

Activities for
All Ages!

4 Way to
Register!




Winter Activity Guide

January thru April 2011

Outdoor Activities
Fitness & Sports
Special Events
Art & Music
and much more!



www.swparks.org

	Acreage	Parking	Nature Trails	Lake	Lake Swimming	Boat Ramp	Fishing	Play Structure	Horse Trail	Basketball Court	Soccer Fields	Baseball & Softball	Athletic Fields	Bicycle Trails	Picnic Area	Toilets/Restrooms	Programs	Reservable Space	BBQ
Community Park	•	•	•					•		•	•	•	•	•	•	•		•	•
5475 Maxwelton Rd, Langley																			
Sports Complex	•	•	•					•			•		•		•	•		•	•
5598 Langley Rd, Langley																			
Trustland Trails	•	•	•						•					•	•	•		•	
Craw Road & Hwy 525, Langley																			
Deer Lake Public Beach	•	•		•	•	•	•								•	•			
4330 Bucktail Lane, Clinton																			
Lone Lake Public Beach	•	•		•		•	•								•	•			•
5075 Lone Lake Rd, Langley																			
Goss Lake Public Beach	•	•		•	•	•	•								•	•			
5235 Lakeside Dr, Freeland																			
Recreation Center & Offices	•	•	•													•	•	•	
5475 Maxwelton Rd, Langley																			

Contact Us

SWPRD Recreation Center & Offices

5475 Maxwelton Rd, Langley, WA 98260

Office Hours

Mon-Thu, 8:30AM–5:00PM

Fri, 8:30AM–4:30PM

Mailing Address

P.O. Box 136, Langley, WA 98260

Other

Phone: (360)221-5484

Fax: (360)221-7323

E-mail: swparks@whidbey.com

Website: www.swparks.org

Office Closures: December 24;

December 31; January 17; February 21

Disclaimer: South Whidbey Parks and Recreation programs are NOT sponsored by the South Whidbey School District or the Coupeville School District, and the South Whidbey School District and Coupeville School Districts assume no responsibility for the conduct or safety of the activity. In consideration for the privilege to distribute these materials, the South Whidbey School District and the Coupeville School District shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.

Facility & Field Reservations

Anyone wishing to make a reservation must fill out a facility use request form, available on our website and at our park office. Requests are filled on a first-come basis, depending on availability. Facility rental fees may apply. For additional information about availability and rates, contact the SWPRD office.

Sports Fields

For your athletic needs, SWPRD has softball, baseball, soccer and grass fields available. While use is usually free of charge, we do require advance reservation. Scheduling information for leagues, tournaments and individual teams is available by calling (360)221-5484.

Facilities

You can now rent or reserve space for parties, meetings, classes, special events and more at our new recreation headquarters at 5475 Maxwelton Road, Langley. The former SWPRD office (the Crow's Nest) at Community Park is also available.

Picnic Shelters

Our 3 picnic shelters at Community Park and the Sports Complex are available for reservation for your party or event. Although shelter use is usually free of charge, we do require advance reservation. Picnic shelters can accommodate 45-75 people.

Other Local Parks

Island County Parks

Includes Maxwelton Beach, Dave Mackie Park, Dan Porter Park, Freeland Park & Hall, Mutiny Bay Boat Ramp, Double Bluff, Marguerite Brons Memorial Park, Deer Lake, Lone Lake, Goss Lake, Putney Woods, and Baby Island Hts. **(360)679-7373**

Washington State Parks

Includes South Whidbey State Park, Fort Casey, Fort Ebey, Joseph Whidbey, and Deception Pass. **(360)902-8844**

Port of South Whidbey

Includes Possession Beach Waterfront Park, Langley Boat Harbor, Bush Point Boat Launch, Mutiny Bay Facility, and Clinton Beach Fishing Pier. **(360)331-5494**

MISSION STATEMENT

The mission of the South Whidbey Parks & Recreation District is to provide all residents and visitors in the district a variety of recreational activities and facilities. This should be fun and safe and be well integrated into our island community and environment. It should also be educational and healthful, providing opportunities for individuals and our community to play well together. It is our mission to best achieve this through community participation.

Registration Information

- Advance registration is required for all programs unless otherwise stated. All fees are due at the time of registration.
- All programs have a minimum and maximum enrollment. We request that you register in advance to ensure class minimums are met.
- We reserve the right to cancel a program if minimums are not met.
- There is a \$25 service charge on all returned checks.
- Please use our general registration form in this guide for all programs unless otherwise indicated.
- Registration forms are also available online at www.swparks.org.

4 Ways to Register

Online

For your convenience, you may now register online for many of our programs, with no additional fees. Check out this new service at www.swparks.org.

By Mail

Send completed registration form and full payment to:
SWPRD, P.O. Box 136, Langley, WA 98260

Accessibility

Individuals with or without disabilities may register for all programs offered by South Whidbey Parks & Recreation District provided program safety can be met. The District provides reasonable accommodation for people with disabilities. Contact the SWPRD office three weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case-by-case basis.

Gift Certificates

A wonderful gift idea that won't stuff your closet. Give your grandson archery lessons. Sign your Aunt Betty up for Sketching class. Surprise your daughter with snowboarding lessons on the Snowrider Bus. We offer gift certificates for all of our park programs. Come purchase your gift certificate today!

Stay Informed

Subscribe to our e-newsletter and receive regular updates. Visit www.swparks.org and click on the square "Sign Up for News" icon on the right.

By Fax

Fax completed registration form with credit card authorization. Call the office at (360)221-5484 to confirm receipt after faxing. Fax to (360)221-7323.

In Person

Walk in to our SWPRD office at 5475 Maxwellton Road, Langley, during our regular business hours.

Financial Assistance for Youth Programs

Financial assistance is available for many of our youth programs. Businesses like Whidbey Telecom donate generously to our youth scholarship fund. This is a needs-based program, designed to provide recreation options at no or low cost. Stop by to fill out a scholarship application.

Inclement Weather & Power Outages

If the weather on the day of your scheduled program is not suitable, or if there are power outages, we encourage you to call our voice messaging system at (360)221-5484 before leaving home to determine program status.

