



South Whidbey Parks & Recreation District

ISLAND LIFE

FALL ACTIVITY GUIDE
SEPTEMBER - DECEMBER 2013

South Whidbey
**parks &
recreation**
DISTRICT

Photo by David Welton
Check out his new photography class inside!

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.

Contact Us

Recreation Center & Offices
5475 Maxwellton Rd, Langley

Office Hours

Monday-Thursday 8:30AM–5:00PM
Friday 8:30AM–4:30PM

Other

Phone (360)221-5484
Fax (360)221-7323
E-mail swparks@whidbey.com
Website www.swparks.org

Office Closures

September 2, November 11, 28,
29, December 25 and January 1

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. Or, find us on Facebook.

Advertising

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

Staff

Director

Doug Coutts
(360) 221-6488
dirdswprd@whidbey.com

Program Coordinator

Carrie Monforte
(360) 221-6788
programs@whidbey.com

Facilities & Maintenance

Tom Fallon
(360) 221-7181
trfallon@hotmail.com

Office Manager

Peggy Nelson
(360) 221-5484
swparks@whidbey.com

Board of Commissioners

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

Joel Gerlach • Mark Helpenstell
Jim Porter • Matt Simms • Don Wood

More Local Parks & Rec

Island County Parks

Includes Maxwellton Beach, Dave Mackie Park, Dan Porter Park, Freeland Park & Hall, Mutiny Bay Boat Ramp, Double Bluff, Marguerite Brons Memorial Park, Putney Woods, Trillium Woods, and Baby Island Hts. (360)679-7331

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

S.W. Little League

Spring and fall baseball and softball for youth. Visit www.eteamz.com/swllb for registration and information.

S.W. Youth Soccer Club

Spring and fall soccer league divisions for youth. Visit www.swysc.com for information.

S.W. Falcon Youth Football League

Recreational youth football league. Also includes Falcon Cheerleader sign up. Visit www.leaguelineup.com/swfalcons for information or call Jean at (360)914-7380



Polar Bear Plunge
Photo by Dave Welton



Photo by Dave Welton

4 Ways to Register

Online

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

By Mail

Send completed registration form and full payment to: SWPRD, 5475 Maxwellton Rd. Langley, WA 98260

By Fax or Email

Fax or email completed registration form with credit card authorization. Fax to (360)221-7323 or email to swparks@whidbey.com. Call the office at (360)221-5484 to confirm receipt.

In Person

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

Program Refunds

Refunds are given to program registrants under the following specific guidelines. This procedure applies to all programs offered by the District including contractual programs, unless those contractual programs have their own specific refund policies in place.

- Full refunds will be given for all classes cancelled by SWPRD.
- Refunds requested before the early fee deadline date (or at least 5 business days before start of program if no early fee deadline) will be subject to an 8% service fee, with a minimum of \$12, max \$45.
- Credits requested before the early fee deadline date (or at least 5 business days before start of program if no early fee deadline) will be good for one (1) calendar year from issue date, for the full fee paid and will not be subject to a service fee.
- Refunds or credits will not be issued if cancelled after deadline date or within 5 business days of program start.
- To request a refund, a Refund Request Form must be submitted to the SWPRD office. Verbal requests will not be honored. Forms are available at the SWPRD office or on the district website.
- 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 \$12 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).
- Certain contract programs that will be identified in the activity guide may have their own refund policies. Call them directly to inquire about their specific policy.

Inclement Weather & Power Outages

Programs may be cancelled in the event of inclement weather or power outages. Call us at (360)221-5484 before leaving home to determine program status.

Financial Assistance for Youth Programs

Financial assistance is available for many of our programs. Individuals and businesses 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 at least 2 weeks prior to registration deadlines.

Accessibility

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

Waiver/Release of Liability

All participants in SWPRD programs consent to the following by participating. "I agree to hold harmless the South Whidbey Parks & Recreation District, Island County, and South Whidbey School District, and their officials, 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.

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.

Registration Info

- Advance registration is required for all programs unless otherwise stated.
- All fees and forms are due at the time of registration. We cannot "hold" a space for you without full payment and registration.
- All programs have a minimum and maximum enrollment. We request that you register 2 weeks in advance to ensure class minimums are met. We reserve the right to cancel if minimums are not met.
- There is a \$25 service charge on returned checks and declined credit cards.
- Please use our registration form unless otherwise indicated. Registration forms are available at our office and online at www.swparks.org.
- Every effort is made to ensure that the information in this brochure is accurate. We reserve the right to add, withdraw or revise programs. For current info please visit our website.

