploration of paper and glue, paint and pen, stickers and stamps, your experienced instructor will guide you in composition, color theory, contrast, and telling a story with art. These three weekly sessions will end with the assembly of your own ultra-unique accordion art book. All supplies included. (Bring photocopies of any personal images you want to include.) Recreation Center Kitchen.

Tue Nov 10-24 10:00 am-12:00 pm \$98*

INTRODUCTION TO HAND-BUILDING IN CERAMICS

NEW

Ages 10+. Mariah Ordonez, MAT, NBCT. You'll dive into the ancient world of working with clay and learn how to make amazing creations using your hands. All tools for projects are provided. A \$20 materials fee is payable to the instructor at the start of the first class to cover clay, firing fees, and glaze. Students who have previously taken Intro to ceramics may sign up for this class as an open studio with clay opportunity. No class on November 26. Recreation Center Kitchen.

Thu Sep 17-Oct 22 12:00-1:30 pm \$188*

Thu Nov 5-Dec 10 12:00-1:30 pm \$188*

ARTS FOR ARTHRITIS!

NEW

Ages 50+. Cathy Johnson. Even with arthritis, mature adults can enjoy creative, low-strain crafts! Crafting offers cognitive stimulation, emotional well-being, and a sense of accomplishment while helping maintain hand function and joint mobility. Engaging in



creative activities can reduce stress, anxiety, and depression, and provide gentle movement that keeps joints active without overexertion. Let's get those hands moving and have fun! Recreation Center Multipurpose Room.

Mondays, 10:30-11:30 am, FREE.

Oct 26: **Fall Paper Flower Wreath**

Nov 16: **Paint Wooden Holiday Coasters**

CANDLE MAKING FOR BEGINNERS

Ages 16+. Cathy Johnson. Students will learn the art of making candles and take home two holiday-themed candles, utilizing a selection of scents and vessels. This is a great class for a fun gal's night out or a date night! A \$10 materials fee is payable to the instructor at the start of class. Recreation Center Kitchen.

Saturdays, 7:00-8:00 pm, \$48.00 per person, per class.

Oct 24: **Step into Fall!**

Dec 5: **Winter and Holidays!**

LET'S MAKE WREATHS!

NEW

Ages 16+. Cathy Johnson. It is wreath-making time! We will make three different types of wreaths for the fall! All materials are included. A \$10 materials fee is payable to the instructor at the start of class. Recreation Center Multipurpose Room. .

1:00-2:00 pm, \$48* per person per class.

Fri, Oct 2: **Fall Paper Flower**

Sun, Nov 8: **Tree of Life**

Sun, Dec 6: **Paper Poinsettia**

YARN AUTUMN WREATHS

NEW

Ages 15+. Mackenzie Ryan. Celebrate the arrival of fall by creating a cozy yarn-wrapped wreath accented with seasonal florals, velvet ribbon, dried botanicals, and woodland-inspired embellishments. Students will learn color selection, layering, and composition to create a one-of-a-kind wreath perfect for welcoming guests all season long. Participants leave with a finished wreath ready to hang. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.

Mon Sep 28 6:00-8:00 pm \$68*

AUTUMN LEAF GARLAND

NEW

Ages 15+. Mackenzie Ryan. Create a beautiful, layered garland featuring felt leaves, beads, and natural textures inspired by the changing Pacific Northwest landscape. Students learn techniques for creating movement, balance, and seasonal color combinations while designing décor that can be displayed on a mantel, doorway, or holiday table. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.

Mon Oct 12 6:00-8:00 pm \$60*

NEW

MOON PHASE WALL HANGING

Ages 15+. Mackenzie Ryan. Create a modern celestial wall hanging featuring the phases of the moon using clay, metallic finishes, and metal pieces. Participants explore balance, spacing, and simple decorative techniques while crafting an elegant piece inspired by the night sky and the changing seasons. All supplies included.

CONTRACTOR. Recreation Center Multipurpose Room.

Mon Oct 19 6:00-8:00 pm \$68*

MARBLED PUMPKIN STUDIO

NEW

Ages 15+. Mackenzie Ryan. Celebrate the beauty of autumn by transforming decorative pumpkins into elegant works of art using mesmerizing paint marbling techniques. Participants will experiment with rich fall color palettes, metallic accents, and fluid design methods to create one-of-a-kind pumpkins that complement both modern and traditional seasonal décor. Participants will complete multiple marbled pumpkins in a variety of sizes. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.

Mon Nov 16 6:00-8:00 pm \$68*

FAUX CAKE DECORATED GIFT BOXES ***NEW***

Ages 15+. Mackenzie Ryan. Turn an ordinary gift box into an irresistible faux dessert masterpiece. Students decorate keepsake boxes using realistic faux frosting, piping techniques, colorful embellishments, sprinkles, pearls, and seasonal decorations. The finished project is both functional and whimsical—perfect for storing treasures or presenting holiday gifts. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.
 Mon Dec 7 6:00-8:00 pm \$60*

WINTER CANDLE & GIFT BOX WORKSHOP ***NEW***

Ages 15+. Mackenzie Ryan. Create a beautiful handmade gift set featuring a decorated candle and coordinating keepsake gift box. Participants personalize their projects with seasonal embellishments, pressed botanicals, ribbons, tags, and festive finishes to create an elegant holiday present. Mackenzie will demonstrate layering and decorative techniques that transform simple materials into thoughtful gifts suitable for anyone on your holiday list. All supplies included. **CONTRACTOR**. Recreation Center Multipurpose Room.
 Mon Dec 14 6:00-8:00 pm \$54*

GOT A PHOTO MESS?

Sharyl Rapavy. Will be returning Winter 2027.

CREATIVE WRITING: WRITING CREATIVELY ***NEW***

Ages 15+. Jesse Pearson. Writing a story can be overwhelming, no matter the format or genre. Whether one has been writing for years or has yet to put the first words on the page, this class is here to resolve students' "how to" questions. Learn story structure, story and character arcs, plot construction, character development, how to research, and how to start writing. Recreation Center Multipurpose Room.

Thu	Sep 24-Oct 8	5:30-6:45 pm	\$90*
Thu	Nov 5-19	5:30-6:45 pm	\$90*

CREATIVE WRITING: HORROR ***NEW***

Ages 15+. Jesse Pearson. Creepy crawlies, dark shadows, and things that go bump in the night, hiding in the recesses of one's mind, clawing through with a deep need to be shared. This class will answer students' spooky, horror, gothic, and dark-themed writing questions whether they've been writing for years or are just starting out. Learn story structure, story and character arcs, plot construction, character development, research methodology, and how to start writing. Center Recreation Center Multipurpose Room.

Thu	Oct 15-29	5:30-6:45 pm	\$90*
-----	-----------	--------------	-------

WRITING WITH MYTHS, FAIRYTALES AND MODERN STORY ***NEW***

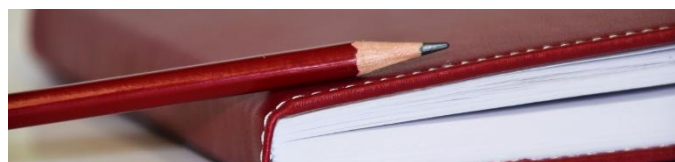
Ages 15+. Jesse Pearson. Before trade paperbacks and mass markets, storytellers worked with myths and influences from the world around them to educate and inspire others. This class uses myths, historical works, fairy tales, and legends to help students write new stories that feel like classics. The rules will be covered so students understand them and know how to break them. Recreation Center Multipurpose Room.

