
P.O. Box 1637 Port Townsend, WA 98368 (360) 385-5811



• Winter 2010 Activities •



All Ages

Cartooning Workshop - This class will teach you how to draw different cartoons and expressions. You will start by drawing simple shapes and will progress to creating complete characters of your own choice and design. Instructor Cliff Wood will teach this 6 week class in the Mountain View art room on Saturdays starting on February 6th from 10:00am-11:30am. All ages welcome. Fee: \$60.00

Ceramics for All Ages - Perfect class for kids, teens, home-schoolers, friends and parents to explore slab and coil hand-built projects with clay. A variety of tools will be used to make functional and imaginative pieces. Different projects will be taught in each session. Instructor Holly Green will teach this 5 week class in the Mountain View art room. If you have any questions, please call (360)774-1166. All ages and home-schoolers welcome. Class Fee: \$65.00 (includes all materials)

Tuesdays	January 5 th – February 2 nd	10:00am-11:15am 3:45pm – 5:00pm	Homeschoolers After School
Tuesdays	February 23 rd – March 23 rd	10:00am – 11:15am 3:45pm – 5:00pm	Homeschoolers After School

Edible Holiday Gifts - Get ready to dazzle your friends and family by making edible gifts for the holidays. Enjoy a fun afternoon baking delectable desserts to share with your family and friends. Class will be held in the Mountain View cafeteria on Saturday, December 19th from 1:00pm-3:00pm. All ages welcome. Fee: \$30.00 (please pre-register for this activity).

Valentine Treats - Learn to make fun, sweet treats for Valentine's Day. Enjoy an afternoon baking delectable desserts to share with your family and friends. Class will be held in the Mountain View cafeteria on Saturday, February 6th from 1:00pm-3:00pm. All ages welcome. Fee: \$30.00 (please pre-register for this activity).

Yoga for All Skill Levels - Learn basic yoga routine to develop core strength, flexibility, balance and breath awareness. Instructor Colleen Swantner will teach this 4 week class (for ages 10-80) in the Mt. View gym starting on Mondays February 1st from 5:00pm-6:00pm. All ages welcome. Fee: \$40.00



Grades K-3



Early Release Recreational Swim - The City of PT and the YMCA offer this 9-week recreational swim on Wednesdays from 1:30 - 2:30 pm, starting February 10th - April 14th (no swimming on April 7th). Swimmers will ride PT School District buses 202 from Grant Street to the pool at Mt. View where trained lifeguards will supervise. After swimming, YMCA staff will provide fun activities until 3:30 when all participants must be picked up by their parents. Swimmers should wear their bathing suits to school under their clothes and make sure to bring a towel. Fee: \$40.00 You must pre-register for this activity.

Mountain View After School Program (Ages 5-12) - The YMCA provides a fun filled after school program each day from the end of the school day until 6:00pm. Enrollment is flexible ranging from daily participation to an occasional drop in.

QuickStart Tennis - Instructor Julie Jablonski will teach tennis on Wednesdays from 1:30-2:30 pm, at the Mt. View tennis courts and gym starting February 10 and ending April 14 (no class on April 7). This session is for K-3 students who want to learn tennis and develop hand-eye coordination and other basic athletic skills. YMCA staff will provide fun activities for the students after tennis from 2:30-3:30. Parents must pick up all participants at 3:30 pm. Rackets are provided. Fee: \$40.00 You must pre-register for this activity.



Grades 4-8



After School Girls Club – Limited to ten girls. Activities include confidence building games, arts/crafts, and inspirational guests. Designed to be fun, this “girls club” is designed for girls, by girls. Come join us for relaxation, inspiration and fun! Lead by Emelina Berkshire, and assisted by Julie Knott and Reilly Berkshire, on Mondays in the Mt. View Commons starting on January 14th from 2:45pm-4:15pm. Co-sponsored by West Camp for Girls and our community. Fee: \$25.00

American Red Cross Babysitter Training – Instructor Sandy Short will teach this 2 day class. Fee: \$40.00

Wednesday & Thursday	January 6 th & 7 th	2:30pm-4:30pm	Chimacum
Tuesday & Wednesday	January 19 th & 20 th	2:30pm – 4:30pm	Mt. View Commons

Cake Decorating - Learn to decorate a cake that looks as good as it tastes, and you’ll eat it too! Instructor Sally Giesler will teach this class on Thursdays in the Mt. View Commons on February 11th from 2:30pm-4:00pm. Fee: \$10.00

Dance – Lyrical Dance Expressions begins! Students learn basic dance skills & techniques and use them to creatively self-express concepts in lyrics, poetry and music with their dance movements. This class consists of stretching and toning exercises, with playful games and activities. Instructor Debra Addae will teach this 8 week class in the Mt. View gym starting on February 18th from 2:45pm-4:15pm. Fee: \$75.00

Inside Elevated Ice Cream - Join owners David and Julie McCulloch while he prepares your favorite flavors and you do the taste testing. At 3:15 pm on Friday, Feb. 19, the YMCA van will transport students from the Blue Heron parking lot to Elevated Ice Cream, where parents will pick them up at 4:00pm. Fee: \$8.00

