

# ACTIVITY GUIDE

# WINTER



**JANUARY THROUGH  
APRIL 2016**

**Sports for Youth & Adults | Music**

**K-9 Nosework for Dogs | Enrichment Classes**

**SnowRider Ski Bus | Special Events | And More!**

MISSION STATEMENT

**Parks, facilities, and recreation programs  
for the citizens of South Whidbey Island.**

CONTACT INFO

Recreation Center & Offices  
Location/Mail 5475 Maxwellton Road,  
Langley, WA 98260  
Office Phone (360) 221-5484  
Fax (360) 221-7323  
E-mail swparks@whidbey.com  
Website www.swparks.org  
Office Hours Mon-Thu, 8:30am–5pm  
Fri, 8:30am–4:30pm  
Office Closed Dec. 25, Jan. 1, Jan. 18,  
Feb. 15

STAFF

Director  
Doug Coutts, (360) 221-6488  
dirswprd@whidbey.com

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

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

Facilities & Grounds  
Tom Fallon, (360) 221-7181  
trfallon@hotmail.com

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

Whidbey Weekly prints and distributes this publication 3 times a year. We welcome you to advertise your program or business along with us. For details, email advertise@whidbeyweekly.com.

COMMISSIONERS

The SWPRD Board of Commissioners meets the third Wednesday of each month at 6pm at the South Whidbey Parks & Recreation Center, 5475 Maxwellton Road, Langley, Room 111. Commissioners are:  
Dennis Hunter • Bob Hezel • Don Wood  
Mark Helpenstell • Matt Simms

HEALTHY ISLAND  
YOUTH INITIATIVE  
SCHOLARSHIP FUND

The Healthy Island Youth Initiative (HIYI) Committee is pleased to announce that it recently received generous donations from Island Thrift, Soroptimist International of Oak Harbor, and Wal-Mart, and an anonymous South Whidbey donor. These donations will support ongoing efforts to keep organized healthy activities affordable for all local youth in Island County.

The HIYI Scholarship Fund addresses these needs by helping cover the cost of registration fees, equipment and/or other expenses so that youth in Island County can participate in organized physical activities, regardless of their family's economic status.

The South Whidbey Parks & Aquatics Foundation, a 501(c)3 organization, has kindly agreed to become the fiscal agent for HIYI, and will now receive, hold and distribute funds upon direction from the HIYI committee.

Donations to this fund may now be tax deductible. Donations to the scholarship fund can be made payable to South Whidbey Parks & Aquatics Foundation, and should be mailed to PO Box 157, Freeland, WA 98249, with a note on the memo line directing it to the “HIYI Scholarship Fund”.

Any Whidbey Island youth may apply for the assistance to participate in any organized sport or physical activity. The needs-based scholarships are awarded based on financial criteria and commitment to the activity. Those interested in receiving financial assistance should call Carrie at (360) 221-6788 or visit www.islandcountyahc.org/Page/43 and print off an application.

ACCESSIBILITY &  
ACCOMODATION

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 accommodations 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.

DISCLAIMERS

Updates & Errors

This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify participants of the changes.

School 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.



REFUNDS & CREDITS

1. Full refunds will be given for all classes cancelled by SWPRD.
2. Refunds requested and submitted in writing using the Refund Request Form 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 a 10% service fee, with a minimum service fee of \$10.
3. SWPRD account credits requested and submitted in writing using the Refund Request Form 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 calendar year from issue date, for the full fee paid and will not be subject to service fee.
4. Refunds or credits will not be issued if cancelled after deadline date or within 5 business days of program start.
5. To request a refund, a Refund Request Form must be submitted to the SWPRD office in writing. Verbal requests will not be honored. Forms are available at the SWPRD office or online. Please be aware that refund requests may take up to 45 days to process.
6. Refunds will not be issued from an account credit.
7. Refunds will not be issued for programs costing \$10 or less (unless cancelled by SWPRD).
8. One day classes, trips, or special events are not covered under this policy (no refunds or credits available).
9. Certain contract programs, indicated with this symbol: §, have their own refund policies. Contact the contractor directly to inquire about their specific policy.

FINANCIAL ASSISTANCE  
FOR PROGRAMS

There are several needs-based resources available to enable youth to participate in programs with SWPRD. There are also scholarships available for a few adult programs. Call (360) 221-6788 for info.

REGISTRATION INFO

- † **Symbol indicates that fee includes 8.7% sales tax. The State of Washington Department of Revenue collects sales tax on fees for certain entertainment and recreation programs.**
- § **Symbol indicates contracted programs that have their own refund policies. Contact the contractor directly to inquire about their specific policy.**

Advance registration is required for all programs unless otherwise stated. It is best if you register at least 2 weeks in advance of any program start date.

All fees 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 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 and declined credit cards.

Registration forms are also available online at www.swparks.org

KEEP US INFORMED

Do you have ideas or suggestions for new program directions? Is there something you'd like to see us try? Email us your ideas at programs@whidbey.com. We want to hear from you!

HOW TO REGISTER

Online

For your convenience, you may register online for many 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 Road, 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. Always 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. We take cash, check or credit cards at the office.

INCLEMENT WEATHER  
& POWER OUTAGES

Programs may be cancelled in the event of inclement weather or power outages. We encourage you to call our voice messaging system at (360) 221-5484 before leaving home to determine program status.