Thu	Sep 24-Oct 8	7:00-8:15 pm	\$90*
Thu	Nov 5-19	7:00-8:15 pm	\$90*

SHORT STORY WRITING ***NEW***

Ages 15+. Jesse Pearson. What makes a good short story? How do I make my own? Get answers to these questions and explore short story structure. Learn the art of telling more with less. Recreation Center Multipurpose Room.

Thu	Oct 15-29	7:00-8:15 pm	\$90*
Thu	Dec 3-10	7:00-8:15 pm	\$90*



EDITING WORKSHOP: CREATIVE WRITING ***NEW***

Ages 15+. Jesse Pearson. For students struggling to find an ending or getting a jumbled pile of words to say what they want! Participants can bring a copy or segment of their work to go over together, analyzing and providing actionable suggestions. Constructive feedback will be given by the instructor, a writer and editor, as well as writing peers. Coverage will include overall tone, structure, character or plot development, as well as line-level edits. Resolve structural or direction issues and remove writing blocks. Recreation Center Multipurpose Room.

Sat	Oct 24	1:45-3:15 pm	\$45*
Sat	Dec 5	12:00-1:30 pm	\$45*

CREATIVE WRITING: HOLIDAY ***NEW***

Ages 15+. Jesse Pearson. Snow, twinkling lights, and holiday magic. Write something that fits the spirit of the season, whether filled with loving families and holiday cheer or if you lean more towards 'violent nights'. Whether experienced writers or have yet to put the first word on the page, this class will help resolve participants' holiday writing how-to. Learn story structure unique to holiday settings, story and character arcs, plot construction, and character development from the tropes and beyond. Students will find what makes their holidays delightful so they can start writing. Recreation Center Multipurpose Room.

Thu	Dec 3-17	5:30-6:45 pm	\$90*
-----	----------	--------------	-------



IT'S TIME TO LEARN WHERE YOU LIVE

Poulsbo, we are here for you.

At WWU Peninsulas, we offer regional options to finish your bachelor's degree through one of our tailored programs, each matched to the area's most in-demand fields.



SCAN TO LEARN
MORE ABOUT
OUR LOCAL
PROGRAMS



peninsulas.wvu.edu
western.peninsulas@wvu.edu

COLLEGE-BOUND: APPLICATION ESSAYS

NEW

Ages 16+. Jesse Pearson. College entrance applications looming? This class will help students find a way to see past the blank page and bring their personality and strengths forward. Guidance will be given to help participants develop and refine compelling essays that stand out. Recreation Center Multipurpose Room.

Sat	Sep 26	2:00-3:30 pm	FREE
Sat	Oct 24	12:00-1:30 pm	FREE

COLLEGE 101

NEW

Ages 16+. Western Washington University. Join the local university team from WWU Peninsulas for this informative session which provides prospective students and their families with essential information about options for earning college credit in high school, returning to college after a break, local degree options and regional career outcomes, paying for college, admission requirements, and the support services available to help students succeed. Held at Olympic College Poulsbo Campus.

Tue	Oct 6	6:00-7:00 pm	FREE
-----	-------	--------------	------

SOURDOUGH 101

Ages 16+. Hunter Chapa. Sourdough 101 is the beginner's dream to learn to bake sourdough bread! This course will help new sourdough bakers understand sourdough, sourdough starters, fermentation, tools for at home baking, formulas for starters and loaves, maintaining healthy, active starters, and more! Bring to class: small jar with lid, large bowl, and dish towel. Recreation Center Kitchen.

Sat	Sep 12	10:00 am-12:00 pm	\$45*
Sat	Oct 3	10:00 am-12:00 pm	\$45*
Sat	Nov 14	1:00-3:00 pm	\$45*

FIRST AID, CPR, & AED CERTIFICATION

Ages 18+. The Poulsbo Fire Department and Parks & Recreation are offering the HSI adult First Aid & CPR/AED course, which is designed for people who aren't healthcare providers, but need basic first aid and CPR training. The course covers injury, medical and environmental emergencies plus workplace safety culture. In addition to First Aid, you will also learn and develop life-saving skills in CPR and AED usage for adults, children and infants. Through hands-on practice, scenario-based exercises, and the latest guidelines from the American Heart Association, this course builds proficiency in responding to medical emergencies. Gain vital knowledge that could help you save a life by enrolling today. Children ages 12 – 15 must attend with a parent. Poulsbo Fire Department Conference Room.

Sat	Aug 22	9:00 am-1:30 pm	\$68*
Sat	Oct 3	9:00 am-1:30 pm	\$68*

CPR & AED CERTIFICATION

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

Sat	Sep 12	9:00 am-12:00 pm	\$15
Sat	Oct 10	9:00 am-12:00 pm	\$15
Sat	Nov 14	9:00 am-12:00 pm	\$15
Sat	Dec 12	9:00 am-12:00 pm	\$15

INTRODUCTION TO SPANISH

Ages 18+. Will Perkins. This class is designed for those with little or no previous experience in Spanish. The free online program "Duolingo" provides the basic curriculum for class as well as the chance to practice at home. Students will also buy an easy reader (usually \$5-10 depending on text) and a grammar book (less than \$20). We will use stories, music and conversation to build comfort with a new language. We address basic phonetics and grammar with abundant repetition. North Kitsap High School.

Tue	Sep 8-Oct 13	5:00-6:00 pm	\$75*
Tue	Oct 27-Dec 8	5:00-6:00 pm	\$75*

INTERMEDIATE SPANISH

Ages 18+. Will Perkins. If you have taken some classes in high school or college, or have studied online with tutors or programs, this class should help advance your skills and boost confidence. The goal is to be able to communicate with native speakers and other aficionados of Spanish. We will study an easy reader book (usually \$5 to \$10), listen to recordings, and do some exercises in grammar from self-correcting websites. We spend most of the class speaking Spanish, making mistakes and correcting them. We also use Duolingo, a free online program. North Kitsap High School.

Tue	Sep 8-Oct 13	6:10-7:10 pm	\$75*
Tue	Oct 27-Dec 8	6:10-7:10 pm	\$75*

CONVERSATIONAL SPANISH

Ages 18+. Will Perkins. If you have studied some Spanish, this class will help you refresh your existing knowledge. We aim to conduct the class entirely in Spanish. We will use stories, music and conversation to refresh memories and build new understanding. Depending on class interest, we will read stories, easy-reader novels, or plays to build vocabulary and understanding. Grammar study is based on student areas of interest. We will purchase a book to read in this class, but it should cost less than \$20. North Kitsap High School.

