

Spring-Summer 2023

# POULSBO

*Parks & Recreation*



360-779-9898 / [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register)

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**RECREATION DEPARTMENT  
OFFICE HOURS**

**Monday - Thursday**  
8 am-6 pm

**Friday**  
8 am-5 pm  
CLOSED for lunch 12-1 pm  
360-779-9898

EM: parksrec@cityofpoulsbo.com  
Facebook: @poulsboparksrec  
Instagram: poulsboparksrec

# City of Poulsbo



*Jeff Ozimek,  
Parks and Recreation Director*

Hello Poulsbo!

It's an incredibly exciting time for Poulsbo Parks & Recreation. Our team is hard at work offering new recreation programs, elevating our community events, improving our parks and trails, and continuing our excellence in customer service.

We are very fortunate to have such a tremendously talented Parks & Recreation team. A team made of passionate professionals who consistently – day after day – go above and beyond to serve our community. They are dedicated to elevating our community services, increasing accessibility, and improving the quality of life for all of our community.

Our recreation programs have increased significantly over the last year and have been widely supported by our community. It's our plan to continue expanding programs as capacities increase to better meet constituent needs. Within this catalog are a variety of diverse offerings for all ages and abilities. We're proud to offer these services for our community and plan to continue elevating our offerings for the future.

In addition to our program expansion, we are excited to announce that we have put together a 2023 Sponsorship Opportunities package for our community special events. These sponsorship opportunities will allow us to elevate and enhance our in-town special events, add increased value for our community and partners, and set a strong foundation for future event expansion. We have big plans going forward and we're thrilled to work with our community partners to take this solid first step forward.

Our front office staff continues to welcome, greet, and serve everyone at our community Recreation Center. If you haven't visited recently, please stop by to say hello and learn more the many services we provide.

Thank you for your continued support and we'll see you out on the trails!

Jeff Ozimek

# YOUR PARKS AND RECREATION TEAM

Left to right: Leah Lovely, Rachel Cornette, Pat Hightower,  
Director Jeff Ozimek, Kris Goodfellow, Lin Wilson, Helen Cook



## MEET THE TEAM! JEFF OZIMEK, DIRECTOR



- Passionate about parks and recreation, especially getting kids, families, and seniors outdoors.
- Avid ultralight backpacker and world traveler. Every ounce saved, is an extra ounce of chocolate.
- Enthusiastic coffee drinker and sampler of all world foods. I even like lutefisk (with gravy)!
- Most excited about the enormous potential Poulso has and the opportunities we have to elevate our recreation services, community events, and our excellent parks and trails.

# PARKS AND RECREATION DEPARTMENT



## 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 manage and care for our natural, cultural, and physical resources for current and future generations.



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# How do I sign up?



1. Visit:  
[CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register).
2. 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.
3. On the Youth or Adult/Seniors tabs, find the program & session you want and add it to the cart.
4. When you’re done adding programs to the cart, click on the cart and check out.

We are happy to help you register by phone or in person!

Online registration is available 24/7!

Give us a call at 360.779.9898.

**Office Hours:**  
Mon-Thu, 8a-6p  
Fri, 8a-5p  
Closed from 12-1p  
for lunch daily.



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



### THANK YOU FOR YOUR SUPPORT!

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

To stay up to date, follow us on Facebook and Instagram @PoulsboParksRec or sign up for our newsletter (parksrec@cityofpoulsbo.com).



### REGISTRATION

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

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

### CITY RESIDENT DISCOUNT

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



### REFUND / CREDIT POLICY

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

### PROGRAM CANCELATIONS

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

### WAITLISTS

We are sometimes able to add instructors so that we can add additional students to a class, or add an additional class. If the class you want is full, be sure to be added to the waitlist so we know you're interested.

### INCLUSION

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

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



## PARKS AND RECREATION COMMITTEES

### PARKS & RECREATION COMMISSION:

The Parks and Recreation Commission is responsible for giving advisory recommendations to the City Council on all regulations, resolutions, plans, policies, projects and proposals relating to the city parks system, recreational facilities or open space, to promote public use and awareness of the city's park facilities and services, to hold public meetings to solicit public input for the parks and open spaces planning process, and to apprise the City Council, Public Works Department and Parks and Recreation Department of the community's park and recreational needs. The commission meets at 7 pm on the fourth Monday of Feb, Apr, Jun, Aug, Oct and Dec. Due to the holidays, the December meeting may be rescheduled for earlier in the month.

Commission Members: Steve Calhoun (chairperson), Mari Gregg, Justin Johnson, Stefan Keel, Kelly Michaels, Judy Morgan, JoAnn Schlachter, Mary Swoboda-Groh, Amy Zinkhon.

### POULSBO TREE BOARD:

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

Board Members: Terri Jones (chairperson), Bess Bronstein, Janet Brown, Jenise Bauman, Gayle Larson, Jim Leary, Jeff Philip.

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/>.

### Where Does Your Recreation Dollar Go?

The parks and recreation program is fee based, so every time you pay a fee for a recreation class, the fee goes right back in to the community.

Where does it go?

- The instructor
- Payroll taxes
- State excise taxes
- The facility
- And, an administrative fee that helps keep your parks and recreation department open and functioning by providing staff and covering departmental operating costs.







## WELCOME TO POULSBO'S PARKS

The City of Poulsbo's recreational facilities and open spaces serve as vital parts of the community's character. Poulsbo has 19 city parks totaling 146 acres, with over 5 linear miles of trails. We hope you enjoy all that our parks have to offer!

### ★ Poulsbo Recreation Center 19540 Front Street NE

- Outdoor Basketball court, racquetball, gym, kitchen, classrooms, facility rental



### 1 College Marketplace Ball Fields NW Reliance Street, 6 acres

- Slated for future park development

### 2 Catherine Edwards Park, 9.21 acres corner of NW Finn Hill Rd & Olhava Way NE

- Slated for future park development

### 3 Poulsbo's Fish Park

- 288 NW Lindvig Way, 40 acres
- On the Liberty Bay Estuary and Dogfish Creek
- Urban nature park including habitat restoration & interpretive signage
- 1.75 miles of trails, boardwalk and viewing platforms

### 4 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

### 5 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

### 6 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

### 7 Net Shed Vista

#### 18500 Fjord Drive, .69 acres

- Liberty Bay viewing area
- Picnic tables and benches

### 8 Lions Park

#### 6th Avenue and Fjord Drive, 1.2 acres

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

### 9 Oyster Plant Park

#### 17881 Fjord Drive, .22 acres

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

### 10 Betty Iverson Kiwanis Park

#### 20255 1st Avenue NE, 2.8 acres

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

### 11 Forest Rock Hills Park

#### north end of 12th Avenue NE, 3.1 acres

- Playground
- Trails and picnic areas

### 12 Hattaland Park 10th Avenue NE, 2 acres

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

### 13 Centennial Park

#### corner of 7th Avenue and Iverson Street, 2.9 acres

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

### 14 Wilderness Park

#### between Caldart Avenue & Highway 305, 11.56 acres

- Wooded trails and open space

### 15 Austurbruin Park

#### Curt Rudolph Road, 4.5 acres

- Playground
- Picnic areas and trails

### 16 Frank Raab Park

#### 18349 Caldart Avenue NE, 21 acres

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

### 17 Poulsbo Pump Track

#### 20523 Little Valley Rd. NE, 1.82 acres

- Bicycle pump track operated by the Evergreen Mountain Bike Alliance

### 18 Rotary Morrow Community Park

#### Corner of Noll & Mesford St., 1.2 acres

- Slated for future park development

### 19 West Poulsbo Park

#### 5th Avenue NW, 3.1 acres

- Slated for future park development

For more information call  
Poulsbo Parks and Recreation  
at 360.779.9898

<https://cityofpoulsbo.com/city-parks-trails>



TAG, LIKE, FOLLOW @PoulsboParksRec

# VOLUNTEER OPPORTUNITIES AT FISH PARK

Please join WSU Water Stewards at Fish Park in Poulsbo on the 2nd and 4th Fridays from 9:30 a.m. to 11:30 a.m. during the months of April through October for weeding, maintenance and planting of our stewardship area of the park. The entrance to the park is 288 NW Lindvig Way. We meet in that parking lot. Bring tools such as hand pruners and regular pruners. Dress for the weather and wear your gardening garb.

You do not need to be a WSU volunteer to participate. Everyone is welcome.

If you'd like to be added to the regular notification list for these work parties please contact Peg Tillery [gardenmentor@yahoo.com](mailto:gardenmentor@yahoo.com) or Patty Kemp [phainopepla@earthlink.net](mailto:phainopepla@earthlink.net). We'd also love to have you help us plan educational experiences in our area of the park. Please contact us if you'd like to know more.

There are also work parties throughout the whole of Fish Park every month on the third Sundays from 1:00 to 4:00 pm. Contact Pat Hightower at Poulsbo Parks and Rec, [phightower@cityofpoulsbo.com](mailto:phightower@cityofpoulsbo.com), to be added to that notification if you're interested in receiving those monthly announcements.



## 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://CITYOFPOULSBO.COM/CITY-PARKS-TRAILS-2/](https://cityofpoulsbo.com/city-parks-trails-2/)



Check them all out on our website and QR CODE!



# National Arbor Day Celebration

Saturday April 29

Centennial Park



Tree Planting  
Presented by  
Poulsbo's Tree Board  
11:30a.m-12:30 p.m

\*Guided Tree Walk 12:30 p.m.-2 p.m.

\*Please register in advance for the Free Tree Walk  
at [www.cityofpoulsbo.com/register](http://www.cityofpoulsbo.com/register)



IN HONOR OF:  
ARMED FORCES DAY

**AMERICAN HEROES  
GEOCACHE PARK PURSUIT**

May 15-31, 2023  
AMERICAN LEGION PARK



Save the Date!

**National Trails Day**

Saturday, June 3, 2023

# FACILITY RENTALS & COMMUNITY SIGNBOARDS



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

There are three parks with facilities available to rent: The Austin-Kvelstad Pavilion at Muriel Iverson Williams Park, and the Raab Park and Nelson Park Picnic Shelters.

**ALL PARK RESERVATIONS ARE SUBJECT TO THE MOST CURRENT COVID GUIDELINES AND MAY BE CANCELLED WITH SHORT NOTICE.**

**Sign Reservations:** \$45\* per week. One week maximum per event.

**Park Facility Reservations:** \$40\* for the first 2 hours; \$10 for each additional hour for social events.

\*A discount is available for events held in the city for sign reservations and for Poulsbo city residents for park facilities.

For applications, visit <https://cityofpoulsbo.com/parks-rec-facilities/>.

**CALL 360.779.9898 FOR MORE INFORMATION.**

# Poulsbo Parks and Recreation Room Rentals

Did you know that our rooms are available to rent? Rent the classroom for your HOA meeting or the kitchen for a baby shower. We also offer gymnastics and ninja birthday party packages and hope to add more party packages soon.

Please call and ask for a facility form. We are happy to help you determine the best room for your event.

*Please note, There is a \$25 per hour staffing fee for rentals after hours.*



## Room Fees

Kitchen:	\$20/hr
Gym:	\$50/hr
Classroom 1 or 2:	\$20/hr
Upper Fitness Studio:	\$20/hr

# Closed for Holiday

**Memorial Day**  
May 29

**Juneteenth**  
June 19

**Independence Day**  
July 4

**Labor Day**  
September 4

## Does Your Child Need Support Funding Activities?

**Students can sign-up for assistance!**

- Clothing
- Sports Equipment
- Musical Instruments
- Driver's Education
- College Application Fees
- Summer Camp
- Membership Fees
- Graduation Fees
- Specialized School Supplies
- Science Fair Projects

———— **And Much More!** ————



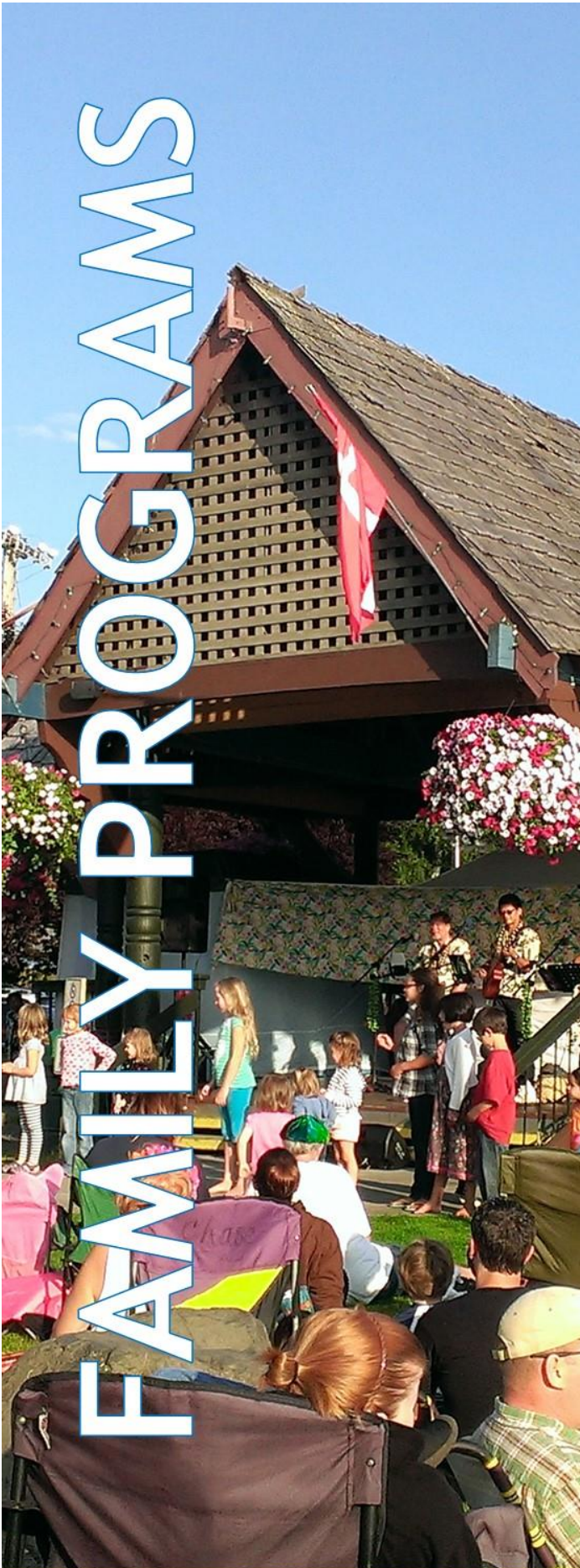
For Students (K-12) who reside in Poulsbo, Suquamish, Bangor, and Keyport.

Families must register as clients at Fishline Food Bank & Comprehensive Services. (360) 779-5190

**Request Assistance Today!**



# FAMILY PROGRAMS



## GEOCACHE PARK PURSUIT – AMERICAN HEROES IN-PERSON, OUTDOOR

We've hidden a geocache in American Legion Park to celebrate Armed Forces Day! Visit our website for directions on how you can use your smartphone to join our treasure hunt. Follow the coordinates to locate a box with a small prize. American Legion Park, 19265 Front St NE, Poulsbo.

Daily May 15-31 Dawn to Dusk **FREE**



TO THE MEN AND WOMEN OF THE ARMED FORCES OF THE UNITED STATES.

FOR YOUR COURAGE, SACRIFICE, AND SERVICE:  
THANK YOU.

## STORYTIME

June 28–August 23

at M. Williams Waterfront Park

We are pleased to be partnering with the Poulsbo Library to bring you a wonderful opportunity to spark your child's love of reading with an outdoor storytime including rhymes, songs and lots of full body movement.

KITSAP REGIONAL



Library

Poulsbo Parks and Recreation  
Heart of a Heathy Community



Stroll through the pages of a book in one of Poulsbo's Parks.

Engage with a story Experience nature  
Explore the neighborhood  
Parks & gardens

**June** Fish Park

1834228 NW Lindvig Way, Poulsbo

**August**

Muriel Iverson Williams Waterfront Park

18809 Anderson Pkwy NE, Poulsbo

**October** Raab Park

18349 Caldart Ave NE, Poulsbo

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

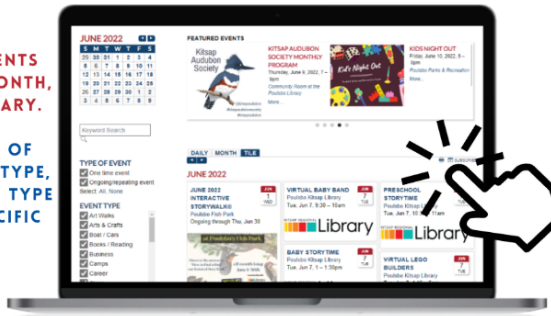


## Learn what is happening in Poulsbo with our City of Poulsbo's Community Events Calendar

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

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

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



# WORLD LAUGHTER DAY

**ALL AGES WELCOME**

**FREE**

May 7, 2023  
 4-5 p.m.  
 Laughter Yoga  
 Waterfront Park  
 For info call 360-779-9898

# POULSBO

HISTORICAL SOCIETY

**Fun activities for kids & adults every Saturday.**

Check for times and locations.

**POULSBOHISTORY.COM**

facebook.com/poulsbohistorymuseum  
 instagram.com/poulsbohistoricalsociety



# THANK YOU TO ALL THE WONDERFUL FAMILIES THAT CAME OUT TO OUR FIRST EVER FAIRY TALE FORMAL!



We want to thank our presenting partners: Greater Kiwanis of Poulsbo and the Greater Kiwanis of Kingston.



This dance would not be possible without DJ Bronco Bob, T&C Photography, Miss West Sound, and volunteers from the Kingston Key Club, North Kitsap High School Honor Society, Poulsbo Kiwanis, and our Parks and Recreation staff and instructors!



check out our Facebook for the Fairy Tale Formal Album for all the event pictures! @PoulsboParksRec





# BIMA's treasure trek



## STARTING APRIL 1, 2023

EXPLORE THE FOLLOWING LOCATIONS AND HUNT FOR YOUR OWN GLASS TREASURE, COURTESY AND CELEBRATING BAINBRIDGE ISLAND MUSEUM OF ART 10TH ANNIVERSARY WITH 200 HAND-BLOWN GLASS ORBS THAT IS IN PARTNERSHIP WITH TACOMA YOUTH DEVELOPMENT ARTS NON-PROFIT HILLTOP ARTISTS!



BIMA's Treasure Trek is a you-find-it, you-keep-it event with just a few guidelines to keep it fun for everyone:

**Finding:** The glass floats are hidden in public spaces such as parks and waterways. No need to trespass, the glass floats will never be on private property. Don't forget to look up, down, all around. The glass floats may be hiding off the ground in trees, behind logs, on an old fencepost, etc.

**Keeping:** Please keep only one float per seeker. AND...

- Send a photo of you with your find to [treasuretrek@biartmuseum.org](mailto:treasuretrek@biartmuseum.org)
- Post your photo to Instagram with the hashtag [#bimatreasuretrek](https://www.instagram.com/bimatreasuretrek) and tag us at [@bimuseum.of.art](https://www.instagram.com/bimuseum.of.art) to win swag in celebration of BIMA's 10th Anniversary. Follow [@bimuseum.of.art](https://www.instagram.com/bimuseum.of.art) for giveaway rules and updates.

## BIMA'S TREASURE TREK LOCATIONS OPEN DAWN-DUSK IN POULSBO

American Legion Park | 19265 Front St NE, Poulsbo

Fish Park | 288 NW Lindvig Way, Poulsbo

Island Lake County Park | 1087 NW Island Lake Rd, Poulsbo

Nelson Park | 20296 3rd Ave NW, Poulsbo

Poulsbo Wilderness Trail | 18943 Caldart Ave NE, Poulsbo



[HTTPS://WWW.BIARTMUSEUM.ORG/TREASURE-TREK/](https://www.biartmuseum.org/treasure-trek/)

# SAVE THE DATE

## MAY 20TH

PRESENTED BY

**CAFFE COCINA**

COFFEE ROASTING CO | EST 2012



Come seize the day and start your **Saturday, May 20th** from **10am-2pm** right with this perfect family-friendly **Road Race Run** for all ages!

ONLINE  
REGISTRATION ONLY



Complete your choice of a 5-mile, 1-mile, and Kids Dash along our beautiful Poulsbo waterfront!

Register on RunSignup or call us at 360.779.9898

Interested in Volunteering?  
reach out to 360-394-9771

Thank you to our Community Sponsors



# CAFFE COCINA DOWNTOWN GRAND OPENING APRIL 22



## CAFFE COCINA IS MORE THAN A CAFÉ, WE ARE A COMMUNITY PARTNER

Caffe Cocina is the local expert in providing distinct and flavorful coffee experiences by only sourcing Direct and Fair Trade organic coffee and roasting locally to ensure exceptional quality. We partner with local farmers to provide the freshest farm to table menu possible. Our care and commitment to our community extends to our customers. We are driven to create exceptional customer service with our dedication to consistent improvement.



SCAN TO  
CHECKOUT  
OUR MENU!



### LOCATIONS

18990 Front Street NE  
580 NW Finn Hill Road



# CAFFE COCINA

COFFEE ROASTING CO EST 2012



# 2023 Sponsorship Opportunities

## City of Poulsbo Parks and Recreation



@PoulsboParksRec: 3.7K+ followers

@PoulsboParksRec: 300+ followers

<https://linktr.ee/poulsboparksrec>

Parks and Recreation Newsletter (monthly) & Brochure (quarterly) is e-mailed to over 8,000 households and over 20,000 individuals.

In 2022 Poulsbo Parks and Recreation hosted 895 programs, including; 45 free senior programs, and 9 special events for the community!

Our Poulsbo Parks and Recreation facility hosts over 5,000 participants and about 50,000 visitors at our facilities each year.

The City of Poulsbo has 19 city parks totaling 146 acres, with over 5 linear miles of trails.

Poulsbo was founded by Norwegian immigrant Jorgen Eliason in the 1880s.

Poulsbo Population - 12,000 (as of April 2021)

Average Household Income - \$84,000



Scan the QR code to learn all the benefits and how to be a sponsor!

