

ISLAND REC

San Juan Island Park and Recreation District

FALL/WINTER RECREATION GUIDE



40 YEARS
1984 - 2024
OF FUN



SEPTEMBER THROUGH DECEMBER 2024
REGISTER ONLINE WWW.ISLANDREC.ORG BEGINNING SEPTEMBER 4

Community Events



Island Rec

San Juan Island Park & Recreation District

www.islandrec.org

(360) 378-4953
580 Guard Street
PO Box 1946
Friday Harbor, WA 98250

COMMISSIONERS

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Know Your Island Walks All Ages

Join the Trails Committee for group hikes on San Juan Island on the last Saturday of each month at 10am. Children must be accompanied by an adult. Please see the Island Rec website for more detailed information.

English Camp with Mike Vouri

Sa 10-1pm **Aug 31** FREE!

Beaverton Marsh

Sa 10-1pm **Sept 28** FREE!

Location TBD hosted by Friday Harbor Labs

Sa 10-1pm **Oct 26** FREE!

End of Summer Beach Party *New!* All Ages

Celebrate the end of summer with Island Rec! Join us for a bonfire and smores!

Jackson Beach

F 5-7pm **Sept 6** FREE!

National Coloring Day Community Coloring All Ages

Download and enjoy coloring pages from local artists and celebrate National Coloring Day as a community. Download pages at www.islandrec.org/communityevents and click the link.

Sa Virtual **Sept 14** FREE!

Tour d'Family All Ages

Travel together around Pear Point Loop. No registration required, just come with your helmets and bikes! All young riders must have a parent or guardian with them. Bikes available if needed.

Fairgrounds Parking Lot

Su 10am-noon **Sept 29** FREE!

Stay Informed!

*Follow us on Facebook and Instagram
for up-to-date information.*

Community Events

Community Whale Watch All Ages *New!*

Jump on board the whale watch event, generously sponsored by San Juan Safaris and IPS. You'll have the chance to witness marine life in their natural habitat. This tour offers an unforgettable experience, combining marine education with the thrill of spotting whales and other marine life.



San Juan Safaris

Su 12pm **Oct 6** \$5

Star Gazing at Jackson Beach All Ages

Spend an evening of community star gazing during one of the darkest nights in October. Meet on Jackson Beach directly in front of the parking lot. Bring a blanket and spread out to watch the stars.

Jackson Beach

Su 7:30pm **Oct 6** FREE!

Touch-a-Truck All Ages

School's out early, so grab your pals and come explore rigs of all shapes and sizes!

FHES playground

F 11:20am-12:30pm **Oct 18** FREE!

Farmers Market Arts and Craft All Ages

Stop by our booth at the Farmer's Market and celebrate 40 years of fun with Island Rec! This year we will be customizing trick-or-treat or farmers market reusable bags.

Brickworks

Sa 9:30am-1pm **Oct 26** FREE!

Resolution Run/Walk 5k & Salish Splash All Ages

Start your year off right by sprinting into the New Year at Island Rec's annual Resolution Run/Walk 5k! The route starts and ends at Jackson Beach so you can enjoy the optional polar dip in the Salish Sea after your run. Beanies available for the first 80 registered!

Jackson Beach

W 10am **Jan 1** \$15 for ages 11+
Ages 10 & under FREE!

50 Mile Challenge All Ages

Walk, run, or convert another fitness activity into mileage for January's 50 mile challenge! Start 2025 off strong by participating in the Resolution Run on January 1!

Virtual **Jan 1-31** FREE!

Scholarships Island Rec offers scholarships in the form of reduced rates for San Juan Island Residents. If you are in need of financial assistance to participate in Island Rec programs, please apply for a scholarship online, or stop by our office. Additional scholarships are available through the generosity of the FANS Fund, which is supported by Families & Neighbors Support Island Rec.

Preschool

Pre-Schooler and Parent Swim Ages 2-4 *New!*

Dive into fun and bonding with our Pre-Schooler and Parent Swim program! This engaging class focuses on building water confidence and essential swimming skills through playful activities and gentle instruction.