Advertising

The Whidbey Marketplace & News prints and distributes this publication 3 times a year. We welcome you to advertise along with us. For information, contact Penny Hill at (360)682-2341 or email penny@whidbeymarketplace.com.

Refund Policy

- Full refunds will be given for all classes cancelled by SWPRD.
- If you need to cancel your registration before the second session, we will refund your full registration, minus a \$5 processing fee, or issue a credit good for one calendar year, for the full fee.
- After the second session, a refund or credit will not be issued.
- To request a refund, a Refund Request Form must be submitted to the SWPRD office. Forms are available online and at the SWPRD office.
- Please be aware that refund requests may take up to 45 days to process.
- Refunds will not be issued from a credit.
- Refunds will not be issued for programs costing \$5 or less, unless cancelled by SWPRD.
- One day classes, trips, camps or special events are not covered under this policy (no refunds or credits available).
- Contracted programs have their own refund policies that we follow. Call for more information.
- Every effort is made to insure that the information in this brochure is accurate. Due to possible changes we reserve the right to add, withdraw or revise programs/events as needed. For up to date information please visit our website at www.swparks.org.

Board of Commissioners

The SWPRD Board of Commissioners meets the third Wednesday of each month at 7:00 p.m. at the Community Meeting Room, South Whidbey Parks & Recreation offices, 5475 Maxwellton Road, Langley. Commissioners are:

**Linda Kast • Jim Porter • Matt Simms
Allison Tapert • Don Wood**

South Whidbey Parks & Rec Registration Form

Mail registration form with payment to SWPRD, PO Box 136, Langley, WA 98260, or fax with credit card payment to 360-221-7323, Call 360-221-5484 to confirm faxed registrations. You can also register online at www.swparks.org!

Participant Information				
Participant Name	Contact Phone	Alternate Phone	DOB / /	Age
Mailing Address	City	State	Zip	Gender
Email	Check here to receive our e-newsletter. <input type="checkbox"/>		Youth: S M L Adult: S M L XL 2X Circle your shirt size (if applicable)	
Please list any health, behavioral or medical concerns		Physician Name		
Phone(s)		Phone		
Parent/Guardian Information (Required for youth only)				
Mother	Phone(s)	Father	Phone(s)	
Emergency contact other than parent who is permitted to pick up above youth.		Phone(s)	Relationship to Child	

Program Title	Date or Session #	Start Time	Fee
			\$
			\$
			\$
			\$
			\$
Please consider donating to our scholarship fund and add to your total. My donation \$			Total \$

Waiver/Photo Release									
I agree to hold harmless the South Whidbey Parks & Recreation District, its officials, its employees and agents for any and all claims for personal injury and damage in which damage and injury is or appears to be proximately caused by my participation or the participation of the child for whom I am responsible in this recreation program. Furthermore, I hereby consent that images (photographs, video recordings, etc.) of me or my child engaged in above activities may be used for promotional purposes.									
Signed: (Parent/Guardian Signature Required for Youth)	Date:								
<table border="1"> <tr> <th colspan="2">To Pay by Credit Card</th> </tr> <tr> <td>Card Number</td> <td>CVV # (Found on back of card)</td> </tr> <tr> <td>Name on Card</td> <td>Expiration Date</td> </tr> <tr> <td>Signature</td> <td>Total Fee</td> </tr> </table>		To Pay by Credit Card		Card Number	CVV # (Found on back of card)	Name on Card	Expiration Date	Signature	Total Fee
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How did you hear about this program?

☐ Web Search
 ☐ Activity Guide
 ☐ Email
 ☐ Flyer @ School
 ☐ Newspaper
 ☐ Other:

For Office Use

Method

Rec'd By

Date

Amount

Receipt #

FREE Coffee Drink



Courtesy of **Whidbey Coffee**, the first 50 people who register in-person at the South Whidbey Parks & Recreation office for winter activities listed in this program, will receive a voucher for one

FREE WHIDBEY COFFEE DRINK!

Take your completed registration form, found on page 4, and turn into the South Whidbey Parks & Recreation office located at 5475 Maxwellton Road in Langley. Office hours can be found on page 2.

Limit one per person/registration • Voucher redeemable at any Whidbey Coffee location

www.swparks.org



HALF LINK BICYCLE SHOP

www.halflinkbikes.com

5603 Bayview Road - Langley 360-331-7980



SPECIALIZED

Come Out and Play!

Music Together



MUSIC TOGETHER®

THE JOY OF FAMILY MUSIC®

(For children birth to five years and an adult caregiver) All children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning. Come and see how much fun it is with Music Together! Music Together is an internationally recognized early childhood music program for babies, toddlers, preschoolers, kindergarteners, and the adults who love them. Music Together classes are based on the recognition that all children are musical. *Instructor: Jess Foley.* *Location: Rec Center.* *FREE Demonstration classes on Jan. 11 and March 15, from 10:15-11AM, RSVP required.*

Tuesdays, Jan 18 – Mar 15,
10:15 – 11AM, \$97**

Tuesdays, Mar 22 – May 24*,
10:15 – 11AM, \$97**

*No class Apr 5.

**Additional materials fee of \$38 per family due to instructor on first day of class. Class materials include two CD's, music activity book, and parent guide. Additional siblings 9 months – 5 years are only \$75.



Blues & Jazz Guitar

(Adults & Youth 16+, Intermediates & Advanced Beginners) Learn the basics of Blues and Jazz guitar: chords, scales and rhythms. Learn how to navigate up the fretboard, chord melody, fingerstyle, funk, uptown blues and bossa nova. We'll cover standards and popular tunes. Note reading isn't required, but helpful. Music will be written in tablature and standard notation. Please bring an acoustic guitar. This class will take your playing to the next level!

Instructor: Quinn Fitzpatrick.

Location: Rec Center.