This year our team is excited to share an updated level of service for sponsorships! Our new tiered sponsorship offerings will provide increased visibility and better value. Sponsorships allows our team to organize, host, and elevate these favorite community events.

### Sponsor Benefits

Sponsorships can unlock limitless promotional opportunities within the fast growing and diverse community in the greater Poulsbo area. Sponsoring is a great way to:

- Connect with over 60,000 community members in the great Kitsap County.
- Utilize Poulsbo's strong marketing presence and extensive partnerships.
- Take advantage of the opportunity for face-to face interactions with potential customers.
- Target key demographics with product sampling or exposure.
- Maximize your brand visibility.

**Our Events wouldn't be possible without the community support and sponsorship!**

**For our Special Events Coordinator**  
Lin Wilson  
[lwilson@cityofpoulsbo.com](mailto:lwilson@cityofpoulsbo.com) | 360-394-9771  
**contact us:** <https://cityofpoulsbo.com/parks-recreation/>



- BAINBRIDGE
- BREMERTON
- KINGSTON
- POULSBO
- PORT ORCHARD
- PORT ORCHARD RACC
- SILVERDALE
- SILVERDALE YMCA



# GETTING YOU BACK TO WORK, SPORTS, LIFE.....AT ANY AGE

CALL OR VISIT US ONLINE TODAY!

**KITSAPPT.COM**  
**360-779-3777**

We are  
Kimmel and Young  
an Experienced  
Team of  
Real Estate  
Professional.

WE BUILD  
LASTING  
RELATIONSHIPS,  
ONE HOME  
AT A TIME

## CONTACT US

**BRIDGET YOUNG**  
(360) 509-2260  
BRIDGETYOUNG@WINDERMERE.COM

**JONI KIMMEL**  
(360) 509-6988  
JONIKIMMEL@WINDERMERE.COM



[www.realestatekitsap.com](http://www.realestatekitsap.com)

  
Windermere  
REAL ESTATE

Sheenah • Bridget • Joni

**50th**  
PRODUCTION

  
DREAMWORKS  
ANIMATION INC.

**SHREK**  
THE  
MUSICAL

**May 5-21, 2023**

Ticket Sales Begin Spring 2023  
More details at **KCMT.ORG**





# Your Hometown GLASS & ELECTRONICS SHOP

"I have had two vehicles tinted here. And, I had a front windshield replaced. I would highly recommend this shop if you want quality workmanship at a fair price."

*John R.*

**BOOK APPOINTMENT**

**CONTACT US:**

**360-779-1956**

20101 FRONT ST NE, POULSBO  
5203 FIRST STREET, BREMERTON

- AUTOMOTIVE GLASS
- RESIDENTIAL | COMMERCIAL | MARINE SERVICES
- AUTOMOTIVE SERVICES



# Summer Nights at the Bay

Muriel Iverson Williams Waterfront Park



## FREE CONCERTS

July  
11, 18, 25

Every Tuesday

August  
1, 8, 15



@ 6:30 pm





CELEBRATING  
**115**  
YEARS

KITSAP HUMANE SOCIETY'S  
**30TH ANNUAL**  
**PETS 5K**  
**WALK**

PRESENTED BY VCA CENTRAL KITSAP ANIMAL HOSPITAL

**5K WALK/RUN & FESTIVAL**

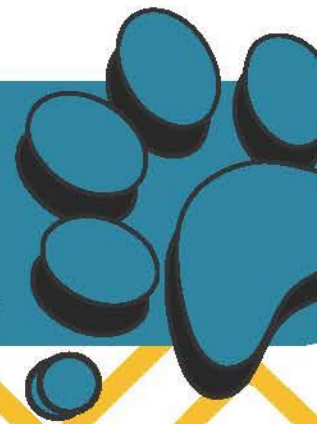
**JUNE 3, 2023**

**DOWNTOWN POULSBO**

**5K FOR PETS**  
**SINCE 1993!**



Scan the QR code to register now!  
Learn more at [kitsap-humane.org](http://kitsap-humane.org).



Join us in July as we celebrate  
Parks and Recreation month. Watch for fun free  
family activities all month long!

NRPA'S PARK AND RECREATION MONTH

Where  
Community  
Grows

#WhereCommunityGrows



[www.nrpa.org/july](http://www.nrpa.org/july)

MERRELL





# Inspire Teach Change

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

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

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

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



PHONE: (360) 779-9898

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

## TEEN VOLUNTEER INTERNS WANTED!

Poulsbo Parks and Recreation seeks dedicated teen volunteers to assist our professional instructors with youth programs.

Interns will gain valuable work experience while earning community service hours. Qualified youth will be age 13 or older, enjoy working with children, and have a positive and enthusiastic attitude. Applicants should have an interest in arts, crafts, sports, and other recreational activities, and be a dependable and positive role model.

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

For more information, call Kris Goodfellow at 360-779-9898.

Applications are available at [www.cityofpoulsbo.com](http://www.cityofpoulsbo.com).



Parks & Recreation  
The Heart of a Healthy Community!

# INSPIRING STUDENTS FOR 25 YEARS

Located between Poulsbo & Bainbridge Island, our tranquil 20-acre campus and inclusive school environment provides an engaging educational journey for students to grow as life-long learners

- ✓ Exceptional academics for grades 6-12
- ✓ International Baccalaureate Curriculum
- ✓ Smaller class sizes
- ✓ 100% College acceptance

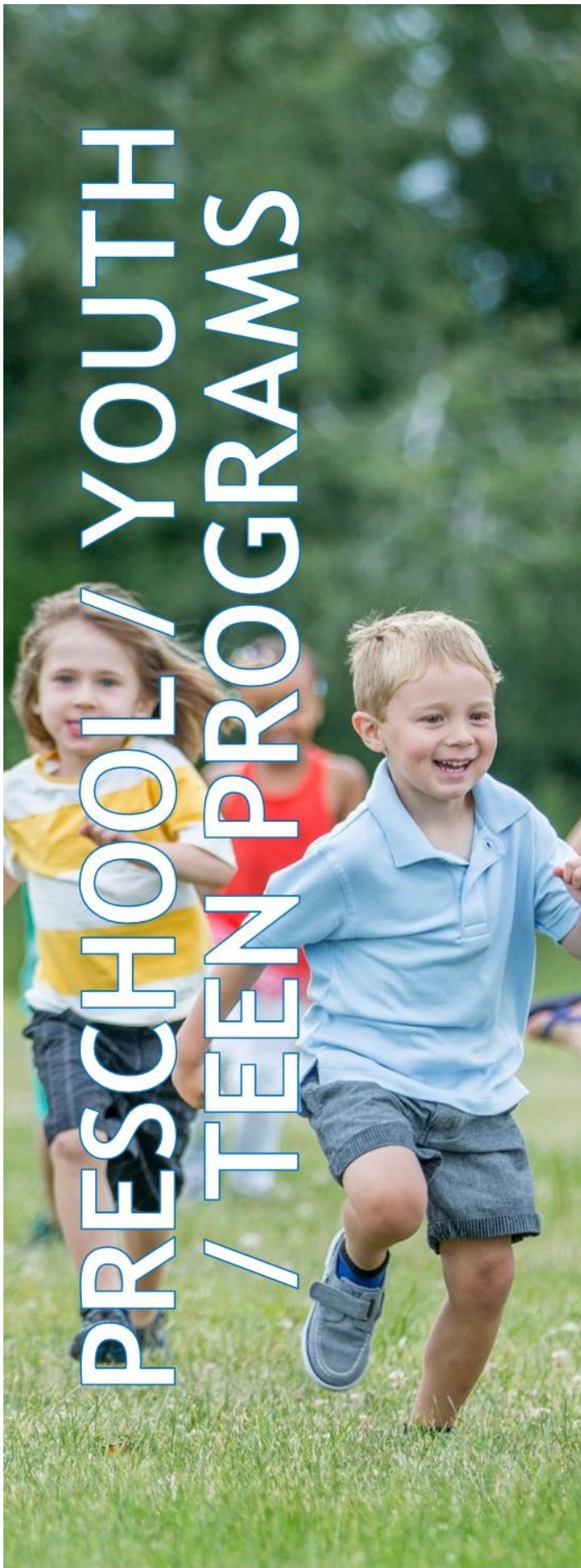
☎ 360-598-5954    🌐 [westsoundacademy.org](http://westsoundacademy.org)

Private bus from Bainbridge Island



west sound  
academy  
IB WORLD SCHOOL





**MINI & ME SOCIALIZATION PLAYGROUP  
IN-PERSON, INDOOR**

**AGES 0-3**

**3 WKS**

Keary Myers. Playgroups allow both children and their parents to meet new people and have fun. Children will practice developmental skills through play, including gross and fine motor skills. They will enhance their cognitive, expressive, and receptive language and social, emotional, and adaptive abilities. For parents, playgroups give you a chance to meet other parents with young children as well as learn new and fun ways to interact with your own child. Kids are welcome to attend in their pajamas. Recreation Center Classroom 2.

**Keary Myers is an early childhood and special education teacher with a BA from Central Washington University. Keary has been teaching in the Pacific NW for over 30 years. She is excited to bring a socialization program to Parks & Recreation.**

**Ages 12-24 months**

Wed	Apr 12-26	3:30-4:15p	\$52*
Sat	Apr 15-29	9:30-10:15a	\$52*
Wed	May 10-24	3:30-4:15p	\$52*
Wed	Jun 7-21	3:30-4:15p	\$52*
Wed	Jul 12-26	3:30-4:15p	\$52*

**Ages 18 months to 3 ½ years**

Wed	Apr 12-26	4:30-5:15p	\$52*
Sat	Apr 15-29	10:30-11:15a	\$52*
Wed	May 10-24	4:30-5:15p	\$52*
Wed	Jun 7-21	4:30-5:15p	\$52*
Wed	Jul 12-26	4:30-5:15p	\$52*

**BABIES MAKE MUSIC  
AGES 0-WALKING**

**IN-PERSON, INDOOR  
6 WKS/3 WKS**

Shyrl & Katherine Kinert. This interactive music class for babies and their caregivers teaches delightful rhymes, lullabies, floor and lap games, action songs, and dances that stimulate the baby's natural response to music. Benefits include increased bonding with your baby, enhanced motor skills, language development, a sense of balance, and timing. Trained instructors present the top-notch Music Rhapsody curriculum designed by renowned educator Lynn Kleiner. Classes are ongoing throughout the school year, available in 6-week sessions. Each child will receive their own music kit that can be used over and over again in additional music classes. **No class on May 26.** Recreation Center Classroom 1.

**New students will need to purchase an instrument kit which includes a baby drum and mallet baby bell rattle, maraca, and red scarf. It also includes a digital DVD of the music used in the class. The kit fee of \$59 is payable to the instructors at the first class.**

**New students**

Tue	May 2-Jun 6	10-10:45a	\$108*
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**Returning students- Session 2**

Tue	May 2-Jun 6	9-9:45a	\$108*
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**BABIES MAKE MUSIC** **IN-PERSON, INDOOR**  
**AGES 0-WALKING** **3 WKS**  
**SUMMER** (see description on the previous page)  
Instrument kits may be borrowed or purchased.

**New & Returning students**

Fri	Jul 14-28	11-10:45a	\$58*
Fri	Aug 11-25	11-11:45a	\$58*

**TODDLERS MAKE MUSIC** **IN-PERSON, INDOOR**  
**WALKING TO AGE 3** **6 WKS/3 WKS**

Shyrl & Katherine Kinert. This interactive Mommy (or another caregiver) & Me music class teaches toddlers and parents delightful songs, dances, and musical activities that focus on singing and keeping a beat. This will enhance the child's timing, coordination, listening, and language skills. High-quality percussion instruments are used as well as puppets, stories, and colorful props to make this a very special musical time. Other benefits include enhanced language development, improved coordination and timing, imagination development, and the ability to focus. **No class on May 26.** Recreation Center Classroom 1.

**New students will need to purchase an instrument kit which includes a baby drum and mallet baby bell rattle, maraca, and red scarf. It also includes a digital DVD of the music used in the class. The kit fee of \$59 is payable to the instructors at the first class. For summer classes, instrument kits may be borrowed or purchased.**

**New students**

Fri	May 5-Jun 16	10-10:45a	\$108*
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**Returning students- Session 2**

Fri	May 5-Jun 16	9-9:45a	\$108*
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**Summer: Returning students & New students**

Fri	Jul 14-28	10-10:45a	\$58*
Fri	Aug 11-25	10-10:45a	\$58*

**EVERYONE MAKES MUSIC** **IN-PERSON, INDOOR**  
**WALKING TO AGE 4** **3 WKS**

Shyrl & Katherine Kinert. Toddlers and their caregivers will enjoy this interactive music class that teaches both the child and adult delightful songs, dances, and musical activities. The focus will be on singing and keeping a beat in order to enhance timing, coordination, listening, and language skills. High-quality percussion instruments are used as well as puppets, stories, and colorful props to make this a very special musical time. Other benefits include enhanced language development, improved coordination and timing, imagination development, and the ability to focus. Recreation Center Classroom 1.

**Instrument kits can be borrowed during class or purchased from the instructors for \$59 at the first class.**

**Returning students & New students**

Fri	Jul 14-28	9-9:45a	\$58*
Fri	Aug 11-25	9-9:45a	\$58*



**About the Instructors:**

Shyrl is the owner of Inspire Piano, LLC and has taught music in the Kitsap area for over 30 years. Her experience includes 27 years as the previous Music Director at Silverdale UMC, and four years of classroom experience at Sylvan Way Christian School.

Shyrl is the mom of three grown children and enjoys being a grandma.

Katherine studied music at both Central Washington University and at the College of St. Rose in Albany, New York. While in New York, she taught private voice and piano lessons at the Guilderland School of Music. Since moving back into the area, Katherine has opened the Kinert Voice Studio.

She is the mom of an amazing 2-year-old.



**INMOTION CREATIVE ARTS PRESCHOOL**  
**2023-2024 CLASS SCHEDULES**

**GROUP 1**  
MON/WED  
PRESCHOOL 3 & 4 YR OLDS  
8:45 AM - 11:45 AM (3 HOURS)  
**FIRST DAY OF SCHOOL - MONDAY, SEPTEMBER 11TH**

**GROUP 2**  
TUES/THURS  
PRESCHOOL 3 & 4 YR OLDS  
8:45 AM - 11:45 AM (3 HOURS)  
**FIRST DAY OF SCHOOL - TUESDAY, SEPTEMBER 12TH**

**MORNING BONUS DAY**  
**FIRST COME, FIRST SERVE**  
**FRIDAY**  
PRESCHOOL 3 & 4 YR OLDS  
8:45 AM - 11:45 AM (3 HOURS)

**GROUP 3**  
M/T/W/TH  
PRE K 4 & 5 YR OLDS  
12:15 PM - 3:45 PM (3 HOURS 30 MIN)  
**FIRST DAY OF SCHOOL - MONDAY, SEPTEMBER 11TH**

ASK US ABOUT OUR 4 & 5 DAY A WEEK OPTION FOR THE AM CLASSES!  
EMAIL FOR MORE INFORMATION  
TOURS AVAILABLE!

📞 Main: 1 (360) 779-7090  
✉️ Brittany.InMotion@gmail.com  
📍 20101 Front ST NE, Poulsbo, WA 98370  
🌐 <https://www.inmotionperformingarts.org/inmotion-pre>  
📷 InMotionCreativeArtsPreschool

Kathryn Arnold started playing piano when she was five years old. She played classical piano through her first year of college when she discovered that music was more than just reading music off of the page. Since then, she has expanded into playing the keyboard and is actively seeking new things to add to her knowledge. She firmly believes that there will always be more to learn, and plans on learning as much as she can throughout her life. Music has become a comfort and a joy, and she wants the same experience for each and every one of her students. Kathryn is an active member of the Kitsap Music Teachers Association, as well as the Island Music Guild.

**MUSIC EXPLORERS**

**IN-PERSON, INDOOR**

**AGES 4-6**

**5 WKS**

Kathryn Arnold. Come play music with us and become a Music Explorer! March and dance to the beat, learn basic rhythms and notes, and make up your own songs as we explore what makes music move us! Students will learn four songs, improvisation techniques, basic rhythms, and music theory. Songs and activities will vary by session but will cover the same basic concepts. Each class session comes with a booklet of activities and songs we will use throughout the session. **A material fee of \$5 is due to the instructor at the beginning of class to cover the book.** Recreation Center Classroom 1.

Tue Apr 18-May 16 1:30-2:15p \$88\*



**POULSBO CHILDREN'S CHOIR**

**IN-PERSON, INDOOR**

**AGES 7-11 (GRADES 2-5)**

**6 WKS**

**Katherine Kinert.** Do you have a child aged 7-11 that is interested in singing? This class will give your child a fun and engaging introduction to group singing. No audition is required! Children will learn basic musicianship skills, singing in two parts, and will come away knowing two choral arrangements. We will give a performance for the parents during the last class so you can see and hear all the exciting things they've learned! **Please bring a one-inch binder for music and a pencil to class. A \$7 fee for music is payable to the instructor at the first class.** Recreation Center Kitchen/Classroom.

Thu May 18-Jun 22 5-6 \$60\*

**INTRO TO MUSICAL THEATER**

**IN-PERSON, INDOOR**

**AGES 10-17**

**6 WKS**

**Katherine Kinert.** Come sing your favorite show tunes! This course will give you a basic understanding of how to sing musical theater songs and develop your acting abilities. We will learn two songs from different musicals that you can use to audition for local shows. Learn

how to breathe properly, support your belt, and sing in different styles for different genres. **Please bring a one-inch binder for music and a pencil to class.** Recreation Center Kitchen/Classroom.

Thu May 18-Jun 22 6-7p \$108\*

**VOICE LESSONS**

**IN-PERSON, INDOOR**

**AGES 7-ADULT OR AS ARRANGED WITH THE INSTRUCTOR**

**Katherine Kinert.** Discover your unique voice with in-person voice lessons. Students will find the studio an inclusive, safe space where we experiment with our voices and discover how to use them in all kinds of ways. Students will learn exciting techniques and skills that help them use their voices the way they want to. Half-hour, 45-minute, or hour-long lessons are available on a weekly basis. Music will be provided for beginners; students may be asked to purchase books based on the student's specific needs and wants. Lessons are held at the Recreation Center, Poulsbo.

**Katherine Kinert studied music at Central Washington University, as well as The College of St. Rose in Albany, New York. While in New York, she taught private voice and piano lessons at the Guilderland School of Music. Since moving back into the area, Katherine has opened Kinert Voice Studio. She is the mom of an amazing 2-year-old.**

**Scheduling and payment are made directly with Katherine Kinert.** Call or text 360-550-0587, or email [katherinekinertvoiceteacher@gmail.com](mailto:katherinekinertvoiceteacher@gmail.com) to schedule your lesson time or for more information.

30-minute: \$30/lesson  
 45-minute: \$45/lesson  
 1-hour: \$60/lesson

**BEGINNING TO ADVANCED GUITAR**

**IN-PERSON, INDOOR**

**AGES 8-ADULT**

**WEEKLY LESSONS**

Craig Dell. Private 30,45 or 60-minute acoustic or electric guitar lessons, designed for beginning, intermediate and advanced students. Lessons will be tailored to the student's level and will include reading music notation, tablature, basic chords, and strumming techniques. Lessons will be scheduled between 11:30a and 7:30p on Mondays. Students must bring an acoustic or electric guitar in good working order. Music will be provided for beginning students; Intermediate/Advanced students will be asked to purchase specific books.

Scheduling and payment are done directly with Craig Dell. **To schedule lessons or for more information, leave your name and number at 360.779.9898.**

**PIANO LESSONS**

**AGES 7-ADULT OR AS ARRANGED WITH INSTRUCTOR**

Megan Hennings. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We offer holistic music instruction with an emphasis on creating an enjoyable learning experience. Cultivation of a lifelong love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including the development of independent learning skills and strong playing skills. Format: Private instruction with scheduled group lessons. Half-hour instruction once a week with 45-minute lessons available for more advanced students. The fee includes event fees for up to 4 events per year. Daytime slots are available for adult and non-traditional students also. **Materials not included in class fee.** Recreation Center Piano Studio.



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

**Spring Quarter**

Lessons scheduled Mondays-Fridays

Apr 10-Jun 30 (12 weeks)

30 min lesson fee: \$372 or \$124/mo, due 4/10, 5/1 & 6/1

45 min lesson fee: \$531 or \$177/mo, due 4/10, 5/1 & 6/1

**SUMMERTIME PIANO LESSONS: ALL AGES WELCOME!**

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

Monday, Tuesday, or Wednesday, Jul 5-Aug 31  
(Thursdays may also become available depending on enrollment)  
30-min lesson: \$31, payable prior to each lesson.  
45-min lesson: \$45, payable prior to each lesson.

**VIRTUAL OR IN-PERSON, INDOOR WEEKLY LESSONS**

**Dance Classes & Camps**

Dance with Me

Ages 1-3 ½  
Tues, 10-10:45a  
April 11-May 2  
May 9-30

Tu-Two Ballet

Age 2  
Tues, 11-11:30a  
April 11-May 2  
May 9-30

Tippie Toe Ballet

Ages 3-5  
Tues, 10:45-11:30a  
April 11-May 2  
May 9-30

Disney Themed

Ages 3-5 & 6-8  
M-Th 9:30-11a  
June 26-29  
July 24-27

Nutcracker

Ages 3-5 & 6-8  
M-Th 9:30-11a  
August 7-10

Hippity Hip-Hop Camp

Ages 3-5 & 6-8  
M-Th 9:30-11a  
July 10-13

**NEW! KIDS INMOTION PRESCHOOL CAMPS AGES 3-5**

Preschool camp full of fun with stories, circle time, craft and snack.