REGISTRATION FORM

Mail registration form with credit card info or check payable to *SWPRD, 5475 Maxwellton Rd., Langley, WA 98260* , or fax w/ credit card info to (360)221-7323.
 You can also register online at www.swparks.org with no extra fees!

Participant Information

Name (First, Last)	Phone	Alt. Phone	Birthdate (Youth)	Age	Grade
Address	City	State	Zip	Gender	
Email(s)	Check here to receive our e-newsletter []	Height (Basketball)	Circle your shirt size (if applicable)	Youth: S M L Adult: S M L 2X 3X	
Please list any health, behavioral or medical concerns.					
Parent/Legal Guardian (Required for youth only)	Phone(s)		Relationship to participant		
Parent/Legal Guardian (Required for youth only)	Phone(s)		Relationship to participant		
Emergency Contact (Other than those listed above)	Phone(s)		Relationship to participant	Authorized to pick up child: <input type="checkbox"/> Yes <input type="checkbox"/> No	

Program Information

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

Waiver / Release of Liability

I agree to hold harmless the South Whidbey Parks & Recreation District, Island County, and South Whidbey School District, and their officials, 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.

Signature

Date

Credit Card Payment (Visa or MasterCard)

Credit Card #	
Name on Card	
Exp. Date	3 digit code on back of card
Signature	

OFFICE USE ONLY	Method	Rec'd By	Date	Amount	Receipt #
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FREE Coffee Drink On Us!

Courtesy of **Whidbey Coffee**, the first 50 people who register in-person at the South Whidbey Parks & Recreation office for summer 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.

www.swparks.org

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

*Building Houses...
Building Hope*

Shop!

Located in Freeland, our unique selection of gently used furnishings, appliances and surplus building supplies offers something for everyone. Donations come in daily so you never know what treasure you'll find.

Family Selection & Volunteer meetings
held every month - call for details. 360.679.9444

Volunteer, Donate

Store Volunteers are needed to help with furniture donation pick-ups, cleaning and prepping merchandise, and assisting customers.

We accept donations of quality used furniture, appliances, and building supplies.

Free Furniture pick-up.



Freeland Store
10am-5pm
1592 Main Street • Freeland • 360.331.6272

Archery Club

Grades 4 - 8



Whidbey Islanders have the opportunity to learn archery from an Olympic level coach! Archery Club covers proper shooting techniques, equipment selection, training, and plenty of hands-on fun. This program presents the lifetime recreational activity of archery in a broad perspective for future use as a recreational or competitive pursuit.

Coach Glen Harris has been a professional archery coach for 30 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. Both beginner and advanced archers will receive high level instruction from this seasoned coach.

Contact: Coach Harris at bowcoach@whidbeyisland.com • Location: Community Park field at north entrance • Archery goes rain or shine, so be prepared. Min 6/Max 10

Grades 4 - 5

Wed | Sep 18-Oct 9* | 3:45-4:45pm | \$60

Grades 6 - 8

Wed | Sep 18-Oct 9* | 2:45-3:45pm | \$60

*Additional fall sessions may be added, check website for updates.

Youth Dodgeball

Divisions for grades 4 - 8

Play the game how it was meant to be played: with you as the target! 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.

Teams play games Wednesday nights, and possible "practices" as determined by the team captain. Schedule and age groups may vary based on registration. Players receive a team shirt. Please register by November 1. Parent "Team Captains" are needed to make this program a success. Team captain's child will play for discounted fee.

Coordinator: Carrie (360)221-6788 or programs@whidbey.com Location: Langley Middle School Gym.

Grades 4-5

Wed | Nov 13-Dec 18 | 5:00-6:00PM | \$40+

Grades 6-8

Wed | Nov 13-Dec 18 | 6:15-7:15PM | \$40+



Photo by Dave Welton

Running Club

Boys and Girls in Grades K - 5

Let's have some fun while we run! Your child's new running club will follow guidelines provided by the Road Runners Club of America: 'Kids Run the Nation Program'. The goal of this program is to start patterns to help every child lead a healthy & active lifestyle. In addition to a lot of running, your child will learn about proper running form, pacing, goal setting, supporting their peers, warming-up and cooling down, stretching, and safety.

