

# Family / Adult



Bellingham  
Parks &  
Recreation  
Department

*Quality of Play — Quality of Life*

## DO YOU NEED ASSISTANCE OR ACCOMMODATION?

If you have a disability and require assistance and/or accommodation to participate in any of our programs, please call at least two weeks prior to the registration deadline. Our staff can assist in obtaining special equipment, interpretive services, or other support necessary to make your involvement successful. Please look over our program offerings in this publication and contact Amanda at 778-7000 (778-7011/TDD) for more information. Please note that accommodations are most successful when we are notified as far in advance as possible.

## GO FOR THE GOLD (PANNING)

In these tough economic times who doesn't dream of finding treasure? Join us for a day of hiking along the beautiful Nooksack River, panning for gold, and learning a new and addictive hobby. You are sure to find a few flakes and have a lot of fun. Bring a sack lunch and water bottle, wear good hiking shoes and bring a pair of rubber boots or shoes to get wet. All panning supplies will be provided. Dress for the weather!

**PROG#** 21365  
**TIME:** 10 a.m.-4 p.m.  
**AGES:** 6 years and up, 16 & under must be accompanied by an adult  
**DAY/DATE:** Saturday, September 26  
**LOCATION:** Depart and return Cornwall Park Admin. office  
**COST:** \$15/person  
**COORDINATOR:** Erin McCain-Anderson  
**MIN:** 6 **MAX:** 13

## FAMILY KAYAKING

Have you and your family been interested in finding a new hobby together? How about kayaking? It is great exercise, a fun way to spend time with the family and extremely low impact on the environment. We have highly skilled instructors who will teach and encourage your family along the way and all ability levels are welcome. We will provide all of the equipment you need. More information available upon registration. Note: we will paddle rain or shine.

**PROG#** 21366  
**TIME:** 2 p.m.-5 p.m.  
**AGES:** 3 years and up, each child must be accompanied by an adult  
**DAY/DATE:** Sunday, September 27  
**LOCATION:** Fairhaven Boat Launch  
 501 Harris Ave  
**COST:** \$25 for 12 years and under,  
 \$35 for 13 years and up  
**TRIP LEADER:** Elakah Kayaks  
**MIN:** 6 **MAX:** 18

*Program Registration begins Tuesday, September 8 at 8 a.m.*

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### INSTANT GUITAR FOR HOPELESSLY BUSY ADULTS

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar and \$29 to class to purchase supplemental workbook and DVD for practice and continued learning at home. Instructor Daniel Christopherson is an experienced, patient teacher with clear and understandable style of instruction who likes to have fun with his classes. For more information go to [www.instantguitarnow.com](http://www.instantguitarnow.com).

**PROG#** 21367

**AGES:** 13 years and up

**DAY/DATE:** Thursday, October 15

**TIME:** 6:30-9 p.m.

**LOCATION:** Environmental Learning Center,  
514 W Holly St

**COST:** \$25 with additional \$29 material fee  
payable to instructor

**COORDINATOR:** Cori Kauk

**MIN:** 10 **MAX:** 15

### SEATTLE SEAHAWKS vs. ARIZONA CARDINALS

It's on... Seattle Seahawks vs. Arizona Cardinals! Bring your family, buddy or just yourself to this exciting Sunday Football

Game. Registration includes your ticket into the stadium, relaxing bus transportation, parking, trivia, prizes, and a snack on the bus. Come prepared for cold weather. Blankets, jackets, rain gear, gloves and hats are highly recommended. Tickets sell out fast on the first day of registration, so don't wait to register.

**PROG#** 21370

**AGES:** All (children must be accompanied by an adult)

**DAY/DATE:** Sunday, October 18

**TIME:** 10:00 a.m.-7 p.m.

**LOCATION:** Depart/return to Civic Field

**COST:** \$74 per person

**COORDINATOR:** Cori Kauk

**MAX:** 52

### JAZZY JACK-O-LANTERNS: PUMPKIN CARVING FUN!

Halloween just wouldn't be the same without a spooky Jack-O-Lantern adorning your front porch. Invite your family and friends and join us for this fun evening where we'll make this tradition an extra special activity. All you need to supply is your own pumpkin! We'll supply all the necessary tools, paints, spooky patterns, markers, and candles. Best of all, we do the entire cleanup! Sip some witches' brew and nibble on some hauntingly good treats. Don't miss our spook-tacular event. Program accepts 50 people and day-of registration is welcome but pre-registration is highly recommended to guarantee a spot.

**PROG#** 21368

**AGES:** All (children must be accompanied by an adult)

**DAY/DATE:** Sunday, October 25

**TIME:** 1:30-3:30 p.m. (project takes about an hour)

**LOCATION:** Bloedel Donovan Multi-purpose Room

**COST:** \$3 per person, pre-register or pay at the door!

**COORDINATOR:** Cori Kauk

**MAX:** 50

### GINGERBREAD HOUSES AND HOLIDAY CHEER

'Tis the season for bringing cheer and a festive winter holiday feel to your home. Bring the entire family out to decorate your own real Gingerbread House with oodles of candies, crackers and treats. And to spruce up your sweet landscape, we'll have a variety of additions you can make from sweets: trees, animals, light posts and more! Enjoy a cup of hot cider, cookies, and the fun family atmosphere.

**PROG#** 21369

**AGES:** All (children must be accompanied by an adult)

**DAY/DATE:** Friday, December 11

**TIME:** 6:30-8:30 p.m.

**LOCATION:** Bloedel Donovan Gym

**COST:** \$23 per family (one gingerbread house)

**COORDINATOR:** Cori Kauk

**MIN:** 10 **MAX:** 20 families

# Specialized Recreation



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### SPECIALIZED RECREATION SERVICES

Bellingham Parks and Recreation is committed to providing quality opportunities to all members of our community. We recognize that making our services accessible for people with disabilities helps build a positive community. We strive to ensure compliance with the Americans with Disabilities Act as well as foster positive relationships between all our participants.

**Specialized Recreation services include:**

- **Programs** designed for individuals who have a disability
- **Inclusion** support for individuals with disabilities wishing to participate in any program offered by Bellingham Parks and Recreation
- **Liaison** to community groups serving individuals with disabilities

The programs listed in this section are designed for individuals who have a disability. They offer opportunities for individuals to develop a skill or have opportunities for socialization.

Inclusion support services include arranging for requested accommodation or adaptation to facilitate successful participation in general programming offered by Bellingham Parks and Recreation. Participants will be asked if they require assistance or accommodation at the time of registration. Recreation staff will then contact participants and/or any advocates to arrange necessary support when indicated. For more questions regarding Specialized Recreation services, please contact Amanda Grove at 778-7000 (or 778-7011 TDD) or by email at [agrove@cob.org](mailto:agrove@cob.org)

**For information call (360)778-7000 (or 778-7011 TDD) or visit [www.cob.org/ezreg](http://www.cob.org/ezreg)**