Enchanted Forest: Dinos & Fairies

T-Th July 18-20 9:30-11:30a

Down on the Farm

T-Th August 1-3 9:30-11:30a

Ocean Adventure: Mermaids and Sharks

T-Th August 15-17 9:30-11:30a



All classes and camps held at InMotion Performing Arts Studio

**Does Your Child Need Support Funding Activities?**

**Students can sign-up for assistance!**

- Clothing
- Sports Equipment
- Musical Instruments
- Driver's Education
- College Application Fees
- Summer Camp
- Membership Fees
- Graduation Fees
- Specialized School Supplies
- Science Fair Projects

**And Much More!**



For Students (K-12) who reside in Poulsbo, Suquamish, Bangor, and Keyport.

Families must register as clients at Fishline Food Bank & Comprehensive Services. (360) 779-5190

**Request Assistance Today!**





### DANCE WITH ME

AGES 1-3 ½

IN-PERSON, INDOOR

4 WKS

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

Tue	Apr 11-May 2	10-10:45a	\$68*
Tue	May 9-30	10-10:45a	\$68*

### TU-TWO BALLET CLASS

EXCLUSIVELY FOR 2-YEAR-OLD DANCERS!

IN-PERSON, INDOOR

4 WKS

The very first class your young dancer will take. The class is specifically designed for 2-year-old students to learn Ballet terminology, classroom etiquette, explore movement and socialize in a group setting. **Leotard and tights are required. Grippy socks and a tutu are included and are yours to keep. Ballet shoes are available for purchase at the studio prior to class if you prefer your dancer to attend class in ballet shoes.**

Tue	Apr 11-May 2	11-11:30a	\$68*
Tue	May 9-30	11-11:30a	\$68*

### TIPPIE TOE BALLET

AGES 3-5

IN-PERSON, INDOOR

4 WKS

InMotion Performing Arts Studio Staff. Dancers will explore music and movement and be introduced to the basics of ballet. These instructor-led classes are designed to stimulate coordination skills, listening skills, balance, music interpretation, creative movement, and motor development. **Dancers should wear any colored leotard and tights with ballet shoes, sweatpants, a t-shirt, and ballet shoes for boys. Ballet shoes can be purchased at InMotion prior to class if needed.** InMotion Performing Arts Studio, Poulsbo.

Tue	Apr 11-May 2	10:45-11:30a	\$68*
Tue	May 9-30	10:45-11:30a	\$68*

**Inge Merry is a fully certified Highland Dance instructor with the Scottish Dance Teachers Alliance. She has been teaching Highland Dance since 1991 and currently runs a small dance school with her sister in Bellevue, WA. She has also taught sessions in Port Townsend, at North Seattle Community College, for after-school programs, theater productions, shows, recitals, and competitions at a Regional, National, and World Championship level. She recently moved to the Kitsap area (and loves it!) and is excited to share her love of Highland Dance with you and the Poulsbo community.**

### CELTIC RHYTHM - BEGINNING HIGHLAND DANCE

AGES 5-18

**NEW PROGRAM!**

IN-PERSON, INDOOR

5 WKS

Inge Merry. In this introductory session, students will learn the basic foot and arm positions, and the basic movements and steps of Highland Dance. Not to get it mixed up with Irish dancing, Highland Dance is a celebration of the Scottish spirit. Highland Dance lessons are a wonderful way for both kids and young adults to gain the health benefits of dance as well as learn self-discipline and body control. When students take lessons in Highland Dance they develop a skill, a sense of community, team building, friendships and so much more! Classes emphasize fitness, self-motivation, goal setting, and age-appropriate skills and techniques. Lessons are available for girls and boys. No previous dance experience is required. **Class Attire:** A fitted T-shirt or tank top, shorts with white knee socks or leggings. Ballet Slippers (pink or black). If students have long hair, it must be pulled back, and out of **student's** eyes and **face**. Please bring your own water bottle. InMotion Performing Arts Studio.



#### Ages 5-7

Fri	Apr 14-May 12	5-5:30p	\$75*
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#### Ages 8-18

Fri	Apr 14- May 12	5:30-6:15p	\$95*
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**MINI AND ME PAINTING**

**IN-PERSON, INDOOR**

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

**1 CLASS**

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

Fri	Apr 28	5:30-6:30p	\$22 per person
Fri	May 12	5:30-6:30p	\$22 per person
Fri	Jun 16	5:30-6:30p	\$22 per person
Fri	Jul 14	5:30-6:30p	\$22 per person
Fri	Aug 4	5:30-6:30p	\$22 per person



**PRESCHOOL ART**

**IN-PERSON, INDOOR**

**AGE 2-6**

**1 CLASS**

Beth Daquilante. Let your preschooler explore the world of art in these fun one-time classes. Children will create 2-3 art projects. **All materials are included.** Recreation Center Preschool Room.

Wed	Apr 5	9:45-10:30a	\$20
Wed	Apr 19	9:45-10:30a	\$20
Wed	May 3	9:45-10:30a	\$20
Wed	May 17	9:45-10:30a	\$20

**KIDS GLASSWORK**

**IN-PERSON, INDOOR**

**ALL AGES (5 & YOUNGER MUST HAVE PARENT IN ATTENDANCE)**

**1 CLASS**

**NEW PROGRAM!**

Eastern Wind Glass. Have some fun making two 4x4 tiles with fusible glass. Each month we will have a different theme for you to make, or you can come up with your own creative ideas. **All supplies will be provided; a \$5 materials fee is payable to the instructor at the beginning of each class.** Recreation Center Kitchen/Classroom.

Sat	Apr 15	11a-1p	\$25	Transformer
Sat	Apr 29	11a-1p	\$25	Windspinner
Sat	May 13	11a-1p	\$25	Garden Stake
Sat	May 20	11a-1p	\$25	Dog or Cat
Sat	Jun 3	11a-1p	\$25	Fused Kites
Sat	Jul 15	11a-1p	\$25	Garden Stake

*Students may finish work early and be ready for pick up between noon and 1. Please make sure the instructor has your number if you do not remain on site. Thank you!*

**KIDS WALK & ART IN POULSBO'S FISH PARK**

**NEW PROGRAM!**

**IN-PERSON, OUTDOOR**

**ALL AGES WELCOME with parent participation.**

Barbara Erickson/ Beth Daquilante. Have you ever wondered what's living in Poulsbo's Fish Park? This 40-acre park is a community treasure. Your park guide will point out some of the most interesting flora, fauna, insects, and inhabitants of the park. A scavenger hunt is included along with an interactive art experience done in nature! Come ready to be active and get dirty! Each date will be a fun and new art activity in Poulsbo's Fish Park, 288 NE Lindvig Way.

Wed	Jun 14	10-11a	\$25
Wed	Aug 16	10-11a	\$25

**DRAMA CLASS**

**IN-PERSON, INDOOR**

**AGES 4-7**

**4 WKS**

Danika & Lisa Logdahl. Does your child have an interest in music and drama? This class is the perfect time for them to shine! Each section will include easy games that teach the fundamentals of theater. These instructor-led classes are meant to inspire the youngest theater kids to find their spotlight and gain the basic skills that can be used in other theater programs around the community. Come join us this winter to find your inner performer! **No class on May 29.** Recreation Center Kitchen.

Mon	Apr 10-May 1	5-5:45p	\$52*
Mon	May 15-Jun 12	5-5:45p	\$52*

Did you know that our very own Leah Lovely, whom you may know from the front desk, gymnastics, or yoga, is also a CODA? That is short for Child Of a Deaf Adult and in her case, two!

Leah's parents are deaf, and she is hearing, giving her a very special opportunity to teach hearing people about the amazing language and culture of the Deaf and Hard of Hearing Community.

Speaking fluent sign language is a lifelong achievement and learning about deaf culture is equally important. Respecting that it is a strong and growing culture along with an amazing way to communicate with people of all abilities is the most valuable lesson!



**AMERICAN SIGN LANGUAGE (ASL):  
SIGNING PLAYTIME  
AGES WALKING TO AGE 5**

**IN-PERSON, INDOOR  
NEW PROGRAM!**

**5 WKS**

Leah Lovely. Starting with the ASL alphabet and building up vocabulary, we can give our youngest learners a way to communicate physically before they develop the skills to communicate verbally. Come and learn more about this unique and ever-evolving language! Explore the world in a whole new way, signing and playing together! This class is designed for a caregiver and kiddo to enjoy the benefits of learning another language together that is fun and interactive. We will read stories, sing songs, and most of all PLAY while applying the vocabulary we are learning to the real world and learning more each day! Recreation Center Gym.

Tue	Apr 11-May 9	9:45-10:15a	\$52*
Tue	May 23-Jun 20	9:45-10:15a	\$52*

**AMERICAN SIGN LANGUAGE (ASL): SIGNING SCHOOLHOUSE  
AGES 6-10**

**IN-PERSON, INDOOR  
5 WKS**

**NEW PROGRAM!**

Leah Lovely. Come and learn more about this unique and ever-evolving language! This class is intended for homeschooled or online learners to have an interactive class, learning all about the fun differences and similarities between spoken English and sign language. We will learn the basics and continue building on what we've learned by signing the world around us, expanding our knowledge of deaf culture and what it means to be able to communicate in different ways! Recreation Center Classroom 1.

Tue	Apr 11-May 9	11:15a-12p	\$58*
Tue	May 23-Jun 20	11:15a-12p	\$58*



**INSTRUCTOR SPOTLIGHT: LEAH LOVELY**

Many of you already know me, whether I've taught your kiddo sports like gymnastics, soccer, T-ball or lacrosse, taught your kids languages like Spanish or Sign Language, or perhaps even taught you in beginning or continuing ASL! If I haven't have the pleasure to meet you on the mat at a yoga practice, I hope we do soon!

Teaching and learning are big passions of mine, I've homeschooled both of my amazing kids and watching them venture into the world is such a rewarding job. Working at Parks and Recreation is absolutely the cherry on top!

My big interest in all things zoology has made me an advocate for our ecosystem and all those who live in it. There are so many opportunities to make connections with our wonderful community members and to teach not only important subjects, but also kindness, patience and a sense of adventure!

My life with auto immune disorders/chronic pain have continued to make me a caring person along with always being grateful for what I AM able to do. Finding yoga years ago at Poulsbo Parks and Recreation led me down a path of healing and self discovery as I worked towards my instructor certification and I am beyond proud to call Poulsbo my home.



## INTRODUCTION TO AMERICAN SIGN LANGUAGE (ASL)

**NEW PROGRAM!**

**IN-PERSON, INDOOR**

**ADULTS & TEENS AGE 12 & OLDER**

**4 WKS**

Learn about this unique and ever-evolving language! Spoken in multiple countries, ASL is an essential way for people to communicate, not just those with hearing difficulties but those with apraxia, sensory issues, etc. Knowing how to communicate with our differently-abled community members is such an amazing skill to have, you can talk to signing friends across a crowded room or even underwater! No experience is necessary but is certainly always welcome! Parks and Rec Classroom #1.

Wed	Apr 19-May 10	6:30-7:15p	\$57*
Wed	May 31-Jun 21	6:30-7:15p	\$57*

## AMERICAN SIGN LANGUAGE (ASL): CONTINUING EDUCATION

**NEW PROGRAM!**

**IN-PERSON, INDOOR**

**ADULTS & TEENS AGE 12 & OLDER**

**4 WKS**

Advance your skills in this unique and ever-evolving language! This class is designed for students of ASL who have taken a class through Parks and Recreation or community college to continue advancing their conversational skills in ASL. We will be learning how to ask questions, common answers and signs, norms of Deaf culture, and the differences between ASL grammar and spoken or signed English. Experience is necessary for this class, but we also offer a beginning level that can be taken multiple times. If you are unsure if this class is right for you, call us at 360.779.9898 after 2 pm to speak with instructor Leah Lovely. Recreation Center Classroom #1.

Thu	Apr 20-May 11	6:30-7:30p	\$68*
Thu	Jun 1-22	6:30-7:30p	\$68*

## BEGINNING SPANISH

**AGES 6-8**

**NEW PROGRAM!**

**IN-PERSON, INDOOR**

**4 WKS**

Teresa Pusey. This is a great opportunity to start your child learning the most widely used language in the world (besides English) at the best time in their brain development. Teresa has been teaching Spanish classes to children for over 6 years using a variety of learning strategies including art projects, coloring, songs, and much more! Children can learn the alphabet, numbers, days of the week, greetings, and more. Classes are tailored to each session according to the interests, aptitude, and engagement of the group. Resources are provided for families to utilize for additional study at home during the week if they wish, a necessity for developing fluency, or they can come and just have some fun! Recreation Center Classroom #1.

Fri	Apr 14-May 5	10:30-11:30a	\$58*
Fri	May 12-Jun 2	10:30-11:30a	\$58*
Fri	Jun 9-Jul 7	10:30-11:30a	\$58*

## LEGO® CODING: MOVIE MAKER

**AGES 7-14**

**IN-PERSON, INDOOR**

**8 WKS**

**Bricks 4 Kidz®.** Has your child ever wondered how your favorite animated movies like The LEGO® Movie were made? Well, it's time to find out! Join Bricks 4 Kidz® in this 8-week class to learn to build an epic movie using Scratch, the #1 Children's programming language on the planet. Students will make a take-home Minifigure, then turn it into a virtual character to be used in their very own movie! Each week, kids learn how to implement different elements and techniques. Coding Level: Beginner-friendly but previous experience is also welcome. Recreation Center Classroom #1.

Wed	Apr 19-Jun 7	5-6p	\$128*
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# INSPIRING STUDENTS FOR 25 YEARS

Located between Poulsbo & Bainbridge Island, our tranquil 20-acre campus and inclusive school environment provides an engaging educational journey for students to grow as life-long learners

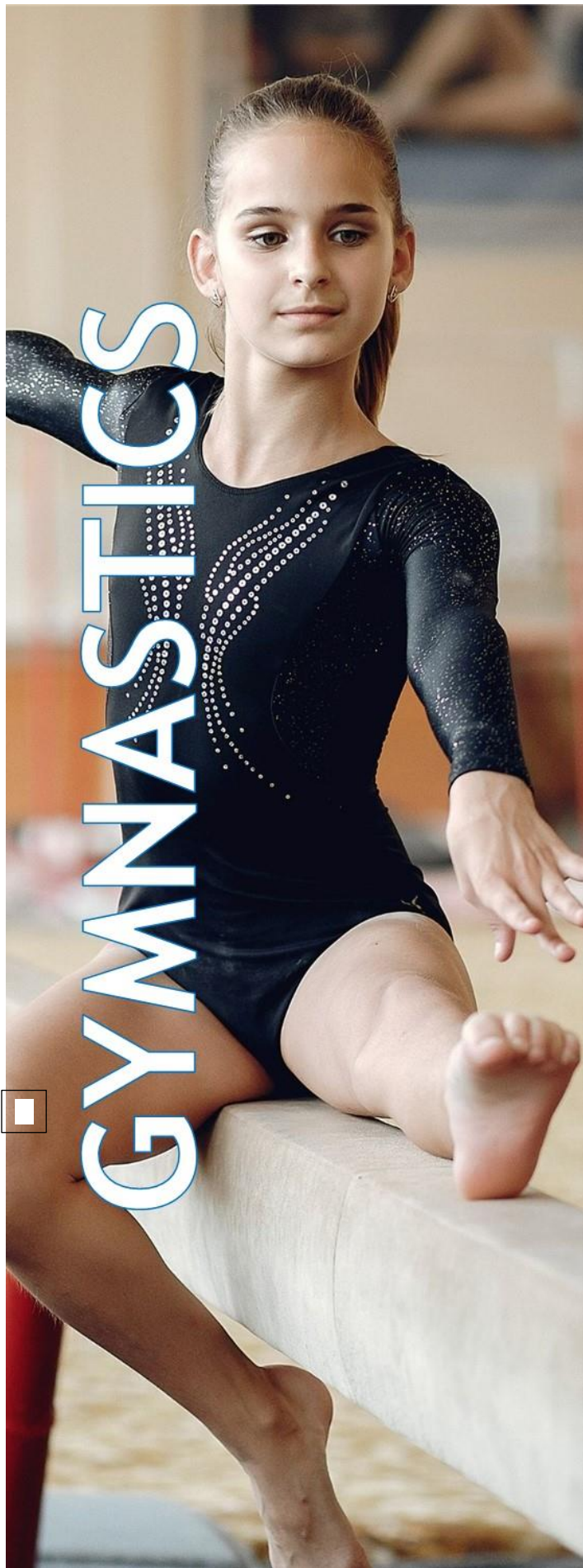


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**SPRING & SUMMER GYMNASTICS**  
**IN-PERSON, INDOOR**  
**AGES 18 MONTHS-14 YEARS**  
**MOST SPRING SESSIONS ARE 5 WEEKS**  
**SUMMER SESSIONS ARE ALL 3 WEEKS**  
**Shorter sessions noted by ()**

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

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

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

Who's teaching? Clara Glasgow, Leah Lovely, Marina Sannes, Ginger Silfies, Wren Mason-Todd, and Jo Van Horn.

SPRING SCHEDULE:			SUMMER SCHEDULE:		
Mon	4/10-5/8	5/22-6/12 (3)	Mon	7/10-7/24	8/7-8/21
Tue	4/11-5/9	5/23-6/20	Tue	7/11-7/25	8/8-8/22
Wed	4/12-5/10	5/24-6/21	Wed	7/12-7/26	8/9-8/23
Thu	4/13-5/11	5/25-6/22	Thu	7/13-7/27	8/10-8/24
Fri.	4/14-5/12	5/26-6/23	Fri.	7/14-7/28	8/11-8/25
Sat	4/15-5/13	6/3-6/24 (4)	Sat	7/15-7/29	8/12-8/26

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

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. Classes in May are shorter due to holidays and the price is reflected online.**

Mon	9:30-10a	4/10-5/8	5/22-6/12 (3)	\$60*/session
Wed	9:30-10a	4/12-5/10	5/24-6/21	\$60*/session
Mon	9:30-10	7/10-7/24	8/7-8/21	\$42*/session
Thu	9:30-10	7/13-7/27	8/10-8/24	\$42*/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. For class information, turn to page 40.



### 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. **Classes in May are shorter due to holidays and the price is reflected online.**

Mon	10:15-10:45a	4/10-5/8	5/22-6/12(3)	\$60*/session
Tue	10:30-11a	4/11-5/9	5/23-6/20	\$60*/session
Wed	10:15-10:45a	4/12-5/10	5/24-6/21	\$60*/session
Thu	10:15-10:45a	4/13-5/11	5/25-6/22	\$60*/session
Sat	9:30-10a	4/15-5/13	6/3-6-24(4)	\$60*/session
Mon	10:15-10:45a	7/10-7/24	8/7-8/21	\$42*/session
Tue	9:30-10a	7/11-7/25	8/8-8/22	\$42*/session
Sat	9:30-10a	7/15-7/29	8/12-8/26	\$42*/session

### 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. **Classes in May are shorter due to holidays and the price is reflected online.**

Mon	11-11:45a	4/10-5/8	5/22-6/12 (3)	\$75*/session
Mon	12-12 :45p	4/10-5/8		\$75*/session
Tue	5-5:45p	4/11-5/9	5/23-6/20	\$75*/session
Wed	5-5:45p	4/12-5/10	5/24-6/21	\$75*/session
Sat	10:15-11a	4/15-5/13	6/3-6-24(4)	\$75*/session
Mon	11-11:45a	7/10-7/24	8/7-8/21	\$52*/session
Tue	5-5:45p	7/11-7/25	8/8-8/22	\$52*/session
Wed	9:30-10:15	7/12-7/26	8/9-8/23	\$52*/session
Wed	5-5:45p	7/12-7/26	8/9-8/23	\$52*/session
Sat	10:15-11a	7/15-7/29	8/12-8/26	\$52*/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.

### HOT SHOTS: ADVANCED KINDERGYM AGES 4-5

For gymnasts ages 4 and 5 who have completed beginning Kindergym several times and have been placed by the instructor. Class is for kids ready to focus on skill technique and expand gymnastics work. Gymnasts age 6 should register for Level 1 gymnastics. **Instructor permission is required.**

Wed	4-4:45p	4/12-5/10	5/24-6/21	\$75*/session
Thu	5-5:45p	4/13-5/11	5/25-6/22	\$75*/session
Thu	5-5:45p	7/13-7/27	8/10-8/24	\$52*/session

# INSTRUCTOR SPOTLIGHT: WREN MASON-TODD



I've been involved with Parks and Rec for as long as I remember, so it has been a joy to work here as a gymnastics instructor!

I took gymnastics classes when I was younger through the Rec Center. I then joined the North Kitsap High School Varsity gymnastics team in my freshman year of high school. With my 4 years of experience as a gymnast with the school, I was more than excited to use my knowledge to help young gymnasts in our community!

In the fall, I plan to go to Western Washington University to major in linguistics and minor in Spanish. In the future, I hope to study abroad and gain travel experience!

It has been amazing working alongside my fellow instructors and teaching a wonderful group of hardworking gymnasts!

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

Students will be introduced to basic tumbling skills, balance beam and bar work, vaulting technique, rings, and rope. The class focus will be on body awareness, strength, flexibility, and confidence building.

Tue	6-6:45p	4/11-5/9	5/23-6/20	\$75*/session
Wed	6-6:45p	4/12-5/10	5/24-6/21	\$75*/session
Fri	5-5:45p	4/14-5/12		\$75*/session
Fri	6-6:45	4/14-5/12	5/26-6/23	\$75*/session
Sat	11:15a-12p	4/15-5/13	6/3-6-24(4)	\$75*/session

Tue	6-6:45p	7/11-7/25	8/8-8/22	\$52*/session
Wed	6-6:45p	7/12-7/26	8/9-8/23	\$52*/session

## 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. Classes in May are shorter due to holidays and the price is reflected online.**

+Mon	5-5:45p	4/10-5/8	5/22-6/12 (3)	\$75*/session
Fri	5-5:45p		5/26-6/23	\$75*/session

Mon	5-5:45p	7/10-7/24	8/7-8/21	\$52*/session
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## LEVEL 2/3 SPLIT CLASS: INTERMEDIATE REC GYMNASTICS AGES 6-10

This class is open to Level 2 and Level 3 instructor-approved gymnasts who cannot attend on Monday or serves as a second class for those students who wish to attend two days a week.

