

**Activities for
All Ages!**

**4 Ways
to Register!**



WINTER ACTIVITY GUIDE

Jan-Apr 2012



Photo by Spencer Webster



Photos by Dave Welton



Photo by Steve Smith

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

www.swparks.org

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

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: December 26,
January 2, January 16 & February 20

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:

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

Staff

Terri Arnold

Director

(360) 221-6488

dირswprd@whidbey.com

Tom Fallon

Facilities & Maintenance

(360) 221-7181

trfallon@hotmail.com

Peggy Hockett

Office Manager

(360) 221-5484

swparks@whidbey.com

Carrie Monforte

Program Coordinator

(360) 221-6788

programs@whidbey.com

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.

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.

Inclement Weather & Power Outages

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

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**

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.

Stay In Touch

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 or find us on Facebook.




Find us on:
facebook®

Registration Info

- 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.

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.

	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 Access	•	•		•	•	•	•								•	•			
4330 Bucktail Lane, Clinton																			
Lone Lake Public Beach Access	•	•		•		•	•								•	•			•
5075 Lone Lake Rd, Langley																			
Goss Lake Public Beach Access	•	•		•	•	•	•								•	•			
5235 Lakeside Dr, Freeland																			
Recreation Center & Offices	•	•	•													•	•	•	
5475 Maxwellton Rd, Langley																			

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.

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

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 into our SWPRD office at 5475 Maxwellton Road, Langley, during our regular business hours.

Other Local Parks

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, Deer Lake, Lone Lake, Goss Lake, Putney Woods, and Baby Island Hts. (360)679-7373

Washington State Parks

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

Port of South Whidbey

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

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
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
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	
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 #

**On
Us!**

FREE Coffee Drink

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

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

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

www.swparks.org



Party in the Crow's Nest

at Community Park

**Birthdays • Graduation • Meetings
Special Gatherings • Banquets**

Next to "Castle Park" in a beautiful park setting
BBQ Grills • Affordable Rates



For info & reservations, contact South Parks & Rec • (360) 221-5484 • www.swparks.org

Come Out and Play!

Co-ed Adult Volleyball

(Adults and Youth 16+) Enjoy a 2 hour work out while playing volleyball, improving on your skills and having fun! For more information contact Coordinator Robyn Wynn, rawynn91@yahoo.com.

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

Mon, Jan 9 – Apr 30, 6:30 – 8:30PM, \$35 or \$5 drop in fee (includes tax)

Co-ed Adult Basketball

(Adults and Youth 16+) Come out for a fun workout and a game of basketball. For more information please contact coordinator Sarah Stuurmans, sarah3-02@yahoo.com.

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

Sun, Jan 8 – Apr 29, 6:30 – 8:30PM, \$35 or \$5 drop in fee (includes tax)

Men's 35+ Basketball

(Adults) Men ages 35+ are invited to play basketball with their peers. Refine your skills or get in shape! For info, 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

Thursday Night Lights

Run/Walk Under the Lights

(Adults and Youth w/an Adult) 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. Coordinator: Long time runner and triathlete Curt Gordon.

Location: South Whidbey High School track

Thu, 11/10 – 2/16, 6 – 7:00PM*, \$FREE

**Lights will be on starting at 5:15PM*

Pickleball

(Adults) For fun and light exercise, pickleball is hard to beat. Come alone or bring a friend; we'll show you how. (Don't be a sourpuss, be a pickler!) The net is lower than most other racquet sports allowing for faster play. The game is played with a lightweight, hard paddle and a whiffle ball. Some paddles are available, but ongoing participants are encouraged to purchase their own paddles. Coordinator: Carlos Xavier (360) 341-1449 xaviers@whidbey.com.

Location: LMS "Cooler" Gym

Feb 16 – Mar 22, Thu, 6:00 – 8:00PM, \$32.61 includes tax

Co-ed Adult Dodgeball

(Adults and Youth 16+) It's not just for kids any more! Grab your friends, family members and neighbors and have fun while burning off the holiday pounds. Play the game how it was meant to be played: with you as the target. If you're 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. Games are self-officiated. "Team Captains" are needed to make this program a success. Contact Carrie at 221-5484 or programs@whidbey.com for more information.

