



YOUTH BASKETBALL LEAGUE

MUSIC & ARTS

FITNESS & SPORTS

SPECIAL EVENTS

AND MUCH MORE!

FALL ACTIVITY GUIDE




Photo by Dave Welton



Photo by Dave Welton

SEPTEMBER THROUGH DECEMBER 2011

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 Maxwellton 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 Maxwellton Rd, Langley																			

Contact Us

SWPRD Recreation Center & Offices

5475 Maxwellton 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: September 5,
November 11, 24-25, December 26 & 30

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 Maxwellton 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.

Staff

Terri Arnold Director

(360) 221-6488
dირswprd@whidbey.com

Tom Fallon Facilities & Maintenance

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Peggy Hockett Office Manager

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Carrie Monforte Program Coordinator

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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.

Stay Informed

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

Advertising

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

By Fax

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

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 through the Healthy Island Youth Initiative Physical Activity Scholarship for many of our programs. Individuals and businesses like Island Thrift donate generously to our youth scholarship fund. This is a needs-based program, designed to provide recreation options at low cost. Stop by the SWPRD office to fill out a scholarship application. Application deadlines:

- **Fall Season: September 1**
- **Winter Season: December 1**
- **Spring Season: March 1**
- **Summer Season: June 1**



The Store with the Big Heart

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. 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. We reserve the right to add, withdraw or revise programs/events as needed. For up to date information please visit our website.

Board of Commissioners

The SWPRD Board of Commissioners meets the third Wednesday of each month at 7:00pm at the South Whidbey Parks & Recreation Center, 5475 Maxwellton Road, Langley, Room 111. Commissioners are:

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

Make a Difference

Contributions are 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 360-221-5484 or email swparks@whidbey.com to inquire about making a contribution.

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

WAIVER	
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:
Checks should be made payable to SWPRD. Now taking online registration at swparks.org !	
To Pay by Credit Card <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	
Card Number	CVV # (Found on back of card)
Name on Card	Expiration Date
Signature	Total Fee

How did you hear about this program?

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

For Office Use

Method

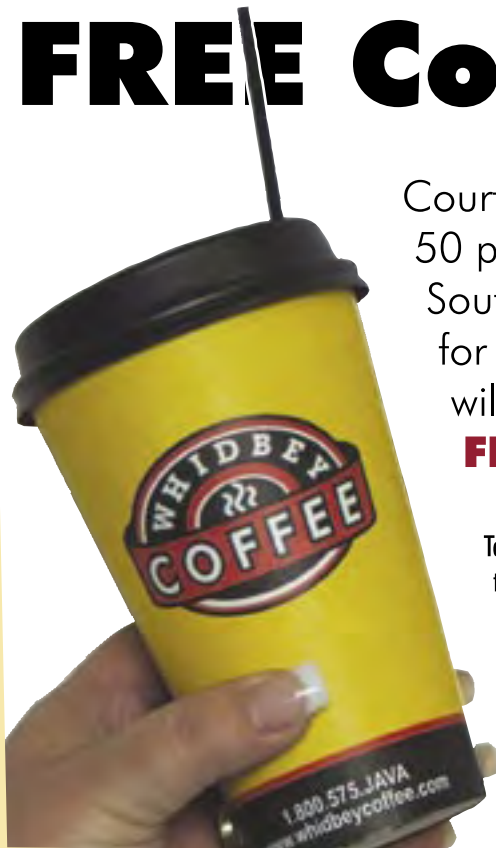
Rec'd By

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 fall 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



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360-969-6414 • Ken's Korner, Clinton



Get Fit. Get Happy.

Archery

(Sessions for Grades 4 - 8) This archery club covers the history of archery, proper shooting techniques, equipment selection and training, and there will be plenty of hands-on fun! This course is designed to present the lifetime recreational activity of archery in a broad perspective for future use as a recreational and/or competitive pursuit. Coach Glen Harris has been a professional archery coach for over 27 years and currently holds the highest level earned degree awarded to archery coaches by USA Archery. He has been head coach for several World Archery and Paralympic teams and has been a professional archery coach and teacher since 1980.

Location: SWPRD Rec Center. Archery will go rain or shine, under some cover, but dress for the weather.

