

# Middle / High School



Bellingham  
Parks &  
Recreation  
Department

## 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.

## LATE NIGHT OPEN GYM

We have an organized place to play basketball, Frisbee, volleyball or just hang out with your friends. The Bellingham Parks & Recreation Department, is offering Late Night Open Gym every Friday. You can have fun in a safe, laid-back setting. The staff are easy-going and well trained. Basic rules and guidelines are reviewed when students sign in. Access to Whatcom's gym is in the back of the school on Irving Street.

**AGES:** Middle and High School  
**DAY/DATES:** Fridays, Sept 18-Dec 11  
(no program Nov 27)  
**TIME:** 7:15-10 p.m.  
**LOCATION:** Whatcom Middle School Gym  
**COST:** FREE!  
**COORDINATOR:** Cori Kauk



## RENTON SKATE BARN

Renton Skate Barn is designed for all ability levels. It is full of rails and ramps. For more detailed information get online and look it up at [www.skatebarn.com](http://www.skatebarn.com). All participants need to bring a lunch, snacks and water bottle. HELMETS are required and pads are highly recommended.

**PROG#** 21395  
**DAY/DATE:** Sunday, September 27  
**AGES:** Middle and High School  
**TIME:** 9:30 a.m.-8 p.m.  
**LOCATION:** Depart/return to Cornwall Park  
office  
**COST:** \$39  
**COORDINATOR:** Cori Kauk  
**MIN:** 8 **MAX:** 13

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

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## Quality of Play — Quality of Life

### LEADERS IN TRAINING (LIT)

Get involved! Make a difference! Leaders in Training provides teens with an opportunity to develop leadership skills and give back to our amazing community. The training is a great chance to learn about volunteer opportunities, community resources and other ways to be involved. After completing the training, participants are eligible to volunteer at specific Bellingham Parks and Recreation programs. No previous leadership experience is necessary. The LIT program is looking for mature, committed teens who want to make a difference. Bring snacks and water.

**PROG#** 21391  
**AGES:** 13-17 years old  
**DAY/DATE:** Saturday, October 3  
**LOCATION:** Bloedel Pavilion  
**TIME:** 1:30-4:30 p.m.  
**COST:** \$25  
**INSTRUCTOR:** Cori Kauk  
**MIN:** 5 **MAX:** 13

### IMPROV @ THE UPFRONT THEATRE

Learn the basics of improv comedy through fun games, scenes and exercises. Improv builds confidence, communication skills and explores your creativity. This class is exciting, full of laughs and introduces students to the world of improvisational theatre. It is being led by the hilarious Upfront Theatre cast. Last class will include a final presentation for parents.

**PROG#** 21393  
**AGES:** Middle School  
**DAY/DATES:** Mondays, October 12–November 16

**PROG#** 21394  
**AGES:** High School  
**DAY/DATES:** Tuesdays, October 13–November 17  
**TIME:** 4:30-6:30 p.m.  
**LOCATION:** Upfront Theatre, 1208 Bay St  
**COORDINATOR:** Cori Kauk  
**COST:** \$125  
**MIN:** 6 **MAX:** 12

### INSTANT GUITAR LESSONS

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. Bring \$29 to class to purchase supplemental workbook and DVD for practice and continued learning at home. 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  
**COST:** \$25 with additional \$29 material fee payable to instructor  
**COORDINATOR:** Cori Kauk  
**MIN:** 10 **MAX:** 15

### SEMPER FI PAINTBALL

Our paintball trips are a huge hit so get registered quick! Please bring a snack, water, completed Semper Fi permission form and a Bellingham Parks and Recreation Medical/Liability Release form. You will want to wear extra layers of clothing and come prepared for any weather. DRESS WARM! Fee includes: protective mask, paintball gun, co2 and 1000 paint balls. If you are a heavy shooter, you may want to bring an additional \$11 to purchase more paint balls.