Instructor Shannon Lind is a USA Track & Field and Road Runners Club of America certified coach and is enthusiastic about expanding our youth running programs.

Running is an all weather sport. Please make sure your runner has appropriate running shoes, layered clothing, water bottle, healthy after school snack.

Coach can meet students at the SWES flagpole after school to walk them over to the class. Please indicate this at registration if desired, and provide school with a permission slip.

Contact: Shannon at lind@whidbeyisland.com Location: Class meets and ends at the SWPRD Rec Building Room 125. Runs will take place around that building and on nearby trails. *No class Friday, Oct. 11, Monday, Nov. 11, or the week of November 25-29.

Kindergarten

Tu/Th | Sep 24-Oct 31* | 2:45-3:20PM | \$50

Tu/Th | Nov 5-Dec 19* | 2:45-3:20PM | \$50

Grades 1-2

Tu/Th | Sep 24-Oct 31* | 3:45-4:45PM | \$65

Tu/Th | Nov 5-Dec 19* | 3:45-4:45PM | \$65

Grades 3-5

M/W/F | Sep 23-Nov 1* | 3:45-5:00PM | \$75

M/W/F | Nov 4-Dec 20* | 3:45-5:00PM | \$75

6446 HARDING
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MONDAY-FRIDAY
8:30-5:00

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YOUTH 2013 2014 BASKETBALL Leagues for Boys & Girls

This league for grades 2 - 8* focuses on basketball skill development, teamwork, and having fun as well as broadens "winning" to include enjoyment of the sport, creating friendships, and learning new skills.

Volunteer Coaches Needed For Each Team!!

Girls play in fall.

Registration Deadline: October 1

Boys play in winter.

Registration Deadline: January 1

Fees

\$60** early registration fee; **\$70**** late fee.

League Information

Extensive details will be available at www.swparks.org/basketball. The season begins with a brief skills night. Then teams are assigned. Coaches will contact players by phone a week prior to beginning practices. The coach will provide you with info about your practice times & location, which vary based on gym availability & coach schedule. Games begin after 2 weeks of practice.

Volunteer Coaches Needed

Volunteer coaches are needed for each team in the league. Volunteer applications will be accepted beginning September 1 and are available online at www.swparks.org. No prior basketball coaching experience is necessary. Priority is given to early applications; getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then SWPRD staff will contact individual parents from your team roster to recruit a coach.

Registration

Please register in person at SWPRD headquarters, or online at www.swparks.org.

*Boys & girls in Grade 1 will have the chance to learn basketball in our winter "Little Dribblers" program, details TBA.

** These are 2013 fees & include sales tax and provide equipment & team shirts. Early registration fee applies up to 2 weeks before registration deadline. Registration after deadlines will be accepted on a space available basis.

Kids' Tennis Team

Youth in grades 1 – 4

Join your friends for after school tennis fun! Whether you're new to tennis or you've taken some classes and know the basics of serving and scoring, Kids Tennis Team is for you! Beginners/Advanced Beginners will learn and review the basics of all strokes and scoring. Intermediate and Advanced players will focus on match play and strategy, in addition to continuing stroke development. Sessions last 4 weeks; players can join multiple sessions. All equipment is provided, but bring a snack to eat before class.

Instructor: Teresa Wheeler twheeler@whidbey.com (360) 221-8344 Location: South Whidbey Primary School Gym. No class Nov 26 or 28 or January 28. Min 8/Max 12

Beginner & Adv. Beginner

Tue/Thu | Sep 17–Oct 10 | 3:45–4:30 | \$45

Tue/Thu | Nov 12–Dec 12 | 3:45–4:30 | \$45

Intermediate & Advanced

Tue/Thu | Oct 15–Nov 7 | 3:45–4:30 | \$45

Tue/Thu | Jan 7–Jan 30 | 3:45–4:30 | \$45



Junior Tennis Team

Youth in grades 5 – 8

Join your friends for tennis fun! Whether you're new to tennis and want to learn the fundamentals, or you've taken some classes and know the basics of serving, rallying and scoring, Junior Tennis Team is for you! Players will be divided by ability and age. There will be lots of opportunities for successful, fun, and low-key competition. Rainouts will not be made up. All equipment provided, including loaner racquets if needed.