**Clown around with these guys while helping your community**  
**Volunteer at Freeland Habitat Store**



**Habitat for Humanity**  
of Island County

**1592 Main St • Freeland • 360.331.6272**  
Across from Payless  
**OPEN TUESDAY - SATURDAY 10-5**



## FALCON BUDDIES

### ALL AGES

RSVP for Falcon Buddies Night at SWHS! The SWPR Basketball League is invited to come out for an evening of basketball at the SWHS varsity basketball game versus rivals, Cedarcrest! The game is Friday, January 8 - you must RSVP online by January 6 in order to participate. RSVP-ing online with us gets you on a list to receive a free kids' admission with paying adult (\$6, paid at the game). We'll have a special rooting section for the Parks & Rec Basketball League. Enjoy the antics of Freddie Falcon and come cheer for our team!

**Bonus:** The first 10 kids to RSVP with us will get to join the team in the locker room for the boys' pre-game meeting or post-game meetings.\* (Players and environment will be dressed and tidied and appropriate for all kids).

### ONLINE RSVP REQUIRED.

**Location:** South Whidbey High School

**Fri | Jan 8 | Game Start Times: 5pm\* Girls 6:45pm\* Boys**

\*Check in and pay your entrance fee at least 15 minutes before the game start. Kids who participate in the pre-game meeting will need to show up at the gym at 6pm.

## OYSTER GARDENING

Learn to cultivate these seafood gems!

ADULTS & YOUTH AGES 16+



Discover the fun and satisfaction of cultivating your own oyster garden on your beach. You will learn about suitable beaches, gear used, oyster types, and health and environmental considerations. You will assemble gear for your garden and receive

oyster seed to begin growing oysters. The 3-day class will be held over three weekends, including a visit to an oyster garden and classroom time. Gardening experience is very helpful and will help you understand the attention required to maintain your oyster garden.

**What to bring:** weather and beach appropriate attire, and pictures of your own beach.

Participants should have access to a private beach suitable for oyster growing, either through ownership or agreement with the owner. Suitable beaches have a firm gravel or cobble substrate at the 0 to +4 foot tide level and are not exposed to excessive wave action. Sandy beaches are less suitable but can grow oysters for a gardener determined to put in more work. Many suitable beaches are found in Holmes Harbor and Saratoga Passage.

**Instructor:** Kurt Johnson has spent over 30 years in the shellfish farming industry from owning a mussel and oyster farm to developing nursery and grow-out systems for mussels, oysters, scallops and geoducks in the US, Mexico and Canada. He has also provided biological services for shellfish

farming of clams, mussels, oysters, and geoducks. Email: kwjohn@whidbey.com

**Location:** A private residence in Freeland and SWPRD room 111

Min 5 / Max 15

**Sat or Sun | May 7, 9:30am-12:30pm; May 14, 9am-12pm; June 5, 9-10am | \$25\***

\*Additional materials fee of \$140, to be collected after determining suitability of your beach for an oyster garden. Materials fee provides oyster bags, oyster seed, and gear for securing bags to the beach.

## K9 NOSEWORK

ADULTS & OLDER YOUTH WITH ADULT



Photo by Dave Welton

This fast-growing dog sport teaches you 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. 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 instructor will teach you how to develop & expand the talents of your dog's nose.

**Location:** SWPRD Room 125. Classes occasionally meet outside the classroom at locations TBD.

**Instructor:** Georgia Edwards, CNWI, Certified Nosework Instructor, NACSW, k9nosework@whidbey.net or (360) 579-1030.

**NW1: BEGINNING NOSEWORK**  
Min 3 / Max 8 per class.

**Wed | Jan 6-Feb 10 | 3:45-5:15pm | \$150\*\***  
**Sun | Jan 10-Feb 21\* | 3-4:30pm | \$150\*\***

### NW2A: WORKING WITH ODOR

**Wed | Mar 2-Apr 6 | 3:45-5:15pm | \$150\*\***  
**Sun | Mar 6-Apr 10 | 3-4:30pm | \$150\*\***

### NW2B: WORKING WITH ODOR

**Wed | Jan 6-Feb 10 | 10-11:30am | \$150\*\***  
**Sun | Jan 10-Feb 21\* | 1-2:30pm | \$150\*\***  
**Wed | Mar 2-Apr 6 | 10-11:30am | \$150\*\***  
**Sun | Mar 6-Apr 10 | 1-2:30pm | \$150\*\***

### NWB+: WORKING WITH ODOR

**Wed | Jan 6-Feb 10 | 12-1:30pm | \$150\*\***  
**Wed | Mar 2-Apr 6 | 12-1:30pm | \$150\*\***

### NW3: CONTINUING NOSEWORK

**Wed | Jan 6-Feb 10 | 2-3:30pm | \$150\*\***  
**Sun | Jan 10-Feb 21\* | 11am-12:30pm | \$150\*\***  
**Wed | Mar 2-Apr 6 | 2-3:30pm | \$150\*\***  
**Sun | Mar 6-Apr 10 | 11am-12:30pm | \$150\*\***

### NWMC: ODOR RECOGNITION TRIAL

**Sun | Jan 24 | Details at www.swparks.org**

\*No class Jan 24.

\*\*Fee is per dog. Private & drop-in lessons are available by arrangement with instructor for \$25.

## DELICIOUS GLUTEN FREE BAKING

ADULTS AND YOUTH AGES 16+

Have fun learning basic gluten free baking techniques that result in delicious, moist baked goods. Sample several types of gluten free baked goods and take home a premade spiced muffin flour mix ready for baking as well as all recipes for samples enjoyed in class! No previous cooking experience needed.