Location: SW Primary School Gym

Tue, Feb 7 – Mar 13, 6:00 – 7:00PM approximately, \$32.61 includes tax

Golf Lessons

(Adults & youth 12+ with an adult) Keepers of the Game members Bob Brown and Jim Corbett will run this four-week golf program for new golfers, those wanting to tidy up their skills, and those returning to the game. Includes three sessions on the power swing and one on the short game, giving you the opportunity to learn this lifetime sport. Classes will take place rain or shine. This program fills up, so register early! Max 8.

Location: Island Greens Golf Course

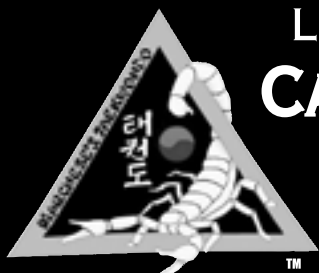
Saturdays, Apr 28 – May 19, 9:00 – 10:00AM, \$42

Marchese's Taekwondo

LOCATED AT KEN'S KORNER MALL

CALL US FOR A WEEK OF FREE CLASSES!

360-682-5954



Girls Running Club

(Grades 3 – 6) Join us as we skip, hop, jump and RUN our way to being fit enough to tackle our goal race: the Chum Run 5K Race on June 3. 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 complete one mile. Our focus will be on building strength, stamina, and team spirit. Kids should expect to work hard and have fun. Bring: Proper running shoes, 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. SWES kids may meet instructor after school at flagpole to walk over.

Mon, Mar 5 – Jun 4 (except 4/2 & 5/28)
3:35 – 5:00PM, \$48 + optional Chum Run 5K race fee



Photo by Dave Welton

Women's Beginning Running

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. This is a program for women 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. We will meet regularly for a run at various locations. The first meeting will be a non-running day. We will discuss the program, answer questions, and determine a running day/time.

First Meeting: TBA , check website

Fee: \$55

Sports for Dogs (K9 Nosework)



Photo by Dave Welton

(Adults & youth with an adult) 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, CNWI (Certified Nosework Instructor) k9nosework@whidbey.net or 360-579-1030.

Location: SWPRD Rec Center.

Beginning Nosework (NW-I)

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, size, 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.

Sun, Jan 8 – Feb 19 (no class Jan 15),
11:00AM – 12:30PM, \$140/dog.

Tue, Jan 10 – Feb 21, 11:00AM
– 12:30PM, \$140/dog.

Introduction to Odor (NW 2-A)

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

Come Out and Play!

you will have established good teamwork with the dog. Begin working new environments and introduce blind hides. Prerequisite: NW I.

Sun, Jan 8 – Feb 19 (no class Jan 15),
1:00 – 2:30PM, \$140/dog.

Working with Odor (NW 2-B)

Together we will gradually begin to wean your dog off of food treat rewards and begin to work with odor alone as the love of the hunt is the reward. Hides will become more complex, and handlers will work on observation of the dog's body language to communicate the location of the hides. Prerequisite: Introduction to Odor (NW 2-A)

Tue, Jan 10 – Feb 21, 1:00 – 2:30PM,
\$140/dog

Continuing Nosework (NW 3)

Now the real fun begins! Dogs will be introduced to additional odors and we will focus on better communication with your dog, working thresholds, the approach to corners, search grids, and others – a big challenge for both the dogs & handlers! Field trips may be planned, depending on interest and the weather (additional fees may be required). Prerequisite: successful completion of NW2A & recognition of birch.

Sun, Jan 8 – Feb 19 (no class Jan 15),
3:00 – 4:30PM, \$140/dog

Master Class (NW-MC)

These classes will be held intermittently to present clinics, seminars, lectures, and demonstrations by experts in the field of K-9 Nosework. Mock ORTs and trials to polish the skills of the dog-handler team prior to competition will also be run. Speakers, times, location & fee to be announced for each event. Contact Georgia for more information.