Instructor: Lara Ford larafor70@gmail.com

Location: SWHS tennis courts. Min 8/Max 16

Mon/Wed | Sep 16–Oct 9 | 5:45–7PM | \$40



Connecting Family, Friends & Community

Island Family Hearing Clinic offers a full range of services including:

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Couch to 5K Walk/Run

For women, ages 18+

Just what you needed, a class where if you didn't show up, you'd be missed! This class is for those new to exercise, and the avid walker/runner who wants the accountability of a group effort to get and stay in shape. Each session will progressively and safely prepare participants to walk or run a 5K (3.1 mile) course. Participants will improve flexibility, and endurance, while enjoying the camaraderie of a fun and supportive group. Class begins with a warm-up & core strengthening exercises, then a walk/run on trails, followed by stretching.

Facilitator Teresa Wheeler is a former Physical Education teacher and coach with 5k running experience. She creates a positive and warm atmosphere in which to challenge yourself at your own pace.

Please bring a water bottle and an exercise mat. Dress in layers for all kinds of weather, with comfortable, supportive running shoes.

Facilitator: Teresa twheeler@whidbey.com • Location: SWPRD Rec Building Room 125 • Min 7/Max 15

Tue/Thu | Sep 12–Nov 21 | 5–6:00pm | \$49†



Co-Ed Volleyball

Adults 18+

Join us for a game of volleyball with a great group of people. Enjoy a fun 2-hour workout while playing volleyball, and improving your skills. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability (see page 4).

Contact: Coordinator Amber O'Brien at (360)320-1757 • Location: LMS Gym Schedule may vary on South Whidbey School District early release or non-school days. Please check with your coordinator for schedule updates.

Tue | Sep 10–Dec 17* | 6:30–8:30pm | Free



Belly Dance Basics

Adults and Youth 16+

Please join instructor Gwendolyn as we explore the beautiful and graceful movements of belly dancing in a fun, social environment. Our main focus is to teach basic belly dance movements and foundations, through gentle repetition, and will also include an introduction of basic belly dance rhythms and props. Students will learn a general history of the dance as it travels from its roots in the Middle East to its current resurgence in the West. Each class will consist of a gentle warm-up, review of proper dance posture, break down of basic movements and cool-down. This class is for those with little or no previous belly dance experience or those looking for a fun, new way to add a little exercise to their life. Please wear comfortable loose clothing you can move around in.

Instructor Gwen Sipes has 10+ years experience belly dancing - practicing, performing and taking lessons and workshops from a wide variety of well known and respected teachers from around the world. Gwendolyn has performed throughout the West Coast with live musicians and DJs at concerts, festivals, restaurants, competitions and hafas (belly dance recitals). As a belly dance teacher she has continued on to share her passion for belly dance, providing beginner's classes for adults and children.

Contact: Gwen Sipes gwend_@hotmail.com or (541)430-5282 Location: SWPRD Rec Center Room 125. *Class will be on Monday, December 23rd for that respective week, in order to avoid Christmas Eve. Min 5 / Max 15

Tue | Oct 8–Nov 12 | 6:30–7:30PM | \$72

Tue* | Nov 19–Dec 23* | 6:30–7:30PM | \$72

Drop-In Basketball

Adult divisions

Come out and play a pick-up game of basketball with your peers. Refine your skills, get in shape, and Hoop It Up!! These programs are free, but donations are appreciated and support our Youth Basketball Scholarship fund. Participation is at-your-own-risk, and by participating you consent to our waiver/release of liability (see page 4). Check website for schedule and locations.

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! Fight the winter slump and run with a group on a well-lit track. We encourage you to come out and run or walk with us! Youth must have parent permission to participate. By participating you consent to our standard waiver/release of liability (see page 4).

Location: SWHS Track. No meeting Nov 28.

Thu | Nov 14–Feb 13 | 6 – 7:00PM | FREE

After School Art Workshops

Youth in grades 3 – 5

These fun hands-on art workshops will teach art forms such as: painting, drawing, printmaking, collage, embossing and other mixed media art forms. The workshops will enable children to develop their skills and understanding of composition, use of color, texture, value, and line.

Instructor Melissa Koch is a full time practicing artist. She brings a lifetime of experience, appreciation and world travels to her classes. She has a BA in art and a degree in architecture. She has had many years experience teaching art to children and created The Children's Atelier in Seattle where she ran children's art classes for many years as well as being an artist in residence in public schools.