**Location:** SWPRD Room 111

**Instructor:** Kristine O'Kelly BSW, LMP has been eating a gluten free diet for the last ten years. When she first discovered her allergy to gluten, there were very few commercial options available, so she began experimenting to ensure she could still enjoy her favorite baked treats. Now, friends and family frequently request them! okelly.inspiration@gmail.com, (360) 331-6920

Min 5 / Max 20

**Sat | Jan 9 | 12-3pm | \$49\***

\*Add'l \$15 materials fee due at class provides: samples, bags and ties, ingredients and recipes.

*Dancing on Whidbey Island*

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**Baby it's cold outside!**  
**Warm up with a 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 winter activities listed in this program, will receive a voucher for one **FREE WHIDBEY COFFEE DRINK!**

Take your completed registration form into the South Whidbey Parks & Recreation office located at 5475 Maxwellton Road in Langley. **www.swparks.org**

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

**WHIDBEY COFFEE**



## NOURISHED FAMILIES

**Where Community & Education Meet**  
**NEW & EXPERIENCED PARENTS (KIDS**  
**AGES BIRTH THRU 5 YEARS WELCOME**  
**T00)**

An eight week series for caregivers intended to educate and encourage new and experienced parents. Get out of the house and learn valuable information while meeting with others who can relate. A relaxed atmosphere where children can move freely and play while parents gather for discussion. Toys and tea provided. Age exceptions made at the discretion of the instructor with permission.

**Tentative Topical Schedule (check website for updates)**

- Week 1 The Transition to Parenthood: My body, My Identity, My Relationships
- Week 2: Breastfeeding: Basics and Troubleshooting
- Week 3: Infant and Child Resuscitation and Choking
- Week 4: Feeding: The Parent - Child Relationship

- Week 5: Postpartum Mood Disorders
- Week 6: Emotion Coaching and Discipline
- Week 7: Breastfeeding: Basics and Troubleshooting

Week 8: Group Choice

**Location:** SWPRD Room 125

**Max Capacity 15 Children**

**Instructor:** Hillary Edwards BS, RN, CLE is a local Whidbey resident, nurse, and mother of three. Currently she practices as a lactation consultant providing in home consultations. As well, she works alongside local midwives assisting in labor and delivery. Hillary is certified as a Gottman Educator of The Bringing Baby Home Program and formed her organization, Nourished Families, with the goal of supporting the health and wellbeing of families, marriages, and children. Email: hillyard@nourished-families.com Website: www.nourished-families.com

**Thu | Jan 28-Mar 17 | 10-11:30am | \$50/\$7\***

*\*Fee is \$50 for 8 week pass or a weekly drop in fee of \$7/session.*

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## INTRO TO UNDERWATER ROBOTICS

**GRADES 4-8**



Learn how to build a underwater robot. Beginning with buoyancy, students will get to learn about physics, engineering, and the incredible technology at work in marine science. Working in teams, students will engineer and build a working underwater robot! Explore the world of science, technology, and engineering with hands-on experience while having some serious fun!

**Location:** AtlantisSteam space at St. Peter's Church at 6309 S Wilson Pl, Clinton

**Instructors:** Ashley McConnaughey, and mentored by international champion ROV team members., atlantissteam@gmail.com, (425) 320-7849

**Min 3 / Max 10**

**Fri | Jan 15-Mar 4 | 4-6pm | \$125\***

*\*Additional \$50 materials fee provides components for a remotely operated vehicle (ROV).*

## INTERMEDIATE UNDERWATER ROBOTICS

**GRADES 6-8**

Students will consult with local scientists and businesses to develop an underwater robot which will provide a solution to one of the challenges presented. Students will learn about local marine issues, engineering, and create a working underwater robot. There will be a possible additional day of flying the ROV in a real-world setting during Spring Break, April 4-8. Exact day dependent upon weather. Participants will need to bring safety glasses.

**Prerequisite:** Intro to Underwater Robotics, or permission of instructor.

**Location:** AtlantisSteam space at St. Peter's Church at 6309 S Wilson Pl, Clinton

**Instructors:** Ashley McConnaughey, and mentored by international champion ROV team members, atlantissteam@gmail.com, (425) 320-7849

**Min 3 / Max 10**

**Mon | Jan 25-Mar 28\* | 3-5pm | \$125\*\***

*\*No class Feb 15.*

*\*\*Additional \$50 materials fee provides components for a remotely operated vehicle (ROV).*

## STEAM SISTERS

**GIRLS IN GRADES 5-8**

This is a program for girls to explore their interest in science, technology, engineering, art and mathematics. Engaging in activities to learn about the universe, the oceans, to build things, fly quad-copters, meet women scientists and engineers, this class will ignite girls' passion for STEaM.

**Location:** AtlantisSteam space at St. Peter's Church at 6309 S Wilson Pl, Clinton

**Instructors:** Ashley McConnaughey, and atlantissteam@gmail.com (425)320-7849

**Min 3 / Max 12**

**Thu | Jan 14-Mar3 | 4-5:30pm | \$100\***

*\*Add'l \$50 materials fee due on first day of class paid directly to instructor.*

## SIGN LANGUAGE FOR FUN

**Children and Adults Learning Together**  
**ALL AGES WELCOME, CHILDREN WITH AN ADULT**

Local Teacher of Deaf and Hard-of-Hearing - Lipreading and Bilingual educator will be demonstrating her Signs For Fun Series. Ever since she met KOKO the Signing Gorilla in the early 1970's, Susan has loved to sign. New to the program will be shown Sports Signs, as well as learning common phrases, fingerspelling and numbers. Students are encouraged to come to Flying Fingers, a monthly get together with deaf and hearing individuals to see signs in action in a social situation.