The Rec Pool

W	10-10:45am	Oct 2-23	\$45
W	10-10:45am	Nov 6-27	\$45

Messy Me Ages 2-5

Here's your toddler's chance to touch and explore to their heart's content! There will be sensory bins filled with all sorts of interesting materials and textures and a myriad of ways to interact and learn. Co-hosted by the San Juan Island Library and Island Rec.

FHES Gym

W	2-3:30pm	Oct 16	FREE!
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Tea Time Ages 3+

It's always a terrific time for Tea Time. This is THE tea party you've been waiting for. Special sweet and savory bites, cold and hot teas, dress-up photo booth, story time, tea sets, dancing and more. Dress up if you like! Children must be accompanied by a registered adult.

Brickworks

Su	2-3pm	Nov 17	\$15 per person
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Pre-School Drop-In Gym Ages 2-5

Drop-in to the gym on Saturday mornings with your little one! Enjoy time on the play mats, climbing wall, and in the gym. Get out of the house for some serious play, running, and jumping while developing gross motor skills. Bring a strider bike or scooter for extra fun! Active supervision by a guardian is required.

FHES Gym

Sa	9:30-10:30am	Oct 5-Dec 21	Drop-in Fee \$5
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Noon Year's Eve Celebration Ages 2-5

Ring in the New Year with the SJI Library and Island Rec! Skip the late night and drop by Brickworks for crafts, sensory play, dancing and a balloon drop at noon. This fun-filled event is designed for toddlers, preschoolers and their families.

Brickworks

Tu	11am-12:30pm	Dec 31	FREE!
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Drop-In Recreation for All

Women's Basketball Ages 16+ *New!*

Meet every Sunday for hoops, laughter and fun.

Turnbull Gym

Su 4:30-6:00pm **Oct 6-Dec 15** \$5

Men's Basketball Ages 16+

Take to the hardwood as Men's Basketball returns this fall.

Turnbull Gym

Tu 8-9:30pm **Oct 1-Dec 17** \$5

Roller Hockey Ages 16+

Join us at the fairgrounds for one of our longest running programs! New participants are always welcome. (No session 11/27)

Fairgrounds Main Building

W 7-8:30pm **Oct 16-Dec 18** \$10

Drop-In Skateboarding Ages 8+

All skill levels are invited to come skate, build skills, make friends, and have fun! We will provide free-skate options with ramps, ledges, and rails. Youth 8-12 must have a guardian onsite. Under 18, helmets required. Closed-toe shoes required for all. (No session 11/29)

Fairgrounds Main Building

F 6:30-9:00pm **Nov 1-Dec 20** \$10

Ping Pong & Badminton Ages 10+

Bring friends or family for an afternoon of ping pong and badminton.

Turnbull Gym • \$5 per participant/\$20 family/friend (6 max)

Su 3-4:30pm **Oct 6,20**

Su 3-4:30pm **Nov 3,17**

Su 3-4:30pm **Dec 1,15**

Family Roller Skate Nights All Ages

We'll transform the Fair Building into a roller rink for the night. Youth 12 and under must have a guardian onsite. Under 18, helmets required. Roller blades/skates only in the big loop. Scooters and strider bikes in the small loop.

Fairgrounds Main Building • \$5 skater/\$20 family/friend (6 max)

Sa 6-8:30pm **Oct 26** Spooky

Sa 6-8:30pm **Nov 16** Tropical

Sa 6-8:30pm **Nov 30** 80's Night

Sa 6-8:30pm **Dec 14** Ugly Sweater

Teen Open Gym Grades 6-12

Bring a friend for some basketball or other indoor games at this free, Sunday night drop-in program. Parent waiver required.

Turnbull Gym

Su 7-8:30pm **Begins Oct 6** **FREE!**

Pre-School Drop-In Gym Ages 2-5

See page 4 for details.

FHES Gym

Sa 9:30-10:30am **Oct 5-Dec 21** Drop-in Fee \$5

School's Out K-5

STAR Study Time & Afternoon Recreation Grades K-5

Supervised after-school program at FHES: games, activities, free time, homework time and a snack. Details and application at www.islandrec.org/star. Scholarships available.