Instructor can meet students at the SWES flagpole after school to walk them over to the class. Please indicate this at registration if desired, and provide school with a permission slip. Fees include all materials and tools.

Contact: Melissa (206) 779-9152 melibeeekoch@gmail.com Location: SWPRD Rec Building room 111. Min 6 / Max 12 per session.

Session 1: Light into Dark

We will celebrate bringing the light into the dark as the days shorten and we enter the autumnal equinox with a series of projects exploring light, including working on a 3D sculptural star lantern project. Children will have the opportunity to explore the theme of light, shadow and chiaroscuro with watercolor and acrylic painting, printmaking. The term chiaroscuro refers to a juxtaposition of light and shade which results in a stunning visual effect. The technique was initially pioneered by Leonardo da Vinci, and perfected by Rembrandt.

Thu | Sep 19–Oct 17 | 3:45–5:30PM | \$125

Session 2: The World of Art

Looking at art from ancient times to the modern art scene, this program will provide a fun opportunity for children to explore art from ancient cultures to modern times as inspiration, while evolving and expressing their own creativity to explore a wide range of artistic expressions, materials and techniques.

Thu | Oct 24–Nov 14 | 3:45–5:30PM | \$125



Music Together

Birth to 5 years w/ 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, an internationally recognized early childhood music instruction program for toddlers, preschoolers, and the adults who love them.

Instructor Jess Monett started playing the piano when she was six years old and discovered her passion for music. She received a Bachelor of Science in Music Education then began her career as the band director at Langley Middle School. In addition, Jess is on staff at Joe's Island Music teaching piano and band. She has enjoyed accompanying groups such as jazz bands, wind ensembles, orchestras, choirs, and musicals, and is thrilled to share music with children.

Contact: Jess musictogetherwhidbey@gmail.com Location: SWPRD Rec Building Room 125. Min 6 / Max 15

FREE demo class on September 10, 9:00–9:45AM, RSVP required by calling (360)221-5484.

Tue | Sep 17–Nov 19 | 9:00–9:45AM | \$97*

*Siblings 9 months to 5 years are \$75. Add'l materials fee of \$40/ family due on first day of class, paid directly to instructor (checks written out to MTWI). Class materials include 2 CDs, music activity book, & parent guide so you can continue the musical experience throughout the week.



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Digital SLR Photography Adults & Youth 16+

This course will cover aspects of SLR photography to enable you to move beyond the "point-and-shoot" button, and utilize the camera's controls for advanced creative photography. Sessions will focus on technical and creative details, including exposure, shutter speed, depth of field, flash, portraits, action photography and raw processing. Each session will include a didactic presentation and group critique of the student's assigned "homework".

Instructor David Welton is well known in our area for his outstanding photography. He's is a lifelong photographer/artist with exhibits at Brooks Institute of Photography, U.W., U.O., Santa Barbara Arts Council, the Edmonds Arts Festival, and was a past Staff Photographer, South Whidbey Record. Required supplies: Any digital SLR or mirrorless interchangeable lens camera (MILC). Max 12.

Contact Info: David at dwelton@whidbey.net or (360)579-1030. Location: SWPRD Rec Center Room 111.

Sun | Sep 29–Nov 3 | 1–2:00PM | \$120



Photo by Dave Welton

Make a Difference

Contributions are being accepted for SWPRD's Recreation Scholarship program. You can make it possible for a child to participate in many of our programs which contribute to their health, and physical and social development. Call us at 360-221-5484 for information.



Lattes You'll Love

Making the Most of Your

Home Espresso Maker Adults and Youth 16+

Learn how to get the most out of your home Espresso Maker while having a great time sharing Lattes in this hands-on workshop. Learn about the best grinds and coffees to use, how to do both basic and artistic foams, as well as good techniques for making Lattes and Americanos. You'll also learn how to make great Chai, including how to mix your own spices for the tea.

Instructor Bob Effertz has taught fun and creative classes throughout the Northwest for over 20 years and has been using an espresso maker for 25 years, becoming genuinely interested in espresso machines while working as a European tour guide for Rick Steves. He learned how to make great chai during his many travels in India and looks forward to sharing his special recipe with you. Several espresso makers will be available for your use, but please bring your own to have the best experience.