- Wed | Jan 13-27 | 5:30-6:15pm | \$38
- Wed | Feb 3-24 | 5:30-6:15pm | \$50
- Wed | Mar 2-23 | 5:30-6:15pm | \$50
- Wed | Apr 6-27 | 5:30-6:15pm | \$50



**YOU'RE INVITED**

# Dad & Daughter Dance

**DJ DANCE PARTY**

**SATURDAY**

**MARCH 5**

**7-8:30PM**

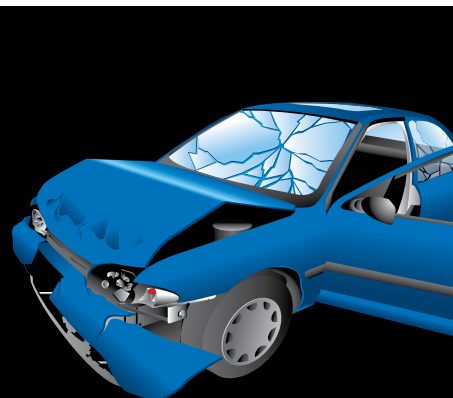
**TICKETS \$29 PER COUPLE\***

★ ★ ★ ★ ★ ★ ★ ★

\*Fee includes sales tax. Tix for ad'l daughter \$10 each. Scholarships available. All-inclusive price includes refreshments, digital photo (available online after the dance), and a raffle ticket for a chance at door prizes! Purchase tickets in advance at www.swparks.org. We broaden "dads" to include other role models like grandfathers, brothers, uncles and family friends.

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# MUSIC TOGETHER®

THE JOY OF FAMILY MUSIC®

## MUSIC TOGETHER

**Winter 2016 Drum Session**  
**CHILDREN BIRTH TO 5 YEARS**  
**ACCOMPANIED BY A GROWN-UP**

Music Together® is based on the premise that all children are musical and parents/caregivers play a crucial role in activating and nurturing their child's musical development. Classes include songs, rhythmic rhymes, movement, and instrument play. Activities are playful, non-performance-oriented musical experiences - developmentally appropriate for children and easy for parents and caregivers, regardless of their own musical ability. Best of all, it's fun!

**Instructor:** Jess Monett started playing the piano when she was six years old and discovered her passion for music. She received a B.S. in Music Education, then began her career as the band director at LMS. Jess is also on staff at Joe's Island Music, teaching piano and band instruments. She enjoys accompanying various community musical groups, and is thrilled to share music with children. Email [musictogetherwhidbey@gmail.com](mailto:musictogetherwhidbey@gmail.com)

**Location:** SWPRD Room 125.

**Min 6/Max 12 per session.** Classes fill quickly. Registration opens December 11.

**Mon | Jan 18-Mar 21 | 10:30-11:15am | 103\***  
**Tue | Jan 19-Mar 22 | 10:30-11:15am | 103\***

*\*Additional siblings 9 months-5 years: \$80. Additional registration fee of \$41 per family is due at first class and paid directly to director. Checks made payable to MTWI. Class materials include a CD, a login code to access online resources, music activity book, and parent guide so you can continue the musical experience throughout the week.*

## COUPLES MASSAGE

**A perfect Valentine's Day Activity!**  
**ADULTS AGES 18+**

Learn basic massage skills with your partner and have fun making your own massage oil with natural therapeutic essential oils! No previous massage experience needed. Bring comfortable, loose fitting clothing that can endure oil stains (black suggested), 2 pillows per couple, one soft throw blanket per couple. Friend duos also welcome!

**Instructor:** Kristine O'Kelly BSW, is a licensed massage practitioner, Port Townsend School of Massage okelly. [inspiration@gmail.com](mailto:inspiration@gmail.com), (360) 331-6920

**Location:** SWPRD Room 125

**Min 3 couples / Max 8 couples**

**Sun | Feb 14 (Valentine's Day) | 12-3-pm | \$89 per couple\***

*\*Add'l \$15 materials fee per couple due at class provides: oil dispenser bottles, coconut avocado oil base and essential oils of various kinds.*

## ARCHERY

**The Spring Break Session**  
**AGES 9-13**



Whidbey Islanders have the privilege and the opportunity to learn archery from a national level coach! This Spring Break archery clinic will cover proper shooting techniques, equipment selection, training and plenty of hands-on fun. This camp is designed to present the lifetime recreational activity of archery in a broad perspective for future use as a recreational pursuit. Archery will go rain or shine, so students should come prepared for the weather. Participants must be ready and able to stay focused for the entire session.

**PLEASE REGISTER BY MARCH 22.**

**Instructor:** Coach Bill Stinson has been a professional archery coach and sports educator for 30 years. Coach Bill holds certification from USA Archery (Level 3), National Archery in the Schools trainer and NFAA Elite Coach and has coached several national levels competitions. Email: [gapi2nwa@hotmail.com](mailto:gapi2nwa@hotmail.com)

**Location:** Community Park field at the north entrance

**AGES 9-11**

**Mon-Fri | Apr 4-8 | 10-11:30am | \$65**

**AGES 11-13**

**Mon-Fri | Apr 4-8 | 12-1:30pm | \$65**

## GOLF LESSONS

**ADULTS, YOUTH AGES 12+ WITH AN ADULT**



Learn to play golf in a relaxed non-competitive environment. Keepers of the Game member Bob Brown 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 full swing and one on-course lesson (1-3 holes), giving you the opportunity to learn this lifetime sport. Classes will take place rain or shine. This program fills up, so register early!