Tue	Sep 8-Oct 13	7:20-8:20 pm	\$75*
Tue	Oct 27-Dec 8	7:20-8:20 pm	\$75*

WASHINGTON STATE BACKYARD HABITAT CERTIFICATION

Ages 18+. Cathy Johnson. Learn how to transform your yard into a climate-resilient wildlife habitat. The backyard certification program is a regional program that provides support and incentives for residents who seek to restore their native habitat to their yards. Participants will receive all the information and materials to get your own backyard certification sign from WA Fish and Wildlife! Recreation Center Multipurpose Room.

Tue Sep 15 1:00-2:00 pm \$15

AUTUMN TREE WALK: ***NEW*** DISCOVER POULSBO'S FALL COLOR

Poulsbo Tree Board. Take a guided walk through Poulsbo and discover the trees that make fall in the Pacific Northwest so spectacular. Learn how to identify many beautiful ornamental and native trees growing in our neighborhoods by their fall color, bark, leaves, branching structure, and overall form. Along the way, we'll discuss why certain trees produce brilliant autumn colors, and how to choose the right tree for your landscape, and the unique characteristics that make each species valuable in the home garden. This relaxed walking class is suitable for all experience levels. Please wear comfortable walking shoes and dress appropriately for the weather. Downtown Poulsbo.

Tue Oct 20 5:30-6:30 pm FREE



NEW PLANTING TREES FOR A LIFETIME: FALL TREE PLANTING WORKSHOP

Poulsbo Tree Board. Join horticulturist and arborist John Martin for a hands-on workshop covering the essential techniques that help trees thrive for decades. Learn how to select the right tree for the right location, evaluate planting sites, prepare the soil, plant at the proper depth, and avoid common planting mistakes that often lead to poor growth or premature decline. We'll also cover watering, mulching, staking, and early care practices that establish healthy, resilient trees. This practical class will give you the confidence and skills to plant trees correctly and enjoy their beauty for generations. Poulsbo Park TBD.

Sat Oct 24 10:00 am-12:00 pm FREE

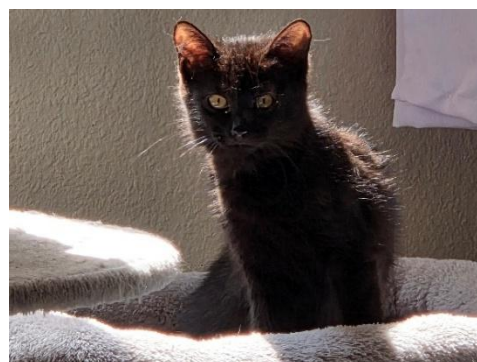
KITSAP HUMANE SOCIETY ANIMAL EDUCATION

In partnership with Kitsap Humane Society. Space is limited, must register in advance to attend. All classes will be held in the Recreation Center Kitchen.

BOTTLE BABY BOOT CAMP ***NEW***

During the summer months, hundreds of kittens and puppies under 4-weeks-old end up in area shelters. These fragile animals need care around the clock, and people comfortable with bottle feeding can be difficult to find. During this class, students will learn the essentials of bottle-feeding kittens and puppies, how to make an emergency supply kit, and what to do if they find an orphan kitten in the community. Recreation Center Kitchen.

Sat Sep 19 12:00-1:30 pm FREE



FROM HISSES TO KISSES ***NEW***

Community cats are everywhere, and community members can help break the cycle of outdoor births with Trap, Neuter, Return, and socialization! Participants will learn how to determine the age of an outdoor kitten, how to safely bring them into their home, how to work with them until they're ready for adoption and how to access resources to support Trap, Neuter, Return efforts. This course is helpful for community members as well as established foster families who want some extra socialization methods in their toolboxes. Recreation Center Kitchen.

Wed Oct 14 4:00-5:00 pm FREE

Sat Nov 14 11:00 am-12:00 pm FREE

BOW WOW BONA FIDES: ***NEW*** CREATING A SOLID BEHAVIOUR FOUNDATION FOR YOUR CANINE FOSTER

While fostering a dog or puppy can be incredibly rewarding, introducing a new dog into an established routine can be difficult! This course will lay the foundation of fostering a KHS canine and supply participants with a behavior foundation that can benefit resident dogs, too. From crate training to house training, leash safety and basic manners, this class will help students feel prepared to teach some new tricks to dogs of all ages. Recreation Center Kitchen.

Sat Dec 12 12:00-1:30 pm FREE

FOUNDING DOCUMENTS OF THE U.S.A

Michael Fitzpatrick. is a college-level philosophy instructor for De Anza College. Michael completed his BA and MA in Literature at Cal State Chico and an MA in Philosophy at Stanford University. He teaches courses on critical thinking, ethics, history of philosophy, and political philosophy. Michael is married and lives in Poulsbo with three cat rescues. He serves on the Poulsbo City Council. Michael is committed to cultivating civic education.

NEW

READING THE CONSTITUTION

Ages 14+. Michael Fitzpatrick. The U.S. Constitution is regularly invoked in public conversation but far less read. This class offers participants an opportunity to read through and discuss the Constitution together. Michael Fitzpatrick will draw attention to key ideas and contexts for the section assigned each week. Held at the Poulsbo Library. The class will read the Constitution over a period of 5 weeks with the following planned schedule:

Week 1 – Preamble, Article One

Week 2 – Article Two and its Amendments
(12, 20, 22, 25)

Week 3 – Articles Three through Seven

Week 4 – Bill of Rights (Amendments 1-10)

Week 5 – Second Founding

(Amendments 13-15, 19, 24, 26).

Thu Oct 8-Nov 5 5:30-6:30 pm FREE

TEACH ME TAROT

NEW

Ages 18+. Dani Guthrie. This class is for those curious about learning to read the tarot or looking for tools to support their mental and emotional health. In this new Teach Me Tarot series, guided by Danielle Guthrie of entropyhealing.com, students will discover how tarot archetypes show up within each of us and practice intuitive exercises in a group setting. Topics include numerology, basics of the elemental suits, the major/minor arcana themes, shuffling, creating spreads, and creating sacred space. Recreation Center Upper Level Fitness Room.

Thu Oct 8-29 6:00-7:30 pm \$75*

SELF DEFENSE FOR WOMEN

Ages 18+. Jason Bellaconis has been teaching martial arts for over 20 years. This is an ongoing class that meets monthly and is open to new students or returning. Jason has taught hundreds of classes and dozens of seminars specific to self-defense for women. The class will focus on learning practical defense techniques safely and effectively. All equipment and gear is provided. Recreation Center Gym.

Tue Sep 1-29 7:15-8:45 pm \$10

Tue Oct 6-27 7:15-8:45 pm \$10

Tue Nov 3-24 7:15-8:45 pm \$10

RETIREMENT: WHAT YOU SHOULD KNOW RIGHT NOW!

Ages 18+. Marilyn Miller. When you can retire comfortably will depend on many factors. Discover the important issues to consider when planning for retirement. Getting ready to retire is a marathon, not a sprint. This class will help participants learn the best way to determine how their retirement will turn out. Recreation Center Kitchen.