Regular School Days	2:45-6pm	\$13
Early Release Wed	1:30-6pm	\$17
Early Dismissal Days (<i>pre-registration required</i>)	11:10am-6pm	\$22

School's Out Winter Break Camp Grades K-5

Have some fun while school's out! Camp is based at FHES.

8:30am-4:30pm	Dec 20, 23, 27, 30 & 31; Jan 2 & 3	\$35/day
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Parent's Night Out Grades K-5 *New!*

Hey parents, looking for a night off? Our Island Rec team has got your childcare covered! Swing by FHES to drop off your kids and they can enjoy a fun evening full of crafts, a snack, and organized games. Meanwhile, you can enjoy a night out.

F	6:30-9:30pm	Oct 25	\$20
F	6:30-9:30pm	Nov 22	\$20

Youth Programs

Circus Day with Cirque Cadia Ages 7+

We're excited to welcome back Cirque Cadia for one day of circus fun! Move your body, get creative, and have a ton of fun while learning the basics of juggling, hula hooping, stilt walking, balancing, and more. No experience necessary; all props provided.

Location TBD

Sa	9am-3:30pm	Nov 2	\$95
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Babysitting Class Ages 11+

Safe Sitter® is a nationally recognized training program that teaches the skills to do the job well and earn parents' trust. Safe Sitters will leave this training with a valuable toolkit of medically accurate, up-to-date information and potentially life-saving skills to add to their babysitting resumes.

Frank Wilson EMS Building

M	3:15-6:15pm	Nov 11&18	\$135
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DIY Home Spa for Kids Ages 8-12

A great class to make some holiday gifts for friends and family! Join a local herbalist in creating fun skin care products.

Island Rec House

F	3:30-5pm	Nov 22	\$35
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Youth Programs

Tiny Craft Boxes Ages 8+ *New!*

Turn an ordinary matchbox into a world of discovery using just your imagination, matchboxes, and craft supplies. You'll leave with 2-3 boxes of your own. Marni Zimlin instructs.

Island Rec House

F	3:30-5:30pm	Sept 20	\$35
F	3:30-5:30pm	Oct 18	\$35

Woodworking Basics: Cutting Board Ages 8-17 *New!*

Join us at the Fellow Shop for a hands-on woodworking experience! Design and build your own cutting board to take home. No experience required; safety equipment provided. Workshop is 4 hours total over 2 days. Let's get dusty!

The Fellow Shop

Ages 8-12	Sa-Su	1pm	Oct 5-6	\$175
Ages 13-17	Sa-Su	1pm	Nov 2-3	\$175

Youth & Teen Sports

Swimming Lessons *Held at The Rec Pool*

Swimming Beginner Skills Ages 4-9

Tu/Th	3:30-4:15pm	Sep 10-26	\$55
Tu/Th	4:30-5:15pm	Sep 10-26	\$55
M/W	4:45-5:30pm	Sep 9-25	\$55
Tu/Th	3:30-4:15pm	Oct 1-17	\$55

Swimming Beginner Skills Ages 7+

Tu/Th	4:30-5:15pm	Oct 1-17	\$55
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Swimming Intermediate Ages 7+

M/W	4:45-5:30pm	Oct 7-23	\$55
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Youth Basketball Leagues Grades 2-8

Games played on Sundays at Turnbull Gym. Previous team experience not required. Leagues: 2/3 grades, 4/5 grades, and 6/7/8 grades. Volunteer coaches, scorekeepers and referees are needed!

Boys	Practices Start week of Nov 4	FHES Gym	\$50
	Games are Sundays, Nov 17-Dec 15 (No game Dec 1)		
Girls	Practices start week of Jan 6	FHES Gym	\$50
	Games are Sundays, Jan 19 - Feb 9		

Roller Hockey Ages 5-15

Long-time coaches will provide instruction on individual and team skills. Must provide your own equipment. New players welcome. (No class 11/27)

Fairgrounds Main Building

W	6-7pm	Oct 16-Dec 18	\$80 season/ drop in \$10
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Teen

Beginning Drawing with Zentangle Grades 6-12 *New!*

The Zentangle Method® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn the fundamentals of art and basic drawing techniques.