Thursdays, Jan 13 – Mar 3,
7:30 – 8:30PM, \$115

Guitar Boot Camp

(Adults & Youth 16+, Intermediates & Advanced Beginners) If you have been playing guitar and are ready to get basic training on how to make yourself a better guitar player, this workshop is for you! During this hardcore session, you will learn guitar fretboard logic, scales, practice exercises, fundamental chords and progressions, essential strumming and finger picking patterns. You will learn everything you should know to have a rock solid foundation in playing guitar! Then learn how to put it all to work with group jamming and soloing at the end. Guitar Boot Camp is geared toward folks who have some playing experience and would like to take their playing to the next level. This course gives you the tools to play hundreds of songs in different styles. Songs will be derived from both traditional and contemporary sources. All materials included! *Instructor: Quinn Fitzpatrick.* *Location: Rec Center.*

Sunday, Jan 9,
3:00 – 5:00PM, \$50

Intro to Guitar

(Adults & Youth 16+) If you have been considering playing guitar and are ready to take a test run, this workshop is for you! During this introductory session, you will learn basic chords and strums and be playing simple songs by the end of the workshop. In addition, you will learn

some basic music theory. No note reading required! Intro to guitar is for folks who have no guitar playing experience whatsoever and would like to sample playing guitar with a thorough, encouraging and patient instructor. This also makes a great refresher for those with some playing experience. All materials included. Loaner guitars are available, reserve one prior to class.

Instructor: Quinn Fitzpatrick.

Location: Rec Center.

Sunday, Jan 9,
1:00 – 3:00PM, \$50

Beginning Guitar

(Adults & Youth 16+) Have fun while learning how to play acoustic guitar! Gain a solid foundation and the tools to play thousands of songs using traditional and contemporary sources, in folk, country, gospel, blues and rock styles. Learn fundamental chords, progressions, strums and fingerpicking. By the end of this course, you will have the resources to play many songs in different styles. Loaner guitars are available, reserve one prior to the first class. 8 sessions. *Instructor: Quinn Fitzpatrick.*

Location: Rec Center.

Thursdays, Jan 13 – Mar 3,
6:30 – 7:30PM, \$115

Sketching for Pleasure

(Adults & Youth 16+) Sketching on location is a wonderful way to journal and document your life and experiences. Your sketchbook is a place for personal expression, an evolving work of art that's uniquely your own. In this workshop we'll cover drawing and painting basics such as quick sketch techniques, perspective, light & shadow, along with exploring a variety of tools and mediums like watercolor, ink line and pencil. This is a fun workshop where we'll meet briefly in class, then venture out, painting and drawing at local venues. You'll enhance your appreciation for the world around you while developing your own voice and confidence in drawing. Supply list available on website. *Location: Rec Center, Rm 111.*

Saturdays, Feb 5 – 26,
10:00AM – Noon, \$140

For fun, exercise & camaraderie...**LEARN TO DANCE.** Explore Swing, Waltz, Nightclub Two Step, Rumba, and Blues. A great return for a small investment. Learn now, enjoy forever! Non-competitive approach suitable for all ages.



Bring your friends, loved ones, & **SENSE OF HUMOR!** More than 900 people on Whidbey Island have attended EveryoneCanDance classes. A great family activity! Kids learn quickly and are **FREE** under 12 with paying adult, and only \$45 18 & under!

**6 Sundays
Jan. 9 - Feb. 13**

with Walter Dill & Janice Eklund
at the Deer Lagoon Grange - 1½ miles
towards Langley on Bayview Road

Swing 1: 3-4pm

The best place to start. Most bands on the Island play Swing music whether it's Blues, Rock, or Classic Swing. Join the party. No prerequisite

Nightclub two-step 1: 4:15-5:15pm

Essentially a smooth flowing update of Foxtrot, which fits to an amazing variety of music, this is a very useful dance form. It's our favorite, so we'd love to share it with you. Prerequisite: Some dance experience suggested

Waltz 2: 5:30-6:30pm

Waltzing can be magical. We will explore both slow and faster Waltz. Our creative approach to teaching has once again been recognized with an invitation to share our innovations next June at the Stanford University Waltz Weekend. Prerequisite: Waltz 1

www.EveryoneCanDance.com

**including
YOU!**

www.EveryoneCanDance.com

**6 Mondays
Jan. 10 - Feb. 14**

with Walter Dill & Janice Eklund
at the Coupeville Recreation Hall - on corner
of Alexander and Coveland

Blues 1: 6:30-7:30pm

In 1914, Blues (then called OneStep) was the biggest dance craze in the history of the world. We all know how to walk...now let's do it with rhythm and a partner in our arms! Suggested prerequisite: Some partner dance experience

Rumba 2: 7:45-8:45pm

The adventure continues.
Learn more smooth variations.
Prerequisite: Rumba 1



**6 Thursdays
Jan. 6 - Feb. 10**

with Walter Dill & daughter, Celina,
at the Deer Lagoon Grange

Swing 2 - American Bandstand: 6:30-7:30pm

This is our very favorite version of East Coast Swing. The dance was inspired by the kids who danced on Dick Clark's American Bandstand TV show circa 1950-60. We will show you how to rock out with the basic. But all the moves you already know will integrate seamlessly. You'll love it, too.

Prerequisite: Swing 1

Rumba 1: 7:45-8:45pm

This fun Latin dance is originally from Cuba. The word "rumba" comes from the verb "rumbear" which means going to parties, dancing, and having a good time. Rumba has had many stylistic variations. We will explore a relaxed and smooth version and play a fun selection of inspiring Latin and non-Latin music.

No prerequisite

**Questions?
Contact Walter Dill
walter@everyonecandance.com
or (360) 301-4755**

Private Lessons Available

This is not a South Whidbey Parks & Recreation program. Registration for classes on this page is available only through Walter Dill.

\$60/person/6-week class series; \$45/person/class series for 18 & below; Military rank E4 & below \$45/class series; Free for children 12 & under with paid adult.

Come Out and Play!