Grades 4-5: Mon/Thu, Sep 12 - Oct 6, 3:45 - 4:45PM, \$60

Grades 6-8: Mon/Thu, Sep 12 - Oct 6, 2:45 - 3:45PM, \$60

Youth Dodgeball League

Back by popular demand! Play the game how it was meant to be played: with you as the target! Our youth dodgeball is for boys and girls in grades 4 - 5 and 6 - 8. Are you looking for an indoor activity to get you through these long winter months? Then we've got the sport for you! We use special coated foam "gator" balls that are designed for speed, accuracy, and minimal risk of injury. These are not the old rubber playground balls. Each team will play games over 6 weeks on Tuesday nights, and possible "practices" as determined by the team manager. Each player will receive a team jersey with their chosen team name and image. Registration deadline: November 1. Parent "Team Managers" are needed to make this program a success. Team managers must apply by registration deadline. Team manager's child will play for discounted fee of \$20. Contact Carrie at 221-5484 or programs@whidbey.com for more information.

**Location: Langley Middle School Gyms
Wed 11/9 - 12/14, Evenings, \$38.05**

Girls Running Club

(Girls in grades 3 - 6) Join us as we skip, hop, jump and RUN our way to being fit enough to tackle our goal race: the Elf Chase 5K Race on December 4th. We will run rain or shine every week on the Community Park trails and will slowly build our mileage up to running 3 miles at a time. Girls should enjoy running and be able to comfortably complete one mile. (Girls with less fitness are encouraged to try the Kids Marathon Training Group). Our focus will be on building strength, stamina, and team spirit. Kids should expect to work hard and have fun. Bring: Proper running shoes (with good support), appropriate clothes, water, and a light snack. Instructor: Pam Jacques, 221-8162, peapod@whidbey.com.

Location: Each session begins and ends at SWPRD Rec Center.

Mondays, 9/19 - 12/5, 3:40-5:00, \$52.18 + Elf Chase 5K registration fee



Kid's Marathon Training for Beginners

(Youth in grades 2 - 8) Kids will work toward completing a full 26.2 mile marathon one mile at a time. The Seattle Children's Kids Marathon is structured to allow children—kindergarten through eighth grade—to complete a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies "one mile at a time." Workouts will take place at Community Park and will consist of a warm-up, running/walking a mile long course, and an active game when time permits. Kids will keep a log and will run outside of class. Our last 1.2 miles will take place in Seattle at the Seattle Kid's Marathon on Sat, Nov 26. This is a great way to gain fitness and a tremendous sense of accomplishment when they cross the

finish line in Seattle with thousands of other children. Instructor: Pam Jacques, 221-8162, peapod@whidbey.com.

Bring: Proper running shoes (with good support), appropriate clothes, water, and a light snack.

Location: Begins and ends each session at SWPRD Rec Center. Tuesdays, 9/20 - 11/22, 3:40 - 5:00PM, \$44 plus \$15 registration fee for the Marathon

Youth Tennis

(Youth) Fall is a great time for tennis! Want your child to learn one of the fastest growing lifetime sports? Our tennis lessons are offered for a variety of ages and ability levels. Taught in small groups, your youngster receives plenty of instruction and activity. Watch our website www.swparks.org for youth tennis programs beginning October.

Co-Ed Basketball (Coupeville)

(Adults and Youth 16+) Basketball for the young at heart tips- off September 11th! Come to Coupeville for a fun workout and a game of basketball! For information contact Sarah Stuurmans at sarah3-02@yahoo.com.

Location: Coupeville Middle School Gym, 501 S Main St, Coupeville

Sun, Sep 11 - Dec 18, 6:30 - 8:30PM, \$32.61 for 15 sessions; \$5 drop-in

Co-Ed Volleyball (Coupeville)

(Adults and Youth 16+) Are you ready to play today? Enjoy a 2 hour workout while playing volleyball, improving your skills and having fun. We're serving up volleyball in Coupeville. Come enjoy a fun game with a great group of people. For information contact, Robyn at rawynn91@yahoo.com.

Location: Coupeville Middle School Gym, 501 S Main St, Coupeville. *No volleyball on 10/31.

Mon, Sep 12 - Dec 19*, 7:00 - 9:00PM, \$32.61 for 14 sessions; \$5 drop-in

Men's 35+ Basketball

(Adults) 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: SWHS Gym.