Island Rec House

W 2:45-4:45pm **Sept 18** \$75

Cycling Club Ages 11-16

Stay active and explore our community at the After-School Cycling Club. From beginning to seasoned cyclists, this club offers fun group rides and a supportive environment for all levels. Helmets and a parent waiver required. *Bikes available upon request.*

Island Rec House

Tu 3:30-5pm **Sept 10,24** FREE!
Tu 3:30-5pm **Oct 8,22** FREE!

Teen Field Days Grades 6-12

Join us Wednesdays after school at Linde Park for Teen Field Days. We will offer activities such as ultimate frisbee, soccer, and other structured games as part of this program. Parent waiver required.

Baseball Field at Linde Park

W 2-4pm **Sept 4-Oct 30** FREE!

Teen Halloween Party Grades 6-12

When the ghouls come out this year, we'll be ready for them! Join other costumed teens for a fun evening of bowling and pizza. Prizes for costumes!

Paradise Lanes/JP's

Th 5:30-7:30pm **Oct 31** FREE

Adult

Make sure to check out our drop-in recreation offerings on page 5.

Locals Kayak Journey Ages 16+ *New!*

Enjoy a day on the water and connect with fellow paddling enthusiasts. All skill levels are welcome for a fun, guided experience with opportunities to learn new techniques and appreciate nature. All gear provided. *Ages 11-15 accepted with registered adult.*

Roche Harbor

Sa 10am-1pm **Sept 21** \$25

Forest Drawing Ages 15+ *New!*

Combining the Zentangle Method®, botanical illustration, and forest bathing, learn how to draw and connect with the local flora. Hone your observation skills and identify recurring organic shapes in nature. *Ages 11-14 accepted with registered adult.*

Location TBD

Sa 11am-1pm **Sept 21** \$75

Adult

Beginning Drawing with Zentangle Ages 15+ *New!*

The Zentangle Method® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn the fundamentals of art and basic drawing techniques.

Island Rec House

W 5-7pm **Sept 18** \$75

Introduction to Botanical Illustration Ages 15+ *New!*

An introduction to the practices of botanical illustration from a natural science perspective. Draw local flora while learning classification and identification. *Ages 11-14 accepted with registered adult.*

Island Rec House

F 4-6pm **Sept 20** \$75

Nature Journaling Ages 15+ *New!*

Connect with the natural world through creativity and observation. Beginner-friendly, nature journaling supports a growth mindset by forming new neural pathways. *Ages 11-14 accepted with registered adult.*

Location TBD

Sa 1:30-3:30pm **Sept 21** \$75

First Aid & CPR Ages 15+

Upon successful completion of these classes you will gain life-saving skills and have a certification from the American Heart Association, valid for two years.

Frank Wilson EMS Building

M 9am-1:30pm **Sept 23** \$75

Beaded Pearl Knot Jewelry Ages 15+ *New!*

Learn how to make beautiful, beaded jewelry with Marni Zimlin that is delicate and secure using the pearl knotting technique. Cultivate your own creativity and style with colors, patterns or simply strands of beads to wear or gift.

Island Rec House

Th 2-5pm **Sept 26** \$80

Su 9am-noon **Oct 13** \$80

Paint Your Pet by Number Ages 15+ *New!*

Send us a picture of your pet and come paint by number with us! Paint together with the support of artist Mandy Heitkamp. Class includes a 16x20 canvas with customized paints and three brushes.

Island Rec House

W 5-8pm **Oct 9** \$110

Digital Photography Ages 15+

Get comfortable with your digital camera. Chase Anderson will cover the exposure triangle of shutter speed, aperture, and ISO so that you can fully harness the potential of your DSLR or mirrorless camera.

Island Rec House

Tu 5:30-7:30pm **Oct 1-22** \$98

Adult



Birdwatching Ages 16+

Explore San Juan Island with our eagle eye birdwatching guide, Tyler Davis. These walking tours allow opportunities to discover the variety of birds and habitats right in our own backyard. No experience needed, binoculars are highly recommended.