Basic Survival Skills (Wilderness and Urban)

(Adults & Youth 16+) Are you prepared for short and long term crisis situations? This jam-packed course will present information and preparedness actions needed to keep you and your family safe. You will learn what skills are needed to secure Shelter (with supplies from surrounding trees), Water (using plants and fire to purify), Fire (primitive and modern methods) and Food, through both natural means and human-made tools. You will leave with a list of essential supplies and resources for how and where to begin gathering them. Instructor will go over short and long term survival and thriving skills. Learn how to deal with various situations from being lost in the woods, to stuck on the mainland during a crisis, to living self sufficiently. This course covers information and skills EVERYONE should know. You cannot afford to miss this one! *Instructor: Quinn Fitzpatrick. Location: Rec Center, Rm 111.*

Saturday, Jan 8,
1:00 – 3:00PM, \$45

Got Teeth?



Protect that beautiful smile with Pro-form Athletic mouth guards

Find us on: **facebook.**
& www.zoomnow.com

Jodi also offers ZOOM! teeth whitening.

Call Jodi today for info.
360.221.5616

jodi@dr.ploof's

Dr. Frank Ploof, D.D.S. • 221 Anthes • Langley

Sign Language Class

(All ages, children accompanied by an adult) Come to this joyful class in which everyone can learn this fascinating language. You will learn finger-spelling and signing, using the hands to make a sign for each word or idea and numbers. This is also a great refresher class, fun for moms teaching baby to sign, scuba divers, flight attendants, and grandparents. By learning how to sign, you will be able to meet a deaf person and be able to communicate in their language. Welcome in the New Year with this new skill. It is creative and so much FUN.

Instructor: Susan Ishikawa.

Location: Rec Center, Rm 111.

Thursdays, Jan 6 – Jan 27,
6 – 6:45PM*, \$24

Thursdays, Feb 3 – Feb 24,
6 – 6:45PM*, \$24

Thursdays, Mar 3 – Mar 24,
6 – 6:45PM*, \$24

Thursdays, Mar 31 – Apr 21,
6 – 6:45PM*, \$24

*Extra time is allotted after class for 15 minutes to practice and watch videos.

Science Club

(Grades 1 – 4) What will you find at Science Club? Activities that are fun and educational; projects that make you think, "Hmmm..."; experiments that can be re-created at home; opportunities for exploration, experimentation & investigation; new friends & old chums. During the winter session, participants will have the option to work in groups to create a display for SWES Science Day in March. Instructors will meet SWES students at flag pole after school and escort them to the club if you provide your school with a permission slip. *Instructors: Kat Fritz, Jane Grossman. Location: Rec Center.*

Physics, Chemistry, and Architecture:
Mondays, Jan 3 – Mar 16*,
3:45 – 4:45PM, \$80**

Life Science, Geology, and Weather:
Mondays, Mar 28 – May 23,
3:45 – 4:45PM, \$80**

*No class on Jan 17, Jan 31, or Feb 21. **A \$10 materials fee is included in registration cost, which covers a snack and supplies.

Creative Dramatics & Movement

(Grades 2 – 4) Creative Dramatics is a form of structured play through which children develop social skills and self-confidence while exercising their bodies and imaginations. Children will dramatize well-known stories through improvisation and the use of props and costumes. Music and movement will be woven throughout the program. Instructor will meet SWES students at flag pole after school and escort them to the program if you provide your school with a permission slip. Fee includes a healthy snack and supplies. *Location: Rec Center.*

Thursdays, Jan 20 – Feb 24,
3:45 – 4:45PM, \$60

Playscape



(Children Birth to Kindergarten) Are you looking for a place for your child to play? An opportunity to connect with other parents in the community? Playscape is a weekly, free, drop-in time for caregivers and their children to participate in fun and engaging activities such as an infant area, craft table, gross motor space, and creative play. Playscape is a space for parents to connect and enjoy play time with their child regardless of the weather outside. Playscape is a program of the SW Commons in collaboration with SW Parks & Recreation District. For more information please visit www.swcommons.com or call SWC at (360)221-0127. *Location: Blue Portable behind South Whidbey High School.*

Mondays & Fridays, Jan 7 – Jun 27,
9:30 – 11:30AM, \$FREE

Diggin' for Dinner: Clam Digging 101



Photo by Jeff Vanderford

(All Ages, Youth with an Adult) Get out of your shell! We will lead an informational and hands-on workshop on clamming in our area. Learn about gear, harvesting regulations, where to go, and practical how-to lessons. We'll end the event sampling steamed clams. You'll take home your clam finds, a clam/crab/shrimp measuring tool (one per family), and yummy recipes for serving up your goodies. Each attendee will need weather appropriate clothing, shoes that can get muddy, a water bottle, a bucket, and a small shovel or hand cultivator for each person wanting to harvest clams. **Limited space available, register by Apr 9. Location: Scatchet Head community private beach and picnic shelter at 3742 Driftwood Dr, Clinton.**

**Saturday, April 23,
2:30 – 4:30PM, \$5***

* We will apply for, and most likely receive, a free one-day group fishing license. In the unlikely event that we are not awarded this license you will need to purchase a clam license, for around \$10. Children under the age of 15 do not need a license.

Seated Conditioning for Seniors

(Senior Adults) For all of you seniors out there that wish you could be Rock Fit in a class format that fits your unique fitness needs, your wish has been granted!! Rock Fit Seated Conditioning emphasizes strength, balance, coordination, and flexibility. Feel better, more energetic, and light on your feet! Have fun!!

This class uses minimal equipment, a resistance band, small balls, and small

weights. Most of the class is seated, with standing balance work. Class is taught by Kimberly Allen, owner of Rock Fit Whidbey. Kimberly has taught seniors of all fitness and functional levels. As owner of Momentum Health Club, she was certified in special populations through the Group Health Silver Sneakers program. Participants must have a *Dynaband*, purchasable from instructor for \$5. **Location: Rec Center, Studio.**

**Tuesdays/Thursdays, Jan 4 – Jan 27,
10:30 – 11:30AM, \$48**

**Tuesdays/Thursdays, Feb 1 – Feb 24,
10:30 – 11:30AM, \$48**

Strength & Conditioning for Beginners

(Adults and Youth 16+) Are you just beginning your journey on the road to a more fit and healthy lifestyle? Would you like to feel stronger and more energetic? Are you intimidated by the idea of going to a gym, or maybe just not sure how to begin? This Beginning Strength and Conditioning Class is the perfect place to start! This class has been specially tailored for individuals that are new to exercise or have been sedentary for awhile. The focus of the class is on strength, core stabilization, endurance, and flexibility. You will feel energized and excited about your newfound strength and vitality from the first day! Supply list: yoga mat, *Dynaband* (purchasable for \$5 from instructor), and good athletic shoes. **Instructor: Kimberly Allen. Location: Rec Center, Studio.**