Sat Sep 19 10:00 am-12:00 pm \$15

Sat Oct 17 10:00 am-12:00 pm \$15

Sat Nov 7 10:00 am-12:00 pm \$15

SOUND BATH

Ages 11+. Danielle Guthrie, Entropy Healing. Come experience a guided meditation to calm the mind, and sound vibrations to calm the body and ignite the spirit. How does it work? Humans are mostly made of water, and the sound waves interact with our bodies like ripples in the ocean. When your nervous system is heightened from emotional, physical, or mental stress, the vibrations of crystal bowls, rattles, drums, chanting, and chimes help to reset your body back to a slower, relaxed frequency. Find out more about sound and energy healing at entropyhealing.com. Recreation Center Fitness Studio.

Sat Sep 12 5:30-6:30 pm \$26

Sat Oct 10 5:30-6:30 pm \$26

Sat Nov 7 5:30-6:30 pm \$26



CHRISTMAS BEGINS HERE

FRESH WREATHS.
LOCAL IMPACT.
BRIGHTER FUTURES.

Every purchase helps Kiwanis invest in local children, students, and community projects throughout North Kitsap.

Shop Local.
Give Local.
Love Local.

**HOLIDAY WREATHS
GARLAND
CENTERPIECES
& MORE!**

Thank you for making a difference right here in our community!

KIWANIS CLUB OF GREATER POULSBO

LEARN MORE:
poulsbokiwanis.org
Kiwanis of Greater Poutsbo

Fitness at Poulsbo Parks and Recreation is designed to allow participants to choose from a variety of fitness classes that best suit their schedules and needs.

We have expanded our program offerings and added one-day-per-week classes meant to work in combination with the other classes so that participants don't get bored. If you only have time to come one day a week, no problem. Want to mix cardio with meditation and yoga? You can do that! Each month can be different to best suit your fitness needs. Register for a month of classes or just drop in. Some classes do have a maximum number of limited spots that fill up fast. The only way to guarantee a spot in class is to register for all three months once registration opens.

DROP-IN: \$15 per class

SENIOR FITNESS CLASS SCHEDULE						
FALL 2026						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10a		Yoga Basics 8:10-9:00 am Kay		Yoga Basics 8:10-9:00 am Jolene		
9:00a	SAIL 9:00-10:00 am Jesse	HIIT 9:00-9:45 am Delores (gym)	SAIL 9:00-10:00 am Jesse		Active Flow Yoga 9:00-10:00 am Jolene	Qigong Tai Chi 9:00-10:00 am Rodney
9:30a		Chair Yoga 9:30-10:30 am Kay		Chair Yoga 9:30-10:30 am Jolene		Capoeria 10:20-11:20 am Nathan
11:30a	Qigong Tai Chi 11:30 am-12:30 pm Rodney				Qigong Tai Chi 11:30 am-12:30 pm	
Noon	Senior Lifelong Fitness 12:15-1:15 pm	Intermediate Tai Chi 12:15-1:00 pm Meg	Senior Lifelong Fitness 12:15-1:15 pm	Senior Lifelong Strength & Mobility 12:15-1:15 pm	Senior Lifelong Fitness 12:15-1:15 pm	
3:30p	Yogalates 3:30-4:30 pm Delores		Senior Creative Movement & Dance 12:15-1:15 pm- Jo	Beginning Tai Chi 1:30-2:15 pm Tricia		
5:00p				Laughter Yoga 4:00-5:00 pm Rachel		
5:30p	Total Body Workout 5:30-6:30 pm Lili	Human Reformer: Pilates 5:30-6:15 pm Delores	Total Body Workout 5:30-6:30 pm Lili		Total Body Workout 5:30-6:30 pm Lili	
6:00p		Veterans Yoga 6:30-7:20 pm Delores				
6:30p						
7:00p						
Yoga & Pilates						
Mind and Body						
Cardio/Strength						
Free Senior Fitness						

TOTAL BODY WORKOUT: BARBELL STRENGTH TRAINING AND CARDIO

AGES 18+. Lilli Jensen. Using light to moderate weights with lots of repetition, this fitness class gives participants a total body workout. Students will progress from light to moderate to heavy weights, increasing strength and endurance. A total body workout in 60 minutes. Max 12 participants per class – space is limited! Recreation Center Upper Fitness Studio.

Mon	Sep 21, 28	5:30-6:30 pm	\$26*(2)
Wed	Sep 2,23,30	5:30-6:30 pm	\$36*(3)
Fri	Sep 4, 25	5:30-6:30 pm	\$26*(2)
Mon	Oct 5-26	5:30-6:30 pm	\$45*(4)
Wed	Oct 7-28	5:30-6:30 pm	\$45*(4)
Fri	Oct 2-30	5:30-6:30 pm	\$54*(5)
Mon	Nov 2-30	5:30-6:30 pm	\$54*(5)
Wed	Nov 4-25	5:30-6:30 pm	\$45*(4)
Fri	Nov 6-27	5:30-6:30 pm	\$45*(4)
Mon	Dec 7-28	5:30-6:30 pm	\$45*(4)
Wed	Dec 2-30	5:30-6:30 pm	\$54*(5)
Fri	Dec 4-18	5:30-6:30 pm	\$36*(3)

HIIT: HIGH INTENSITY INTERVAL TRAINING

AGES 18+. Delores Leverett, ACE. Get ready to take your fitness to the next level with this fast, effective, and energizing workout style! HIIT combines short bursts of high-intensity exercise with brief recovery periods to boost strength, endurance, and metabolism—all in less time. Burn calories, build lean muscle, and improve heart health while keeping your workouts fresh and fun. Designed for all fitness levels, this class offers modifications so everyone can challenge themselves safely and effectively. Come sweat, smile, and see results with HIIT! No class Nov 11. Recreation Center Gym.

Tue	Sep 1-29	9:00-9:45 am	\$54*(5)
Tue	Oct 6-27	9:00-9:45 am	\$45*(4)
Tue	Nov 3-24	9:00-9:45 am	\$45*(4)
Tue	Dec 1-29	9:00-9:45 am	\$54*(5)

HUMAN REFORMER PILATES

AGES 18+. Delores Leverett, ACE. Harness the powerful benefits of Pilates reformer workouts without having to be on a reformer! Utilizing a resistance band, students will reimagine classic Reformer moves right on the mat! This class focuses on building functional strength, improving posture, enhancing coordination, and is accessible to all fitness levels. The Human Reformer approach allows participants to perform comprehensive Pilates Reformer movements, empowering them to take control of their fitness journey and unlock their true potential. Recreation Center Upper Fitness Studio.

Tue	Sep 1-29	5:30-6:15 pm	\$54*(5)
Tue	Oct 6-27	5:30-6:15 pm	\$45*(4)
Tue	Nov 3-24	5:30-6:15 pm	\$45*(4)
Tue	Dec 1-29	5:30-6:15 pm	\$54*(5)

YOGALATES

AGES 18+. Delores Leverett, RYT 200, ACE. Yogalates is a dynamic fusion of Yoga and Pilates designed to build strength, improve flexibility, and enhance balance. This low-impact class focuses on core stability, mindful movement, and breath control, making it ideal for all fitness levels. Whether students are looking to tone muscles, increase mobility, or reduce stress, Yogalates offers a full-body workout that leaves them feeling strong, centered, and refreshed. Recreation Center Upper Fitness Studio.