Introduction to Self-Defense – Instructor Bruce Fountain will teach this class in the Mt. View gym. Learn basic self defense strategies, including physical defense, trusting your instincts, and safety techniques. Wear comfortable clothing. Mondays February 15 & 22 & March 1 & 8 3:30pm – 4:30pm Mt. View Gym Fee: \$40.00

Legos – Thinking outside the blocks! Learn some new ways to build and play cooperative games in this fun new class. Thaddeus Jurczynski will teach this 3 day class on starting Monday February 8th, 9th, 10th in the Mt. View art room from 2:30pm-4:00pm. Fee: \$25.00

Mountain View After School Program - The YMCA provides a fun filled after school program each day from the end of the school day until 6 pm. Enrollment is flexible ranging from daily participation to an occasional drop in for ages 5-12.

Mural Painting – Help decorate the new YMCA facility. Express yourself and leave a lasting work of art. Instructor Rebekah McGuire will conduct this 6-week workshop in the Mt. View art room starting on January 21st from 2:45pm-4:00. Fee: \$40.00

QuickStart Tennis - Instructor Julie Jablonski will emphasize the fundamentals of ground strokes, volley, serves and modified tennis play to develop consistency. YMCA staff will provide fun activities for the students after tennis from 2:30-3:30. Classes will be held in the Mt. View tennis courts and gym - parents must pick up all participants at 3:30 pm. Rackets are provided. Fee: \$40.00 You must pre-register for this activity.

Wednesdays	January 6 th – February 24 th	12:15pm – 1:15pm	Homeschoolers
		2:30pm – 3:30pm	After School

Self-Portrait Studio – Create a realistic self-portrait with colored pencils and watercolors. Instructor Thaddeus Jurczynski will teach this 2 day class starting Monday February 22nd and 23rd in the Mt. View art room from 2:30pm–4:00pm. Fee: \$20.00

Wood Working – Students learn basic wood working skills and techniques. Please call instructor John Edwards (360/385-6840) for class information, cost, dates and times.



Adults and Teens



Batik Self-Portraits – Create a realistic self-portrait on cloth using the wax resist technique and acrylic paint. For ideas and inspiration, visit <http://s125.photobucket.com/albums/p58/artsthaddeus/>. Instructor Thaddeus Jurczynski will teach this 2 day class in the Mt. View art room starting Monday February 22nd & 23rd from 6:30pm-8:30pm. Fee: \$30.00

Beginning Pilates – This level introduces the student to their intrinsic ability to change their body, find their own wellbeing, and gain strength. Instructor Frannie teaches this drop-in class on Tuesdays and Thursdays from 10:45am-11:45am in the Mt. View gym. Fee: \$5.00 per class payable at the door.

Ceramics for Adults – This class is designed for beginning and advanced students. Instruction will be given in coil and slab hand-building projects, or you may work independently on individual projects. Wheels are available for throwing for those with previous experience. The ceramics studio is well stocked with a wide variety of tools, equipment, glazes and clay (\$15 per 25 lbs. bag - includes the cost of glazing/firing). Instructor Holly Green will teach this 8 week class in the Mt. View art room. If you have any questions, please call (360)774-1166. Class Fee: \$125.00

Wednesday Evenings	January 6 th –February 24 th	6:30pm – 9:00pm
	March 3 rd – April 21 st	6:30pm – 9:00pm
Thursday Mornings	January 7 th – February 25 th	9:00am – 11:30am
	March 4 th – April 22 nd	9:00am – 11:30am

Ceramics Workshop for Adults – Workshops are 7 weeks of non-instructed time in the YMCA ceramics studio. All workshop students must be enrolled in a Ceramics for Adults class (see class outline above). Workshop Fee: \$70.00

Monday Mornings	January 11 th – February 22 nd	9:00am – 11:30am
	March 8 th – April 19 th	9:00am – 11:30am
Monday Evenings	January 11 th – February 22 nd	6:30pm – 9:00pm
	March 8 th – April 19 th	6:30pm – 9:00pm

Living Healthfully – Join us for this series of presentations from healthcare professionals as they educate and inform us on healthier living, sleeping and eating habits. Topics include foot and skin conditions, inflammatory conditions, nutrition counseling, cancer prevention, etc. Contact YMCA for more information, 385-5811.

Cooking Lessons for Everyone Arran Stark will be giving cooking lessons in the new YMCA Facility this winter. Call the YMCA for information. 385-5811

Felted Jewelry – Marvelous jewelry made from colored Merino wool batts. Make pins, bracelets and necklaces with felt beads. Embellish (if you desire) by beading and/or needle felting. It may be abstract floral or whimsical. Instructor Janice Speck will teach this class (for ages 14 and older) in the Mt. View art room on Monday February 1st from 9:30am-12:30pm. Fee: \$50.00

Floral Felt Scarf – Create a 6 ft. x 3 ft. felt scarf by employing flat wet felting technique. Different methods will be used to embellish your scarf. Instructor Janice Speck will teach this class (for ages 14 and older) in the Mt. View art room on Monday February 8th from 9:30am-12:30pm. Fee: \$60 (kit prices: one scarf \$7.50/two scarves \$15.00)

Balance and Fall Prevention Exercise Class- This 1-hour 6 week class is designed to improve balance in the elderly. Beginning strengthening, balance and stability exercises as well as simple Tai Chi movements will be included. Instructor: Sally Aerts, PT. Drop-in class Tues. and Thurs. 10:00 – 11:00 in the Mt. View gym beginning Jan. 18th. Entrance is handicapped accessible. Fee: None, cash donations accepted for Food Bank or YMCA.