**Tuesdays/Thursdays, Jan 11 – 27,
9:15 – 10:15AM, \$48 (6 classes)**

**Tuesdays/Thursdays, Feb 1 – 24,
9:15 – 10:15AM, \$64 (8 classes)**

Circuit & Interval Training

(Adults & Youth 16+, All Skill & Fitness Levels Welcome) Rock Fit is an interval/circuit training class that uses your own body weight and a *Dynaband* to strengthen and tone muscles, increase endurance, and enhance flexibility. As weather allows we will go outside and take advantage of the woodland trails and park terrain for a

high energy workout that will leave you energized and coming back for more! Instructor Kimberly Allen has over 25 years in the fitness industry teaching all levels and ages from children, to athletes, healthy adults, and seniors. Kimberly is the former owner of Momentum Health Club in Clinton. Supply list: yoga mat, *Dynaband* (purchasable for \$5 from instructor), and good athletic shoes. For information about Rock Fit, contact Kimberly at kimberlyallen56@gmail.com or (360)239-2751. **Location: Rec Center, Studio.**

**Mon/Wed/Fri, Jan 3 – 28,
8 – 9:15AM, \$96 for 13 sessions or \$10/
session drop-in, as available.**

**Mon/Wed/Fri, Jan 31 – Feb 25,
8 – 9:15AM, \$96 for 13 sessions or \$10/
session drop-in, as available.**

What's Stopping You? Overcoming Obstacles to Exercise

(All Ages & Fitness Levels) "What's stopping you?" is a two-hour workshop that will help you identify your own obstacles to exercise and help you develop the tools to get started in an appropriate exercise program for your individual needs. This workshop is absolutely free and all ages and fitness levels are welcome. Everyone will leave the workshop feeling empowered and excited to begin their own fitness adventure!

The workshop is taught by Kimberly Allen, Rock Fit Whidbey Island. Kimberly has twenty-five years of experience in the fitness industry, and she has worked with all ages and fitness levels. During her years as owner of Momentum Health Club in Clinton, Kimberly developed entry level fitness programs for healthy adults and special populations. She brings a unique understanding of the objections and obstacles that we all face in our daily lives when it comes to beginning and adhering to an exercise routine. Kimberly will help you fill your tool bag with exactly what you need to get started on the road to fitness and robust health! **Location: Rec. Center**

**Saturday, Jan 8,
10am – 12pm, \$Free!**

Continued on page 11

Classes at Bayview

Did you know that you don't have to be a senior to join in the fun at Bayview Senior Services? To register for these programs contact the South Whidbey Bayview Senior Center. Call (360)321-1600 to learn about classes, trips that'll enlighten, educate and entertain you. Visit www.islandseniorservices.org for more information. The first price listed is for SSIC members, non-members pay the higher price.

Line Dancing - Great Fun!

Line dancing builds concentration and stamina, as well as community and your sense of humor. Don't be shy. The first part of the class (from 9 – 10AM) will cover basic movements for those who are just starting. The rest of the time will be spent dancing and having a darn good time!

Location: Bayview Senior Center

Beginners: Wednesdays, Jan – Apr, 9 – 10:00AM, \$20/\$30 month or \$6/\$8 per session

Adv. Beginner/Intermediates: Wednesdays, Jan – Apr, 10 – 11:30AM, \$20/\$30 month or \$6/\$8 per session

Beginning Tai Chi

This class is for anyone who wants to increase flexibility, balance and mental clarity. Especially good for people who are overweight or whose muscles and joints are stiff and restricting easy movement. *Location: Bayview Senior Center*

Tuesdays, Jan – Apr, 10 – 11AM, \$40/\$50 per month

Mondays, Jan – Apr, 4 – 5PM, \$40/\$50 per month

Seattle Opera: Don Quixote

To prove his love for the divine Dulcinea, the daydreaming Don and his faithful servant Sancho embark on a heroic quest, charming bandits and tilting at windmills along the way. Massenet's lyrical ode to the chivalrous idealist includes lively Iberian instrumentation, flirtatious serenades, and a profoundly poignant finale. This Seattle Opera premiere promises a curiously attractive blend of humor and pathos. In French, with English subtitles. Approximate running time: 2 hours, 30 minutes, with 1 intermission. *Registration and payment deadline: February 6. Depart SWBV Senior Center at Noon. Return 8:30PM.*

Sunday, Mar 6, \$118/\$128 (includes bus, ferry, parking, opera admission; dinner is on your own)

Island Pilates Center

Whidbey's Premier Mind/Body Fitness and Movement Hub

Island Pilates Center offers small group and private classes in an open studio environment. Owners Leslie Larch and Nicole Falso have been joined by other professional and highly sought-after instructors in Pilates, Yoga, QiGong, Belly Dance and Zumba. Our fully-equipped studios include Personal Training and Pilates apparatus.

Current on-going classes:

Pilates

Mon 6:30 PM Nicole Falso
Tue 7:45 AM Leslie Larch
Wed 6:30 PM Nicole Falso
Thu 7:45 AM Leslie Larch
Sat 9:00 AM Nicole/Leslie

Viniyoga*

Wed 6:00 PM Kristen Nelson

Teen Yoga

Thu 3:00 PM Anne Mauk

Power Yoga*

Fri 10:15 AM Amanda Murphy

Gentle/Restorative Yoga

Fri 5:30 PM Anne Mauk

QiGong

Mon 10:00 AM Shirley Jantz
Tue 10:30 AM Shirley Jantz

Hatha Yoga

Sun 9:00 AM Amanda Murphy

B.Y.O.B.*

Mon 8:45 AM Nicole Falso

Hatha Yoga-1

Thu 9:00 AM Anne Mauk
Fri 8:45 AM Anne Mauk

Belly Dance*

Wed 8:00 PM Kate Pitroff

Hatha Yoga 1-2

Tue 6:15 PM Amanda Murphy
Wed 10:00 AM Amanda Murphy

Zumba

Sat 10:15 AM Nicole & Brittany Falso

Kripalu Hatha Yoga

Mon 5:15 PM Victoria Santos
Thu 5:15 PM Victoria Santos

Personal Training

By Appointment Jodi Strevel

Please contact before dropping in.