Mon	Sep 14-28	3:30-4:30 pm	\$36*(3)
Mon	Oct 5-26	3:30-4:30 pm	\$45*(4)
Mon	Nov 2-30	3:30-4:30 pm	\$54*(5)
Mon	Dec 7-28	3:30-4:30 pm	\$45*(4)



The Tighten 'N' Tone class has been discontinued for now.

YOGA BASICS

AGES 16+. Jolene Colberson and Kay Jensen. A revitalizing mind/body workout designed to increase flexibility and strength through yoga postures, using yoga blocks and straps to modify postures and focusing on proper alignment. We'll work on balance and use breathing and relaxation for stress relief. Classes run continuously, join anytime, and all levels are welcome. No class December 24. Recreation Center Gym.

T/Th	Sep 1-29	8:10-9:00 am	\$89* (9 classes)
T/Th	Oct 1-29	8:10-9:00 am	\$89* (9 classes)
T/Th	Nov 3-24	8:10-9:00 am	\$71* (7 classes)
T/Th	Dec 1-31	8:10-9:00 am	\$89* (9 classes)

ACTIVE FLOW YOGA

AGES 18+. Jolene Culbertson, RYT 500. This class includes a variety of poses accessible to all levels of yoga practitioners. Build strength and balance, increase flexibility and range of motion. Calm your mind and feel rejuvenated. Includes standing, seated, and floor yoga practices as well as relaxation. No class September 11. Recreation Center Multipurpose Room.

Fri	Sep 4-25	9:30-10:30 am	\$36* (3)
Fri	Oct 2-30	9:30-10:30 am	\$54* (5)
Fri	Nov 6-27	9:30-10:30 am	\$45* (4)
Fri	Dec 4-18	9:30-10:30 am	\$36* (3)

FITNESS DROP-IN

All fitness classes offer a \$15 drop-in provided the class has met its minimum enrollment and is not full. Please check in with the front desk before attending.

CHAIR YOGA

Ages 18+. Kay Jensen (Tue) and Jolene Culbertson, RYT 500 (Thu) Join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an RYT 500 with 40+ years of both medical & yoga experience. No class December 24. Recreation Center Multipurpose Room.

Tue	Sep 1-29	9:30-10:30 am	\$54* (5)
Thu	Sep 3-24	9:30-10:30 am	\$45* (4)

Tue	Oct 6-27	9:30-10:30 am	\$45* (4)
Thu	Oct 1-29	9:30-10:30 am	\$54* (5)

Tue	Nov 3-24	9:30-10:30 am	\$45* (4)
Thu	Nov 5-19	9:30-10:30 am	\$36* (3)

Tue	Dec 1-29	9:30-10:30 am	\$54* (5)
Thu	Dec 3-31	9:30-10:30 am	\$45* (4)

Sign up for both Tuesday and Thursday!
\$89/9 classes; \$71/7 classes (Nov)

VETERANS YOGA PROJECT: GENTLE YOGA

Ages 18+. Delores Leverett, RYT 200. Experience the calming benefits of Gentle Yoga, a slower paced practice with fewer standing poses and minimal strain on the wrists and knees. This class is *free* for Veterans, Active-Duty Service Members, First Responders, and their Families. All others are warmly welcome to join with a donation, which goes directly to support Veterans Yoga Project. Please bring a yoga mat, water bottle, and any gear that helps you feel comfortable during practice (blanket, eye cover, bolster). Class size is limited to 12 participants; pre-registration is required. Recreation Center Upper Fitness Studio.

Tue	Sep 1-29	6:30-7:20 pm	FREE
Tue	Oct 6-27	6:30-7:20 pm	FREE
Tue	Nov 3-24	6:30-7:20 pm	FREE
Tue	Dec 1-29	6:30-7:20 pm	FREE

YOGA FOR BACK CARE WORKSHOP

Ages 18+. Jolene Culbertson, RYT 500. Learn and practice care for our backs. Topics, techniques, and practice for osteopenia, osteoporosis, osteoarthritis, and chronic back, shoulder, neck, or hip pain. No prior experience is necessary. Bring yoga props or use ours. Bring a small blanket and two pillows of different sizes. Recreation Center Multipurpose Room.

Thu	Oct 1-15	10:45-11:45 am	\$36* (3)
-----	----------	----------------	-----------

LAUGHTER YOGA

AGES 9+ Rachel Cornette. Laughter Yoga is an easy, fun exercise for the mind, body, and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. Bring a willingness to laugh! Recreation Center Upper Fitness Studio.

Thu	Oct 8	4:00-5:00 pm	FREE
Thu	Nov 12	4:00-5:00 pm	FREE
Thu	Dec 10	4:00-5:00 pm	FREE

BEGINNING TAI CHI: MOVING FOR BETTER BALANCE

Ages 18+. Tricia J. McMahon. New to Tai Chi? Please come to the beginning class to learn the 8 Tai Chi forms. Tai Chi is great for building muscle strength, increasing attentiveness and awareness, improving postural stability, and releasing tension. Class participants will enjoy connecting with others while improving coordination, flexibility, and so much more! Please register in advance to assist with planning. Recreation Center Gym.

Thu	Sep 3-24	1:30-2:20 pm	FREE
Thu	Oct 1-29	1:30-2:20 pm	FREE
Thu	Nov 5-19	1:30-2:20 pm	FREE
Thu	Dec 3-17	1:30-2:20 pm	FREE

INTERMEDIATE TAI CHI: MOVING FOR BETTER BALANCE

Ages 18+. Meg Brierly. If you have mastered the 8 Tai Chi forms, come to the intermediate class, which will focus on flow and technique. In either class, participants will enjoy connecting with others while improving coordination, flexibility, and so much more! Please register in advance to assist with planning. Recreation Center Gym.

Tue	Sep 1-29	12:00-12:45 pm	FREE
Tue	Oct 6-27	12:00-12:45 pm	FREE
Tue	Nov 3-24	12:00-12:45 pm	FREE
Tue	Dec 1-29	12:00-12:45 pm	FREE

QIGONG TAI CHI

Ages 18+. Rodney Hitchcock. Tai Chi is an ancient exercise system utilized to promote good health and healing through gentle movement and breathing. Qigong in Chinese translates as "life energy work". While there are many schools and variations of Tai Chi and Qigong, we will together be utilizing Qigong warmups before learning and practicing the Yang style form, also known as the long form. No class November 27. Recreation Center Upper Fitness Studio.

M & F	Sep 4-Oct 2	11:30 am-12:30 pm	\$75*
Sat	Sep 5-26	9:00-10:00 am	\$45*

M & F	Oct 5-30	11:30 am-12:30 pm	\$75*
Sat	Oct 3-31	9:00 am-10:00 am	\$54* (5)

M & F	Nov 2-30	11:30 am-12:30 pm	\$75*
Sat	Nov 7-28	9:00 am-10:00 am	\$45*

M & F	Dec 4-28	11:30 am-12:30 pm	\$75*
Sat	Dec 5-26	9:00 am-10:00 am	\$45*

STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL): ***NEW***

Ages 50+. Jesse Allred. Approved by the Administration on Aging for fall prevention, SAIL is a higher intensity strength, balance, and fitness program designed for adults 65 and older. Recreation Center Upper Fitness Studio.