Contact: Bob at burbabob2@hotmail.com or (360)341-1739. Location: SWPRD Rec Building in room 111. Min 4 / Max 10

Sat | Oct 19 | 10:00AM–12:30PM | \$25
plus add'l \$6 materials fee paid directly to instructor at start of class. Materials fee provides coffee, tea, milk, soy milk, biscotti cookies.

K-9 Nosework

Adults & youth with an adult

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 breed, or physical ability and handlers of all ages and abilities. Each dog works separately, one at a time, so this is a perfect class for dogs unsuited for a group setting. Conducting indoor searches makes the sport an ideal mental & physical exercise for our rainy climate. Your quality instructors will teach you how to develop and expand the talents of your dog's nose.

Contact Info: Georgia Edwards, CNWI (Certified Nosework Instructor) k9nosework@whidbey.net or (360)579-1030. Location: SWPRD Rec Center Room 125. Max 8 per class.

NW-1 Beginning Nosework

Sun | Sep 15–Oct 20 | 12–1:30PM | \$140*

NW-2A Introduction to Odor

Tue | Sep 17–Oct 22 | 12–1:30PM | \$140*

NW-2B Working with Odor

Sun | Sep 15–Oct 20 | 2–3:30PM | \$140*

Tue | Sep 17–Oct 22 | 2–3:30PM | \$140*

NW-3 Continuing Nosework

Sun | Sep 15–Oct 20 | 4–5:30PM | \$140*

Odor Recognition Trial

Sat | Oct 5 | Details TBA

*Fee is per dog.



Snow Rider

Your Ride to the Mountains

Catch a ride to Stevens Pass with a great group of new or old friends this winter. We provide a luxury coach with experienced drivers and fun chaperones. Come join us for outdoor winter fun!

SnowRider Benefits:

- > *Sleep on the bus ride up, play hard all day, no worries of the snowy drive home!*
- > *Safe and reliable transportation on a luxury bus.*
- > *Convenient pick-ups in Clinton, Coupeville & more.*
- > *Save with group lift tickets, gas, ski/board lessons, & ferry fees*
- > *Ride with new & old buddies*

Winter fun for ages 10+
Saturdays
January 4 - February 22

Visit www.swparks.org for fees and details in mid-September, or call (360)221-6788. Participants must be ages 10+ and self sufficient, able to care for themselves throughout the day, carry their own gear, and be ON TIME.



Island S.W.E.A.T. Shop offers affordable group fitness classes 7 days a week including Zumba, Zumba Gold, Zumba for Kids, R.I.P.P.E.D., and PiYo.

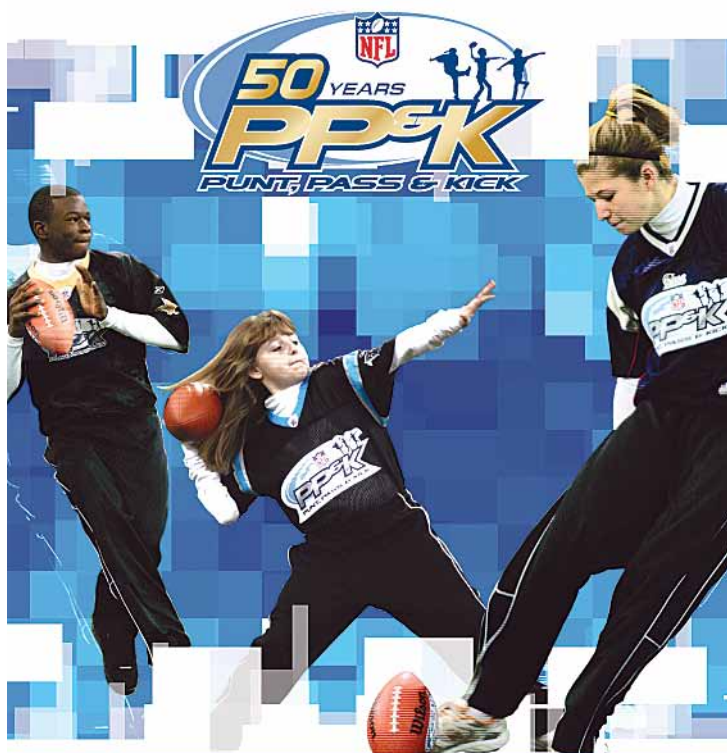
Zumba for Kids starts in September: Mondays and Wednesdays 4-5pm, bus transportation from South Whidbey Elementary available.

Couch to 5k Run/Walk program starts end of August, training for Biggest Loser Seattle 5k Run/Walk.