+Thu	6-6:45p	4/13-5/11	5/25-6/22	\$75*/session
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+ There is a 10% deduction if registering for two nights a week in the same session. Please call 360-779-9898 to register, discount cannot be done through online registration.

## LEVEL 3: ADVANCED GYMNASTICS AGES 6-11

For the serious student looking for more than just a recreation-level gymnastics class. Students will master skills learned in Level 1 and Level 2 while learning more advanced skills. An emphasis will be placed on skill connection and technique. Skills include glides on bars, cartwheels on the low beam, roundoff rebound, and back handsprings on the floor. The focus will be on building skills and routines. Participants are encouraged to register for both Monday and Thursday, but not required. **Instructor permission is required.**

+Mon	6-7p	4/10-5/8	5/22-6/12 (3)	\$80*/session
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Mon	6-7p	7/10-7/24	8/7-8/21	\$52*/session
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## MIDDLE SCHOOL GYMNASTICS

### AGES 11-14 (GRADES 6-8)

This class is excellent for all levels, from first-timers to those just wanting to keep up and expand their skills and have an interest in participating in high school. Gymnasts will work on drills, skills, and conditioning.

Thu 3:30-4:45p 4/13-5/11 5/25-6/22 \$85\*/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 Kris Goodfellow directly at kgoodfellow@cityofpoulsbo.com. Instructors will then call to give details and to arrange times.

### Fees:

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

## BUILD A CLASS

Would you prefer a semi-private class with two friends? Schedule with the instructors and set up a class for just you and your friends. All ages/levels. Minimum of three participants.

6 and under 30 minutes \$20 per kid per class

6 and older 45 minutes \$25 per kid per class

Arrange for one class or more. Payment for all participants is due a minimum of 48 hours prior to class.

## MINI GYMNASTICS CAMP

### AGES 4-6

3 CLASSES

Gymnastics Staff. Three days of gymnastics fun! This camp is for boys and girls with little or no gymnastics experience. The camp will cover tumbling, balance beams, bars, vault, rings, and a small art project. **Campers will need to bring a snack and water bottle with their name on it.** Recreation Center Gym.

T-Th Jul 18-20 10:30a-12:30p \$99\*

T-Th Jul 25-27 10:30a-12:30p \$99\*

T-Th Aug 22-24 10:30a-12:30p \$99\*

Parents of 6-year-olds: Choose the best camp for your child's success. If they are a young 6 and have never done gymnastics or any structured class before, then Mini Camp is a great choice. If they are close to age 7 and have already participated in Kindergym or a Level 1 class, then the leveled gymnastics camps are a better choice.

## LEVELED GYMNASTICS CAMP

### AGES 6-10

3 CLASSES

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

### Beginning: Cannot do a cartwheel / no equipment experience

W-F Jul 5-7 1:30-3:30p \$99\*

T-Th Jul 25-27 1:30-3:30p \$99\*

T-Th Aug 15-17 1:30-3:30p \$99\*

### Intermediate/Advanced: Hot Shots / Level 2 and Level 3 or permission

T-Th Aug 8-10 1:30-3:30p \$99\*

**Poulsbo Parks & Recreation  
Birthday Party Packages  
Gymnastics & Lil' Ninjas**

**Celebrate your birthday with us!**  
Each party is 90 minutes long and includes  
45 minutes of gymnastics or obstacle  
courses and 45 minutes for you to enjoy  
cake, ice cream and presents you bring.

**Cost for up to 8 kids \$150**  
**Additional children up to 12—\$10 per kid**

Please call and ask for a facility rental  
form to fill out to book your party. Parties  
can be scheduled on Friday evenings,  
Saturdays and Sunday afternoons.  
Parties must be paid for in advance.



## Gymnastics

Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a	Mini & Me 18 mo - 3yrs		Mini & Me 18 mo - 3yrs	Lil'Ninja age 3-5		Tumbling Tot age 3 & 4
10:00a						
10:30a	Tumbling Tot age 3 & 4	Tumbling Tot age 3 & 4	Tumbling Tot age 3 & 4	Tumbling Tot age 3 & 4		Kindergym age 4-6
11:00a	Kindergym age 4-6					Level 1: Beg age 6-10
Noon						
3:15p						
4:15p	Lil'Ninja age 3-5	Lil'Ninja age 3-5		Middle school gym age 11-14		
5:00p	Level 2: Int age 6-10	Kindergym age 4-6	Kindergym age 4-6	Hot Shots age 4 & 5	Level 1: Beg age 6-10	
6:00p	Level 3: Adv age 6-10	Level 1: Beg age 6-10	Level 1: Beg age 6-10	Level 2 & 3 Split class age 6-10	Level 1: Beg age 6-10	
7:00p						
<i>If the class you want is full, please go on the waitlist. We will work on adding additional staff or classes.</i>						
			Thank you!			

# APPLICATIONS OPEN NOW FOR 2023-2024!

## **GATEWAY**

— EAGLES —

POULSBO PreK - 5th

360-779-9189

Christian Worldview in Academics  
Small Class Sizes  
Convenient Locations  
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100% graduation rate  
90% attend college  
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awarded annually



Middle & High  
School Athletics

2022 SCHOLASTIC CUP WINNER (1B)  
for excellence in athletics & academics



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## **CROSSPOINT**

— WARRIORS —

BREMERTON K - 12th

360-377-7700

# **GATEWAY**

## **CHRISTIAN SCHOOLS**

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

[admissions@gatewaychristianschools.org](mailto:admissions@gatewaychristianschools.org)

# YOUTH SPORTS



**LIL' NINJAS** **IN-PERSON, INDOOR**  
**AGES 3-5** **3 WKS / 5 WKS**

**Great class for those not yet ready to focus on a more structured gymnastics class.**  
Parks & Rec Staff. This action-packed class has participants tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. Students will be challenged to push themselves to train like Ninja Warrior competitors. Class is fast-paced and great for those high-energy kids who are not ready to focus on a skills-based gymnastics class. **No class on May 29.** Recreation Center Gym.

Mon	Apr 10-May 8	4:15-4:45p	\$63*/5 weeks
Tue	Apr 11-May 9	4:15-4:45p	\$63*/5 weeks
Thu	Apr 13-May 11	9:30-10a	\$63*/5 weeks
Mon	May 22-Jun 12	4:15-4:45p	\$45*/3 weeks
Tue	May 23-Jun 20	4:15-4:45p	\$63*/5 weeks
Thu	May 25-Jun 22	9:30-10a	\$63*/5 weeks
Mon	Jul 10-24	4:15-4:45p	\$45*/3 weeks
Tue	Jul 11-25	4:15-4:45p	\$45*/3 weeks
Mon	Aug 7-21	4:15-4:45p	\$45*/3 weeks
Tue	Aug 8-22	4:15-4:45p	\$45*/3 weeks

**NINJAS** **IN-PERSON, INDOOR**  
**AGES 6-10 (GRADES K-5)** **4 WKS**

Bob Webb & Recreation Staff. This action-packed class has participants race against the clock to tackle a series of challenging obstacle courses. Work on speed, agility, and strength in this fun and physical class. This is a class for those looking to get in great shape and have fun doing it. Students will be challenged to push themselves. The course will change from week to week slightly, adding to and taking away various obstacles and challenges. Poulsbo Elementary Gym.

Wed	Apr 19-May 10	5-5:45p	\$65*
Wed	May 24-Jun 14	5-5:45p	\$65*

**SKYHAWKS SOCCER TOTS** **IN-PERSON, OUTDOOR**  
**AGES 2-6** **NEW PROGRAM!** **5 WKS**

Skyhawks Staff. These soccer-themed motor skill classes are very easy for youngsters to enjoy. Younger age groups focus on developing motor skills and self-confidence; older classes concentrate more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else, we promote fun, fun, fun! **No classes on May 29.** All classes are held at Raab Park. You can find more info on the Skyhawks webpage, at <https://www.skyhawks.com/search>. Tap in the 98370 zip to see local programs with more info.

<b>Ages 2-3.5 (Cubs)</b>			
Mon	May 1-Jun 5	4:15-5p	\$99*
<b>Ages 3.5-5 (Bears)</b>			
Mon	May 1-Jun 5	5:15-6p	\$99*



## SKYHAWKS SOCCER

IN-PERSON, OUTDOOR

AGES 6-10

5 WKS

Skyhawks Staff. Your young athlete will gain the technical skills and sports knowledge required for their next step into soccer. Areas of focus include dribbling, passing, shooting, and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their soccer skills. **No class on May 29.** All classes are held at Raab Park.

You can find more info on the Skyhawks webpage, at <https://www.skyhawks.com/search>. Tap in the 98370 zip to see local programs with more info.

### Ages 6-8

Mon May 1-Jun 5 6:15-7:15p \$99\*

## SKYHAWKS 1<sup>ST</sup> DOWN TOTS

**NEW PROGRAM!**

IN-PERSON, OUTDOOR

AGES 3.5-6

5 WKS

Skyhawks Staff. 1<sup>st</sup> Down Tots is a development program for kids ages 3-5 years old that uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level. All classes are held at Raab Park.

You can find more info on the Skyhawks webpage, at <https://www.skyhawks.com/search>. Tap in the 98370 zip to see local programs with more info.

### Age 3.5-4.5

Tue May 2-30 4:15-5p \$99\*

### Age 4.5-6

Tue May 2-30 5:15-6p \$99\*

SCAN THE QR  
CODE TO  
REGISTER  
FOR SKYHAWKS  
PROGRAMS!



## SKYHAWKS FLAG FOOTBALL FUELED BY USA FOOTBALL

IN-PERSON, OUTDOOR

AGES 7-10

5 WKS

Skyhawks Staff. Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag-pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. All classes are held at Raab Park.

You can find more info on the Skyhawks webpage, at <https://www.skyhawks.com/search>. Tap in the 98370 zip to see local programs with more info.

Tue May 2-30 6:15-7:15p \$99\*

## SKYHAWKS HOOPSTER TOTS

IN-PERSON, OUTDOOR

AGES 3.5-6

**NEW PROGRAM!**

5 WKS

Skyhawks Staff. Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Recreation Center Outdoor Sports Court.

You can find more info on the Skyhawks webpage, at <https://www.skyhawks.com/search>. Tap in the 98370 zip to see local programs with more info.

### Age 3.5-4.5

Wed May 3-31 4:15-5p \$99\*

### Age 4.5-6

Wed May 3-31 5:15-6p \$99\*





**SOCCER SKILLS AND DRILLS WITH COACH GRACE  
IN-PERSON, OUTDOOR**

**AGES 5-10**

**RETURNING FAVORITE!**

**5 WKS**

Grace Billings, a Lewis and Clark College soccer player, is home for the summer and excited to share some great soccer drills, tips, and play. This fun and fast-moving class will focus on soccer basics and build fundamentals in a fun and non-competitive environment. Players will be exposed to creative soccer exercises, drills, and games that will enhance their technical ability in a fun and encouraging atmosphere. **No class on July 20.** Raab Park Field.

**Age 5 & 6**

Wed	May 10-Jun 7	5-5:45p	\$85*
Thu	Jun 22-Jul 27	5-5:45p	\$85*

**Age 7-11**

Wed	May 10-Jun 7	6-7p	\$85*
Thu	Jun 22-Jul 27	6-7p	\$85*

**BUILD A CLASS**

Do you have two friends whom you'd like to arrange a semi-private soccer class with? Schedule with Grace and set up a class for just you and your friends. All ages/levels. Minimum three participants.

6 and under	30 minutes	\$20 per student per class
6 and older	45 minutes	\$25 per student per class

Arrange for one class or more. Payment for all participants is due a minimum of 48 hours prior to class.



**Get The Competitive Edge!**

**Sign-Up to Join  
Poulsbo Piranha Swim Team Today!**



<https://www.teamunify.com/team/pnspps/page/home>  
-or- email to: [swimwithppst.membership@gmail.com](mailto:swimwithppst.membership@gmail.com).

**TEEN VOLUNTEER  
INTERNS WANTED!**

Poulsbo Parks and Recreation seeks dedicated teen volunteers to assist our professional instructors with youth programs.

Interns will gain valuable work experience while earning community service hours. Qualified youth will be age 13 or older, enjoy working with children, and have a positive and enthusiastic attitude. Applicants should have an interest in arts, crafts, sports, and other recreational activities, and be a dependable and positive role model.

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

**For more information,  
call Kris Goodfellow at 360-779-9898.**

**Applications are available at  
[www.cityofpoulsbo.com](http://www.cityofpoulsbo.com).**



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



**SPRING & SUMMER BASKETBALL: SKILLS & GAMES**

**IN-PERSON, INDOOR**

**AGES 4-12**

**6 WKS**

Henry Guterson. Children ages 4-12 will participate in scrimmages, games, and drills meant to be fun and improve skills. Effort, sportsmanship, and teamwork will be stressed. All offerings are coached by Henry Guterson, a youth basketball coach since 2004. Age-appropriate hoop heights will be used. All skill levels are welcome. Poulsbo Middle School.

**Age 4-5**

Sat Apr 15-May 20 9:30-10:20a \$95\*

**Age 6-7**

Sat Apr 15-May 20 10:30-11:30a \$95\*

**Age 8-9**

Sat Apr 15-May 20 11:45a-12:45p \$95\*

**Age 10-11**

Sat Apr 15-May 20 1-2p \$95\*

**Age 12-14**

Sat Apr 15-May 20 2-3p \$95\*



**SPRING COUNTY BASKETBALL**

**IN-PERSON, INDOOR**

**GIRLS & BOYS: GRADES 3-8**

**MID-MARCH-EARLY JUNE**

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

Weekday practices will begin in late-March/early April. Players are still needed to fill in teams.

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

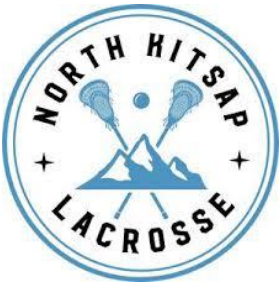
**You will be notified by your coach about practice dates and times once you have been assigned to a team.**

Fee: \$139\*

NK Reversible Jersey, if needed: \$30, plus tax.

All players will need a jersey, which needs to be purchased separately from the registration fee. After you put your registration in the cart, go back and choose Jersey and add that to the cart as well. It will prompt you for the size when you check out from the cart.

Registration is online only at [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register). Questions? Call 360-779-9898.



**LACROSSE – NORTH KITSAP LACROSSE  
COMMUNITY PARTNERSHIP PROGRAM  
BOYS & GIRLS GRADES 2-8 & BOYS HIGH SCHOOL**

**IN-PERSON, OUTDOOR**

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

We anticipate fielding the following teams for the 2023 Spring Season:

Boy's: High School Varsity

Boys and Girls: Youth 2-4<sup>th</sup> grade division, 5/6<sup>th</sup> grade division & Middle School 7/8<sup>th</sup> grade division

Fall Clinics may be held for new and young players and possible Spring Youth camps may occur depending on field and volunteer availability.

**Spring 2023 Season** - The season runs from February through June 2023; youth teams start in February and HS Boys team starts in March.

**Fees and Registration** – Player application fees will be set in the late fall and registration should open in December and the spring season registration deadline will be late January or early February 2023. Before registering all players must become members of U.S. Lacrosse (additional \$30-\$35 fee applies) for insurance purposes. Memberships can be obtained at <http://www.usalacrosse.org>. To register, visit <https://northkitsaplacrosse.com>.

Additional family volunteer hours or financial/fundraising commitments may be required. Students in good academic standing attending schools (including home schools) within the NK school district boundaries are eligible to play. Players from other school districts are subject to state lacrosse rules and may be considered on a case-by-case basis.

Like and follow [North Kitsap Lacrosse Club on Facebook](#) for continuing up-to-date announcements and check our website, <https://northkitsaplacrosse.com> periodically for more information.

Volunteer Coaches and Assistant Coaches are needed and invited to apply early.

Please contact the Club representative for any questions about playing, coaching, or anything else: [info@northkitsaplacrosse.com](mailto:info@northkitsaplacrosse.com).

**Additional Information**

**North Kitsap High School - Boys: Grades 9-12** - Games usually occur weeknights with away games mostly within the Kitsap Peninsula and Pierce County areas with occasional Seattle and Eastside games. Practice dates and game schedules will be posted prior to the first day of practice. High School players must provide their own gear – Boys: helmet, NEW post-2022 approved chest and shoulder pads required, stick mouthguard and cup. NOTE that HS-level team playing time is not guaranteed. HS level teams play in a Varsity level HS league and playing time is determined by coaches based on a player's skill and experience.

**Middle School Co-Ed - Boys & Girls Co-Ed: Grades 7-8** - Emphasis is on skill development and fun. Games usually occur on Saturday with away games mostly within the Kitsap Peninsula and Pierce County areas. Practice dates and game schedules will be posted prior to the first day of practice. Middle School players must provide their own gear: helmet, NEW post-2022 approved chest and shoulder pads required, stick mouthguard, and cup (boys), very limited gear may be available to lend but is prioritized for the Youth teams first.

**Youth Co-Ed - Boys & Girls: Grades 2-4 and 5/6** – **This is the best place to learn the fundamentals of the game.** The youth teams provide an introduction to the basics of lacrosse and have fun. There are games on Saturdays, with away games mostly within the Kitsap Peninsula and Pierce County areas. Practice dates and game schedules will be posted prior to the first day of practice. Equipment (helmet, NEW post-2022 approved chest and shoulder pads required, and stick) Gear may be rented to players for a small fee for the season. Players must provide their own mouthguard and cup (boys).

**NORTH KITSAP MOUNTAIN VIKES MOUNTAIN BIKE CLUB!  
IN-PERSON, OUTDOOR  
GRADES 6-12 COED**

**10 WKS**



We are looking for riders to join us for the fun and challenge of riding trails here in North Kitsap! All you need is a mountain bike, a helmet, and a can-do attitude and you can improve and learn new skills on the bike! Some experience is helpful - if you are comfortable riding 10-12 miles of XC trails plus throwing in some downhill runs occasionally, you will fit right in with our club! We've teamed up with experienced coaches to provide instruction on everything from mountain bike basics to jumping, cornering, and shredding local trails. Coed club members will attend two rides per week (generally Tuesday afternoons and Saturday mornings). We also pitch in alongside the Port Gamble Stewardship Committee, North Kitsap Trails Association, and Evergreen Mountain Bike Alliance to do trail building and maintenance on a regular basis. Trail work party dates at Port Gamble will be posted on our website. The Ride Park development continues at Port Gamble, and we are doing our part to help it get built! Trek and Night Owl Cycling will be on hand from time to time to give maintenance tips and instruction for riders interested in learning more about working on and maintaining their bikes.

We maintain a ratio of at least 1 coach per 5 riders on club rides and divide into groups for rides of varying levels and abilities. In addition to riding at Port Gamble we take field trips to other Puget Sound trails like 360 Trails, Galbraith Mountain, Tiger Mountain, and Capitol Forest. Many of our riders participate in race series such as Cascadia Dirt Cup, NW Cup, NWEpic Series, and others. We support bike races and other events at Port Gamble by volunteering and fundraising. Parent ride-leaders are welcome - grab a bike and join in the fun! All coaches and adult ride leaders are volunteers. **We require a multi-gear mountain bike, a helmet, and eye protection. Riders are responsible for their own spare tube and showing up with snacks and water for each ride.** More information is available on our website at [www.nkmountainvikes.com](http://www.nkmountainvikes.com). If you have further questions, please contact Coach Rob Pommier @ 360-440-8655, Coach Kyle Griggs @ 206-250-3394, or email us at [nkmountainvikes@gmail.com](mailto:nkmountainvikes@gmail.com). Moms of riders that wish to ride but don't want to join the Vikes group rides can connect with our Valkyries group led by Coach Michelle. Email [nkvalkyriesmtb@gmail.com](mailto:nkvalkyriesmtb@gmail.com) for more information!

You can also check us out on Facebook @NorthKitsapMountainVikes and Instagram @nkvikess\_mtbt!

Life is better on a mountain bike!

Fee for all riders includes coach-led rides, and a Mountain Vikes riding shirt (at first full-price registration session). **Liability waiver and Vikes Code of Conduct forms must be signed before attending your first ride event for new riders.** Locations and meeting times to be distributed weekly and posted on our calendar at the club website. Most rides will be at Port Gamble or Stottlemeyer trailhead in Poulsbo.

**Session 1 (10 weeks)**

Tue/Sat Apr 11-Jun 17 \$83\* All riders

**Session 2 (11 weeks)**

Tue/Thu Jun 20-Aug 31 \$83\* New riders  
\$48\* Returning riders

**Session 3 (8 wks)**

**Plus Saturday rides on Nov. 11, 18, and 25**

Tue/Sat Sep 9-Nov 4 \$83\* New riders  
\$48\* Returning riders

**Already a Vike? Riders previously registered in 2023 sessions call 360-779-9898 to register at a discount for Summer and Fall.**



# SPRING BREAK CAMP

## ARTISTIC CREATIVE MINDS CAMP

IN-PERSON, INDOOR

AGES 10 & OLDER

2 CLASSES

Colleen Doeleman. Artists will explore different painting techniques on canvas using non-toxic acrylic paints. Students will be shown step-by-step how to create the project of the day. Young artists will be encouraged to vary their color palette and design creating a project that is truly unique to them. Art is a wonderful way to stimulate your imagination, express yourself and help build self-esteem. **A supply fee of \$25 per student is payable to the instructor at the first class.**

W/Th Apr 5 & 6 1-3:30p \$55\*



## KCMT MUSICAL THEATRE FOR THE LITTLES

IN-PERSON, INDOOR/OUTDOOR

AGES 4-6

5 CLASSES, PLUS PERFORMANCE

Kitsap Children's Musical Theatre Staff. KCMT Littles Camp is for our youngest stars. Come and spend a week dancing and singing together. The camp will culminate in a small performance open to families on Fridays, July 21 & 28, at 12:30 p.m. after camp. For more information, visit [www.kcmt.org](http://www.kcmt.org) **Please dress your child for the weather; bring a snack, sunscreen, and a water bottle each day.** Questions can be sent

to: [kcmtsummercamp@gmail.com](mailto:kcmtsummercamp@gmail.com) Like KCMT on Facebook: @KCMTSummerCamps. Camp will be held at Braidablik Elementary School, 25142 Waghorn Rd NW, Poulsbo.