*Pre-registration or instructor contact required.

Island Pilates Center

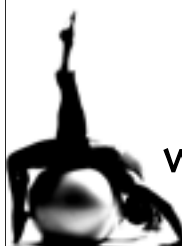
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Youth SnowRider

Your Ride to the Mountains



(Youth Ages 10 – 17 Years) Head up to Stevens Pass with friends for some excellent skiing and snowboarding! Beginning and advanced skiers and boarders will find runs for their level. This long standing and highly organized program focuses on safety and provides the perfect get-away to the slopes, including chartered buses with drivers experienced in winter driving conditions, chaperones and emergency transportation. Join us for outdoor FUN this winter!

SnowRider Benefits:

- Sleep on the bus ride up!
- Luxury bus, restroom equipped
- Discount lift tickets
- Ski/ride hard all day, no worries of driving home!
- Find friends to ski/ride with
- Save on ferry & gas
- Convenient pickups

Sat, Jan 8 – Feb 12, coach & ferry \$240*, add lessons for \$110

*Save \$50: Register by Dec. 9th for these rates. After Dec. 9, add \$50. Lift tickets are extra. Visit our website, www.swparks.org, for more detailed information and to get our brochure and registration form.

Pro Baseball

Spring Break Clinic

(Ages 8 – 13 years) Under the direction of former professional baseball player and Atlanta Braves scout, Steve Goucher, this camp provides quality instruction in throwing, hitting, and fielding, and will include game situations and scrimmaging. Camp is well suited for all players, from aspiring to elite. Instructor Steve Goucher has over 15 years experience instructing baseball at all levels, and comes highly recommended by parents and participants. Many of his students have gone on to play college with a few playing now in the big leagues.

Location: Community Park Field #1.

**Thurs/Fri/Sat, Apr 7 – 9,
10:00AM – Noon, \$75**

Family Tennis

(Adult & Child Grades K-3 Combo Class)

Tennis is a great sport for family members to play together! Parents, grandparents and caregivers will learn the basics of tennis along with the children, AND they will learn age-appropriate activities to do with the kids later on. Instructors Teresa Wheeler and Karyle Kramer use the national QuickStart Tennis format, designed to get kids playing right away. Kids love learning alongside their adult role models—and you'll love it, too! Please bring a snack, water bottle, and wear appropriate tennis shoes. Loaner racquets are available. **Location: Primary School Gym.**

Mondays, Feb 7 - Mar 21 (no class Feb 21), 3:40-4:30PM, \$40 for 1 child/adult; \$15 for siblings.

Youth Tennis

(Grades K-2) Using the U.S. Tennis Association's QuickStart format, kids develop skills that enable them to start playing right away. Modified equipment, including shorter nets and lower compression balls, smaller court size and modified scoring all equate to better success for the younger players. Instructors will meet students at S.W. Elementary School flagpole right after school, then proceed to the gym for class. Please give a permission slip to your child's school, and send along a snack, water and appropriate tennis shoes for your child. **Instructors: Teresa Wheeler & Karyle Kramer. Location: Primary School Gym**

**Wednesdays, Mar 16 – Apr 27
(No Class Apr 6), 3:30-4:30PM, \$30**

Girls' Running Club

(Grades 3 – 6) Put down that DS and lace up your running shoes for some after school fun. This club is for girls in grades 3 through 6 who want to discover the joy of running in a non-competitive setting. No previous running experience is required but you must have a good attitude and a willingness to move, move, move! Our focus will be to work on strength and endurance by playing running games, performing drills, and running the trails in the Community Park. Come prepared to run rain or shine with proper attire and good running shoes! Please bring a water bottle and a nutritious snack to have after we finish our workout. The running club will work toward competing in the Chum Run 5K (approximately 3 miles). Instructor will meet SWES students at flag pole after

Continued on page 13

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Boys' Basketball 2011

BE A PART OF THE TEAM!

Don't miss out on this opportunity to be a part of a team! Sign up now for our recreational basketball league. This long-standing recreational league is an excellent way to learn and enjoy the awesome game of basketball. Experience basketball if you are a rookie or an advanced player. Our league offers a great first experience, or a chance to refine your skills. Quality & caring coaches will give a chance for fair play in a positive learning environment.

THE SEASON

The season begins with the turnout/skills evaluation, see below, followed by group practices. Team assignments and team practices will begin shortly thereafter. Games will begin in early February. Season will end mid-March with a Jamboree, celebrating the season. Game schedules vary and take place at SW gyms.



TURNOUT / SKILLS NITE

This important practice & evaluation allows kids to begin building their skills and coaches to get an idea of the skill level of each individual and thus establish even teams. All registrants will be assigned to a team and get to play, regardless of skill level.

Turnout / Skills Nite Schedule:

Grade 2	Thu	Jan 13	5:00 - 6:00PM	SW Elementary School Gym
Grades 3 - 4	Thu	Jan 13	6:00 - 7:00PM	SW Elementary School Gym
Grades 5 - 6	Tue	Jan 11	5:00 - 6:00PM	LMS Multipurpose Gym
Grades 7 - 8	Tue	Jan 11	6:00 - 7:00PM	LMS Multipurpose Gym

REGISTRATION FEE

\$50 through 12/30; \$60 after 12/30. Limited needs-based scholarships are available.



Youth Basketball Coaches

Volunteers Make a Difference!