M/W	Sep 14-30	9:00-10:00 am	FREE
M/W	Oct 5-28	9:00-10:00 am	FREE
M/W	Nov 2-25	9:00-10:00 am	FREE
M/W	Dec 2-30	9:00-10:00 am	FREE



LIFELONG FITNESS AND HEALTH

50+. Kris Moyer. Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps muscles grow stronger so participants can keep doing their day-to-day activities without becoming dependent on others. No class September 7. Recreation Center Gym.

M/W/F	Sep 2-30	12:15-1:15p	FREE
M/W/F	Oct 2-30	12:15-1:15p	FREE
M/W/F	Nov 2-30	12:15-1:15p	FREE
M/W/F	Dec 2-30	12:15-1:15p	FREE

LIFELONG STRENGTH & MOBILITY

Kris Moyer. This active and energizing class incorporates low-impact movement to fun music, combined with strength conditioning using weights, balls, bands, and/or steps. It offers a total body workout with an emphasis on increasing core strength and improving balance. This class is designed for seniors, but everyone is welcome to attend. The instructor can accommodate all levels. No class on November 12 or December 24. Recreation Center Gym.

Thu	Oct 22-Nov 19	12:15-1:15 pm	FREE
Thu	Dec 3-31	12:15-1:15 pm	FREE

LOOKING FOR SPONSORS!

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

CREATIVE MOVEMENT FOR ADULTS AND SENIORS

Jo Van Horn. Fun exercise for beginners and former dancers alike! We will be using the BrainDance structure developed by Anne Green Gilbert, founder of the Creative Dance Center in Seattle. BrainDance is a full body-brain exercise that focuses on eight fundamental movement patterns of early human development and can be done seated, standing, or even lying down! Come move your body in a creative, non-judgmental, and safe space. Recreation Center Upper Fitness Studio.

Wed	Sep 23-Oct 21	12:15-1:15 pm	FREE
Wed	Nov 18-Dec 16	12:15-1:15 pm	FREE

WALKING CLUB

50+. Jesse Allred. Start your week with a breath of fresh air! Join Jesse and your neighbors for a simple walk to enjoy the outdoors and stay active. Regular movement supports heart health and helps you feel your best, while walking has been proven to improve balance and boost your mood. Dress for the weather; we'll be walking rain or shine.

Poulsbo's Fish Park

Thu	Sep 3-24	3:00 pm	FREE
-----	----------	---------	------

Muriel Iverson Waterfront Park

Thu	Oct 1-29	3:00 pm	FREE
-----	----------	---------	------

CAPOERIA

Age 15+. Nathan Walker. Capoeira is Brazil's National Martial Art. It blends dance, acrobatics, lively music, and self-defense into a fun, full-body workout. This energetic class improves strength, coordination, flexibility, and rhythm while building confidence in a welcoming, supportive community. No experience needed—all levels welcome! Come discover the joy and culture of Capoeira. No class October 31 or December 26. Recreation Center Upper Fitness Studio.

Sat	Sep 5-26	10:20-11:20 am	FREE
Sat	Oct 3-24	10:20-11:20 am	FREE
Sat	Nov 7-28	10:20-11:20 am	FREE
Sat	Dec 5-19	10:20-11:20 am	FREE

ITALIAN RAPIER

AGE 15+. Nathan Walker. The rapier was the deadliest dueling weapon in history. Rapier fencing is a game of control; controlling distance, controlling timing, controlling your opponent's mind. It's a deep psychological and extremely physical chess game of sorts that measures one's ability to think on their feet and adapt to constantly changing situations. No one did this more famously or dangerously than the 16th-century Italian fencing masters that we will study in this course. Bring your own equipment or use the instructors. New students can join at any time. Class will be held on Labor Day. Recreation Center Gym.

Mon	Aug 17-Oct 5	7:00-9:00 pm	\$65*
Mon	Oct 19-Dec 7	7:00-9:00 pm	\$65*

GERMAN LONGSWORD

AGE 15+ The longsword is the most popular weapon studied in HEMA (Historical European Martial Arts). It's the largest and heaviest sword we study, but still quite nimble due to the use of two hands on the weapon instead of only one. We will be learning the foundations of both historical and competitive longsword fencing. Bring your own equipment or use the instructors. New students can join at any time. Class will be held on Veterans Day. Recreation Center Gym.

Wed	Aug 19-Oct 7	7:00-9:00 pm	\$65*
Wed	Oct 21-Dec 9	7:00-9:00 pm	\$65*

BRITISH MILITARY SABER

AGE 15+. Nathan Walker. Sabers are a somewhat late arrival in an ancient class of weaponry and were popular all over the world due to its convenient size, ease of carry and immense cutting capacity. It favors a flowing, call-and-response type of combat. Sabreurs must flow dynamically from defense to offense and back to defense in time to avoid the after-blow, even if they've already landed their own attack. We are currently studying Roworth's British Military Saber. Saber is also fantastic for those looking for modern self-defense, as saber techniques and tactics translate very well to almost anything vaguely sword-shaped, such as batons, sticks, canes, and even umbrellas. New students can join at any time. No class on November 26. Recreation Center Gym.

Thu	Aug 20-Oct 8	7:00-9:00 pm	\$65*
Thu	Oct 22-Dec 17	7:00-9:00 pm	\$65*

View Poulsbo's New Trail Maps

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

Including:

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

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

Check them all out on our website and QR CODE!





Fishline
Food Bank & Comprehensive Services



New Program!

Recreation for All Assistance Program (RAAP)

Need help paying for your Parks and Recreation Registration fee?

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

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

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



Fishline
Food Bank & Comprehensive Services



New Program!

Programa de Asistencia de Recreación Para Todos

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

Contacte a un administrador de caso para obtener más información al 360-779-5190 o visite fishlinehelps.org.