**Instructor:** Bob Brown

**Location:** Island Greens Golf Course, 3890 E French Rd, Clinton

**Min 4/Max 6 per session**

**Sat | Apr 30-May 21 | 9-9:50am | \$34\***

*\*Participants will need to purchase 3-4 tokens for balls. These can be purchased for \$3 at Critters & Co at Ken's Korner or Clinton Foodmart. Participants will also need to pay the discounted green fee of \$7 (bring exact change) for the final day.*

**Donate and Shop for all of your sporting needs!**

**Open 7 Days a Week**



**Open 9:30am to 5pm Everyday**

**Balls - Cleats  
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Weights - Skis  
Lots of quiet games like puzzles too!**

**Good Cheer Thrift Stores**  
[www.goodcheer.org](http://www.goodcheer.org)

Donations to benefit SW Parks - Healthy Island Youth Initiative. The HIYI Scholarship Program provides opportunities for youth to participate in sports and other activities.

Entry Registration 1-1:45 PM  
 General Entry & Voting 2-3 PM  
 Awards & Prizes 3 PM

*Attendance and book entries are free!*

## South Whidbey Edible Book Festival

*Bring an edible dish based on your favorite book or come ready to eat one!*

Saturday April 2, 2016  
 Bayview Hall, 2- 4PM

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**SnowRider**  
 SKI & SNOWBOARD BUS  
 ADULTS & YOUTH  
 SATURDAYS  
 JAN 9 - FEB 27



BASKETBALL

ADULTS 18+

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 Scholarship fund. Participation is at-your-own-risk, and by participating you consent to our standard waiver/Release of liability (see registration form). An additional Ages 35+ session may be added. Check website.

Location: SW High School Gym\*

Coordinator: Nick Welles, (360) 320-1187

Mon/Wed | Feb 8-Jun 1\* | 6:30-8:30pm | Free

\*Schedule & locations vary frequently. Please check with coordinator for schedule updates.

IMPROVE YOUR BASKETBALL GAME

GRADES 3-6

Come work on your basketball skills under the guidance of Coach Washington, boys' basketball coach at South Whidbey High School, his staff and players. This clinic will teach the skills of shooting, passing and defending. Early registration is encouraged, space is limited and athletes are admitted on a first come, first served basis. Bring a ball clearly marked with your name, water bottle, proper basketball attire, shoes with non-marking soles, shorts, and your positive attitude!

Location: SWHS Gymnasium

Instructor: Coach Washington, Staff & Athletes

Min 10 / Max 30

Sat | Dec 12 | Noon-2pm | \$30

Sat | Jan 30 | Noon-2pm | \$30

Sat | Feb 20 | Noon-2pm | \$30

HOLIDAY HOOPS GRIND

GRADES 3-6

Come work on your basketball skills under the guidance of Coach Washington, boys' basketball coach at South Whidbey High School, his staff and players during the Holiday Season. This camp will teach each camper the skills of shooting, passing, defending and teamwork. Early registration is encouraged, space is limited and athletes are admitted on a first come, first served basis. Fee includes a shirt; please indicate size at registration.

Location: SWHS Gymnasium

Instructor: Coach Washington, Staff & Athletes

Min 10 / Max 30

Mon-Wed | Dec 21, 22 & 23 | 9-11am | \$70

KIDS TENNIS

GRADES 2-5

Kids will learn and practice the basic strokes of tennis and will be playing points within just a few sessions! The focus is on developing good technique and having lots of fun—sportsmanship is always taught and modeled! Players of all abilities are welcome. Coaches will meet SWES students at the flagpole after school, and together they will walk to the Primary School Gym. Students will have a few minutes to eat a snack if they choose to bring one. Loaner racquets and all equipment will be provided. (Classes do not meet on non-school days OR days SWES has Early Release.)

Location: Primary School Gymnasium

Instructor: Caryn Ploof and Heather Dubendorf

Mon/Wed | Jan 11-Mar 2 | 3:40-4:30pm | \$59

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 registration form).

Location: LMS Gym. Location & schedule may vary on South Whidbey School District early release or non-school days. Please check with coordinator for schedule updates.

Coordinator Info: Mike & Amber O'Brien, (360) 661-4545.

Tue | Jan 5-Jun 14 | 6:30-8:30pm | Free

SNOWRIDER

Your Ride to the Mountains!

ADULTS & YOUTH AGES 10+

All aboard! The season for snow play is coming, and SnowRider ski bus is your ride to the mountains. Head up to Steven's Pass for 8 Saturdays of skiing & boarding or snowshoeing with new and old friends. Running January 9 – February 27, this long standing program focuses on safety, providing chartered buses with drivers experienced in winter driving conditions, and fun chaperones. Register by December 15 to get your best rate and ensure your seat! The season fee includes your seat on the bus, ferry fare & gas. Discounted lift tickets & lessons are additional. Leave the driving to us and get to Stevens Pass the easy way. Pure convenience and fun! Just some of the benefits of traveling with us:

- Convenience! Turn a LONG drive into a long nap. We'll take you from sea level to ski level while you sleep.
- Stress-free snow play, no worries of driving home

- Save big with our discount group lift tickets and lesson packages
- Safe transportation on a luxury coach, restroom and video equipped
- Meet new friends who also love snow sports. Stay active this winter.
- Send your kids with us, you can stay home.
- Save on ferry fees & gas
- A green alternative: carpooling, convenient pickups in Clinton, Coupeville & Everett

Min 35 / Max 50 Program minimum must be met by December 15.