Private Lessons (NW-PL)

Private lessons can be arranged with the instructor. If you want to "sample" nosework to decide if it is the right training venue for your dog before enrolling in a class or if you are already training with your dog and want to brush up on a particular skill or work to master a training problem, contact Georgia directly to arrange time and place.

By appointment, \$25/dog per hour.



Boys Basketball

For grades 2 - 8

Details available at www.swparks.org

BE A PART OF THE TEAM!

Experience basketball if you are a rookie or an advanced player. This long-standing recreational league is an excellent way to learn and enjoy the game of basketball. Our league offers a great first experience, a chance to refine your skills, and fair play in a positive learning environment. Details available at www.swparks.org

THE SEASON

The season begins with the turnout/skills nite, followed by group practices. Team assignments and practices will begin shortly thereafter. All registrants will be assigned to a team and get to play, regardless of skill level. Games will begin in early February. Season will end mid-March with a Jamboree, celebrating the season.

TURNOUT / SKILLS NITE S

This important first night allows kids to begin building skills, and coaches to get an idea of the skill level of each player. All below take place at the LMS Multipurpose Gym. Schedule:

Grade 2 Wed, Jan 11, 5:00 - 5:45PM

Grades 3/4 Wed, Jan 11, 6:00 - 6:45PM

Grades 5/6 Tue, Jan 10, 5:00 - 6:00PM

Grades 7/8 Tue, Jan 10, 6:00 - 7:00PM

REGISTRATION FEE

\$54.35 through 12/30; \$65.22 after 12/30.

Fee includes tax. Limited needs-based scholarships are available.



Youth Basketball Coaches

Do you have what it takes to make a difference? As a volunteer for youth sports, you will be able to watch the children of our community grow – physically and emotionally. No reward is as great as knowing that your gift of time and dedication has helped a child succeed. Volunteers are the backbone of our community's sports programs. Please consider dedicating some of your time to the children of our community by helping develop a passion for sports. Coaches are responsible for general team organization, from team practice to coordinating the efforts of the players, parents and assistant coaches during game play. Coaches must successfully pass a criminal background check process. We strive to provide a fun environment which challenges each participant's playing potential, while maintaining the integrity of disciplined and fair play. Coaches must be patient, fun-loving, and be a positive role model for our youth. Potential coaches should apply by December 27th. Selected coaches receive free registration for their child. Visit www.swparks.org or call for more information.

WHIDBEY GENERAL HOSPITAL & CLINICS

We Go To Great Lengths, So You Don't Have To.



Photograph by Barbara Lyter / photo+graphics

At Whidbey General
individual care
is a group effort.



Neighbors taking care of
neighbors, the best kind of
healthcare there is.



We Are One Team With
One Purpose,
Caring For You!

**PHYSICIAN REFERRAL SERVICES
ARE AVAILABLE**



**101 N. Main St., Coupeville, WA 98239 • www.whidbeygen.org
360-678-5151 • 360-321-5151**

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Inpatient & Outpatient Surgery Services
our surgeons' skills are close at hand

All-Digital Diagnostic Imaging Center
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and Diabetes Education**
you don't have to go off-island

Whidbey Family Birthplace
the closer and better birthing center

24/7 Emergency Dept & EMS (Ambulance)
for that unexpected Medical crisis

Rehabilitation Service Centers
the road to rehab is close to home



Come Out and Play!

Creating with Clay

(Sessions for Grades K – 8) Learn the qualities of clay through hand constructed forms, sculptural art and clay forming techniques. The 3-D nature of clay forces students to think about structure, texture and form, a chance to express their individual style, a sense of accomplishment, and a creative place to learn. Students will create/design work each week which will be fired and glazed. Materials include clay, glaze & a snack. SWES students may meet instructor at flagpole after school to walk over together.

Location: SWPRD Rec Center. **Instructors:** Katja Fritzsche & Sarah Sterling

(Grades K – 5) **Wed, Jan 11 – Feb 29, 3:45 – 5:00PM**

(Grades 6 – 8) **Wed, Jan 11 – Feb 29, 2:30 – 3:45PM**

Fee: \$100 + \$25 materials fee paid directly to instructor on first day. Siblings participate for \$80.