PARKS

WELCOME TO POULSBO'S PARKS, OPEN SPACES AND VISTAS

1. Poulsbo's Fish Park

288 NW Lindvig Way, 41.3 acres

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

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

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

3. Betty Iverson Kiwanis Park

20255 1st Avenue NE, 2.8 acres

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

4. American Legion Park Front Street, 4 acres

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

5. Muriel Iverson Williams Waterfront Park

18809 Anderson Parkway, 1.75 acres

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

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

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

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

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

8. Centennial Park

7th Avenue and Iverson Street, 2.9 acres

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

9. Forest Rock Hills Park

end of 12th Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas, BBQ Grill

10. Wilderness Park

between Caldart Avenue & Highway 305, 11.56 acres

- Wooded trails and open space

11. Frank Raab Park

18349 Caldart Avenue NE, 21 acres

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

12. Austurbruin Park

Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

13. Rotary Morrow Community Park

Corner of Noll & Mesford St., 1.2 acres

- Playground and picnic tables

14. Moe Street Vista, .07 acres

Moe St. & 3rd Ave

- Benches with a view of town and bay

15. Net Shed Vista

18500 Fjord Drive, .69 acres

- Liberty Bay viewing area
- Picnic tables and benches

16. Fjord Vista

South east end of Fjord Drive

- Benches with a view of Liberty Bay

17. Hattaland Park 10th Avenue NE, 2 acres

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

18. Calavista Storm Water Park

19880 Caldart Ave, 4.81 acres

- Benches and Open Play Area

19. Mountaineer Storm Water Park

18608 Noll Rd NE 10.2 acres

- Benches and Puzzle Library

20. Poulsbo Pump Track

20523 Little Valley Rd. NE, 1.82 acres

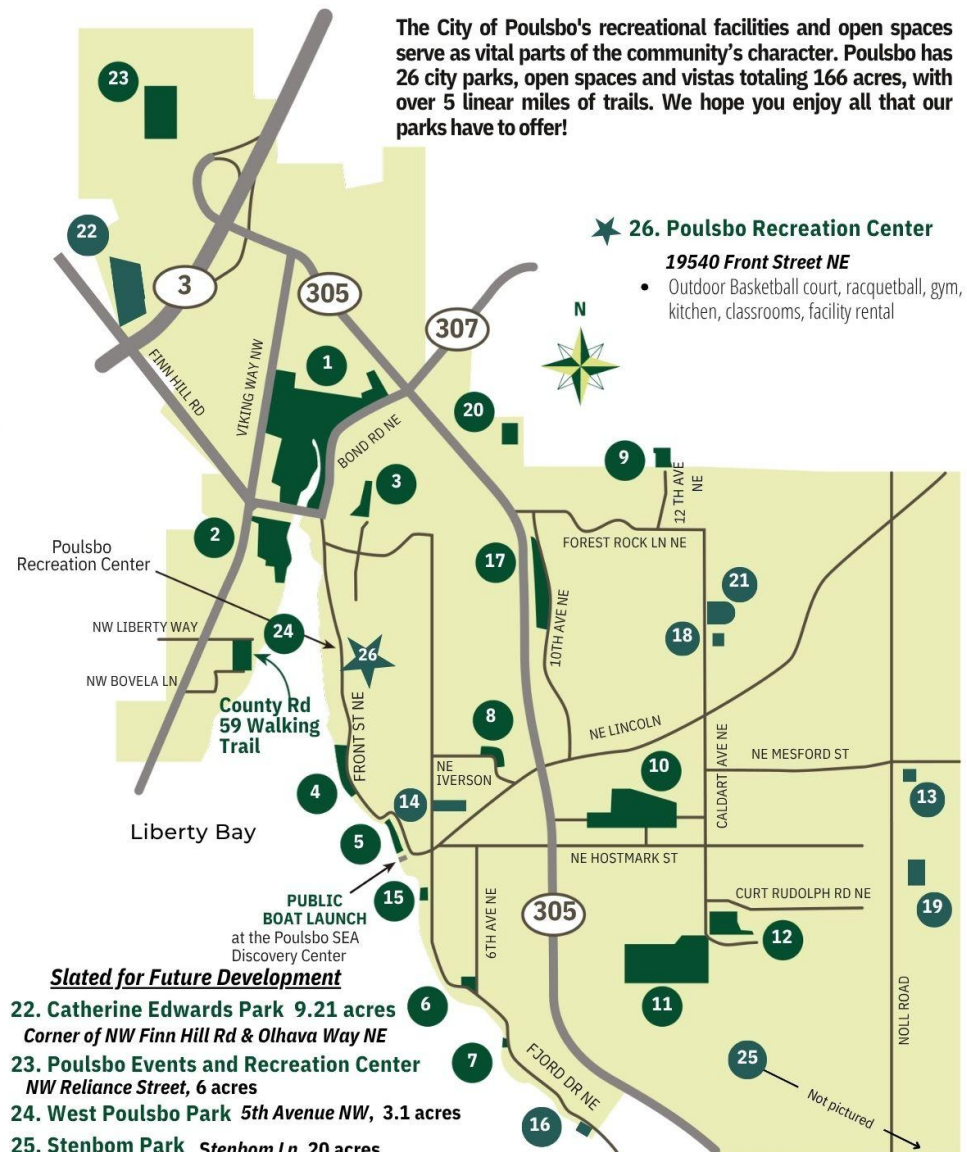
- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

21. Poulsbo Cemetery

20002 Caldart Ave, 4.81 acres

- Operated by City of Poulsbo Public Works

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



Park Facility Rentals



Austin-Kvelstad Pavilion

Nelson Park Picnic Shelter

Raab Park Picnic Shelter

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

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

A special event application must be submitted if the event is open to the public, has a direct significant impact to city services, or under the discretion of the Parks and Recreation Director. A completed special event application, along with required documentation, must be submitted a minimum of 90 days in advance. The event will be subject to approval by the Parks and Recreation Director and the Poulsbo City Council.

Special Event Application Fee Update: As of 1/1/26, the new Special Event Application fee is \$200. Expedited Applications are an additional \$200. Muriel Iverson Williams Waterfront Park now has limitations for Special Events. Visit <https://cityofpoulsbo.com/special-event-permit/> for more information.

Applications are available at <https://poulsbo.gov/parks-rec-facilities/>.

Fees: Social Events \$50* for the first two hours; \$15 for each additional hour.
Special Events \$50 (A separate special event license fee will also be due).

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

Community Signboard Rentals

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

Signage must be vinyl banners printed on both sides, with grommets and wind flaps.

Banner size must be a maximum of 11.5' wide x 8.5' tall (138" wide x 102" high). They may be slightly smaller, but not larger.

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

Fee per sign: \$75 per week / \$150 for two weeks for events outside the Poulsbo City limits; \$50 per week / \$100 for two weeks for events located inside the Poulsbo City limits. No refunds or credits will be given for cancellations.



Recreation Center Rentals



Recreation Center

Kitchen/Classroom

Gymnastics Party

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

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

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

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



BIRTHDAY PARTIES AT THE RECREATION CENTER!

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

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



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



Parks and Recreation Citizen Committees



PARKS & RECREATION COMMISSION:

The Parks and Recreation Commission is responsible for giving advisory recommendations to the City Council on all regulations, resolutions, plans, policies, projects and proposals relating to the city parks system, recreational facilities or open space, to promote public use and awareness of the city's park facilities and services, to hold public meetings to solicit public input for the parks and open spaces planning process, and to apprise the City Council, Public Works Department and Parks and Recreation Department of the community's park and recreational needs. Meetings are held the fourth Tuesday of every month, beginning at 5:30 p.m.

Commission Members: Amy Zinkhon (Chairperson), Mari Gregg (Chairperson), Erin Devoto, Joe Hulsey, Ken Thomas, Ken Wesley, Mary Swoboda-Groh. Two openings are available for two years, running from now-December 31, 2027.

POULSBORO 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. Beginning in 2026, the board will meet monthly at 5:30 pm on the second Monday of each month.

Board Members: Jeff Philip (Chairperson), Maxwell Gordinier, Scott Hayman, John Martin, Glenn Sipe, Tommy Van Cleave, Cheri Van Hoover. There are currently two vacancies on the board, and applicants must live within the Poulsbo City limits.



Help improve your community!

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

TEEN VOLUNTEER INTERNS WANTED!

Poulsbo Parks and Recreation seeks dedicated teen volunteers to assist our professional instructors with youth programs. Interns will gain valuable work experience while earning community service hours.