Mon/Wed, During regular school year, 6:30 - 8:30PM, \$FREE

Women's Beginning Running Group

Doctors, athletes and your kids are in agreement: running is one of the swiftest roads to fitness. It's low-tech, starts at your front door and you were born to do it. Want to make it happen this Fall? This is a program for women (sorry guys!) who want to start (or resume) running in a structured, supportive and non-competitive environment where they can progress at their own pace according to their ability. The goal of this 10-week program will be to prepare participants to run or run/walk the Elf Chase 5k or Jingle Bell Run 5k in December. We will meet once a week to run the Community Park trails. There will also be an optional run each week at various locations. Questions? Call Pam Jacques at 221-8162 or email peapod@whidbey.com

First Meeting: Sat, Sep 17, 10:00AM, at SWPRD at Rec Center

Fee: \$55 plus optional race fees

The first meeting will be a non-running day. We will get together and discuss the program as well as answer questions and determine a running day/time that works for all.



SPORTS FOR DOGS

Note: If there are 5 or less dogs per class, the class will be one hour long; if there are 6 - 8 dogs, the class will be 90 minutes long. Dogs are worked individually. Instructor: Georgia Edwards, Certified Nosework Instructor. **Location: SWPRD Rec Center**



Photo by Dave Welton

Intro to K9 Nosework

Keep your dog busy, tired, and happy with K9 scentwork! This fast-growing dog sport teaches how to encourage and develop your dog's amazing natural scenting ability by using its desire to hunt, and its love of food, toys, and exercise. This exciting detection-style activity is appropriate for dogs of any age, breed, or physical ability and handlers of all ages and abilities. No dog-training experience is necessary and each dog works separately, so this is a perfect class for dogs unsuited for a group class setting. The ability to conduct indoor searches makes the sport an ideal mental & physical exercise for our rainy climate. See notes above.

Tue, Sep 27 – Nov 1, Noon – 1:30PM, \$140 per dog

Sun, Sep 25 – Oct 30, 2:00 – 3:30PM, \$140 per dog

K9 Nosework 2A

Continue to expand the talents of your dog's nose, hone his hunting ability, and sharpen your handling skills so that when the search for odor is introduced, the dog's

desire to play the game is very strong and you will have established good teamwork with the dog. We will start working in new environments and introduce blind hides to test the handler's knowledge and ability to read their dog. Prerequisite: Intro to K9 Nosework.

Tue, Sep 27 – Nov 1, 2:00 – 3:30PM, \$140 per dog

K9 Nosework 2B & 3

Now that your dog knows how to find the odor of your choice, we will gradually begin to wean him off of self-rewarding food treats and begin to work with odor alone and the love of the hunt as reward. Hides will become more complex, driven by changes in the dog's environment. Handlers will work on observation of the dog's body language to communicate the location of blind hides.

Dogs will be introduced to additional odors and we'll focus on a variety of specific skill sets: better communication with your dog, working thresholds, the approach to corners, search grids, and others – a big challenge for both dogs & handlers! In addition to regular classes, field trips may be planned, depending on interest and weather (additional charges may be made to cover expenses). Prerequisite: successful completion of Nosework 2A.

Tue, Sep 27 – Nov 1, 4:00 – 5:30PM, \$140 per dog

Sun, Sep 25 – Oct 30, 4:00 – 5:30PM, \$140 per dog

Running Under the Lights

(All ages) Runners of all ages and abilities are welcome to be part of 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.

Location: South Whidbey High School Track

Thu, 11/10 – 2/16, 6 – 7:00PM, \$FREE

GUITAR LESSONS

Fall is an excellent time to get started playing the guitar. Start now with Beginning Guitar Lessons or Play Guitar Today!, and continue to the next level this winter with Intermediate or Blues & Jazz Lessons. Instructor Quinn Fitzpatrick is a thorough, encouraging and patient instructor.

Location: SWPRD Rec Center

Beginning Guitar Lessons

(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 available, reserve one prior to the first class.

Thu, Oct 13 – Dec 8 (No class Nov 24), 6:30 – 7:30PM, \$115

Fingerstyle Guitar Boot Camp

(Adults & youth 16+) Ready to stop strumming and start fingerpicking? This workshop is geared towards folks with some playing experience who want to learn how to play fingerstyle. We'll start with the basics in arpeggio and Travis picking patterns and move on to basic chord melody. You'll get tips and techniques for playing bass lines and melodies at the same time. You'll get easy to understand tablature

and notation for all the arrangements. Please bring an acoustic guitar. This class will take your playing to the next level!

Sun, Oct 16, 4:00 – 6:00PM, \$50

Play Guitar Today!