M-F Jul 17-21 9a-12p+ \$125\*

M-F Jul 24-28 9a-12p+ \$125\*

+ Plus Friday performance



**KCMT MUSICAL THEATRE WORKSHOP  
AGES 7-12**

**IN-PERSON, INDOOR/OUTDOOR  
5 CLASSES, PLUS PERFORMANCE**

**Kitsap Children’s Musical Theatre Staff.** Campers will have a blast while learning acting, choreography, and vocal techniques as they prepare a fun-filled musical production. The camp will culminate in a full musical performance open to families and the public on Fridays, Jun 30, and July 14. You will be amazed at what your camper can do in one week! For more information, visit [www.kcmt.org](http://www.kcmt.org) Additional communication will be done directly by KCMT. Please have your most current email address on file with Poulsbo Parks & Recreation for scripts and information on camp activities and themes. **PARENTS check your email daily 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 PRIOR to camp. Please dress your child for the weather; bring a sack lunch, snack, sunscreen, and water bottle each day.** Questions can be sent to [kcmtsummercamp@gmail.com](mailto:kcmtsummercamp@gmail.com) Like KCMT on Facebook: @KCMTSummerCamps. Camp will be held at Breidablik Elementary School.

M-F	Jun 26-30	9a-3p+	\$245*
M-F	Jul 10-14	9a-3p+	\$245*

+ Plus Friday performance

**ART AND MUSIC EXPLORERS: LITTLE MOZART & PICASSO MUSIC AND ART CAMP  
AGES 4-6**

**IN-PERSON, INDOOR  
3 CLASSES**

Kathryn Arnold & Elizabeth D. Come play music with us and become a Music Explorer! March and dance to the beat, learn basic rhythms and notes, and make up your own songs as we explore what makes music move us! Students will learn songs, improvisation techniques, basic rhythms, and music theory. Your little artist will also create art exploring different mediums and styles. Paint, sculpt, draw, and construct to make their own masterpieces each day of camp! Recreation Center Classroom 1 & 2

**Amazing Animals**

M-F	Jul 17,19,21	9:30a-12p	\$130*
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**Under the Sea**

M-F	Aug 7, 9, 11	9:30a-12p	\$130*
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**CHOIR CAMP  
AGES 7-11 (GRADES 2-5)**

**NEW PROGRAM!**

**IN-PERSON, INDOOR  
3 CLASSES**

**Katherine Kinert.** Do you have a child aged 7-11 that is interested in singing? This week-long camp will give your child a fun and engaging introduction to group singing. No audition required! Children will learn basic musicianship skills through fun music games, solfege, vocal technique, rehearsal etiquette, and will come away knowing 1-2 choral arrangements. Campers will be introduced to different genres of music from classic to pop. **Please bring a 1-inch binder for music, a pencil, a snack, and a water bottle.** Recreation Center Kitchen.

**Folk Song Exploration**

W-F	Jul 5-7	9:30a-12:30p	\$108*
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**Choral Show Tunes**

T-Th	Aug 1-3	9:30a-12:30p	\$108*
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**BALLET CAMP** **IN-PERSON, INDOOR**  
**AGES 3-5 & 6-8** **RETURNING FAVORITE!** **4 CLASSES**

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

**Disney Theme**

M-Th	Jun 26-29	9:30-11a	\$95*
M-Th	Jul 24-27	9:30-11a	\$95*

**Nutcracker Theme**

M-Th	Aug 7-Aug 10	9:30-11:00a	\$95*
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**HIPPITY HOP HIP HOP DANCE CLUB**  
**AGES 3-5 & 6-8**

**IN-PERSON, INDOOR**  
**4 CLASSES**

InMotion Performing Arts Studio Staff. Hip hop, we don't stop! Bring your best breakdance moves and hit the floor in this energetic dance camp dedicated to fun. InMotion Performing Arts Studio, Poulsbo.

M-Th	Jul 10-13	9:30-11a	\$95*
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**ARTISTIC CREATIVE MINDS SUMMER CAMP**  
**AGES 9+**

**IN-PERSON, INDOOR**  
**3 CLASSES**

Colleen Doeleman. Artists will explore several different painting techniques that have been mastered by the instructor over her 30+ years of painting adventures. We will be creating on canvas using non-toxic acrylic paints. Students will be shown step-by-step how to create the project of the day. Young artists will be encouraged to vary their color palette and design creating a project that is truly unique to them. Art is a wonderful way to stimulate your imagination, express yourself and help build self-esteem. **A supply fee of \$30 per student is payable to the instructor at the first class.**

**\*Returning students please bring your brush set with you from your last class and pay only \$20 for supplies.**

Recreation Center Kitchen/Classroom.

W-F	Jun 28-30	1-3:30p	\$82*
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**BLUE RIBBON ART FOR ARTISTIC CREATIVE MINDS**  
**AGES 9+**

**IN-PERSON, INDOOR**  
**3 CLASSES**

**NEW PROGRAM!**

Colleen Doeleman. Students will create works of art while gaining knowledge of what many judges look for when awarding ribbons. I will gladly share many tips, tricks and guidelines from my former judging experiences at our local Kitsap County Fair, the Jefferson County Fair, and the Washington State Fair. While I cannot guarantee everyone a blue ribbon, I can definitely help students understand what it might take to earn one and perhaps even a fancy rosette ribbon! Artists will be given different elements to put into their own design, to help create a work of art unique to them. Join in the fun learning experience, and let's paint some amazing artwork! **\$30 per student is payable to the instructor at the first class. \*Returning students please bring your brush set with you from your last class and pay only \$20 for supplies.**

W-F	Jul 19-21	1-3:30p	\$82*
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**INTERMEDIATE PAINTING FOR ARTISTIC CREATIVE MINDS**  
**AGE 9+**

**IN-PERSON, IN-DOOR**  
**3 CLASSES**

**NEW PROGRAM!**

**Colleen Doeleman.** Young artists will learn how to use painting mediums along with several intermediate painting techniques to help them achieve the next level in creating a masterpiece that is very pleasing to the eye. Creating depth, fine lines, blending techniques, highlights and shadows are just a few of the processes we will cover in class.

Artists are highly recommended to have some prior background in painting from one of my previous classes (but it is not completely necessary for some individuals who are already art-oriented). come join in the excitement of learning more advanced approaches to creating art. **A supply fee of \$30 per student is payable to the instructor at the first class.**

**\*Returning students please bring your brush set with you from your last class and pay only \$20 for supplies.**

W-F	Aug 2-4	1-3:30p	\$82*
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## ART EXPLORERS CAMP

AGES 6-12

IN-PERSON, INDOOR

4 CLASSES

Theary Tran. Come join the FUN as we explore various art mediums. We will explore clay sculpting, painting on canvas, incise printmaking, origami (by making our very own book,) fabric art, and much more. Through these creative processes, participants will learn art history and make art pieces uniquely their own. Students develop self-expression and improve their ability to convey what they see artistically in a supportive and nurturing environment. **All supplies included.**

M-Th Aug 21-24 9a-12p \$225\*

## TECH CAMP

AGES 8-12

**NEW PROGRAM!**

IN-PERSON, INDOOR

5 CLASSES

Sara Adams. Enjoy learning more about how design and technology collide. We will work with easily accessible CAD programs learning how to create 3D printing designs along with laser and vinyl cutting designs. Campers will have an opportunity to create through the design thinking process with technology and with hands-on design projects. **Campers should bring a full water bottle and a healthy snack. Campers are welcome to bring their own personal devices if they use a windows operating system. Chromebooks and Mac PD's are limited with the software we will be using. Should a camper not have a personal device we will have one for them to work on.** West Sound Academy.

M-F Jul 31-Aug 4 9a-12p \$132

## SUMMER SIGNING SOIREE!

AGES 6-10

**NEW PROGRAM!**

IN-PERSON, INDOOR

3 CLASSES

Leah Lovely. Learn American Sign Language while having fun with friends! This exciting new camp will offer chances for active play, creative time, and of course, LOTS of SIGN!!! We will learn/practice our alphabet and numbers, and learn to apply our knowledge about sign language and deaf culture to our daily lives as we have fun. Recreation Center Kitchen or Fitness Room.

T-Th Aug 8-10 9:30-11:30a \$99\*

## FOOD EXPLORERS CAMP: FOOD FROM AROUND THE WORLD!

AGES 8-13

IN-PERSON, INDOOR

3 CLASSES

Theary Tran. Join Ms. Theary and make some fabulous food from countries around the world such as France, the Philippines, Mexico, and more. To top it off, we will make some desserts as well. Each day, we will practice our cooking and baking skills as well as learn the traditions of each of these cuisines. It will be a hands-on history/cooking camp. Come take part in the FUN! **All supplies are included.** Recreation Center Kitchen.

T-Th Aug 15-17 10a-12p \$225\*

## INMOTION PRESCHOOL CAMPS

AGES 3-5

**NEW PROGRAM!**

IN-PERSON, INDOOR

3 CLASSES

Miss Britney of InMotion Performing Arts Preschool. This preschool camp is full of fun! Each camp is theme-based and will include stories, circle time, a craft and snack. InMotion Performing Arts Studio, Poulsbo.

### Enchanted Forest: Dinos & Fairies

T-Th Jul 18-20 9:30-11:30a \$125\*

### Down on the Farm

T-Th Aug 1-3 9:30-11:30a \$125\*

### Ocean Adventure: Mermaids and Sharks

T-Th Aug 15-17 9:30-11:30a \$125\*

## NATURE DAY CAMP FOR PRESCHOOLERS

IN-PERSON, OUTDOOR

AGES 4-6

**NEW PROGRAM!**

3 CLASSES

Leah Lovely/Barb Erickson. Experience the outdoors by learning about birds, insects, spiders, and mammals while we explore the ponds, meadows, forests, and streams of Poulsbo's Fish Park. Children will learn about bird adaptations, discover the life cycle of insects and amphibians, and investigate predator/prey relationships of mammals. Play games, make crafts, and go on adventures. **Campers will need to dress for the weather and bring a water bottle and snack.** Poulsbo's Fish Park.

M-W Jul 10-12 9:30-11:30a \$99\*





**NATURE DAY CAMP**

**AGES 6-8, MUST HAVE COMPLETED 1<sup>ST</sup> GRADE**

**IN-PERSON, OUTDOOR  
3 CLASSES**

Leah Lovely/Barb Erickson. Experience the outdoors by learning about birds, insects, spiders, and mammals while we explore the ponds, meadows, forests, and streams of Poulsbo's Fish Park. Campers will learn about bird adaptations, discover the life cycle of insects and amphibians, and investigate predator/prey relationships of mammals. Play games, make crafts, and go on adventures! **Campers will need to dress for the weather, bring a water bottle and snack.** Meet at Poulsbo's Fish Park.

M-W Jul 17-19 9:30-11:30a \$99\*

**CURIOSITY CAMPS WITH TIM LOWELL!**

**IN-PERSON, INDOOR & OUTDOOR**

**AGES 5-10**

**Curiosity Camps with Tim Lowell!** These fun camps integrate science, art, and outdoor play for an engaging summer learning experience. Campers conduct experiments, create art, build, play, and have a great time with friends old and new. Having fun and introducing subjects as play fosters lifelong appreciation, curiosity, and confidence for learning.

Tim is an experienced teacher, camp leader, and author of 'Is it Gonna Blow Up?' A guide to creating happy young Scientists, Engineers, Builders, and Artists. He holds a WA State teaching certificate, is a teaching member of the Bainbridge Arts in Education Consortium and has offered camps and taught in schools throughout Kitsap & King County since 2004.

Join us this Summer for curious and fun **S.T.E.A.M.** (Science, Technology, Engineering, Art and Math) adventures! **Please bring a snack and water bottle to camp each day. Full-day campers should also bring a lunch.** All camps are held at West Sound Academy.

**ADVENTURES IN ART & SCIENCE: S.T.E.A.M FUN LAB I**

**AGES 6-10**

**NEW! FULL-DAY CAMP**

**3 CLASSES**

Science, Technology, Engineering, Art & Math combined with imagination = FUN! Join us in a week of creativity, experiments, and projects where you will mix, mash, fly, form, scrape, sculpt, blast, bake, expand, and explode to create fascinating and fun science & art projects! Plan to cook, explore, play games, hunt for treasure, make friends, and have a great time.

W-F Jul 5-7 9:30a-3:30p \$268\*

**POTIONS, OOZE & AHHS!**

**AGES 5-10**

**4 CLASSES**

Chemical concoction, radical reactions and strange changes provide a fun introduction to the joys of chemistry. Step into the Super Science lab for mega-mixology, ooze and ahhs!

**Ages 5-7**

M-Th Jul 10-13 9:30a-12p \$188\*

**Ages 7-10**

M-Th Jul 10-13 1-3:30p \$188\*



## AWESOME ART & SCIENCE EXPERIMENTS

AGES 5-10

4 CLASSES

Conduct science experiments, create art projects, mix up and bake snacks, explore the woods & meadow, play games, make friends, and have an all-around great time!

### Ages 5-7

M-Th Jul 17-20 9:30a-12p \$188\*

### Ages 7-10

M-Th Jul 17-20 1-3:30p \$188\*

## FANTASTIC FORTS & CARDBOARD CITY

AGES 5-10

4 CLASSES

The first part of your week will be spent creating lean-tos, tarp shelters and other creative fort projects. Later, you will make, play and work in cardboard houses, construct a life-sized cardboard box village, and create a working community and economy. Join us in building fun and friendships!

### Ages 5-7

M-Th Jul 24-27 9:30a-12n \$188\*

### Ages 7-10

M-Th Jul 24-27 1-3:30p \$188\*

## EXCITING EXPLORATIONS! S.T.E.A.M. FUN LAB II

AGES 6-10

**NEW FULL-DAY CAMP!**

4 CLASSES

Science, Technology, Engineering, Art & Math combined with imagination = FUN! Join us in a week of creativity, experiments, and projects where you will mix, mash, fly, form, scrape, sculpt, blast, bake, expand and explode to create fascinating and fun science & art projects! Plan to cook, explore, play games, hunt for treasure, make friends and have a great time.

M-Th Jul 31-Aug 3 9:30a-3:30p \$358\*

## ENGINEERING, ART & FABULOUS FLYING THINGS

AGES 5-10

4 CLASSES

You will combine art, science, physics, and fun to create fantastic things that fly, drop, roll, zip, and zoom! Rockets, gliders, hot-air balloons, marble runs, mazes, and much more hands-on fun with things that move!

### Ages 5-7

M-Th Aug 7-10 9:30a-12p \$188\*

### Ages 7-10

M-Th Aug 7-10 1-3:30p \$188\*





### BRICKS 4 KIDZ® LEGO® CAMPS!

IN-PERSON, INDOOR

AGES 4-12

5 CLASSES

Bricks 4 Kidz® offers extraordinarily fun STEM-based camps where kids use creativity and innovation to build with LEGO® Bricks, motors, mosaics, and crafts plus robotics, coding, and video-making options. All campers make and take home a custom mini-figure and photo collage of the week's experience.

Our Creative Camp series is designed to be an amazing LEGO-filled experience for boys and girls ages 6-12. Every day is a different adventure, with a variety of different LEGO building techniques, making friends, guided creative playtime and so much more all around our theme of the week.

All campers make and take home a custom mini-figure and photo collage of the week's experience. **Please bring a snack and water bottle; for all-day camps, bring a lunch, snack, drink, and extra water bottle.** All camps are held at West Sound Academy.



### MINING & CRAFTING CAMP INSPIRED BY MINECRAFT®

AGES 6-12

Experience the world of Minecraft® with LEGO® Bricks in this fun camp! Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, and you have to make sure to build a shelter before that happens. Kids will start by crafting their shelters and some of the mobs, critters, and tools using LEGO Bricks. Campers will face new challenges each day, building models and crafting key elements from the popular Minecraft game. **Please bring a snack and water bottle. For an all-day experience, register instead for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy.

M-F Jun 26-30 9a-12p \$225\*



### GAME ON! MARIO & FRIENDS EDITION

AGES 6-12

We know you love Mario, Sonic, Minecraft, and more, and so do we! But now it's time to unplug the console and pull out the LEGO® Bricks! Get your game on as we brick our way through levels of building, power up with some motor-powered LEGO models, and try to earn a few "extra lives" building mini-figures and 3D Sculptures. **Please bring a snack and water bottle. For an all-day experience, register instead for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy

M-F Jun 26-30 1-4p \$225\*

### FULL DAY CAMP: MINING AND CRAFTING & GAME ON!

AGES 6-12

A full day of LEGO® fun? Yes, please! Get two full camps each day plus extended supervised creative building hours. In the morning, experience the world of Minecraft in Mining & Crafting camp. You'll build models and craft key elements from the popular Minecraft game using LEGO bricks. In the afternoon, enjoy our Game On! camp, building a large variety of your favorite video game characters, animals, vehicles, and contraptions using LEGO Bricks and motors. Plus get a half-hour early drop-off, supervised lunch hour, and a half-hour late pick-up – a \$600 value! West Sound Academy

M-F Jun 26-30 8:30a-4:30p \$395\*

### AMUSEMENT PARK MANIA

AGES 6-14

**NEW FOR 2023!**



This camp is all brand new for 2023! Maybe you've been to Disney World, Six Flags, Universal Studios, or even LEGO Land... but have you ever built your own amusement park with LEGO® bricks? And then written your own programs to tell the rides when to stop, when to go, how fast to go, and what sounds to play? That's exactly what we'll be doing all week, and not just regular LEGO bricks... we're using robotics, tablets, and LEGO's most advanced robotics kits – Spike Prime (older kids) and WeDo (younger kids) – to make our rides really move and groove! Join us for a week of amusement park building fun... the Bricks 4 Kidz way!. **Please bring a snack and water bottle.** West Sound Academy.

M-F Jul 10-14 9a-12p \$225\*



**JUNIOR BUILDERZ**  
**AGES 4-6**

Calling all kids ages 4 to 6 years old! Come learn, build, and play in the Bricks 4 Kidz "Junior Builder" camp! Children will be fascinated by going on an imaginary safari, an excursion under the sea, and more. Using classic, colorful LEGO® Bricks, our Junior Builders will get hands-on practice using fine motor skills to build models of exciting things that they will also learn about. Plus, crafts, group activities, and more. Your eager Junior Builder won't want to miss this awesome opportunity! **Please bring a snack and water bottle.** West Sound Academy.

M-F Jul 24-28 9a-12p \$225\*

**BRICK NINJAS EXTREME**

**AGES 6-12**

**NEW FOR 2023!**

This camp is all brand new for 2023! Welcome to our LEGO® Dojo where we practice the ancient art of LEGO Master Building in preparation for battle against armies of skeletons, slippery snakes, and robot pirates! We'll build ninja robots, weapons, and vehicles and learn about the art of Brick-jitsu, with lots of cool projects designed by your friends at Bricks 4 Kidz! Whether you're a Master or just starting out on your building "kicks and punches", we've got plenty of awesome LEGO Projects and STEM-enriched activities to complete your training. **Please bring a snack and a water bottle. For an all-day experience, register instead for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy.

M-F Jul 31-Aug 1 9a-12p \$225\*

**SUPERHEROES**

**AGES 6-12**

Got kids who are into spiders -- the superhero kind? Or maybe kids that need to "avenge" their LEGO® building space in the living room from time-to-time? Then they're going to love this superhero-themed camp with all kinds of cool LEGO building projects from your friends at Bricks 4 Kidz! **Please bring a snack and water bottle. For an all-day experience, register instead for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy

M-F Jul 31-Aug 1 1-4p \$225\*



**FULL DAY CAMP: NINJA & SUPERHEROES**

**AGES 6-12**

A full day of LEGO® fun? Yes, please! Get 2 full camps each day plus extended supervised creative building hours. In the morning we will master the art of Brick-jitsu, building a large variety of ninja robots, weapons, and vehicles using LEGO Bricks and motors. In the afternoon, we will ASSEMBLE to build your favorite superhero characters, vehicles, and gadgets using LEGO Bricks and motors. Plus get a half-hour early drop-off, supervised lunch hour, and a half-hour late pick-up – a \$600 value! **Please bring a snack and a water bottle.** West Sound Academy.

M-F Jul 31-Aug 4 8:30a-4:30p \$395\*

**MOVIE MASH-UP**

**AGES 6-12**

Kids will love this mash-up camp building motorized and character figure builds using LEGO® Bricks inspired by popular animated movies! Building enthusiasts will have a large variety of options from popular movies to choose from including: Emmet and Lucy, Bumblebee and Optimus Prime, Bruno and Mirabel, and many more! **Please bring a snack and water bottle. For an all-day experience, register instead for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy.

M-F Aug 14-18 9a-12p \$225\*





**BRICK GALAXY FAR, FAR AWAY**  
**AGES 6-12**

A long time ago in a pile of LEGO® bricks in the living room... the forces of an evil galactic empire grappled with a group of small rebels (they are mini-figures, after all!) Some are masters of a mysterious force, others have hope and determination, and others are just bumbling droids that keep popping in for comic relief. And who is that baby with the pointy green ears? May the Brick be with you in this Star Wars®-inspired camp, as we get ready to take over the galaxy ... the Bricks 4 Kidz way! **Please bring a snack and water bottle. For an all-day experience, register instead**

**for Bricks 4 Kidz LEGO Camp: Full Day.** West Sound Academy.  
 M-F Aug 14-18 1-4p \$225\*

**FULL DAY CAMP: MOVIE MASH UP AND GALAXY FAR, FAR AWAY**

**AGES 6-12**

A full day of LEGO® fun? Yes, please! Get 2 full camps each day plus extended supervised creative building hours. In the morning, be inspired by movie characters such as Emmet and Lucy, Bumblebee and Optimus Prime, Bruno and Mirabel, and many more, building with LEGO Bricks and motors. In the afternoon, may the force be with you building Star Wars® inspired spaceships, droids, characters, and more using LEGO Bricks and Motors. Plus get a half-hour early drop-off, supervised lunch hour, and a half-hour late pick-up – a \$600 value! Copyright© 2023 Bricks 4 Kidz.