Don't miss the bus - come join us for outdoor FUN this winter! Visit [www.swparks.org/snow\\_rider.html](http://www.swparks.org/snow_rider.html) for detailed info or contact Carrie at [programs@whidbey.com](mailto:programs@whidbey.com) (360) 221-6788.

INDOOR SOCCER FOR KIDS

AGES 7-12 YEARS\*

Join us for this fun introduction to indoor soccer, a fast-paced game. This will be

a creative place where kids can start or continue to develop skills, touches, and teamwork perhaps already started outdoors. Improve on balance, ball skills and technique, while being introduced to more complex ideas such as tactics and an understanding of spatial awareness. A great way to keep active this winter. Please bring normal athletic shoes ( no cleats) and wear good active clothing; shin guards are optional. Limited space available, register early.

Location: LMS Auxiliary Gym.

Instructor: Martin Coombe, [martin@marcon.com](mailto:martin@marcon.com)

Min 6 / Max 12

10-12 YEARS OLD

Fri | Jan 29-Mar 4 | 4:30-5:30pm | \$65

Fri | Jan 29-Mar 4 | 5:30-6:30pm | \$65

7-9 YEARS OLD

Sat | Jan 30-Mar 5 | 8:30-9:30am | \$65

Sat | Jan 30-Mar 5 | 9:30-10:30am | \$65

\*Contact the instructor re: possible siblings in different age groups who would prefer to participate in the same session.

2015  
2016

YOUTH  
BASKETBALL

For Girls & Boys

We focus on basketball skill development, teamwork, and having fun, and broaden “winning” to include enjoyment of the sport, creating friendships, and learning new skills.

**COACHES NEEDED**

Volunteer coaches are needed for each team in the league, and their child plays for free. Applications are available online and at SWPRD office in early September.

**REGISTRATION**

Please note registration deadlines. Please register in person at SWPRD headquarters, or online at [www.swparks.org](http://www.swparks.org)

**CONTACT**

South Whidbey Parks & Recreation  
5475 Maxwellton Road  
Langley, WA 98260  
[www.swparks.org](http://www.swparks.org)  
(360)221-6788

**DIVISIONS**

SWPRD reserves the right to make division and schedule changes as needed based on player turnout, gym availability, and coach availability.

**Grade 2 Coed “Recreational League”**

Registration Deadline: January 1  
Season: January-March, Monday & Wednesday games, practices vary.  
Fee: \$80 includes sales tax & team shirt.

**Grades 3-4 Girls, Boys “Recreational League”**

Boys & girls play separately.  
Registration Deadline: January 1  
Season: January-March, Tuesday & Thursday, practices vary.  
Fee: \$80 includes sales tax & team shirt.

**Grades 5-6 Girls, Boys “Recreational League”\*\***

Boys & girls play separately.  
Registration Deadline: January 1  
Season: January-March, Monday & Wednesday games, practices vary.  
Fee: \$80 includes sales tax & team shirt.  
\*\*Grades 5 & 6 will also be given an opportunity to be a part of a more experienced traveling team if we get enough interest (8 players).

**Grades 7 & 8 Boys “Traveling Team”**

Registration Deadline: December 2  
Season: Saturday games begin January 9. Practices will vary.  
Fee: \$155 includes sales tax, S.W.I.S.H. league fee, jersey.  
We will form traveling teams to join the Skagit S.W.I.S.H. League, playing double headers on alternating Saturdays in Skagit County. Additional practices will be scheduled by coaches. Teams may choose to continue on to participate in additional tournaments after the season, additional fees will apply. This will be a more competitive opportunity, for kids who have played basketball in the past. See “Flex League” below for another basketball opportunity.

**Grades 7 & 8 Boys “Flex League”**

Registration Deadline: January 1  
Season: January-March, Tuesdays & Thursdays, dates finalized in Dec.  
Fee: \$80 includes sales tax & reversible jersey; fee is only \$65 if you already have a shirt from a current Traveling Team.  
Twice weekly skills practice followed by games with rotating teams.

Mussels in the Kettles

Mountain Bike and Poker Ride

Saturday, March 12, 2016

Course is open from 10am to 1:30pm

Start and Finish located in Coupeville, WA

More information at [www.whidbeybicycleclub.org](http://www.whidbeybicycleclub.org) or [www.musselsinthekettles.org](http://www.musselsinthekettles.org)

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## THURSDAY NIGHT LIGHTS

### Running Under the Track Lights

**ALL AGES, YOUTH ACCOMPANIED BY AN ADULT**

Did you make new fitness goals this year? Get started with this simple activity! Bundle up and fight the winter slump by embracing the cold and running or walking with us on a well-lit track Thursday nights. Invite a friend to chat your way around the track, or plug in with headphones and focus on your own rhythm. Youth must be accompanied by an adult. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability (see registration form).

**Coordinator:** Shannon Lind, USATF, RRCA certified coach. lind@whidbeyisland.com

**Location:** SWHS track at 5674 Maxwellton Road, Langley.

**Thu | Nov 12-Mar 10\* | 5:45-6:45pm | FREE**

\*Except Nov 26, Dec 24.

## CLAM DIGGING 101

### Diggin' for Dinner



Get out of your shell at this informational and hands-on workshop on clamming in our area. Learn about gear, harvesting regulations, where to go, and practical instructions. Sample steamed clams and enjoy the beach at low tide. You'll take home your clam harvest (health conditions permitting), a clam measuring tool, and yummy recipes for serving up your finds. Each person will need to bring shoes that can get wet and sandy, a 2+ gallon container that holds water, and a small shovel or hand cultivator for each person wanting to harvest clams. Limited space available, and class fills up, so register early!