More information on class and program descriptions, dates and times can be found at www.islandsweatshop.com
 Contact: Allison Miller, Owner allisonkaymiller@comcast.net

Located in Ken's Corner Shopping Center
 Across from Skagit Valley Community College





Young pro football fans will have the opportunity to exhibit their football skills at the local NFL Punt, Pass & Kick competition!

WHO: Boys & Girls, Ages 6-15 as of Dec. 31, 2013
DATE: Wednesday, September 25, 5:00PM
LOCATION: Sports Complex at 5598 Langley Road, Langley
CONTACT: Jean Streitler (360)914-7380
REGISTER: Visit www.swparks.org/special_events

SWIM .5 | BIKE 19.5 | RUN 3.8

TRY A TRI

You saw the bikers go by. You cheered for a swimmer. You were part of the support team. It looked fun, didn't it?!

It's your turn. Start now. We'll help you.

Begin by walking & running our trails this fall. Keep it going through the winter with the Running Under the Lights program. Start cycling (ask us for a cycling map of Whidbey). Practice with the Open Water Swim group early next summer.



WHIDBEY ISLAND TRIATHLON Langley, WA
 SINCE 1997
 ★★★★★ Saturday, August 2, 2014



Polar Bear Plunge

Wednesday * January 1 * Noon * Double Bluff

Start the new year with a splash! Join a fun-loving crowd of jumpers for a bone-chilling dive into 2014. \$15 fee includes event shirt (while supplies last) and hot drinks, and benefits 4-H Teen Ambassadors. Swim at your own risk; no lifeguard on duty. \$5 discount for donating a bag of canned goods for Good Cheer. Registration begins at 10:30am.

\$15

Contact Info: Jon Gabelein at jgabelein@comcast.net
 Location: Double Bluff, at 6325 Double Bluff Rd., Freeland.

Island County

Children's Day Celebration



Bring the entire family to the Island County Children's Day Celebration for a fun-filled Saturday featuring inflatable bounce houses, free lunch, games, and dozens of interactive booths. Come visit us at the Sno-Isle Libraries booth!

Saturday, September 28
 10:00 am – 2:00 pm

South Whidbey Park
 5495 Maxwellton Road, Langley

For more information, please contact South Whidbey Parks & Recreation at 360-221-5484.

Funded by South Whidbey Parks & Recreation with support from Island County Public Health; Amerigroup Washington; Childcare Aware NW WA; Sno-Isle Libraries; United Way of Island County; South Whidbey Kiwanis; South Whidbey Children's Center; Island County Partners for Young Children; and generous private donors.




www.sno-isle.org



Facilities & Amenities

		Trails	Waterfront	Lake Swimming*	Boat Ramp	Fishing Access	Playground	Horse Trail	Basketball Court	Soccer Field	Baseball & Softball Field	Skate Park / Pump Track	Picnic Shelter	BBQ Grill	Toilet/Restroom	Meeting Rooms	Reservation Options
SWPRD OFFICES & PROGRAMS	5475 Maxwellton Rd, Langley	●													●	●	●
SPORTS COMPLEX	5598 Langley Rd, Langley	●					●			●			●	●	●		●
COMMUNITY PARK	5495 Maxwellton Rd, Langley	●					●		●	●	●	●	●	●	●	●	●
TRUSTLAND TRAILS	Craw Road & Hwy 525, Langley	●						●					●				
DEER LAKE PUBLIC ACCESS	4330 Bucktail Lane, Clinton		●	●	●	●									●		
LONE LAKE PUBLIC ACCESS	5075 Lone Lake Rd, Langley		●		●	●									●		
GOSS LAKE PUBLIC ACCESS	5235 Lakeside Dr, Langley		●	●	●	●									●		

*Always check for posted closures before swimming. No lifeguards on duty.

Sign Language for

Children accompanied by adult, please. If you are interested in learning signs for non-verbals, this is an adorable learning time. Shown will be everyday words, many action oriented signs, numbers and fingerspelling. Fun class for parents who have babies, and looking for less frustration in their daily lives. This is a fun way for baby to communicate their needs. General public may also participate in this learning experience, we all were once non-speaking souls.

Susan Ishikawa, Teacher of Deaf and English as Second Language Teacher is thrilled when teaching you this FUN way of communicating. She knew KOKO the Signing Gorilla at Stanford Uni.