The Gift of Color – Everyone has a personal relationship with color, which is sometimes regarded as something to be intimidated by or even feared. We will talk about color theory from the rule books, and then see how we can make color serve our wants and needs. Students will test ideas using various media and techniques. Instructor Rachel Josephson Gaspers will teach this 4 week class in the Mt. View art room starting on Monday February 2nd from 12:00pm-2:00pm. Fee: \$30.00

Throwing Pottery on the Wheel – We will cover all the basics: prepping the clay, centering, design, throwing, handles, spouts and glazing. This will give you a good foundation for further exploration or reacquaint yourself with a past skill. As the basics are covered there will be open throwing time for practicing your new skills and exploring new possibilities. Instructor Darby Huffman will teach this 8 week class in the Mt. View art room beginning on Thursday January 14th from 6:30pm-9:00pm. Fee: \$130 plus \$20 for materials due the first day of class.

Knitting - Why Knit? Not for Ladies Only! – A knitting class with multi-dimensional overview. Students will learn about the basic knit stitch, purl stitch, various fibers and colors. Instructor Rachel Josephson Gaspers will teach this 4 week class in the Mt. View art room starting on Tuesday February 2nd from 2:45pm-4:45pm. Fee: \$45.00

Maintenance Pilates – Expand on the fundamentals and gradually learn the 34 basic exercises which Joseph Pilates created. Instructor Barbara teaches this drop-in class on Mondays and Fridays from 10:45am-11:45am in the Mt. View gym. Fee: \$5.00 per class payable at the door.

Men's Basketball Open Gym – Starting November 25 Wednesdays (8:00pm-10:00pm) and Sundays (6:00pm-8:00pm) in the Mt. View gym. No registration required. League play starting January. Small fee collected at the door.

Nuts & Bolts of Watercolor Painting – Have some fun and loosen up with color. This class will help you solve the mysteries of watercolor paper, washes and color. In a step by step process, you will learn how to stretch watercolor paper, lay in washes, work wet into wet and learn when to dry paper. Special techniques will be used to help the beginner as paintings develop. Instructor Miriam Lansdon will teach these three sessions (for ages 14 and older) on March 4th, 11th, 18th in the Mt. View art room from 9:30am-2:00pm. Fee: \$70 for each session (extra cost for supplies)

Quickstart Tennis for Women – Never played tennis before? Had lessons a long time ago? Want to meet other ladies who want to play tennis for the health of it? If you already know how to play and want to hone your skills, just have fun, and help others too! Instructor Julie Jablonsky will teach this class in the Mt. View gym on December 2nd, 9th & 16th from 10:30am-12:00pm. No Cost – Donations are appreciated to support the YMCA youth tennis scholarship fund.

Raku – Two days to learn the ancient art of Raku firing. On the first day, students will throw or hand-build ware for the firing. The second day will be spent glazing and doing the exciting Raku firing. Darby Huffman will teach this 2 day class in the Mt. View art room (the Raku firing portion as a field trip to Darby's Raku kiln in Port Townsend) starting on Thursday February 2nd & 9th from 6:30pm-9:00pm. Fee: \$70.00 plus \$15.00 for materials due the first day of class.

Reed Sculpture – Create a large, lightweight sculpture using reed, bamboo and tissue paper. This is also a great technique for making paper lanterns! For ideas and inspiration, visit <http://s125.photobucket.com/albums/p58/artsthaddeus/>. Instructor Thaddeus Jurczynski will teach this 2 day class in the Mt. View art room on starting Monday February 8th & 9th from 6:30pm-8:30pm. Fee: \$35.00



Application



Please fill out & detach this application & return with appropriate registration fee to Grant Street, or Blue Heron Schools or send to the YMCA. Please make check payable to: Jefferson County Family YMCA. No cash please.

Name _____ Grade _____ Amount enclosed \$ _____

Address _____ Program(s) _____

Phone # _____ Emergency Phone # _____

PROGRAM WAIVER: The undersigned has been informed that the Jefferson County Family YMCA does not provide accident, health, medical or disability insurance for the protection of those who participate in recreation programs sponsored by the Jefferson County Family YMCA.

Accordingly, I _____ (Parent or Guardian) give my permission for _____ (Name) to participate in the Jefferson County Family YMCA _____ Program(s). I assume all risks and hazards of the conduct of the program. I shall defend, indemnify and hold the YMCA, its officers, employees and volunteers harmless from any and all claims, injuries, damages, losses or suits including attorney fees, arising out of or in connection with this activity, except for injuries and damages caused by the sole negligence of the YMCA. Furthermore, emergency medical attention may be administered to the participant in case of injury, accident or illness.

Parent signature

Date