**Please bring a snack and a water bottle.** West Sound Academy.

M-F Aug 14-18 8:30a-4:30p \$395\*

**VIKING BOYS & GIRLS TENNIS CAMP**

**IN-PERSON, OUTDOOR**  
**4 CLASSES**

**BOYS & GIRLS GOING INTO GRADES 6<sup>th</sup>-9<sup>th</sup> IN SEPT 2023**

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

M-Th Jun 5-8 3-4:30p \$108\*

**ACE TENNIS CAMP**

**IN-PERSON, OUTDOOR**  
**5 CLASSES**

**AGES 7-15**

Parks & Recreation Staff. Learn the game! Improve your game! Great course for the summer outdoor months. Beautiful sunshine and a lot of fun on the courts. Beginner and Intermediate level tennis camps will be held at NKHS tennis courts this summer. The training will focus on fundamentals of the game as well as individual techniques for service, volley, and game strategy. North Kitsap High School Tennis Courts.



Beginners:	Ages 7-12	9-10:30a	
Intermediate:	Ages 9-15	10:45a-12:15p	
M-F	Jun 26-Jun 30	\$110*	
M-F	Jul 10-14	\$110*	
M-F	Jul 17-21	\$110*	
M-F	Jul 24-28	\$110*	
M-F	Jul 31- Aug 4	\$110*	
M-F	Aug 7-11	\$110*	

**SUMMER CIRCUS CAMP**

**IN-PERSON, INDOOR**  
**4 CLASSES**

**AGE 8-14**

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

M-Th	Jul 31-Aug 3	10a-12p	\$125*
M-Th	Aug 7-10	10a-12p	\$125*



**ULTIMATE FRISBEE CAMP  
AGES 8-14**

**NEW CAMP!**

**N-PERSON, OUTDOOR  
5 CLASSES**

Joe Adams. Come see why Ultimate Frisbee is the largest growing youth sport in America. Young athletes will have the opportunity to learn more about Ultimate Frisbee in an immersive and fun environment. Campers will develop skills and gain a greater understanding of the 'spirit of the game'. **Campers need to bring a full water bottle (extra water will be provided), and a healthy snack. They need to wear layered clothing for moving and dress for the weather. Athletic shoes or cleats are recommended.** West Sound Academy.

M-F Jun 26-30 9am-12p \$132\*

**SUMMER HOOPS! BASKETBALL DRILLS & GAMES CAMP  
AGES 4-12**

**IN-PERSON, INDOOR  
4 CLASSES**

Henry Guterson. Children will participate in games and full-court scrimmages meant to be fun and improve skills. Effort, sportsmanship, and teamwork will be stressed. All offerings are coached by Henry Guterson, a youth basketball coach since 2004. Age-appropriate hoop heights will be used. For the 8-9 year old and 10-12 year old camps, players will be placed on teams-- like the "Lakers" or "Celtics"-- and participate in a 'March Madness' style tournament throughout the week! All skill levels are welcome. Poulsbo Middle School.

**4-5 years old**

M-Th Jul 10-13 9-9:50a \$75\*  
M-Th Aug 7-10 9-9:50a \$75\*

**8-9 years old**

M-Th Jul 10-13 12-3p \$135\*

**6-7 years old**

M-Th Jul 10-13 10a-12p \$135\*  
M-Th Aug 7-10 10a-12p \$135\*

**10-12 years old**

M-Th Aug 7-10 12-3p \$135\*

**AFTERNOON SOCCER CAMP IN-PERSON, OUTDOOR  
AGES 6-12 CLASSES / 4 CLASSES**

Grace Billings. Coach Grace is back this summer and running soccer camps all summer long. This fun and fast-moving camp will focus on soccer basics and build fundamentals in a fun and non-competitive environment. Players will be exposed to creative soccer exercises, drills and games that will enhance their technical ability all in a fun and encouraging atmosphere. **Camp held rain or shine, dress for the weather.** Poulsbo location TBD.

**Ages 6 & 7**

M-F Jun 26-30 1:30-4p \$99\*  
M-F Jul 10-14 1:30-4p \$99\*

**Ages 8-12**

W-F Jul 5-8 1:30-4p \$99\*  
M-F Jul 24-28 1:30-4p \$99\*



**TEEN VOLUNTEER  
INTERNS WANTED!**

Poulsbo Parks and Recreation seeks dedicated teen volunteers to assist our professional instructors with youth programs.

Interns will gain valuable work experience while earning community service hours. Qualified youth will be age 13 or older, enjoy working with children, and have a positive and enthusiastic attitude. Applicants should have an interest in arts, crafts, sports, and other recreational activities, and be a dependable and positive role model.

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

For more information,  
call Kris Goodfellow at 360-779-9898.

Applications are available at  
[www.cityofpoulsbo.com](http://www.cityofpoulsbo.com).



Parks & Recreation  
The Heart of a Healthy Community!



**SKYHAWKS SUMMER CAMPS!  
AGES 4-12**

**IN-PERSON, OUTDOOR  
3 CLASSES / 5 CLASSES**

Skyhawks offers several different sports camps in Poulsbo, providing countless ways for your child to grow. Our sports camps and programs include traditional weeklong summer day camps operating about 6 hours in duration, per day, for 7+ yrs, and some shorter, half-day programs for 4 to 7-year-olds!

**All Registration is through Skyhawks.** For more information, or to register online, visit the Skyhawks webpage at <https://www.skyhawks.com/search/>. Tap in the 98370 zip to see local programs with more info. **Skyhawks is a contractor and registration is done directly through their organization. There is no resident discount on any Skyhawks camps.**



**MINI HAWK CAMP  
AGES 5-7**

**3 CLASSES / 5 CLASSES**

Skyhawks Staff. This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. Vinland Elementary.

W-F	Jul 5-7	9a-12p	\$111
M-F	Jul 24-28	9a-12p	\$169
M-F	Aug 14-18	9a-12p	\$169

**ALL-DAY MULTI-SPORT CAMP  
AGES 7-12**

**3 CLASSES / 5 CLASSES**

Skyhawks Staff. Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program, we combine 2-3 sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self-discipline. Vinland Elementary.

W-F	Jul 5-7	9a-3p	\$141
W-F	Jul 24-28	9a-3p	\$235
W-F	Aug 14-18	9a-3p	\$235



**BASEBALL CAMP  
AGES 7-12**

**5 CLASSES**

Skyhawks Staff. Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our professional curriculum teaches the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment by local Skyhawks staff. All athletes will learn new baseball skills, regardless of skill level, along with vital life lessons such as respect, teamwork, and responsibility. Participants will come away with new friends, new skills, and a love for the game. Poulsbo Middle School.

**Age 7-12**

M-F	Jul 17-21	9a-3p	\$235
M-F	Jul 31-Aug 4	9a-3p	\$235



## FLAG FOOTBALL CAMP FUELED BY USA FOOTBALL

**AGES 7-12**

**5 CLASSES**

Skyhawks Staff. Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. **Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.** Vinland Elementary.

M-F	Jun 26-30	9a-12p	\$185
M-F	Jul 10-14	9a-12p	\$185
M-F	Aug 7-11	9a-12p	\$185

## SKYHAWKS SOCCER CAMP

**AGES 7-12**

**5 CLASSES**

Skyhawks Staff. Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

**Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.** Vinland Elementary.

**Age 7-12**

M-F	Jun 26-30	9a-12p	\$185
M-F	Jul 10-14	9a-12p	\$185
M-F	Jul 31-Aug 4	9a-12p	\$185

## BEGINNING GOLF CAMP

**AGES 5-12**

**5 CLASSES**

Skyhawks Staff. Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching, and full swing are all taught through games, simple repetitive motions, and learning rhymes that make it easy for young kids to remember and repeat.

**Specially designed, age-appropriate golf equipment is provided.** Vinland Elementary School.

M-F	Aug 7-11	1-4p	\$205
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# Skyhawks®

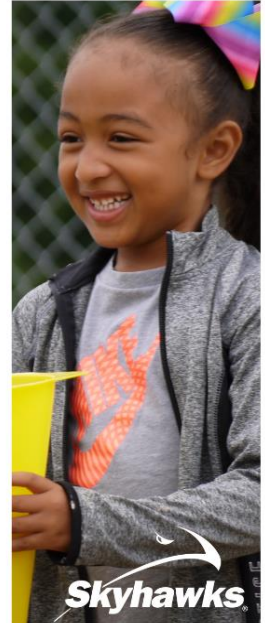
## Camps Available for Registrations NOW!!!



# summer camp season

OUR FAVORITE TIME OF YEAR

search local sports camps



Skyhawks

## June 26th- August 18th

Vinland Elementary School  
22104 Rhododendron Ln NW

Poulsbo, WA 98370

Poulsbo Middle School  
2003 Hostmark St.

Scan to go directly to programs held at  
all Poulsbo locations



Visit:  
[Skyhawks.com/OlympicPeninsula](https://www.skyhawks.com/OlympicPeninsula)  
to see available programs.

Questions?  
Call 800-804-3509

In partnership with



# Junior SAILING CAMPS 2023

POULSBO YACHT CLUB

LEARN TO SAIL  
CAMP \$335

ADVANCED CAMPS  
\$350

The Jr. Sailing fleet was updated in 2022 with new RS Tera dinghy sailboats!

Since 1999 the Poulsbo Yacht Club has been offering its highly acclaimed sail camps, getting youth out in the great outdoors to learn the joys of sailing on Liberty Bay!



Camp 1	JUN 26-30	Learn to Sail
Camp 2	JUL 10-14	Learn to Sail
Camp 3	JUL 17-21	Learn to Sail
Camp 4	JUL 24-28	*Double-handed
Camp 5	JUL 31-AUG 4	Learn to Sail
Camp 6	AUG 7-11	*Adventure Sailing

All classes Monday-Friday 9:30am to 4:30pm.

\*Double-handed Sailing & Adventure Sailing camps are designed for pre-qualified youth which builds on the beginner course's foundation.

Advanced camps sail with Vanguard 15's.



See Sailing Camp 2023 policies, discounted fees, and registration details at:



[PoulsboSailCamp.com](http://PoulsboSailCamp.com)



360-447-8119



# ADULT PROGRAMS

## VOICE LESSONS

IN-PERSON, INDOOR

AGES 7-ADULT OR AS ARRANGED WITH THE INSTRUCTOR

**Katherine Kinert.** Discover your unique voice with in-person voice lessons. Students will find the studio an inclusive, safe space where we experiment with our voices and discover how to use them in all kinds of ways. Students will learn exciting techniques and skills that help them use their voices the way they want to. Half-hour, 45-minute, or hour-long lessons are available on a weekly basis. Music will be provided for beginners; students may be asked to purchase books based on the student's specific needs and wants. Lessons are held at the Recreation Center, Poulso.

**Scheduling and payment are made directly with Katherine Kinert.** Call or text 360-550-0587, or email [katherinekinertvoiceteacher@gmail.com](mailto:katherinekinertvoiceteacher@gmail.com) to schedule your lesson time or for more information.

30-minute:	\$30/lesson
45-minute:	\$45/lesson
1-hour:	\$60/lesson

Katherine Kinert studied music at Central Washington University, as well as The College of St. Rose in Albany, New York. While in New York, she taught private voice and piano lessons at the Guilderland School of Music. Since moving back into the area, Katherine has opened Kinert Voice Studio. She is the mom of an amazing 2-year-old.

## BEGINNING TO ADVANCED GUITAR

IN-PERSON, INDOOR

AGES 8-ADULT

WEEKLY LESSONS

**Craig Dell.** Private 30,45 or 60-minute acoustic or electric guitar lessons, designed for beginning, intermediate and advanced students. Lessons will be tailored to the student's level and will include reading music notation, tablature, basic chords, and strumming techniques. Lessons will be scheduled between 11:30a and 7:30p on Mondays. Students must bring an acoustic or electric guitar in good working order. Music will be provided for beginning students; Intermediate/Advanced students will be asked to purchase specific books.

Scheduling and payment are done directly with Craig Dell. **To schedule lessons or for more information, leave your name and number at 360.779.9898.**



## PIANO LESSONS

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

Megan Hennings. Have you always wanted to play that certain tune? Unravel the mysteries of the piano? Now is your chance to learn! We offer holistic music instruction with an emphasis on creating an enjoyable learning experience. Cultivation of a lifelong love of music is our highest priority. Course content tailored to suit your individual interests, with teaching goals most often including the development of independent learning skills and strong playing skills. Format: Private instruction with scheduled group lessons. Half-hour instruction once a week with 45-minute lessons available for more advanced students. The fee includes event fees for up to 4 events per year. Daytime slots are available for adult and non-traditional students also. **Materials not included in class fee.** Recreation Center Piano Studio.

## VIRTUAL OR IN-PERSON, INDOOR WEEKLY LESSONS

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

### Spring Quarter

Lessons scheduled Mondays-Fridays

Apr 10-Jun 30 (12 weeks)

30 min lesson fee: \$372 or \$124/mo, due 4/10, 5/1 & 6/1

45 min lesson fee: \$531 or \$177/mo, due 4/10, 5/1 & 6/1



### SUMMERTIME PIANO LESSONS: ALL AGES WELCOME!

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

Monday, Tuesday, or Wednesday, Jul 5-Aug 31

(Thursdays may also become available depending on enrollment)

30-min lesson: \$31, payable prior to each lesson.

45-min lesson: \$45, payable prior to each lesson.



## POULSBO COMMUNITY ORCHESTRA 2022-2023 CONCERT SEASON

## IN-PERSON, INDOOR

### AGES 16 & OLDER

Now in its 9th year, the Poulsbo Community Orchestra (PCO) is made up of volunteers from around Puget Sound. It seeks to provide musicians with a rewarding orchestral experience and give the community free symphony concerts. The PCO is directed by Joseph White. He rehearses the orchestra in Poulsbo's North Point Church from 7-9 pm each Monday of the concert season. He then conducts the PCO in three concerts annually.

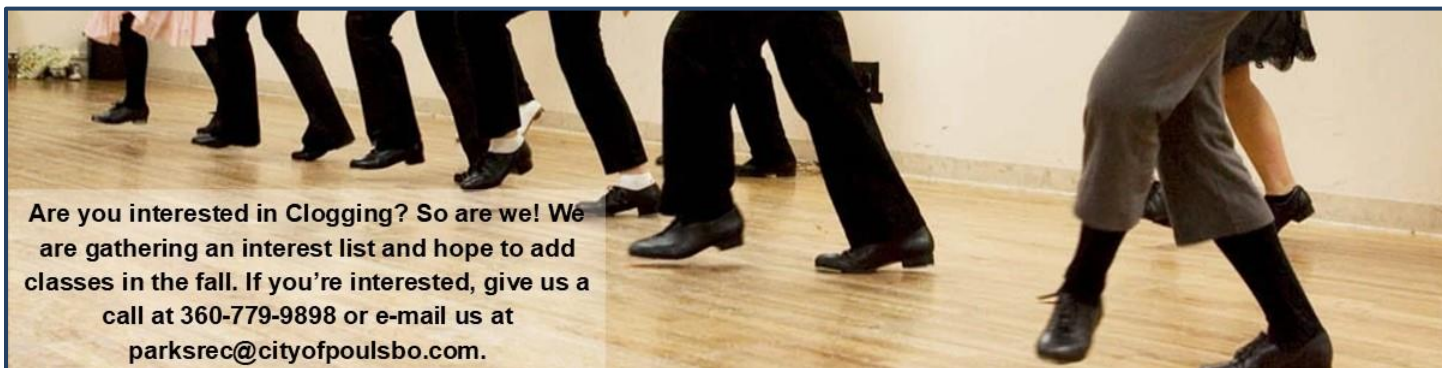
Musicians wishing to learn more about PCO membership, including minimum age and playing level expectations, should go to [www.poulsbocommunity//orchestra.org/minimum-requirements.html](http://www.poulsbocommunity//orchestra.org/minimum-requirements.html). To apply for membership, select "Membership Application" and then click the link to download the form. Applicants are asked to provide pertinent information, identify rehearsals and performances they will attend, and are required to accept certain conditions of PCO membership. Participation fees are \$27 for Poulsbo residents and \$35 for non-residents. The City of Poulsbo will bill each musician after the PCO accepts their application. Student scholarships are available. No audition is required. Seating is limited. Direct questions to info@[poulsbocommunityorchestra.org](mailto:info@poulsbocommunityorchestra.org). Concert and season sponsorships are available. North Point Church, 1779 NE Hostmark Street.

### Rehearsals

M/W Sep 19-Jun 1 7-9p \$35\*

### Performances

Summer Pops Jun 4 3p FREE



Are you interested in Clogging? So are we! We are gathering an interest list and hope to add classes in the fall. If you're interested, give us a call at 360-779-9898 or e-mail us at [parksrec@cityofpoulsbo.com](mailto:parksrec@cityofpoulsbo.com).

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

**MORE CHA CHA!**

**IN-PERSON, INDOOR**

**AGES 15 & OLDER**

**4 WKS**

George & Jan Bahr. Learn additional Cha Cha dance steps that will increase your confidence on the dance floor and add styling. This class has steps that are no harder than Intermediate, just different! If there is time, we will also teach the Cowboy Cha Cha.

Mon. Apr 3-24                              7-8p                              \$45\*

**TANGO BASICS**

**IN-PERSON, INDOOR**

**AGES 15 & OLDER**

**4 WKS**

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

Mon May 1-22                              7-8p                              \$45\*

**MORE TANGO**

**IN-PERSON, INDOOR**

**AGES 15 & OLDER**

**4 WKS**

George & Jan Bahr. Learn additional Tango dance steps that will increase your confidence on the dance floor and add styling. Steps taught will be at an Intermediate level.

Mon Jun 5-26                              7-8p                              \$45\*



**SEWING STUDIO**

**IN-PERSON, INDOOR**

**AGES 18 & OLDER**

**1 CLASS**

**NEW PROGRAM!**

Amelia Fancher. Want to learn how to use your sewing machine? Have a project you want to sew but don't know how? Know how to sew and want to advance your skills? Need help with patterns? Come to the sewing studio with your machine and your project and I'll walk you through the basics of getting started and on your way to a completed project. No project, no worries, will have sewing samples for machine learners. Class meets once a month, come once or keep coming back and build your confidence. **No quilting; bring your own working sewing machine.** Recreation Center Classroom #1.

Mon Apr 10                              6-9p                              \$38\*

Mon May 1                              6-9p                              \$38\*

**PAINT NIGHT**  
**AGES 10-ADULT**

**IN-PERSON, INDOOR**  
**1 CLASS**

Beth Daquilante. Be your own Picasso and create a masterpiece of your very own! The price includes all materials and expert instruction. **A \$5 materials fee is payable to the instructor at the start of the class.** Recreation Center Kitchen/Classroom.

**Moon Over the Mountains**

Fri Apr 7 7-8:30p \$25

**Blackberries**

Fri May 12 7-8:30p \$25

**Mountain Sunrise**

Fri Jun 16 7-8:30p \$25

**Beach Sunset**

Fri July 14 7-8:30p \$25

**Moth and Mushroom**

Fri Aug 4 7-8:30p \$25



**GLASSWORK: INTRODUCTION TO GLASS FUSING**

**IN-PERSON, INDOOR**  
**AGES 18 & OLDER**

**NEW PROGRAM!**

**1 CLASS**

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

**Three-Piece Wind spinner**

We will have three 4x4 pieces of glass for you to design a beautiful spinner to place in your garden or as a gift. **Supply fee noted above.**

Mon Apr 17 6-8p \$45\*

**Two Votive Holders**

Put your touch on two votive holders with Summer coming up. **Supply fee noted above.**

Wed May 17 6-8p \$45\*

**Garden Stake**

Use your creativity to design a beautiful stake for your garden or yard. Stake will be 3" wide by 24" tall, plus a metal stand to put the glass into. **A \$20.00 for supplies fee is payable to the instructor.**

Mon Jun 12 6-8p \$80\*

**Beach Wave**

Design your beach town or mountain scene using a 7x11 piece of glass. **Supply fee noted above.**

Mon Jul 10 6-8p \$45\*



**CREATE!**



# Events and Classes

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# Artists' Edge



## Art Classes

Illustration  
Acrylic  
Oil  
Watercolor  
Block Printing  
Sumi Ink  
Youth Art Camp  
Art Party  
& MORE!



18723 HWY 305, Poulsbo WA (360) 779-2337  
Kitsap's Framing & Fine Art Supply Destination



Fine local theatre in an intimate setting

# Jewel Box

T H E A T R E

225 Iverson Street  
360.697.3183

email: jewelboxpoulsbo@hotmail.com



For schedule and tickets:



## Kitsap Community Sound and Drum Healing Circle

Kitsap Community Sound and Drum Healing Circle is a safe, intentional, and secular group for those in our community who see the benefits of using sound and drumming for personal self-expression, inner healing and recovery, celebration, and/or, community connection. Our Sound and Drum Healing Circle is a place to have fun, to learn and practice rhythm skills, and genuinely feel the vibrations in and through your body.

When we combine sound (using "singing" bowls, gongs, and a variety of vibrational instruments) with drumming (everyone uses mostly West African djembe hand drums, along with other percussive instruments), we strengthen our life force and open our field of communication to receive loving support and guidance from each other. There is a balancing of our field of polarity, a grounding, and a soothing of "the waters of the soul" that happens when we open to the rhythm and sounds that we make together. There is room in the circle for all. This is not a Native Drum Circle and all types of drums are welcomed, so bring yours, or play any of ours.