(Adults & youth 16+) During this introductory session, you will learn basic chords and strums and play simple songs by the end of the workshop. In addition, you will learn some basic music theory. No note reading required! Introduction to guitar is geared toward folks who have no guitar playing experience whatsoever and would like to sample playing guitar with a thorough, encouraging and patient instructor. All materials included! Loaner guitars are available upon request. Please register early to reserve a guitar.

Sun, Oct 16, 1:00 – 4:00PM, \$60

Music Together



(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

toddlers, preschoolers, and the adults who love them. Instructor: Jess Foley.

Location: SWPRD Rec Center. Register by Sept. 15

Tuesdays, Sept 20 – Nov 22, 10:15 – 11:00AM, \$105.44*

*Additional materials fee of \$39 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 \$81.53.

Hula Hoopla: Basics & Beyond

(Sessions for Adults & Youth) Come learn to move, shake, and shimmy with a hula hoop. This exciting and fun class lets you explore new ways to express yourself through movement and play. Beautiful HD. Hoop & music provided. Location: SWPRD Rec Center. Instructor: Malia Flood.

Adults & Youth 16+: Wed, Sep 28 – Nov 2, 5:00 – 6:00PM, \$42

Grades 6 – 12: Wed, Sep 28 – Nov 2, 2:40 – 3:40PM, \$60

Hula Hoop-a-Rama

(Grades 1 – 5) This class is full of a mix of fitness, dance, creativity, games, colors, and laughter. Really anything hula, fun, and silly. No one can resist this kind of fun, so come play! Beautiful HD. Hoop & music provided. After school pick-up option at SWES.

Location: SWPRD Rec Center

Instructor: Malia Flood

Wed, Sep 28 – Nov 2, 3:45 – 4:45PM, \$65.22



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SPECIALIZED

Kids in the Kitchen with John Auburn

(Youth in grades 4-5) Join renowned local cake artist, John Auburn of JW Desserts for fun-filled classes on cooking for kids! John has a great reputation for culinary

creativity, customer service, baking & cooking knowledge. John is nationally recognized and has won many awards and competitions for his cake designs and recipes. Don't miss this opportunity to learn from a professional!

Location: Langley Middle School Home Ec. Room



Session 1: How-to recipes; the function of pots, pans, & cutlery; health & cleanliness; recognizing spoiled foods; cooking measurements & instruments; safety.

Tue, Sep 13 – Oct 11, 3:45 – 5:45PM, \$75

Session 2: The art of making breakfast with eggs, pancakes, waffles, and meats using simple steps for kids to create a great home-cooked breakfast.

Tue, Oct 18 – Nov 15, 3:45 – 5:45PM, \$75

Fun with Sign Language

(All ages, children with an adult) You can learn this beautiful and graceful language! This class is an introduction to sign language, including familiar words and sayings, finger-spelling and numbers. Instructor Susan Ishikawa has worked in the field of teaching children and adults signs since 1973. She finds enjoyment in watching people learn ASL, and remembers when she first saw the gorilla Koko use this beautiful language.

Thu, Oct 6 – Oct 27, 6:30-7:15pm, \$24

Thu, Nov 3 – Dec 1, 6:30-7:15pm, \$24

No class held Thanksgiving Day.

Polar Bear Plunge
 Sunday • January 1 • Noon
 Start the new year off with a splash and join 150+ jumpers for a bone-chilling dive into 2012! Registration opens at 10am. Fee (TBA) includes event shirt & refreshments. Benefits 4-H Teen Leadership activities. Details available in November.

Photo by Dave Welton



Yoga
 Qi Gong
 Belly Dance
 Personal Training

Island Pilates Center

Group Mat Classes
 Group Equipment Classes
 Private Instruction

360.221.8881 | www.islandpilatescenter.com | Porter Building in Downtown Langley • (Above Whidbey Children's Theater)

Come Out and Play!

Creating with Clay

(Ages 5 – 8) Learn the magical qualities of clay through hand constructed forms and sculptural art and clay forming techniques. The 3-D nature of clay forces children to think about structure and form, and gives them creative problem-solving skills, a sense of accomplishment, and a creative place to learn. Materials include clay, glaze & snack.

Location: SWPRD Rec Center

Wed, Oct 3 – Nov 21, 3:45 – 5:00PM,

\$100 + \$25 materials fee paid directly to the instructor on the first day of class.