Do you have what it takes to make a difference? We think you do! As a volunteer for youth sports, you will be able to watch the children of our community grow - physically and emotionally. No reward is as great as knowing that your gift of time and dedication has helped a child succeed. Volunteers are the backbone of our community's sports programs. Please consider dedicating some of your time to the children of our community by helping develop a passion for sports. Coaches are responsible for general team organization, from team practice to coordinating the efforts of the players, parents and assistant coaches during game play. Coaches must successfully pass a criminal background check process. We strive to provide a fun environment which challenges each participant's playing potential, while maintaining the integrity of disciplined and fair play. Coaches must be patient, fun-loving, and be a positive role model for our youth. Potential coaches should apply by December 28th. Selected coaches receive free registration for their child. Visit www.swparks.org or call for more information.

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Continued from page 11

school and escort them to club if you provide your school with a permission slip. Coached by Pam Jacques, running enthusiast/Boston Marathon qualifier and personal trainer-in-training. **Location:** *Rec Center and Community Park Trails.*

Mondays, Feb 7 – Jun 6 (No club Feb 21, Apr 4, May 30), 3:30 – 5PM, \$48

Beginning Roller Derby

(Sessions for Women & Girls) Join the ladies of South Whidbey for the first ever Roller Derby clinic. Learn how to skate and acquire basic skills for the sport of Roller Derby. Enjoy endurance training and crashing (gently!) into new and old friends. No previous skating experience required. Required supplies include: quad roller skates, kneepads, elbow pads, wrist guards, helmet and mouth guard. Emphasis will be on getting comfortable in your skates, while maintaining safe, fair gameplay, and learning competitive strategies. **Instructors:** *Scarlit O'Hammer & Rita N. Weep.*

Friday evenings this winter, visit www.swparks.org for details and fee.

Adult SnowRider

Your Ride to the Mountains



Get away with us, and get out on the hill! Catch a ride to the mountains on a luxury coach bound for Stevens Pass and Mt. Baker (Feb. 1). Join a great group of people on the slopes and ski the uncrowded mountains midweek. Benefits include snacks & coffee on the coach, and fun and charming hosts. Let our driver worry about the weather and traffic while you sit back, relax, read, and talk with friends or meet new ones!

SnowRider Benefits:

- Sleep on the bus ride up!
- Luxury bus, restroom equipped
- Discount lift tickets

- Ski/ride hard all day, no worries of driving home!
- Find friends to ski/ride with
- Save on ferry & gas
- Convenient pickups

Tuesdays, Jan 11 – Feb 15, Coach & Ferry from Whidbey \$240*

*Save \$50: Register by Dec. 9 for these rates. After Dec. 9 add \$50. Lift tickets are extra. Visit our website www.swparks.org for more important information and to get our brochure and registration form.

Adult Volleyball

Coupeville

(Adults & Youth 16+) Are you ready to play today?! We're serving up volleyball in Coupeville. Come enjoy a fun game with a great group of people. For more information contact, Robyn at rawynn91@yahoo.com. **Location:** *Coupeville Middle School Gym, 501 S Main St, Coupeville.*

Mondays, Jan 3 – Mar 28, 6:30-8:30PM, \$30

Center for World Language & Culture

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Spring Golf Lessons

(Adults & older youth accompanied by an adult) Bob Brown and Malcolm Ferrier will run this four-week golf program for new golfers, those wanting to tidy up their skills, and those returning to the game. Includes three sessions on the power swing and one on the short game. Bob and Malcolm give golfers the opportunity to learn this lifetime sport. A make-up session may be scheduled as needed due to weather conditions. This program fills, so register early! Max 8. If we reach our maximum, we may add an additional session.

Location: Island Greens Golf Course.

**Saturdays, Apr 30 – May 21,
9 – 10AM, \$42**

Running Under the Lights

(All Ages) Runners of all ages and abilities are welcome to join a group that has a great passion for running! Get tips, lessons, or just time to run with a group on a well-lit track. We encourage you to come out and run with us! Youth must have parent permission to participate. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability. **Coordinator:** Long time runner and triathlete Curt Gordon. **Location:** South Whidbey High School track.

**Thursdays, Jan 6 – Feb 17,
6 – 7:00PM, \$FREE**

Men's 35+ Basketball

South Whidbey

Men ages 35 and up are invited to come out and play basketball with their peers. Whether you're a serious player or a rookie,

this is your opportunity to get out and play. Refine your skills or get in shape! For information or schedule changes, call Jeff Chiarizio at (360)331-5545. Donations are always appreciated and go toward our Youth Basketball Scholarship Fund. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability. **Location:** South Whidbey High School Gym.

**Mon/Wed During School Year,
6:30 – 8:30PM, \$FREE**

Open Co-Ed Volleyball

South Whidbey

(Adults 18+) Drop in for a pick-up game of volleyball on Tuesdays, regardless of skill level. No volleyball on non-school days. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability. For information or possible schedule changes, call Amber O'Brien at (360)320-1757.

Location: Multipurpose or main gym at Langley Middle School.

**Tuesdays, during school year,
6:30 – 8:30PM, \$FREE**

Adult Basketball

Coupeville

(Adults & Youth 16+) Basketball for the young at heart tips-off January 9! Come out for a workout and a game to squeeze a bit more fun out of your weekends. For more information, please contact Sarah at sarah3-02@yahoo.com. **Location:** Coupeville Middle School Gym, 501 S Main St, Coupeville.

**Sundays, Jan 9 – Mar 27,
6:30-8:30PM, \$30**

Daddy & Daughter Valentine Ball

(All Ages) Dad, this is your opportunity to show your girl how a gentleman treats a lady and celebrate the special relationship between fathers and daughters. Young and not-so-young are able to dance the night away. Our goal is to provide a quality evening together for dads and their daughters of all ages. This popular event includes refreshments, a flower for each daughter, door prizes and a free picture of each couple, mailed after the event. Be sure to include your mailing address when registering. Space is limited, so get your tickets in advance. Volunteers needed! Call for location.

**Saturday, Feb 19, 7 – 8:30PM,
\$17 father & one daughter; \$7 each
additional daughter.**



Polar Bear Plunge
Saturday • January 1 • Noon

Start the new year off with a splash and join 150+ jumpers for a bone-chilling dive into 2011 at Freeland Park! Registration opens at 10am. \$15 includes event shirt & refreshments. Proceeds benefit 4-H Teen Leadership activities on Whidbey.