Wed | Oct 2 – 23 | 6:00 – 6:45PM | \$50



Reservations

Anyone wishing to make a reservation must fill out a facility use request form, available at our park office and online at www.swparks.org/reservations. Requests are filled on a first-come basis, depending on availability. Facility rental fees may apply. For info on availability and rates, contact the SWPRD office. Groups wishing to visit SWPRD parks or facilities must make a reservation in advance.

Sports Fields

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

Facilities

You can now rent space for parties, meetings, classes, special events and more at our new recreation headquarters. The Crow's Nest (our former headquarters) at Community Park is also available.

Picnic Shelters

Our picnic shelters 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.

PLAY PGA COURSES! Without Leaving Whidbey Island

Come in and play on our state-of-the-art golf simulators

Play over 50 of the top PGA courses. Try the famous Pebble Beach, St. Andrews, Kapalua Bay-Maui, Pinehurst Country Club, The Links at Spanish Bay or Torrey Pines just to name a few.



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Fun at a Glance

Mon, Sep 2	Office Closed
Tue, Sep 3	Back to School! Early Release
Wed, Sep 4	SWSD Early Release
Tue, Sep 10	Music Together Co-Ed Volleyball
Tue, Sep 12	Couch to 5K Walk or Run
Sun, Sep 15	Sports for Dogs: K9 Nosework
Mon, Sep 16	Junior Tennis Team
Tue, Sep 17	Music Together Kids Tennis Team Sports for Dogs: K9 Nosework
Wed, Sep 18	Archery Club SWPRD Board Meeting
Thu, Sep 19	After School Art Workshops
Mon, Sep 23	Running Club
Tue, Sep 24	Running Club
Wed, Sep 25	NFL Punt Pass & Kick
Sat, Sep 28	Children's Day
Sun, Sep 29	Digital SLR Photography
Tue, Oct 1	Girls' Basketball Registration Deadline
Sat, Oct 5	K9 Nosework: ORT
Tue, Oct 8	Belly Dance Basics
Fri, Oct 11	SWSD Non-School Day
Tue, Oct 15	Kids Tennis Team
Wed, Oct 16	Board Meeting
Sat, Oct 19	Lattes You'll Love
Thu, Oct 24	After School Art Workshops
Fri, Nov 1	Dodgeball League Deadline
Mon, Nov 4	Running Club
Tue, Nov 5	Running Club
Mon, Nov 11	Office Closed SWSD Non-School Day
Tue, Nov 12	Kids Tennis Team
Wed, Nov 13	Youth Dodgeball
Thu, Nov 14	Running Under the Lights
Tue, Nov 19	SWPRD Board Meeting Belly Dance Basics
Thu, Nov 28	Office Closed
Thu, Nov 29	Office Closed
Tue, Dec 17	Board Meeting
Wed, Dec 25	Office Closed
Tue, Jan 1	Office Closed Polar Bear Plunge! Boys' Basketball Reg. Deadline
Sat, Jan 4	SnowRider Ski Bus
Tue, Jan 7	Kids Tennis Team

Photo by Dave Welton



Photo by Dave Welton

Help Wanted

Youth Basketball Coordinator/

Recreation Assistant

South Whidbey Parks & Recreation District is seeking a qualified person who knows and loves the game of basketball to help plan, develop, promote and supervise our Youth Basketball League. The position works with youth and their families, volunteer coaches, and referees. Compensation: \$12 – \$15.00 per hour, DOE. Education in recreation or related field and experience with youth, recreation leadership, development and implementation preferred. The basketball leagues run Oct – Mar, with work beginning in Sept.

Send application to: SWPRD, 5475 Maxwellton Road, Langley, WA 98260 or scan and email to swparks@whidbey.com. Applications and job description available from www.swparks.org/employment. For info, call (360) 221-6788 or email programs@whidbey.com. Application deadline September 3rd, or until filled.

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 and have something you'd like to add, give us a call!

Contact Carrie at (360) 221-6788 or email programs@whidbey.com to request a proposal packet.

Basketball Referee

Seeking youth 16+ and adults who know and love the game of basketball to officiate our youth basketball league. Referees are compensated for their time working on the court, in addition to the intangible rewards of impacting youth lives. Pay range is minimum wage and up for youth and adults 16+ years of age, depending upon experience and availability.

Visit www.swparks.org/employment.html for more information.



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