Bayview Classes

SWPRD is partnering with Senior Services of Island County to offer information about their classes, which may be of interest to our readers. 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, the second is for non-members.

Fiber Arts Workshop

Saturday, September 24, 1-5 p.m.

Cost: Free to the public. Space is limited, registration required by September 16.

Whidbey Weavers Guild sponsors a free afternoon for you to try your hand at Fiber Arts. Spinning, weaving, basketry, braid making, surface design and more will be available as short classes or hands-on demonstrations. Grandparents, children and grandchildren are all welcome to try these fun, creative activities.

Come and learn at

The Outdoor Classroom

Any K-5 class can sign up for lessons Sept 20-Nov 3. Homeschool groups welcome. Theme this fall is the Salmon Life Cycle and streams. Parent, grandparent and community volunteers welcome too! See www.whidbeywatersheds.org/education for more information.

Contact: 360-579-1272 or info@whidbeywatersheds.org



Waterways Fall Foliage & Lunch Cruise

Wednesday, October 19, 8:30 a.m.-4:30 p.m. Depart Bayview Hall. Cost: \$110/\$120, includes 3-course plated lunch. Registration by September 26.

Enjoy the spectacular foliage of fall as you cruise Lake Washington and Lake Union on a yacht, while the captain narrates the shore-side sites. Feast on a three-course plated lunch of cauliflower bisque, pan-seared chicken with polenta, cheese and wild mushrooms, and finish with key lime cheesecake for dessert. Beer, wine and cocktails available for purchase on board. Vegetarian options are available; please indicate your preference when registering.

Argentine Tango

Dates and fee TBA

Are you a dancer? Interested in learning the exciting, dramatic Argentine Tango? This type of Tango is highly therapeutic for dancers of any age. It sharpens and encourages mental engagement, social connection, balance, strength and of course, musicality! Offered by David Imburgia, who's been dancing and teaching for many years. If you're interested, sign the Interest Sheet at the front desk. If there is enough interest, David is willing to drive to the island from Bellingham once weekly for a class series.



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Langley Middle School's PTSA presents 3rd Annual 5K Elf Chase Fun Run/Walk

Join the fun!! Chase an Elf! Win prizes!



*Best youth & adult costume
Best group costume theme
1st, 2nd & 3rd runners
(youth & adult, male & female)
Ribbon from an Elf's belt
Many, many more fun prizes
Great family fun for a good cause.*



SW Community Park and Recreation
Sunday, December 4, 2011

Pre-register 9:00am - 9:45am

Race Time 10:00am

Student \$15 • Adult \$25

(Includes a long-sleeved T-shirt)

Registration forms and more info at: www.lmsptsa.wordpress.com
Forms also available at all Langley schools and at SW Parks & Recreation

Run – Volunteer – Be a Candy Cane Sponsor – Come chase an Elf!

All profits from the 5K Elf Chase go to teacher grants which support your children.
All monies stay at LMS. Last year's Elf Chase provided \$3,000 in teacher grants.
Help the LMS PTSA provide even more grants this year.