Qualified youth will be age 14 or older; enjoy children; have a positive and enthusiastic attitude; have an interest in arts, crafts, sports, and other recreational activities; be dependable and a positive role model.

Interns will need to make a time commitment that will vary depending upon the season. Fall and Winter sessions could be 1-4 hours per week for up to 5 weeks; Spring and Summer sessions could include weekly camps and a commitment of 2-20 hours for an entire week.

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



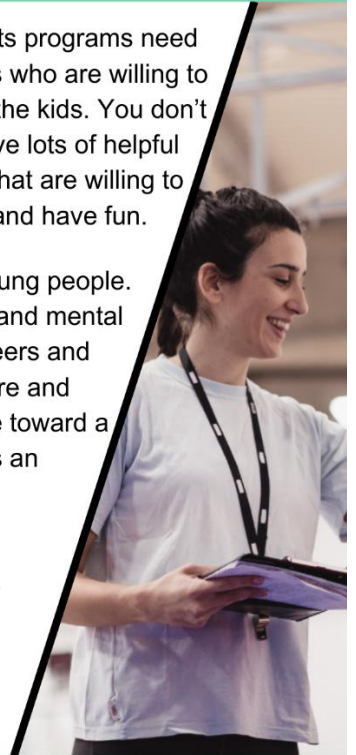
**Parks & Recreation
The Heart of a Healthy Community!**

COACHES NEEDED!!

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

This is quality time for our young people. They are practicing physical and mental skills, interacting with their peers and adults in a healthy atmosphere and gaining the ability to compete toward a goal as part of a team and as an individual.

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



Email Joe Schiel at joes@cityofpoulsbo.com for more information on this valuable opportunity.

POULSBO PARKS AND RECREATION

VOLUNTEERS NEEDED!

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

VISIT

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

OR FOLLOW THE QR CODE
TO COMPLETE OUR INTEREST FORM



**VOLUNTEER
BENEFITS:**

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

**JOIN US
NOW!**



For more information, call Rachel Cornette, Parks Coordinator

360-394-9772



DO YOU LOVE TEACHING OR SHARING YOUR HOBBIES? WE'D LOVE TO WORK WITH YOU!

Poulsbo Parks & Recreation is looking for passionate, caring, and dynamic instructors to lead new classes!

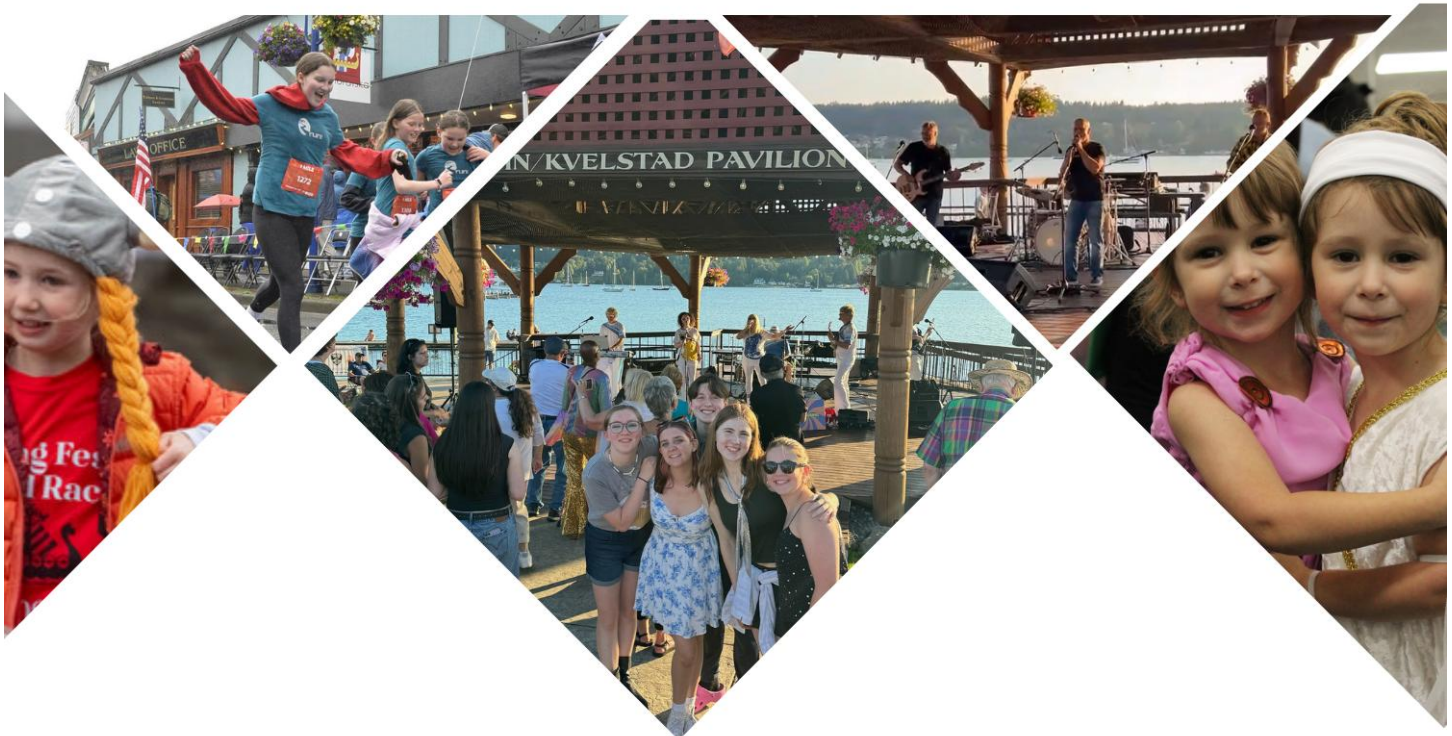
As a Parks & Recreation Instructor, you set your own class schedule, format and age groups—and you get paid to do what you love!

We are specifically in need of Piano and Fitness instructors to help expand our program offerings!



**FOR MORE INFORMATION, PLEASE CONTACT KRIS GOODFELLOW
AT KGOODFELLOW@CITYOFPOULSBO.COM**

PHONE: (360) 779-9898 EMAIL: PARKSREC@CITYOFPOULSBO.COM



2027 EVENT SPONSORSHIP OPPORTUNITIES CITY OF POULSBO PARKS AND RECREATION

Our Events wouldn't be possible without community support and sponsorships!

Save the Date	Event	Location	Attendance	Preferred Confirmation Date
May 15, 2027	RUN FOR REC: 50 th Annual Viking Fest Road Race	Lions Park and Historic Downtown Poulsbo	1,200+	March 2027
July – August Tuesday Nights	Summer Nights at the Bay Concert Series	Muriel Iverson Williams Waterfront Park	3,000+	April 2027
October 31	Spooktacular Halloween Preschool Carnival	Poulsbo Recreation Center	300+	August 2027



**For More Information about
Sponsorship Opportunities,
Contact Us:**

Parks and Recreation
360-779-9898
parksrec@cityofpoulsbo.com

We are always open to volunteers and in-kind sponsorships, so reach out if you have ideas!