**1st and 3rd Saturday      2:00-4:00p      by donation      Recreation Center, Poulsbo**

*"The medicine of the future will be music and sound." - Edgar Cayce*

*"Typically, people gather to drum in drum "circles" with others from the surrounding community. The drum circle offers equality because there is no head or tail. It includes people of all ages. The main objective is to share rhythm and get in tune with each other and themselves. To form a group consciousness. To entrain and resonate. By entrainment, I mean that a new voice, a collective voice, emerges from the group as they drum together." ~Mickey Hart (Grateful Dead drummer, testimony before the United States Senate Special Committee on Aging. 1991)*



Did you know that our very own Leah Lovely, whom you may know from the front desk, gymnastics, or yoga, is also a CODA? That is short for Child Of a Deaf Adult and in her case, two!

Leah's parents are deaf, and she is hearing, giving her a very special opportunity to teach hearing people about the amazing language and culture of the Deaf and Hard of Hearing Community.

Speaking fluent sign language is a lifelong achievement and learning about deaf culture is equally important. Respecting that it is a strong and growing culture along with an amazing way to communicate with people of all abilities is the most valuable lesson!

**INTRODUCTION TO AMERICAN SIGN LANGUAGE  
ADULTS & TEENS AGE 12 & OLDER**

**N-PERSON, INDOOR  
4 WKS**

Leah Lovely. Learn more about this unique and ever-evolving language! Spoken in multiple countries, ASL is an essential way for people to communicate, not only for those with hearing difficulties but for those with apraxia, sensory issues, etc. Knowing how to communicate with our differently-abled community members is such an amazing skill to have. You can talk to signing friends across a crowded room or even underwater! No experience is necessary but is certainly always welcome! Recreation Center Classroom #1.

Wed	Apr 19-May 10	6:30-7:15p	\$57*
Wed	May 31-Jun 21	6:30-7:15p	\$57*

**AMERICAN SIGN LANGUAGE - CONTINUING EDUCATION  
ADULTS & TEENS AGE 12 & OLDER**

**IN-PERSON, INDOOR  
4 WKS**

**NEW PROGRAM!**

Leah Lovely. Advance your skills in this unique and ever-evolving language! This class is designed for students who have taken a class through Parks and Recreation or community college to continue advancing their conversational skills in ASL. We will be learning how to ask questions, common answers and signs, norms of Deaf culture, and the differences between ASL grammar and spoken or signed English. Experience is necessary for this class, but we also offer a beginning level that can be taken multiple times. If you are unsure if this class is right for you, call us at 360.779.9898 after 2 pm to speak with instructor Leah Lovely.-Recreation Center Classroom #1.

Thu	Apr 20-May 11	6:30-7:30p	\$68*
Thu	June 1- Jun 22	6:30-7:30p	\$68*

**SPANISH**

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

**SPANISH FOR BEGINNERS  
AGES 18 & UP**

**IN-PERSON, INDOOR  
6 WKS**

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 the class as well as the chance to practice at home. **Students will also buy two books: Easy Spanish Step-by-Step (\$13) and an easy reader (usually \$5-10 depending on the text.)** We will use stories, music, and conversation to build comfort with a new language. We address basic phonetics and grammar with abundant repetition.

Wed	Apr 12-May 17	5-6:30p	\$92*
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*Classes will return in the Fall.*



**INTERMEDIATE CONVERSATIONAL SPANISH  
IN-PERSON, INDOOR  
AGES 18 & UP**

**6 WKS**

Will Perkins. If you have studied some Spanish, this class will help you refresh your existing knowledge. 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. **We will purchase a book to read in this class, but it should cost less than \$20.**

Wed	Apr 12-17	6:45-8p	\$92*
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*Classes will return in the Fall.*

**CANINE MASSAGE CLASS**  
**AGES 18 & OLDER**

**IN-PERSON, INDOOR**  
**2 WKS**

**Janice Hill.** Bring your dog and your significant other to classes for hands-on massage techniques. Come and learn the basics of providing soothing and healthy massage for your pets. This class will teach you the basics of Swedish massage strokes for use on cats and dogs. Massaging your cat or dog can improve their circulation, help with their immune system, balance their muscles, improve their muscle strength, help avoid injury, lower blood pressure, and deepen your relationship with your animal. Learn when to massage and when not to massage, what signals your animal is giving you, and how to read their feedback during the massage. You can choose to not bring your dog and work with our “demo dog” if you would like. Students will learn how to adapt techniques for cats, but please do not bring cats to class. Participants will need to bring a towel or pad for your dog to lie on. Recreation Center Sports Court.  
Fri Aug 11 & 18 7-8:30p \$45\*/both participants



**COMMON SENSE VEGETABLE GARDENING**  
**AGES 18 & OLDER**

**IN-PERSON, INDOOR**  
**1 CLASS**

**Gayle Larson,** Certified Professional Horticulturist. Growing some of your own food doesn't have to be complicated. Understanding how plants interact with the world around them and what they need to thrive will help you create a bountiful garden. These classes will offer you the basics of how to garden: preparing the soil, choosing the right plants and avoiding common problems, all while working with the realities of your space. **Take one or all 5.** All classes held in the Recreation Center Kitchen/Classroom.

**REAPING THE REWARDS: HARVESTING & PREPARING FOR NEXT YEAR**

Harvest Tips, Crop Rotation, and Cover Crops & Mulch.  
Tue Apr 4 2-4p \$18

**THE POULSBO TREE BOARD**

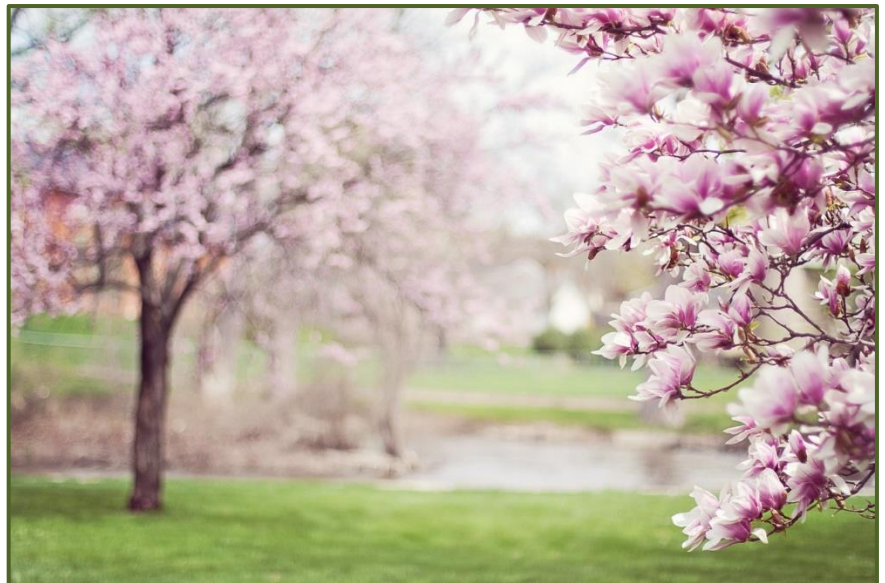
The Pouslbo Tree Board was established in 1997 to advise and educate the Mayor, City Council, and citizens on issues pertaining to trees in the city. This includes the promotion of responsible planting of trees on public and private property; promoting public education and proper maintenance of trees;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

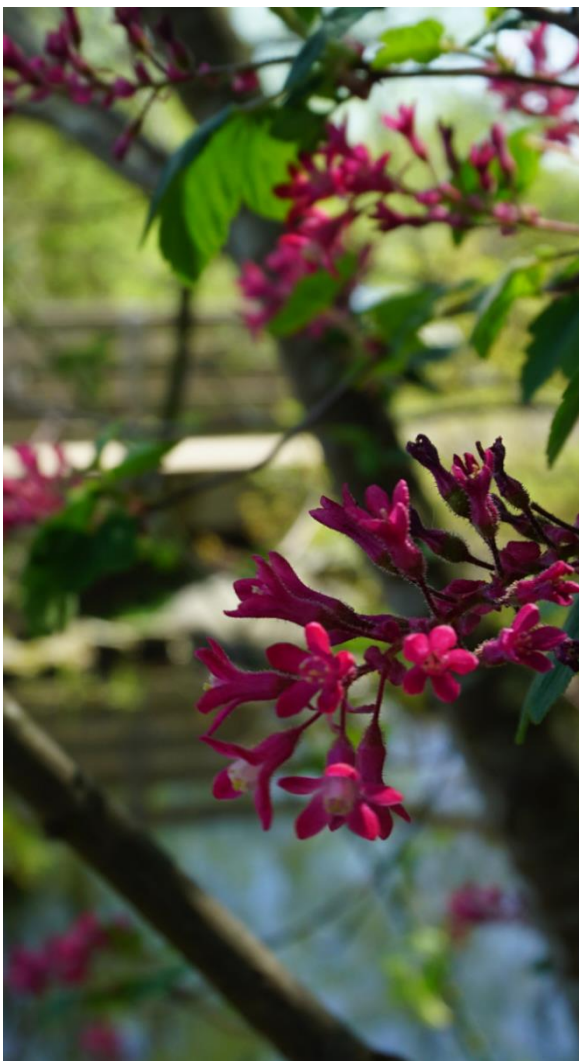
**Tree Board classes are free, but pre-registration is required by calling 360-779-9898 or registering online at [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register).**

**WALK AND TALK: SPRING HAS SPRUNG**  
**IN POULSBO!**

**IN-PERSON, OUTDOOR**  
**AGES 18 & OLDER 1 CLASS**

**Kevin McFarland,** Poulsbo City Arborist and Poulsbo Tree Board members. Join us in discovering the wide variety of tree species growing in Poulsbo. We will enjoy a pleasant spring walk through the city's neighborhoods and learn about significant tree species growing in our city. Flowers and emerging leaves encourage us to get out in our gardens and enjoy the beauty of Spring. Tree identification characteristics, exceptional attributes, and spring tree management will be discussed. Poulsbo, to be determined.  
Sat Apr 29 12:30-2p FREE  
(please pre-register for planning purposes)





### DESIGNING WITH TREES IN THE LANDSCAPE

**IN-PERSON/ZOOM TBD**

**AGES 18 & OLDER**

**1 CLASS**

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

Tue May 23 6:30-8p FREE

Please pre-register for planning purposes.

### GUIDED WALKS THROUGH POULSBO'S FISH PARK

**IN-PERSON, OUTDOOR**

**ALL AGES WELCOME**

Barbara Erickson. Have you ever wondered how Poulsbo's Fish Park got its start? And what is there to see behind the trees you can see from Lindvig Way? If these questions have you curious, then come join some of the volunteers who have helped create this community treasure. Poulsbo's Fish Park is an urban nature park in the middle of a growing, busy city. This project began in 2002 with the purchase of 13 acres for just over \$1 million dollars. The ongoing development has been successful using city dollars, state and federal grants, property donations, various service clubs, and extensive volunteer support. Poulsbo's Fish Park citizen steering committee plans, builds, and fundraises for future park development. Come enjoy the sights and sounds of this unique place with the people who really love this now 40-acre park. **The walk is free, but please register through Poulsbo Parks and Recreation so we know how many people are coming.** All ages welcome - maximum 20 people per tour. Must be able to walk for 1/2-1 mile. Rain or shine! Poulsbo's Fish Park, 288 NE Lindvig Way.

Sat May 27, Jun 24 & Aug 5 10-11a FREE

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

### SOCIAL SECURITY: WHAT YOU SHOULD KNOW BEFORE YOU RETIRE

**IN-PERSON, INDOOR**

**AGE 18 & UP**

**1 CLASS**

Marilyn Miller. As if navigating Social Security isn't daunting enough; employees at the Social Security Administration are not trained or allowed to give advice on the numerous benefit options available. There are 2,728 rules for Social Security benefits as well as 567 ways to claim benefits. All the changes put into law Nov 2015 will be discussed. With life expectancy increasing, retirees outliving their income is a major concern. With the number of claiming options that can impact an applicant's income, it is critical to have somewhere to turn for guidance. This seminar will provide the information for making informed decisions. As a follow-up to the course, if requested, attendees will be provided with a written report of their options. Course includes workbook materials. There is no cost for the report, but the attendee will need to schedule a time to meet with Marilyn in her Poulsbo office for review. Recreation Center Classroom.

Tue Apr 18 6:30-7:30p \$25

Sat May 13 2-3p \$25

Tue Jun 6 6:30-7:30p \$25

### SMART PHONE 101

**IN-PERSON INDOOR**

**SENIORS**

**1 CLASS**

Jenny Ingram. Is your phone smarter than you? In this class, students will learn the basics about Smart Phones. Phone settings, apps, contacts, photos, text messaging, maps, and of course, using it as a phone. **Bring your phone and your questions.** Recreation Center Classroom.

Wed Apr 26 3-4:30p \$20

Tue May 16 3-4:30p \$20

**TOTAL BODY WORKOUT: BARBELL STRENGTH TRAINING AND CARDIO**

**IN-PERSON, INDOOR  
AGES 18 & OLDER**

**NEW PROGRAM!  
4 WKS**

Lilli Jensen (*M/W*) and Dean Lancaster (*Tue*). Using light to moderate weights with lots of repetition, this fitness class gives you a total body workout. Students will progress from light to moderate to heavy weights, increasing strength and endurance. A total body workout in 60 minutes. **No class on May 29. Lilli and Dean split Friday's class.**

*Min 5 max 12 per class – space is limited!*  
Recreation Center Upper Fitness Room.

**Four nights to choose from! Register for any two nights per week in the same session for \$68.**

Mon	Apr 3-24	5:30-6:30p	\$38*/4 wks
Tue	Apr 4-25	5:30-6:30p	\$38*/4 wks
Wed	Apr 5-26	5:30-6:30p	\$38*/4 wks
Fri	Apr 7-28	5:00-6:00p	\$38*/4 wks
Mon	May 1-22	5:30-6:30p	\$38*/4 wks
Tue	May 2-23	5:30-6:30p	\$38*/4 wks
Wed	May 3-24	5:30-6:30p	\$38*/4 wks
Fri	May 5-26	5:00-6:00p	\$38*/4 wks
Mon	Jun 5-26	5:30-6:30p	\$38*/4 wks
Tue	Jun 6-27	5:30-6:30p	\$38*/4 wks
Wed	Jun 7-28	5:30-6:30p	\$38*/4 wks
Fri	Jun 2-30	5:00-6:00p	\$38*/4 wks

**LIFELONG FITNESS & HEALTH**

**IN-PERSON, INDOOR  
SENIORS**

**NEW PROGRAM!**

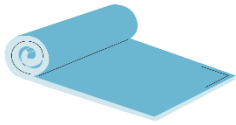
Alexis Wiesbarth. As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. A well-rounded class focusing on cardiorespiratory endurance, balance, strength, and flexibility. These classes keep our participants independently functioning and are helpful in preventing disease and falls. A chair is used for seated exercises and/or standing support. This class is proudly sponsored by InMotion Performing Arts Studio. **Class is free for seniors, but please register in advance so we can update you on any class changes due to weather or illness. No class on July 5.**

Recreation Center Upper Fitness Room.

Wed	Apr 12-May 10	12-1p	FREE
Wed	May 17-Jun 21	12-1p	FREE
Wed	Jun 28-Jul 26	12-1p	FREE
Wed	Aug 2-30	12-1p	FREE

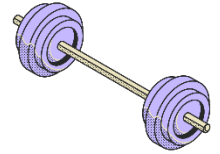
InMotion Performing Arts Studio is proud to sponsor this free health and wellness class for seniors. At InMotion we excited to provide dance and fitness for a community of all ages.





# FITNESS & YOGA

## AT THE RECREATION CENTER



The Recreation Center is a great place to enjoy fitness and yoga classes. We are excited to offer a variety of new classes, as well as old favorites, and to announce the opening of our new Fitness and Yoga Room!

FITNESS CLASS SCHEDULE					
Spring 2023					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:10a	TNT 8:10-9:10a Lori	Yoga Basics 8:10-9:10a Lori	TNT 8:10-9:10a Lori	Yoga Basics 8:10-9:10a Lori	TNT 8:10-9:10a Lori
9:30a				Chair Yoga 9:30-10:30a Jolene	Active Flow Yoga 9:30-10:30a Jolene
11:30a	Qigong Tai Chi				Qigong Tai Chi
Noon	11:30-12:30p Rodney	Laughter Yoga 12-12:45p Rachel	Senior Fitness 12-1p <b>FREE!</b> Lexi	Tai Chi 12-12:50p Tricia	11:30-12:30p Rodney
4:00-p	Gentle Yoga 4:00-5:00p  Jolene				
5:00p			Chair Yoga-Virtual 5:30-6:30 Jolene		Total Body Workout 5:30-6:30p Lili or Dean
6:00p	Total Body Workout 5:30-6:30p Lili	Total Body Workout 5:30-6:30p Dean	Total Body Workout 5:30-6:30p Lili		
6:45p			Qigong Tai Chi 6:45-8p		
8:00p			Rodney		

## Fitness Staff



**Jolene Culbertson** I've worked in nursing for decades, so it wasn't a stretch to think about teaching yoga in order to share the health benefits with others. Two yoga instructors at Parks and Rec were very supportive of my learning to teach yoga. And Parks and Rec gave me my first yoga teaching position while I was obtaining my teacher certification. I find it very rewarding to help others learn ways to help themselves feel better... less chronic pain, better mobility, ways to move safely, experience less anxiety, better sleep, less reactivity. I can go on and on, come to a class and I'll show you more about the wonders of yoga!



**Rachel Cornette.** Rachel became a Certified Laughter Yoga Leader in May 2020. She has been laughing daily since she trained and believes laughter is the key tool to peace and balance during both challenging and calm times. Connect with Rachel: [facebook.com/lolwRachel](https://www.facebook.com/lolwRachel)



**Rodney Hitchcock** I am excited to offer Tai Chi and Qi Gong to the residents of Poulsbo. I am retired from Kitsap Mental Health after having served the community for 35 years, specializing in older adults. I studied and taught Tai Chi at Island Martial Arts and began my interest in Health and Qi Gong through a Spirituality and Health Certification at Bastyr University. My goal is to help individuals with their health goals thru Tai Chi and Qi Gong Practice.



**Lilli Jensen** Hello, my name is Lilli. As well as being an exercise coach for around 15 years, I am a mother of two and a radiologic technologist. I have worked in the medical field for almost 20 years locally here in Poulsbo. Even as a busy mom and a full time healthcare worker, I have found prioritizing my health and fitness to be very important for myself and family. This class is for everyone, whether lifting small or big weights, you WILL get stronger, have fun and make new friends that love this class too!



**Alexis Weisbarth** Lexi graduated in 2020 as a Physical Therapist Assistant, spending her residencies at world renowned facilities such as UCLA Ronald Reagan in the Neuro & Cardiac wards. She has spent the past 8 years working in a pilates based Physical Therapy clinic in Studio City, CA as a personal trainer with recent promotion to PTA. There she became comprehensively trained in Balance Body - Pilates, Gary Grey - AFS, RedCord, & Craniosacral Unwinding. With a highly regarded dance background and expertise in functional biomechanics, Lexi looks forward to sharing knowledge, laughs & the joy of movement with her home town of Poulsbo.



**Tricia McMahon** Trained in Tai chi by Tai chi Master Suman Barkhas of the Oregon Research Institute, and then Certified in Health & Wellness Coaching, Tricia brings her life-long passion for wellness, in body and spirit, to her interactions with clients and students. "Having taught Tai Chi at various facilities for more than 10 years now, I still love *Tai Chi: Moving for Better Balance* because it's a gentle yet powerful way for each of us to quiet our mind, gracefully strengthen our body and renew our spirit, all of which facilitate not only better balance but a healthier, fuller life."



**Lori Whiting** I have been teaching fitness classes for over 30 years locally. I have taught many fitness classes over the years. I began a strength training class, called TNT, at Poulsbo Parks and Recreation ten years or so ago and yoga about 20 years. I love seeing my students change and understand the importance of making fitness a part of their lives.



**TNT – TIGHTEN ‘N TONE**

**IN-PERSON, INDOOR**

**AGES 18 & OLDER**

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

Lori Whiting, ACE. This class will help to define and tone muscles and speed up your metabolism using resistance bands and dumbbells. Core conditioning exercises will help shape and define your physique and strengthen back muscles. We'll finish with stretching to increase flexibility and relaxation and breathing to relieve stress. Classes run continuously, join at any time, all levels welcome. Discount for signing up for more than one class per week in one session. **Class is designed with senior fitness in mind, but all adults are welcome.** Recreation Center Fitness Room.

**Mondays 8:10-9:10a**  
 Apr 3-24 \$37\*/4 wks  
 May 1-22 \$37\*/4 wks  
 Jun 5-26 \$37\*/4 wks

**Wednesdays 8:10-9:10a**  
 Apr 5-26 \$37\*/4 wks  
 May 3-31 \$45\*/5 wks  
 Jun 7-28 \$37\*/4 wks

**Fridays 8:10-9:10a**  
 Apr 7-28 \$37\*/4 wks  
 May 5-26 \$37\*/4 wks  
 Jun 2-30 \$45\*/5 wks

InMotion Performing Arts Studio is proud to sponsor this free health and wellness class for seniors. At InMotion we are excited to provide dance and fitness for a community of all ages.



**LIFELONG FITNESS & HEALTH SENIORS**

**NEW PROGRAM!**

**IN-PERSON, INDOOR**

Alexis Wiesbarth. As an older adult, regular physical activity is one of the most important things you can do for your 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. A well-rounded class focusing on cardiorespiratory endurance, balance, strength, and flexibility. These classes keep our participants independently functioning and are helpful in preventing disease and falls. A chair is used for seated exercises and/or standing support. This class is proudly sponsored by InMotion Performing Arts Studio. **Class is free for seniors, but please register in advance so we can update you on any class changes due to weather or illness. No class on July 5.** Recreation Center Upper Fitness Room.

Wed	Apr 12-May 10	12-1p	FREE
Wed	May 17-Jun 21	12-1p	FREE
Wed	Jun 28-Jul 26	12-1p	FREE
Wed	Aug 2-30	12-1p	FREE





# YOGA

## YOGA BASICS

### AGES 16 & OLDER

Lori Whiting, ACE. A revitalizing mind/body workout designed to increase flexibility and strength through yoga postures, using yoga blocks and straps to modify postures and focusing on proper alignment. We'll work on balance and use breathing and relaxation for stress relief. Classes run continuously, join anytime, all levels welcome. Recreation Center Upper Fitness Studio.