Blues and Jazz Guitar

(Adults & Youth 16+) Learn the basics of Blues and Jazz guitar: chords, scales and rhythms. Learn how to navigate up the fretboard, chord melody, fingerstyle, funk, uptown blues and bossa nova. We'll cover standards and popular tunes. No note reading required but helpful. Music will be written in tablature and standard notation. Please bring an acoustic guitar. This class will take your playing to the next level!

Location: SWPRD Rec Center. **Instructor:** Quinn Fitzpatrick.
Thu, Jan 19 – Mar 15 (no class Feb 23), 8:00 – 9:00PM, \$115.

Beginning Guitar

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

Location: SWPRD Rec Center. **Instructor:** Quinn Fitzpatrick.
Thu, Jan 19 – Mar 15 (no class Feb 23), 7:00 – 8:00PM, \$115



Island Pilates Center

Whidbey's Premier Mind/Body Fitness and Movement Hub

Group classes offered at Whidbey Island Movement Center in The Porter Building at 222 Anthes Street,, Langley, WA including: Whidbey Island Yoga, Island Pilates Center and Sojourn Studios. See details at www.islandpilatescenter.com. 360.221.8881.

Winter Class Schedule

Pilates Mat Tues & Thurs 7:45am Mon 6pm • Sat 9am	Belly Dance Thurs 8:00pm
Pilates Stability Ball Mon 8:45am	Group Reformer Mon 5:00pm Tues 10:00am Wed 10:00am & 1:45pm Thurs 6:30pm Fri 9:30am Saturday 8:00am
Hatha Yoga Sun 9am	Gentle Vinyasa Yoga Tues 5:45am
Hatha Yoga 1-2 Tues 6:15pm	Movement Fusion Tues 5pm
Vinyasa Yoga Thurs 6pm • Sat 11:30am	Hot Vinyasa Flow Fri 5:30pm
Viniyoga Wed 6pm	Multi-level Power Yoga Thurs 10am
Qi Gong Mon 10am	
Step & Sculpt Mon & Wed 4:45pm	

Please contact before dropping in.

Island Pilates Center

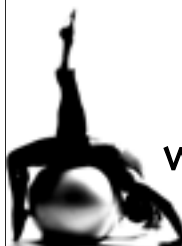
Fully Equipped Pilates Studio
Certified Pilates Instructors

360.221.8881

360-661-6909

www.islandpilatescenter.com

Porter Building in Downtown Langley
(Above Whidbey Children's Theater)



Music Together



(For children birth to five years and an adult caregiver) All children can learn to sing, 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.

Location: SWPRD Rec Center,
Instructor: Jess Foley

Tue, Jan 17 - Mar 20, 10:15 - 11:00AM,
\$105.44* (includes tax)

Tue, Apr 10 - Jun 12, 10:15 - 11:00AM,
\$105.44* (includes tax)

**Additional materials fee of \$39 per family due to instructor on first day of class. Class materials include two CDs, music activity book, and parent guide. Additional siblings 9 months - 5 years are only \$81.53. Includes tax.*

Clam Digging 101: Diggin' for Dinner



(All Ages, Youth with an Adult) 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 how-to lessons. Sample steamed clams and enjoy the beach at low tide. You'll take home your

clam harvest, a clam measuring tool (one per family), and yummy recipes for serving up your finds. Each person will need shoes that can get muddy, a water bottle, a bucket, and a small shovel or hand cultivator for each person wanting to harvest clams. Limited space available, register by Apr 1.

Location: Scatchet Head community private beach and picnic shelter at 3742 Driftwood Dr, Clinton.

Sat, Apr 7, 11:30AM - 1:30PM, \$5 or \$15/family*

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

Hula Hooplah: 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. Hoop & music will be provided.

Location: SWPRD Rec Center, Instructor Malia Flood

Adults & High School

Wed, Jan 11 - Feb 15, 5:00 - 6:00PM,
\$42 or \$10 drop in

Adults & High School

Wed, Feb 22 - Mar 28, 5:00 - 6:00PM,
\$42 or \$10 drop in

Middle School

Wed, Jan 11 - Feb 15, 2:30 - 3:30PM,
\$42 or \$10 drop in

Middle School

Wed, Feb 22 - Mar 28, 2:30 - 3:30PM,
\$42 or \$10 drop in

Hula Hoop-a-Rama

(Grades 2 - 5) Learn the basics of the hula hoop through a mix of fitness, dance, creativity, games, colors, and laughter. Hoop and music will be provided. SWES kids may meet instructor after school at flagpole to walk over together.