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CLINTON**
near the ferry

**MONDAY-FRIDAY
8:30-5:00**

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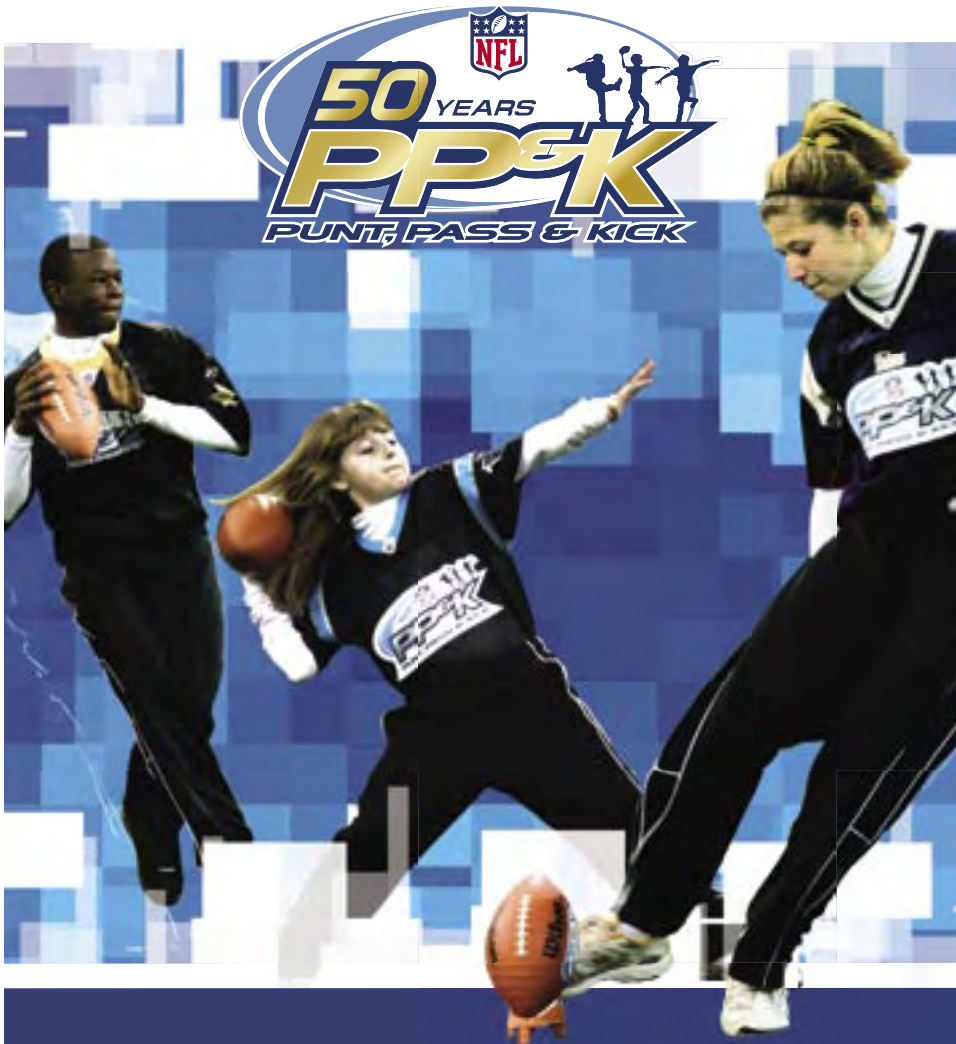
WINTER FESTIVAL



(All ages welcome) Kick off the holiday season with this festive afternoon

of music, fire engine rides, hot refreshments and more. This event is sure to put you in the holiday spirit. Sledding will be permitted if there's snow. Free digital pictures of you and a special guest from the North Pole – a great family holiday picture opportunity – accessible online! Location: SWPRD Recreation Building at 5475 Maxwellton Rd. Thank you Jet Java, for providing yummy hot coffee at this chilly event!

Sunday, 12/4 12:30 – 2:30PM \$ Free



Be part of the NFL's commitment to Play 60!

Sign up to participate in a NFL Punt, Pass & Kick local competition!

DATE: Wednesday, September 21, 7:15pm

LOCATION: Community Park, Field #1

CONTACT: Jean Streitler (360) 914-7380 • jcstr@whidbey.com

NFL Punt, Pass & Kick is **FREE** and open to boys and girls ages 6-15.



Island County

CHILDREN'S DAY CELEBRATION

Free activities for children & families

**Sat., Sept. 24
10AM - 2PM**

Community Park
5495 Maxwellton Rd., Langley



Inflatables

Games

Entertainment

Lunch

Pony Rides

Kid-Oriented Fun!

GIRLS BASKETBALL



Girls Basketball

Details available in September at WWW.SWPARKS.ORG

This fun & recreational league offers youth the opportunity to learn the basics and improve their basketball skills. Guaranteed placement on a team.

Season
October - December

Registration Deadline
Thursday, 10/6

Fees
\$54.35 thru 9/26 \$65.22 after

Girls in Grades 2- 8



Snow Rider

Your Ride to the Mountains

Benefits of Riding with Us

- Sleep on the bus ride up!
- Safe & reliable transportation on a luxury bus equipped with a restroom.
- Discount lift tickets.
- Ride hard all day, without the worry of driving home!
- Save on gas and ferry tickets.
- Convenient pick-ups in Clinton, Coupeville, Oak Harbor (adult bus).
- Ski & ride with new friends.



Ride with us to the mountains in January & February. We're looking forward to another great year on the mountain! This program is for beginning to advanced skiers, snowboarders and snowshoers. Contact South Whidbey Parks & Recreation District at (360) 221-5484 or www.swparks.org for registration information & rates.