<i>Lake Zylstra</i>	Th	7:30-9:30am	Sept 19	\$12
<i>Jakle's Lagoon</i>	Th	7:30-9:30am	Sept 26	\$12
<i>English Camp</i>	Th	7:30-9:30am	Oct 3	\$12
<i>American Camp</i>	Th	7:30-9:30am	Oct 17	\$12

Getting Started with Cell Phone Photography Ages 15+ *New!*

Bring your phone and learn the tips and tricks to taking amazing photographs in this fun and informative workshop with local photographer Chase Anderson.

Location TBD

Date/Time TBD

\$25

Pickleball

Indoor Pickleball Ages 16+

Sessions start the week of October 21, Wednesdays begin November 6.

Fairgrounds Main Building

Level 2.0-3.5	M	5-6:30pm	\$6
Level 3.5+	M	6:30-8pm	\$6
Level 3.0+	W	3-5pm	\$8
Level 2.0-3.5	Th	6-8pm	\$8
Level 3.0+	Sa	10a-1p	\$11

Pickleball 101 Ages 16+

This class is designed to introduce newcomers to the game and will cover basic rules, techniques and strategies. Develop a solid foundation in a fun and supportive environment. Loaner paddles available.

Fairgrounds Main Building

Tu	6-7:30p	Nov 5-26	\$38
Tu	6-7:30p	Dec 3-17	\$30

Adult

Woodworking Basics: Cutting Board Ages 18+ *New!*

Design and build your own cutting board to take home and impress your friends. No experience required; safety equipment provided. The Fellow Shop leads this two day workshop. Let's get dusty!

The Fellow Shop

Sa-Su 1pm **Dec 7-8** \$175

Lifelong Recreation 55+

Lifelong Recreation Programs are in addition to Adult Programming on previous pages.

Strong & Fit Senior Fitness w/Boo Boo Ages 55+

Workouts focusing on strength training, core fitness, range of motion, and balance. Boo Boo will lead you through exercises to keep you strong, fit, and healthy.

"The Rec" (No class 11/28)

Tu/Th/Sa	9:30-10:30am*	Sept 3-28	\$6/class
Tu/Th/Sa	9:30-10:30am*	Oct 1-31	\$6/class
Tu/Th/Sa	9:30-10:30am*	Nov 5-30	\$6/class
Tu/Th/Sa	9:30-10:30am*	Dec 3-21	\$6/class

***9:30-10:15 on Saturdays**

Senior Stretch and Strengthen with Boo Boo Ages 55+ *New!*

Increase mobility and strengthen your body. Boo Boo's energy will keep your heart rate up and the blood flowing in this new, hour-long class!

"The Rec"

W/F	1-2pm	Sept 4-27	\$6/class
W/F	1-2pm	Oct 2-29	\$6/class
W/F	1-2pm	Nov 6-22	\$6/class
W/F	1-2pm	Dec 4-20	\$6/class

Yoga for Longevity with Flow Collective Ages 55+

Mariana will guide you slowly and deliberately through a gentle sequence of asanas (physical poses) that will help you stretch, feel calm and balanced.

Mullis Center

Tu	10-11am	Sept 3-24	\$12/class
Tu	10-11am	Oct 1-29	\$12/class
Tu	10-11am	Nov 5-26	\$12/class
Tu	10-11am	Dec 3-17	\$12/class

Senior Mobility and Flexibility Ages 55+

In this series of mobility and flexibility workshops, you will learn how to create space within joints and lengthen short muscles. Certified orthopedic exercise and stretching specialist Mandy Heitkamp's scientific approach is applied to each exercise and can be adjusted for each individual.

Mullis Center

M	10:30-11:30am	Sept 9-30	\$65
M	10:30-11:30am	Oct. 7-28	\$65

Island Rec
San Juan Island Park & Recreation District
P.O. 1946
Friday Harbor, WA 98250

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*Thank you for helping us
celebrate 40 wonderful years of Island Rec!*