Location: SWPRD Rec Center, Instructor Malia Flood.

Wed, Jan 11 - Feb 15, 3:45 - 4:45PM,
\$42 or \$10 drop in

Wed, Feb 22 - Mar 28, 3:45 - 4:45PM,
\$42 or \$10 drop in

Martial Arts - What's real and what's movie?

(Adults and Youth 14+) Learn why flying across rooftops (Crouching Tiger Hidden Dragon) may be more likely than flying triple jump kicks (Mortal Kombat). Martial arts permeates our culture through various media. We draw inspiration for insight into the balance between mind, body and spirit. Their origins mean that they are avenues for understanding East Asian philosophies and cultures. Some see them for exercise, others for combat, others for business strategies, and others for emulating their actor/heroes. The history of the martial arts and their diversity are far richer and more complex than the movies can portray. Understand the difference and maybe learn which, if any, martial art is right for you.

Location: SWPRD Rec Center

Date TBA. See www.swparks.org

Daddy & Daughter Ball



This is your opportunity to show your girl how a gentleman treats a lady and celebrate the special relationship between fathers and daughters. Young and not-so-young are able to dance the night away. This quality evening together includes refreshments, a flower for each daughter, a chance at door prizes, and a free picture of each couple, mailed after the event (be sure to include your mailing address when registering). Space is limited, so get your tickets in advance. Volunteers needed!

Location: TBA

Saturday, Mar 3, 7 – 8:30PM, \$17 father & one daughter; \$7 each additional daughter.



Polar Bear Plunge

Sunday • January 1 • Noon

Start the new year with a splash, and join 150+ jumpers for a bone-chilling dive into 2012! Registration opens at 10:30am. Fee includes event gift & refreshments, and benefits local 4-H Teen Leadership.

Register in advance at www.swparks.org!

Location: Double Bluff beach.



Photo by Dave Welton

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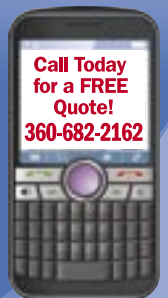
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DETAILS

Visit www.swparks.org for details, or call (360) 221-5484 to receive a brochure.



ADULTS

Thursdays, January 12 - March 1

Catch a ride to the mountains with a great group of people on a luxury coach bound for Stevens & Baker. Ski or board the uncrowded slopes on Thursdays or take advantage of the Nordic trails and X-country ski or snowshoe. Let our driver worry about the weather and traffic while you sit back and relax.

YOUTH

Saturdays, January 7 - February 25

Youth 10+ can head up to Steven's Pass with friends for 8 weeks of excellent skiing and boarding! This long-standing program focuses on safety, providing chartered buses with experienced drivers and fun chaperones. Come join us for outdoor winter FUN!

YOUTH RATES Minimum 35, Maximum 57

Bus/Ferry..... \$326.10 includes tax*

Bus/Ferry/Lessons..... \$436.10 includes tax*

**Early registration rate. After Dec. 8, 2011 add \$54.35. Program minimums must be met or bus will be cancelled. Lift tickets are extra and will be purchased separately. In the event that the SnowRider bus is cancelled, no refunds will be given on purchases of lift tickets/passes.*

ADULT RATES Minimum 30, Maximum 55

Bus from Everett.....\$315.23 includes tax*

Bus/Ferry from Whidbey \$326.10 includes tax*

Youth ages 10+ ride on Saturdays

8 weeks of snow play!

Adults ride on Thursdays

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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.

Yoga for Everyone (Regardless of Your Age!)