Youth Ride on Saturdays

Adults Ride on Tuesdays

Marchese's Taekwondo

LOCATED AT KEN'S KORNER MALL

CALL US FOR A WEEK OF FREE CLASSES!

360-682-5954



Other Local Parks

Island County Parks

(360) 679-7373

Includes Maxwellton Beach, Dave Mackie Park, Dan Porter Park, Freeland Park, Mutiny Bay Boat Ramp, Double Bluff, Marguerite Brons Memorial Park, Putney Woods, and Baby Island Hts.

Washington State Parks

(360) 902-8844

Includes South Whidbey State Park, Fort Casey, Fort Ebey, Joseph Whidbey, and Deception Pass.

Port of South Whidbey

(360) 331-5494

Includes Possession Beach Waterfront Park, Langley Boat Harbor, Bush Point Boat Launch, Mutiny Bay Facility, and Clinton Beach Fishing Pier.

Gift Certificates



A wonderful gift idea that won't clutter your closet. Give your grandson archery lessons.

Sign your daughter up for a Hula Hoop class. Surprise your daughter with snowboarding lessons at Stevens Pass on the Snowrider Bus.

We offer gift certificates for all our park programs.

Come purchase your gift certificate today!

SCHEDULE-AT-A-GLANCE

September

- 1** Scholarship Application
Deadline for Fall Programs
- 5** Office Closed
- 7** Men's 35+ Basketball
- 11** Co-Ed Basketball
- 12** Archery
- 12** Co-Ed Volleyball
- 13** Kids in the Kitchen
- 17** Women's Beginning Running
- 19** Girls' Running Club
- 20** Kids Marathon Training
- 20** Music Together
- 21** NFL Punt Pass & Kick
- 24** Children's Day
- 24** Hands On Fiber
- 25** Intro to K9 Scentwork
- 25** Continuing K9 Scentwork
- 27** K9 Scentwork
- 27** Continuing K9 Scentwork
- 27** Intro to K9 Scentwork

October

- 3** Creating with Clay
- 6** Sign Language
- 13** Beginning Guitar Lessons
- 15** Fingerstyle Guitar Boot Camp
- 15** Play Guitar Today!
- 18** Kids in the Kitchen
- 19** Waterways Fall Foliage Cruise

November

- 3** Sign Language
- 9** Dodgeball
- 10** Running Under the Lights
- 11** Office Closed
- 24** Office Closed
- 25** Office Closed

December

- 1** Scholarship Application
Deadline for Winter Programs
- 4** Winter Festival/Elf Run
- 26** Office Closed
- 30** Office Closed

January

- 1** Polar Bear Plunge



Stay Informed!

Subscribe to our e-newsletter and receive regular updates. Visit our website:

www.swparks.org

and click on the "Sign Up For News" icon.

Fitness Instructors

We are seeking qualified instructors to provide affordable fitness classes at our new facility. We will provide facilities, advertising and registration. You will conduct high quality group fitness opportunities for our community in a safe, professional and effective manner. May include dance, aerobics, stretching, or strength/sculpting. Certification preferred, or the equivalence of 1 year experience in specific fitness instruction. Days and hours vary, based on your schedule. Call Carrie at 360-221-6788 for more information and a class proposal packet.

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 Monforte at 221-6788 or email programs@whidbey.com to request a class proposal packet.

Basketball Referees

We'll train you! Work side

by side with an experienced referee, learning how to referee our recreational league. Referees receive 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 221-6788 for more information. Apply by September 15.

Volunteer Coaches

We need quality volunteer coaches to provide positive guidance for youth in our basketball league. We strive to provide a fun environment which challenges each participant's playing potential, while maintaining the integrity of disciplined and fair "Team Play." Coaches must be patient, fun-loving, and exhibit a positive role model for our youth. This is an opportunity for parents to take an active role in their child's recreational experiences. Potential coaches should apply by September 26th at 5:00PM. Coaches receive free registration for their child. Coaches must attend the Skills Evaluation for their age and a coach/draft meeting TBA. Coaches must successfully pass a criminal history background check. Contact Carrie at 221-6788 or programs@whidbey.com for more info.

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 biggest 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 221-6788.

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:

- Children's Day: Sept 24
- Winter Festival: Dec 4
- Youth Basketball League: October – March
- Program Instructors: Year Round

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INTRODUCING! *Spark* Voice Service for Home

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- Added security of access to a Whidbey Telecom landline!
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- Voicemail sent to E-mail!
- #1 Rated local customer service team!**

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