**Coordinator:** Carrie Monforte programs@whidbey.com

**Location:** A South Whidbey Beach, TBA upon registration.

**Min 5 / Max 30**

**Sat | May 7 | 11am-1pm | \$10\***

*\*No charge for children under the age of 5 years, max 2 per paying adult. 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.*

## OPEN GYM FOR FAMILIES

### In the works...

Over the years we've heard this frequent simple request for open gyms for kids. It's a bit more complicated than it seems, but we're going to try to give it a go this winter! Check our website for updates: www.swparks.org/youth

## HELP WANTED

### RECREATION & LEISURE PROGRAM INSTRUCTORS

Do you have experience teaching outdoor programs, fitness, or sports? Do you have a great idea, hobby or something new to add to our list of life-enriching activities? If you 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. New program proposals for summer are due Feb 15. Here are a few programs we'd like to be able to offer our community in the coming year:

- Ipad Art Class
- Couch to 5K program (Beginning Running for Adults)
- Kids running program
- Fitness for adults before/after work
- Skateboard or biking clinics at the skate park after school
- Early Release and/or non-school day programs
- After School Art
- Parent's Night Out (Programs for children while parents go out)
- Outdoor Education
- Mushroom class
- Fencing
- Edible local plants
- Crabbing 101
- Day hikes and/or Historical local walks
- Boat maintenance class
- Outdoor survival skills (how to start a fire etc) for adults
- Kids' Sport Smorgasbord
- Beach Fishing, without a boat

- Edible local plants
- Boating Safety Course
- Art & Crafts Camp
- C.S.I Camp
- Zombie Apocalypse Survival Camp
- Science Camp
- Alternative Sports Camp
- Canning, Preserving & Put-Aways (summer produce)
- Evening tennis lessons for adults (after 5:30PM)
- Whidbey "Active Senior" Games: Billiards, disc golf, golf, softball, archery, swim, etc)
- Grass volleyball league or tourney
- Clicker Training
- Dog Obedience
- Start Smart Sports for Tots
- New and creative programs??

### VOLUNTEERS NEEDED

**Pay:** Unpaid, but the rewards of volunteering are endless! Each year we count on 150+ volunteers to make our programs a success. Consider volunteering for one of the following.

- Daddy & Daughter Dance March 5
- Youth Basketball League January-March
- Chum Run 5k Support Crew June TBA
- Whidbey Island Triathlon Crew July 29 and/or July 30

### BASKETBALL REFEREES

SWPRD is seeking referees for the Youth Basketball League. Referees are paid for their time working on the court, in addition to the intangible reward of impacting youth lives. The Basketball Referee is responsible for officiating scheduled games and supervising at local gyms. A high level of judgment is necessary. Applicants must successfully pass a criminal background check. Job is seasonal, part time, paying Minimum wage to \$15/hour, DOE. Apply by January 10. Contact Carrie at (360) 221-6788 or visit www.swparks.org for info.



**Whidbey Island Bicycle Club**

Increase your connection with the sport of cycling and ride with cyclists of all levels

**WIBC organizes local & distant rides for all level riders, hosts social rides for beginners, training rides for experienced cyclists, and joins on rides with other clubs.**

Join the Club. WIBC welcomes all riders, off and on road.

[www.whidbeybicycleclub.org](http://www.whidbeybicycleclub.org)

**FUN FOR BOYS AND GIRLS AGES 4-14!**

**SW LITTLE LEAGUE**

PO BOX 1431  
FREELAND, WA 98249  
swllpresident@gmail.com  
www.eteamz.com/swllb  
Facebook: South Whidbey Little League

Winter clinics will be in January.

Please check website for more information or email President.

Tryouts will be the weekends of Feb 20, 21 and 27, 28.

One weekend will be a Saturday and the other will be a Sunday.

Exact day and time to be announced soon. Please check website for more information.

Practice will begin beginning of March and the season will last through early June followed by all stars.

Ages 4-14 boys and girls are encouraged to play little league. From tee ball to juniors.



- Now offering wheel alignments!
- 18 month, unlimited mileage warranty
- Customer rental cars available



**ALSO SPECIALIZING IN HYBRID SERVICE**

- All maintenance provided to keep your new car warranty in effect
- Oil changes while you wait (by appointment)

6446 Harding, Clinton (near the ferry) Monday-Friday 8:30-5:00

**360-341-3504 • mattsimporthaven.com**



DECEMBER

- 12 IMPROVE YOUR BASKETBALL GAME
- 15 SNOWRIDER EARLY REG. DEADLINE
- 17 THURSDAY NIGHT LIGHTS RUNNING
- 21 HOLIDAY HOOPS GRIND FOR BOYS
- 25 OFFICE CLOSED (CHRISTMAS)

JANUARY

- 1 POLAR BEAR PLUNGE
- 1 YOUTH BASKETBALL REGISTRATION
- 5 ADULT DROP-IN VOLLEYBALL
- 6 SPORTS FOR DOGS
- 6 RSVP DUE FOR FALCON BUDDIES NIGHT
- 8 FALCON BUDDIES NIGHT
- 9 SNOWRIDER BUS
- 9 DELICIOUS GLUTEN-FREE BAKING
- 10 SPORTS FOR DOGS
- 11 KIDS TENNIS
- 13 SIGN LANGUAGE
- 14 STEaM SISTERS
- 15 INTRO TO UNDERWATER ROBOTICS
- 18 OFFICE CLOSED (MARTIN LUTHER KING JR. DAY)
- 18 MUSIC TOGETHER
- 19 MUSIC TOGETHER
- 25 INTERMED. UNDERWATER ROBOTICS
- 28 NOURISHED FAMILIES
- 29 INDOOR SOCCER FOR AGES 10-12
- 30 INDOOR SOCCER FOR AGES 7-9
- 30 IMPROVE YOUR BASKETBALL GAME