Everyone can practice Yoga, regardless of age, shape, weight or fitness level. This class utilizes modified versions of classic Yoga poses to make them accessible to everybody. Beginning with breathing exercises, gentle stretches, standing poses (with or without the use of a chair) and other poses that flow one into another, and finishing with guided relaxation. Yoga's benefits include increased range of motion, strength, balance, and relief from stress and anxiety. Wear loose-fitting, comfortable clothing. Yoga mats will be provided. Instructor: Jacquie Richardson.

Location: South Whidbey Senior Center, 14594 SR 525, Langley

Tuesdays, Monthly, 4:30 – 5:30PM, \$40 per month SSIC members/\$50 per month non-members.

Argentine Tango

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 of Tango Popolare. David has been dancing and teaching for many years and will come from Bellingham to teach. Beginners & intermediates will dance together during the 15 minute time overlap.

Location: South Whidbey Senior Center,
14594 SR 525, Langley.

**Tuesdays, Jan 10 – Feb 14, Beginners: 6 – 7:30PM,
Intermediates: 7:15 – 8:45PM, \$80/ \$90**

Whidbey Green Home Tour

Saturday, March 31, 2012

- See ecological building styles, energy-efficient systems & low-impact development
- Five locations, Freeland to Coupeville
- Learn from experts with displays and talks!

Tickets available after February 1 at www.brownpapertickets and local outlets.
Contact WWS for advance notice.

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HELP WANTED

Basketball **Referees**



South Whidbey Parks & Recreation District is seeking basketball referees for their Youth Basketball League. Referees are compensated 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

basketball games and supervising at local South Whidbey gyms. A high level of judgment is necessary to be an Official and applicants must successfully pass a criminal background check. Job is seasonal, part time, paying \$8.67 - \$15.00 per hour, DOE. Apply by December 15th. Contact Carrie at 221-6788 or visit www.swparks.org/employment for more information.

Seeking Bids for Performers at Concerts in the Park

South Whidbey Parks & Recreation District is seeking performers for the 2012 Concerts in the Park series in July/August. Interested persons/bands should visit <http://www.swparks.org/employment.html> for more information and submit a bid application by February 15th. Contact Carrie at 221-6788 or programs@whidbey.com for more information.

Instructors Wanted

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



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.

Schedule-at-a-Glance

Thu, Dec. 8	Early Reg. Deadline for SnowRider
Mon, Dec. 26	Office Closed
Fri, Dec. 30	Early Reg. Deadline for Boys' Bball
Sat, Dec. 31	New Year's Eve
Sun, Jan. 1	New Year's Day
Sun, Jan. 1	Polar Bear Plunge @ Double Bluff
Mon, Jan. 2	Office Closed
Thu, Jan. 5	Thursday Night Lights
Sat, Jan. 7	SnowRider for Youth
Sun, Jan. 8	Co-Ed Adult Basketball
Sun, Jan. 8	Nosework for Dogs (NW-I; NW 2-A; NW 3)
Mon, Jan. 9	Co-Ed Adult Volleyball
Tue, Jan. 10	Nosework for Dogs (NW-I; NW 2-B)
Tue, Jan. 10	Turnout for Boys' Bball, Grades 5 - 8
Wed, Jan. 11	Creating with Clay
Wed, Jan. 11	Hula Hooplah & Jula Hoop-a-Rama
Wed, Jan. 11	Turnout for Boys' Bball, Grades 2 - 4
Thu, Jan. 12	SnowRider for Adults
Mon, Jan. 16	Office Closed - Martin Luther King Jr. Day
Tue, Jan. 17	Music Together
Tue, Jan. 26	Beginning Guitar Lessons
Tue, Jan. 26	Blues & Jazz Guitar Lessons
Tue, Feb. 7	Adult Co-Ed Dodgeball
Tue, Feb. 14	Valentine's Day
Thu, Feb. 16	Pickleball for Adults
Mon, Feb. 20	Office Closed - President's Day
Wed, Feb. 22	Hula Hooplah & Jula Hoop-a-Rama
Sat, Mar 3	Daddy & Daughter Ball
Mon, Mar. 5	Girls' Running Club
Sat, Apr. 7	Clam Digging 101: Diggin' for Dinner
Tue, Apr. 10	Music Together
Sat, Apr. 28	Golf Lessons

Gift Certificates

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

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