Photo by Dave Welton

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Equipped for Fun Sports Equipment Exchange

Join us for our first annual sports equipment swap! We want our kids to be active, but kids outgrow their sports equipment dismayingly fast! This is an opportunity to swap the stuff your kids have outgrown for the stuff other kids have just outgrown. All recreation equipment is fair game: football, hockey, soccer, basketball, tennis, skateboarding, ice skates, snow sports and even bikes. Items must be clean and in working condition. No money will exchange hands, and left-over items will be donated to Good Cheer. Items must be dropped off at the SWRPD offices at 5475 Maxwellton Road, Langley the week of Feb 28 – Mar 4 during our office hours.

**Saturday, Mar 5,
9AM – Noon, \$Free**

Red Wine & Chocolate Winery Tour

(Adults Ages 21+) Today's wine adventure will feature red wine pours by Whidbey Island Vintners, paired with delicious chocolates. As time allows, we'll visit wineries and tasting rooms from Langley to Greenbank. Along the road you'll enjoy the scenic vistas of Whidbey Island! Bring money for lunch and purchases. We provide the transportation, you need to purchase tickets for the Red Wine & Chocolate event at www.brownpapertickets.com. See www.whidbeyislandvintners.org or call (360)331-3544. Pick-up at Clinton ferry possible. Register by Mon, Feb 7. **Depart & Return at 5475 Maxwellton Road, Langley.**

**Saturday, Feb 12 (tentative),
Noon– 5PM, \$20**

HELP WANTED

Volunteer Jr. Counselors

We are now seeking Jr. Counselors for our summer day camp program. This is your opportunity to get experience working with kids in a fun outdoor camp program and receive valuable training for future job opportunities in recreation or child care. Teachers, do you have a responsible student to recommend for this? Teens ages 14+ should contact the Day Camp Director at (360) 221-6788. This is an unpaid, volunteer position, but the benefits are endless!

Sponsors Make a Difference

You can make a huge impact in your community by contributing goods or dollars to many of our programs, including the Youth Recreation Scholarship Fund. We're seeking sponsors for our programs, including the Youth Basketball League, the Whidbey Island Triathlon, the Chum Run 5K, and Summer Concerts in the Park. Sponsorship also provides businesses with the opportunity to get their name out in the community. Contact Carrie for sponsorship opportunities and benefits at programs@whidbey.com or (360) 221-6788.

Basketball Referees

We'll train you! Work side by side with an experienced referee, learning how to referee our recreational league. Referees received free training, and are compensated for their time working on the court, in addition to the intangible rewards of impacting youth lives. Call Carrie at (360) 221-6788 for more information.

Instructors Wanted

Do you have experience teaching art, fitness, movement, dance, or sports? Do you have a great idea, hobby or something new to add to our list of programs? If you answered yes to any of the above questions and have something you'd like to add to the schedule, give us a call! Contact Carrie at (360) 221-6788 or email programs@whidbey.com to request a class proposal packet.

Volunteer Opportunities

SWPRD has a number of opportunities for you to volunteer to enrich your community. The success of our programs and events depends directly on the efforts of our quality volunteers! Upcoming volunteer opportunities:

- Daddy & Daughter Ball – Feb
- Youth Basketball League – Jan-Mar
- Program Instructors – Year Round
- Work Parties @ Trustland Trails – Year Round

Make a Difference

Contributions are currently being accepted for SWPRD's Recreation Scholarship program. You can make it possible for a child/youth to participate in many of our programs which contribute to their health and physical and social development. Call us at (360) 221-6788 or email swparks@whidbey.com to inquire about making a contribution.

DECEMBER

Fri, Dec. 24 Office Closed
Fri, Dec 31 Office Closed
Fri, Dec 31 Breathe Deep Workout

JANUARY

Sat, Jan 1 Polar Bear Swim
Sat, Jan 1 New Year's Day
Mon, Jan 3 Science Club
..... Rock Fit Circuit Training
..... Adult Volleyball – Coupeville
Tues, Jan 4 Seniors Seated Conditioning
Thurs, Jan 6 Sign Language
..... Running Under the Lights
Fri, Jan 7 Playscape
Sat, Jan 8 Basic Survival Skills
..... Overcoming Exercise Obstacles
..... Youth SnowRider
Sun, Jan 9 Guitar Boot Camp
..... Intro to Guitar
..... Adult Basketball – Coupeville
Tues, Jan 11 Strength & Conditioning
..... Adult SnowRider
Thurs, Jan 13 Beginning Guitar
..... Blues & Jazz Guitar
Mon, Jan 17 Martin Luther King Day
..... Office Closed
..... SWSD Non-School Day
Tues, Jan 18 Music Together
Thurs, Jan 27 Creative Dramatics & Movement
Fri, Jan 28 SWSD Half Day
Mon, Jan 31 SWSD Non-School Day
..... Rock Fit Circuit Training

FEBRUARY

Tues, Feb 1 Seniors Seated Conditioning
..... Strength & Conditioning
Thurs, Feb 3 Sign Language
Sat, Feb 5 Sketching for Pleasure
Mon, Feb 7 Tennis in the Family
..... Girls' Running Club
Sat, Feb 12 Red Wine & Chocolate Tour
Fri-Mon, Feb 18-21 SWSD Non-School Days
Sat, Feb 19 Daddy & Daughter Ball
Mon, Feb 21 President's Day
..... Office Closed
Fri, Feb 25 SWSD Half Day

MARCH

Thurs, Mar 3 Sign Language
Sat, Mar 5 Sports Equipment Exchange
Sun, Mar 6 Seattle Opera: Don Quixote
Weds, Mar 16 Youth Tennis
Fri, Mar 18 SWSD Half Day
Tues, Mar 22 Music Together
Mon, Mar 28 Science Club
Thurs, Mar 31 Sign Language

APRIL

Mon-Fri, Apr 4-8 SWSD Spring Break
Thurs, Apr 7 Pro Baseball Clinics
Fri, Apr 15 SWSD Half Day
Mon-Sun, Apr 18-24 TV Turnoff Week
Sat, Apr 23 Diggin' for Dinner Clams 101
Sat, Apr 30 Spring Golf Lessons

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