FEBRUARY

- 2 SIGN LANGUAGE
- 8 DROP—IN ADULT BASKETBALL
- 14 VALENTINE’S DAY
- 14 COUPLES MASSAGE
- 15 NEW PROGRAM PROPOSALS DUE
- 15 OFFICE CLOSED (PRESIDENT’S DAY)
- 20 IMPROVE YOUR BASKETBALL GAME

MARCH

- 2 SPORTS FOR DOGS
- 2 SIGN LANGUAGE
- 5 DAD & DAUGHTER DANCE
- 6 SPORTS FOR DOGS

APRIL

- 2 EDIBLE BOOK FESTIVAL
- 4 ARCHERY
- 6 SIGN LANGUAGE
- 30 GOLF LESSONS

MAY

- 7 CLAM DIGGING 101



### Polar Bear Plunge

Friday • January 1 • Noon

Start the new year off with a splash! Join a fun-loving crowd of nearly 200 jumpers for a bone chilling dive into 2016. A New Year’s tradition since 2004.

DETAILS

Registration opens at 10:30am. Splash at noon. Swim at your own risk; no lifeguard on duty.

FEE


\$15 includes shirt (while supplies last - register in advance online at [www.swparks.org](http://www.swparks.org)), hot drinks and festive atmosphere.

LOCATION

Double Bluff beach at 6325 Double Bluff Rd., Freeland

WHY???

It’s fun. Seriously! Plus it benefits 4-H Teen Ambassadors.



\$15

Photo by Terry Welch

SOUTH WHIDBEY PARKS & RECREATION PARKS & FACILITIES

\*Always check for posted closures before swimming

		Trails	Waterfront	Lake Swimming*	Boat Ramp	Fishing	Play Structure	Horse Trail	Basketball Court	Soccer Fields	Baseball & Softball Fields	Skate Park & Pump Track	Picnic Shelter	BBQ Grill	Toilets/Restrooms	Classrooms	Reservation Options (\$)
COMMUNITY PARK	5495 Maxwellton Rd, Langley	●					●		●	●	●	●	●	●	●	●	●
DEER LAKE PUBLIC ACCESS	4330 Bucktail Lane, Clinton		●	●	●	●											
GOSS LAKE PUBLIC ACCESS	5235 Lakeside Dr, Freeland		●	●	●	●											
LONE LAKE PUBLIC ACCESS	5075 Lone Lake Rd, Langley		●	●	●	●											
RECREATION CENTER & OFFICES	5475 Maxwellton Rd, Langley	●															
SPORTS COMPLEX	5598 Langley Rd, Langley	●					●			●			●	●	●		●
TRUSTLAND TRAILS	Craw Rd & Hwy 525, Langley	●						●					●				●

RESERVATIONS

We request that all groups planning to use our facilities or fields notify us in advance by submitting a Reservation Request Form, which is available on our website and at our park office. Requests are filled on a first-come, first-served basis, depending on availability. Rental fees may apply. For additional information about

availability and rates, call (360) 221-5484 or visit [www.swparks.org/reservations](http://www.swparks.org/reservations).

Sports Fields

We have softball, baseball, soccer, and open fields available. Scheduling information for leagues, tournaments and teams is available by calling the Director at (360) 221-6488.

Facilities

You can affordably rent space for parties, meetings, classes, and special events at

our new recreation headquarters or The Crow’s Nest (located on the 2nd floor of the Concession Stand) at Community Park.

Picnic Shelters

Our picnic shelters are available for reservation for your party or event, advance reservations required for groups of 20+. Picnic shelters can accommodate 45-75 people.

## Run for a Day • Play for the Weekend

April 15 Health & Fitness Expo • Spaghetti Feed  
April 16 26.2 • 13.1 • 10K • 5K • 1K Kids Run



WHIDBEY ISLAND

MARATHON  
HALF MARATHON  
10K • 5K • 1K KIDS RUN

APRIL 16, 2016

Elite USATF Certified  
Chip Timed Course  
Boston Qualifier

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



# Locally Produced Shows!



WhidbeyTV is the only service available on Whidbey with TV shows celebrating life on Whidbey Island. *Oh yeah!*

## 370+ CHANNELS AND LOCAL PROGRAMS TOO!

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Enjoy over 245 digital channels including 85+ HD channels and 50 music choices. Our most popular package!



**\$49<sup>95</sup>\***  
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FOR 6 MONTHS  
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Loaded with over 310 channels with 105+ HD options. Includes Essential Channels and 50 music choices.



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FOR 6 MONTHS  
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\$94.95 AFTER PROMO

### WhidbeyTV *Complete*

Over 370 digital channels including 135+ HD and 50 music choices. Includes all Prime and Premium Channels. FREE DVR service for life!



**\$119<sup>95</sup>\***  
PRICE FOR TV ONLY

PER MONTH  
FOR 6 MONTHS  
WHEN BUNDLED  
\$144.95 AFTER PROMO



# WhidbeyTV

\*Promotional pricing shown here is for WhidbeyTV packages only. Your final bundle savings will vary based on your choice of Voice service and High Speed Internet package. Call for details.



360.321.1122  
1651 Main Street, Freeland

*Building Stronger Communities Together*