T/Th	Apr 4-27	8:10-9:10a	\$70*/4 wks
Tue	May 2	8:10-9:10a	FREE Trial Class
T/Th	May 4-30	8:10-9:10a	\$70*/4 wks
Thu	Jun 1	8:10-9:10a	FREE Trial Class
T/Th	Jun 6-29	8:10-9:10a	\$70*/4 wks

**IN-PERSON, INDOOR  
2 CLASSES WEEKLY**

## ACTIVE FLOW YOGA

### AGE 18 & OLDER

Jolene Culbertson, RYT 500. This class is a flow class with a more dynamic pace. **A type of yoga that focuses on the connection between breath, movement, and the mind.** This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. Recreation Center Upper Fitness Studio.

Fri	Apr 7-28	9:30-10:30a	\$45*/4 wks
Fri	May 5-26	9:30-10:30a	\$45*/4 wks
Fri	Jun 2	9:30-10:30a	FREE Trial Class
Fri	Jun 9-30	9:30-10:30a	\$45*/5 wks

**IN-PERSON, INDOOR  
4 WKS / 5 WKS**

## SUMMER MORNING YOGA IN THE PARK

### 4 WKS

Jolene Culbertson, RYT 500, and Leah Lovely. Enjoy the outdoors as you gain greater flexibility and strength with a focus on basic yoga postures, alignment, and breath in a non-intimidating environment. This class is perfect for all levels of experience and fitness. **Please register in advance so we know how many to expect. Please bring a yoga mat and water. NO CLASS ON AUG 18.** Muriel Williams Waterfront Park Gazebo.

Fri	Jul 7-28	9-10a	FREE
Fri	Aug 4-25	9-10a	FREE



## CHAIR YOGA

### AGE 18 & OLDER

Jolene Culbertson. Come join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an ARNP, RYT 500 with 40+ years of both medical and yoga experience. Recreation Center Upper Fitness Studio.

Thu	Apr 6-27	9:30-10:30a	\$45*/4 wks
Thu	May 4-25	9:30-10:30a	\$45*/4 wks
Thu	Jun 1	9:30-10:30a	FREE Trial Class
Thu	Jun 8-29	9:30-10:30a	\$45*/4 wks

**IN-PERSON, INDOOR  
4 WKS**

## CHAIR YOGA

### AGE 18 & OLDER

Jolene Culbertson. Come join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an ARNP, RYT 500 with 40+ years of both medical and yoga experience. **No class May 3.**

Wed	Apr 5-26	5:30-6:30p	\$45*
Wed	May 10-31	5:30-6:30p	\$45*
Wed	June 7-28	5:30-6:30p	\$45*

**VIRTUAL  
4 WKS**

**GENTLE YOGA**

**NEW PROGRAM!**

**IN-PERSON, INDOOR**

**Good for osteoporosis, chronic pain, anxiety & depression**

**AGE 18 & OLDER**

**4 WKS**

Jolene Culbertson, RYT 500, ARNP. This class is designed for anyone with osteoporosis, chronic pain, anxiety, depression, sleep problems or chronic illness. Gentle yoga poses, discussion and practice of yoga techniques to help with mood, sleep, anxiety and chronic pain. Bring a yoga mat, water bottle, a small pillow and blanket, and any other yoga props you may have. Wear comfortable clothing good for movement/relaxation. Clothing layers are useful. Recreation Center Upper Fitness Studio.

Mon	Apr 3-24	4-5p	\$45*
Mon	May 1-22	4-5p	\$45*
Mon	Jun 5-26	4-5p	\$45*

**LAUGHTER YOGA CLUB**

**IN-PERSON, INDOOR**

**AGES 9-ADULT**

**VARIES**

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. Participants will not need any special gear or **attire**; they will just need to bring a willingness to laugh! **While this program is free, we ask that you register to assist in planning.** Recreation Center Upper Fitness Studio.

Tue	Apr 4-25	12-12:45p	FREE
Tue	May 2-30	12-12:45p	FREE
Tue	Jun 6-20	12-12:45p	FREE



Rodney Hitchcock is excited to offer Tai Chi and Qigong to the residents of Poulsbo. "I am retired from Kitsap Mental Health after having served the community for 35 years, specializing in older adults. I studied and taught Tai Chi at Island Martial Arts and began my interest in Health and Qigong through a Spirituality and Health Certification at Bastyr University. My goal is to help individuals with their health goals thru Tai Chi and Qigong Practice."



**QIGONG TAI CHI**

**IN-PERSON, INDOOR**

**AGE 18 & OLDER**

**NEW PROGRAM!**

**VARIES**

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. I hope you are able to join our community. **Class fee is monthly, regardless of the number of classes in the month.** Recreation Center Upper Fitness Studio.

M & F	Apr 3-28	11:30-12:30p	\$45*
Wed	Apr 5-26	6:45p-8p	\$45*
M & F	May 1-26	11:30-12:30p	\$45*
Wed	May 3-31	6:45p-8p	\$45*
M & F	Jun 2-30	11:30-12:30p	\$45*
Wed	Jun 7-28	6:45p-8p	\$45*

**Tricia J. McMahon, Nationally Certified Health & Wellness Coach and Tai Chi Instructor. Trained in Tai Chi by Tai Chi Master Suman Barkhas of the Oregon Research Institute, and then certified in Health & Wellness Coaching, Tricia brings her lifelong passion for wellness in body and spirit to her interactions with clients and students. "Having taught Tai Chi at various facilities for more than 10 years now, I still love Tai Chi: Moving for Better Balance because it's a gentle yet powerful way for each of us to quiet our mind, gracefully strengthen our body, and renew our spirit, all of which facilitate not only better balance but a healthier, fuller life."**

**INTRO TO TAI CHI: MOVING FOR BETTER BALANCE  
AGE 18 & OLDER**

**IN-PERSON, INDOOR  
4 WKS**

Tricia J McMahon. Build muscle strength, coordination, and flexibility, increase attentiveness and awareness, improve postural stability, and release tension. In these classes, you will learn the 8 Tai Chi forms (derived from the traditional 24-form Yang-style) of Tai Chi: Moving for Better Balance. Whether you attend one 4-week class or more, you will discover the joy and value of Tai Chi. Come enjoy connecting with others while improving coordination, flexibility, and so much more! No experience is necessary. We will be primarily standing but there are great benefits when seated as well. Chairs will be available. Recreation Center Upper Fitness Studio.

Thu	Apr 6-27	12-12:50p	\$45*
Thu	May 4-25	12-12:50p	\$45*

*Miss Tricia's Tai Chi class will return in the Fall. Enjoy your summer.*

**BEGINNING ITALIAN RAPIER  
AGE 16-60**

**NEW PROGRAM!**

**IN-PERSON, INDOOR  
8 WKS**

Nathan Walker. The rapier was the deadliest dueling weapon in history. Many swords had been used for the purpose, but most were cutting swords and in the words of Scottish fencing master Donald McBane, "A man may be cut 40 times and not disabled." The rapier changed all that by giving the duelist a straight line to the opponent's most vulnerable parts. Rapier fencing is a game of control; controlling distance, controlling timing, controlling your opponent's mind. It's a deep psychological and extremely physical chess game of sorts that measures one's ability to think on their feet and adapt to constantly changing situations. No one did this more famously or dangerously than the 16<sup>th</sup>-century Italian fencing masters that we will study in this course. **Bring your own equipment or use the instructors. No class May 29. Class WILL be held on July 3 and Sept 4.** Recreation Center Gym.

Mon	Mar 20-May 8	7-9p	\$54*
Mon	May 15-Jul 10	7-9p	\$54*
Mon	Jul 17-Sept 4	7-9p	\$54*

**BEGINNING GERMAN LONGSWORD  
AGE 16-60**

**NEW PROGRAM!**

**IN-PERSON, INDOOR  
8 WKS**

Longsword is the most popular weapon studied in HEMA (Historical European Martial Arts) It's the largest and heaviest sword we study but still quite nimble due to the use of two hands on the weapon instead of only one. The Lichtenauer tradition of longsword fighting goes back to the mid-late 14th century and spawned a number of followers. They slowly improved upon his work, creating a dynasty of German longsword fencers that lasted hundreds of years. Joachim Meyer was one of the most celebrated followers of Lichtenauer and probably the most focused on the dueling aspects of longsword combat. It is Meyers's treatise we will be studying during this course and in the process learning the foundations of both historical and competitive longsword fencing. Bring your own equipment or use the instructors. Recreation Center Gym.

Wed	Mar 22-May 10	7-9p	\$54*
Wed	May 17-Jul 5	7-9p	\$54*
Wed	Jul 12-Aug 30	7-9p	\$54*



# BASKETBALL OPEN GYM

**NEW LOWER  
PRICE!**

**\$3 drop-in (covers NKSD facility costs.)  
Fees are paid at the gym,  
CASH OR CHECK ONLY.  
(PAYABLE TO CITY OF  
POULSBO)**

**Waiver must be signed to  
play.**

## BASKETBALL: ADULT OPEN GYMS AGES 18 & OLDER

IN-PERSON, INDOOR

Do you have time for Sunday evening basketball? Our Open Gyms are geared for our 30+yr-olds, but those 18 years & older may participate. Everyone plays! **Good sportsmanship is required.** Poulsbo Middle School Gym.  
Sun Ongoing through May 21 6-8p \$3 drop-in

## SPORTS COURT / PICKLEBALL COURT

Poulsbo Parks and Recreation has an outdoor sports court that has basketball hoops and lines marked for Pickleball. This court can be reserved at a minimal charge during the day for use. Please note that there is no electricity for the court. It is open from dawn to dusk.

### Who can reserve the courts?

1. Anyone from the general public
2. Sports associations, leagues, and teams
3. Non-profit organizations
4. Businesses
5. Organizations
6. Private individuals

## RACQUETBALL

**NEW LOWER PRICES!**

The Recreation Center has two fully enclosed courts available for play on a reservation or walk-in basis. Courts may be reserved on a first-come basis two days in advance during prime-time hours, or day of play by phone or in person. Court time can be scheduled Monday-Friday, 9am-4pm (Last reservation at 3pm.) No black-soled shoes or street shoes are allowed on the courts. **\$10 per hour or a 5-hour punch card for \$45.** Racquets and balls available for rent for \$1 per hour.

## WALLYBALL

A fast game of volleyball on a racquetball court, this game is for 6-8 people and is gaining interest and participation in the area. Reservations are made similar to racquetball, by calling in a reservation for a court and the equipment. Monday-Friday, 9am-4pm (Last reservation at 3pm.) A complete set of rules is also available. **\$15 per hour.**

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

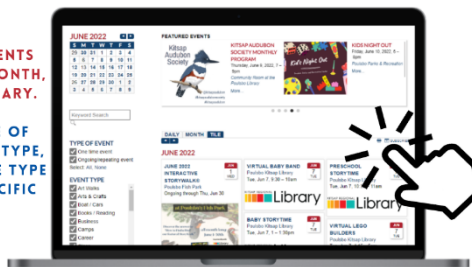


**Learn what  
is happening in  
Poulsbo with our  
City of Poulsbo's  
Community  
Events Calendar**

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

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

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



## 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://CITYOFPOULSBO.COM/CITY-PARKS-TRAILS-2/](https://cityofpoulsbo.com/city-parks-trails-2/)

Check them all  
out on our  
website and QR  
CODE!

## WELCOME, SENIORS!

All of our adult programs on pages 60-76 are senior-friendly, from art to languages to exercise, and some of our adult classes naturally skew to our more mature citizens. However, we recognize that everyone's needs are different. If you see a class you are interested in, but just aren't sure it will work with your desires or abilities, just give us a call at 360.779.9898. We are happy to provide you with more information so you can make an informed decision.

We are also happy to announce our new weekly program for seniors only! We are committed to providing our seniors with more opportunities to gather for socialization, learning opportunities and more. We are starting small but seek your input into how we can grow into a better resource for the seniors in our community. On the next page, you'll find more information about our new drop-in program!

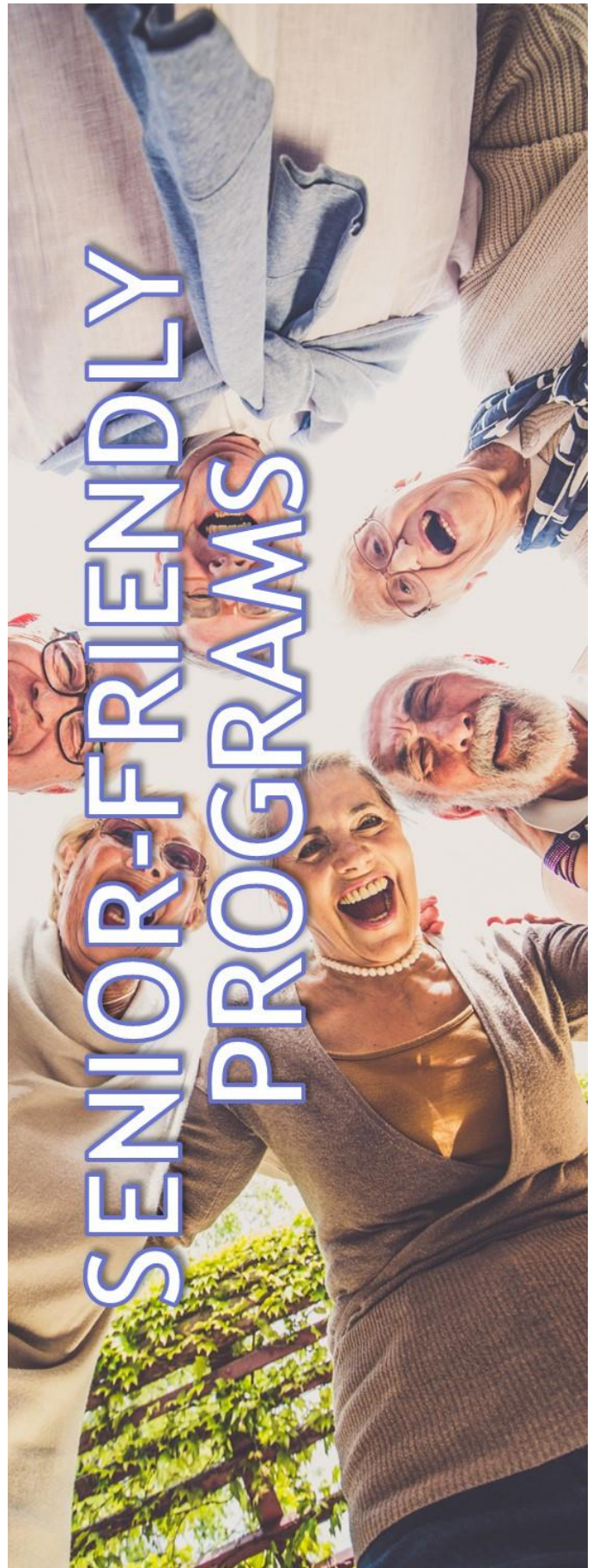
### SOCIAL SECURITY: WHAT YOU SHOULD KNOW BEFORE YOU RETIRE IN-PERSON, INDOOR

AGE 18 & UP

1 CLASS

Marilyn Miller. As if navigating Social Security isn't daunting enough; employees at the Social Security Administration are not trained or allowed to give advice on the numerous benefit options available. There are 2,728 rules for Social Security benefits as well as 567 ways to claim benefits. All the changes put into law Nov 2015 will be discussed. With life expectancy increasing, retirees outliving their income is a major concern. With the number of claiming options that can impact an applicant's income, it is critical to have somewhere to turn for guidance. This seminar will provide the information for making informed decisions. As a follow-up to the course, if requested, attendees will be provided with a written report of their options. Course includes workbook materials. There is no cost for the report, but the attendee will need to schedule a time to meet with Marilyn in her Poulsbo office for review. Recreation Center Classroom.

Tue	Apr 18	6:30-7:30p	\$25
Sat	May 13	2-3p	\$25
Tue	Jun 6	6:30-7:30p	\$25



**SMART PHONE 101  
SENIORS**

**IN-PERSON, INDOOR  
1 CLASS**

Jenny Ingram. Is your phone smarter than you? In this class, students will learn the basics about Smart Phones. Phone settings, apps, contacts, photos, text messaging, maps, and of course, using it as a phone. **Bring your phone and your questions.** Recreation Center Classroom.

Wed	Apr 26	3-4:30p	\$20
Tue	May 16	3-4:30p	\$20

**LIFELONG FITNESS & HEALTH  
SENIORS**


**IN-PERSON, INDOOR**

**NEW PROGRAM!**

Alexis Wiesbarth. As an older adult, regular physical activity is one of the most important things you can do for your 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. A well-rounded class focusing on cardiorespiratory endurance, balance, strength, and flexibility. These classes keep our participants independently functioning and are helpful in preventing disease and falls. A chair is used for seated exercises and/or standing support. This class is proudly sponsored by InMotion Performing Arts Studio. **Class is free for seniors, but please register in advance so we can update you on any class changes due to weather or illness. No class on July 5.** Recreation Center Upper Fitness Room.

Wed	Apr 12-May 10	12-1p	FREE
Wed	May 17-Jun 21	12-1p	FREE
Wed	Jun 28-Jul 26	12-1p	FREE
Wed	Aug 2-30	12-1p	FREE

InMotion Performing Arts Studio is proud to sponsor this free health and wellness class for seniors. At InMotion we are excited to provide dance and fitness for a community of all ages.



**CHAIR YOGA  
AGE 18 & OLDER**

**VIRTUAL  
4 WKS**

Jolene Culbertson. Come join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an ARNP, RYT 500 with 40+ years of both medical and yoga experience. **No class May 3.**

Wed	Apr 5-26	5:30-6:30p	\$45*
Wed	May 10-31	5:30-6:30p	\$45*
Wed	June 7-28	5:30-6:30p	\$45*

**CHAIR YOGA  
AGE 18 & OLDER**

**IN-PERSON, INDOOR  
4 WKS**



Jolene Culbertson. Come join others in a fun and educational yoga class using a chair for support. Perfect for anyone challenged by balance, flexibility, difficulty getting on or off the floor, weight issues and/or medical conditions causing weakness or tremors. Jolene Culbertson is an ARNP, RYT 500 with 40+ years of both medical and yoga experience. Recreation Center Upper Fitness Studio.

Thu	Apr 6-27	9:30-10:30a	\$45*/4 wks
Thu	May 4-25	9:30-10:30a	\$45*/4 wks
Thu	Jun 1	9:30-10:30a	FREE Trial Class
Thu	Jun 8-29	9:30-10:30a	\$45*/4 wks

**GENTLE YOGA  
Good for osteoporosis, chronic pain, anxiety & depression  
AGE 18 & OLDER**

**IN-PERSON, INDOOR  
4 WKS**

**NEW PROGRAM!**

Jolene Culbertson, RYT 500, ARNP. This class is designed for anyone with osteoporosis, chronic pain, anxiety, depression, sleep problems or chronic illness. Gentle yoga poses, discussion and practice of yoga techniques to help with mood, sleep, anxiety and chronic pain. Bring a yoga mat, water bottle, a small pillow and blanket, and any other yoga props you may have. Wear comfortable clothing good for movement/relaxation. Clothing layers are useful. Recreation Center Upper Fitness Studio.

Mon	Apr 3-24	4-5p	\$45*
Mon	May 1-22	4-5p	\$45*
Mon	Jun 5-26	4-5p	\$45*

# SENIOR NEWS!



## Free Classes

### April

- 4: Laughter Yoga, 12-1
- 13: Spring Pot Luck, 12-1:30p
- 18: Glasswork Art, 11a-12:30p
- 27: Social Media, 1-2p

### May

- 4: Chair Yoga, 1-2p
- 11: ASL, 11a-12p
- 18: Legal Q&A, 11a-12p
- 25: Gardening, 11a-12p

### June

- 1: Chair Yoga, 1-2p
- 8: Spring Pot Luck, 12-1:30p
- 15: Tai Chi, 12-1p
- 20: Poulsbo History
- 29: Nutrition, 1-2p

### EVERY WEDNESDAY

**LIFE LONG FITNESS & HEALTH**  
12-1p

*Sponsored by InMotion Performing Arts Studio*

## SPRING

Our goal is to build our community center to include a centralized location that offers resources for the seniors in our community. We want to provide information and assistance that will improve the lives of our seniors. We are thrilled with the response to last year's programs and will continue to build on that success. We would love your input on what programs would benefit you the most.

Although the classes are free, please RSVP so we know how many are attending. Call 360.779.9898 or register online at [CityofPoulsbo.com/Register](http://CityofPoulsbo.com/Register) and type "Senior" in the filter box on the left.

### LEGAL Q & A

Bring your questions about wills, power of attorney or living wills and we will have answers from Tolman Law.

### SPRING POTLUCKS!

We have two planned this Spring. Bring your favorite salad dish to share with friends.

### SOCIAL MEDIA HOUR

Bring your digital devices and spend an hour with Jenny. Learn about the current digital platforms or get answers to all of your tech questions.

### NUTRITION AND WELLNESS

Certified Nutritional Consultant Sam Rader will answer your questions about vitamins and supplements as well as strategies for weight loss and total body health.

### AMERICAN SIGN LANGUAGE (ASL)

Learn the alphabet and the basic words for how to communicate with your hands from our very own Leah Lovely.

### GARDENING

Join Sam and Gayle and learn all about how to keep your yard and garden thriving.

### GLASSWORK ART

Create a beautiful glass project with Dixie from Eastern Wind Glass. All materials provided.

### CHAIR YOGA, TAI CHI & LAUGHTER YOGA

Activities designed to get you moving in a gentle way. Gain some flexibility and strength while having fun with new friends. Learn how to laugh your cares away and renew energy and find inner calm.

**Poulsbo Parks & Recreation: Heart of a Healthy Community**

Community Enrichment ~ Inclusiveness & Equity ~ Health & Wellness ~ Stewardship & Sustainability