**PROG#** 21396  
**AGES:** Middle and High School  
**DAY/DATE:** Monday, October 19  
**TIME:** 12-6 p.m.  
**LOCATION:** Depart/return to Cornwall Park office  
**COST:** \$42  
**COORDINATOR:** Cori Kauk  
**MIN:** 5 **MAX:** 13

### WILDERNESS MEDICINE FOR TEENS

If you plan to spend time in the backcountry, you need to be prepared. Imagine that you and some friends are mountain biking at Galbraith when your buddy takes a gnarly fall. He cannot stand on his own and has several cuts from his fall. Now what? Find out what to do when you're the first responder in a situation where 911 isn't an immediate option. Fast paced and hands-on, this all-day course is designed especially for teens. It will cover a wide range of wilderness medicine topics, with particular emphasis on the assessment and treatment of the kinds of injuries active teens are most likely to encounter in the out-of-doors. Taught by a lead instructor from the Wilderness Medicine Institute of the National Outdoor Leadership School, this class will provide a solid introduction to wilderness first aid for teens, especially those spending time mountain-biking, hiking, skiing, and rock-climbing with their friends. This is NOT a certificating Wilderness First Aid Course. Please bring water bottle, lunch, snacks, and dress for the out-doors!

**PROG#** 21392  
**AGES:** 13-17 years  
**DAY/DATE:** Sunday, November 8

**TIME:** 9 a.m.-5 p.m.  
**LOCATION:** Fairhaven Pavilion  
**COST:** \$39  
**COORDINATOR:** Cori Kauk  
**MIN:** 7 **MAX:** 16

### MT. BAKER FIRS CHALET

There really is nothing better than first tracks, waking up and walking to the chair lift, or chillin' for a weekend of fun at the Firs Chalet. Join Bellingham Parks and Recreation and other Recreation Programs for a full weekend of riding and skiing at Mt. Baker. This trip is a blast and is super popular. We leave Friday night; we'll get settled at the lodge, and then hit the slopes in the back of the lodge. Saturday and Sunday we are on the mountain all day! The Firs has tons of games and a full entertainment hall. Trip fee includes: lodging, supervision, transportation, lift ticket packages and all meals (except Friday dinner). Please refer to the different packages and find the one that best fits your needs. This trip is open to teens of all skiing or snowboarding abilities. It's a great chance to learn or to hook up and ride with your buddies. Packing list and program details will be available at registration. Required Pre-Trip Meeting Monday, December 28, 6:30-7:30 p.m. at Bloedel Donovan Pavilion.

**PROG#** 21397  
**AGES:** 14-17 years old  
**DAYS/DATES:** Thursday-Saturday, December 31-January 2  
**TIME:** 6 p.m. Friday-5:30 p.m. Sunday  
**LOCATION:** Depart/return to Civic Field  
**COST:** \$160 (no lessons or lift tickets needed)  
\$215 (trip and two days of lift tickets)  
\$265 (trip and two days of lessons and rentals)  
**COORDINATOR:** Cori Kauk  
**MIN:** 5 **MAX:** 13

### EARLY RELEASE AT 3-2-1 BOUNCE!!

This bounce house in Everett is unbelievable. With 8 separate play structures, air hockey, an obstacle course, sumo wrestling and fun stuff to do, there isn't enough time in the day, but we get 2 hours of fun! Wear socks, bring snacks and water.

**PROG#** 21386  
**DAY/DATE:** Monday, November 23  
**AGES:** 3rd-12th grades  
**TIME:** 1-5:30 p.m.  
**LOCATION:** Depart/return to Cornwall Park Playground  
**COST:** \$30  
**COORDINATOR:** Cori Kauk  
**MIN:** 10 **MAX:** 28

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

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*Quality of Play — Quality of Life*

## TEEN VOLUNTEER PROGRAM ...

*... building a community of future leaders*

## INTERNATIONAL DAY OF PEACE

In solidarity with people around the world, the Whatcom Peace & Justice Center will host its 6th Annual International Day of Peace celebration on September 21st. In 1982, the United Nations declared this day a worldwide 24-hour ceasefire. It is a day for people to envision what our world can look like without weapons, violence, and oppression. This year's event will feature Master of Ceremonies Swil Kanim, the 90-member Kulshan Chorus, a concurrent Children's Peace Art Program, and the presentation of the Howard Harris Lifetime Peacemaker Award. It is an inspiring family event that will be preceded by a half-mile peace march to the event from Maritime Heritage Park. Six-hundred people attend this event every year! Volunteer and be a part of making a difference.

**PROG#** 21400  
**AGES:** 13–17 years old  
**DAY/DATE:** Monday, September 21  
**TIME:** 6:30–9:15 p.m.  
**LOCATION:** First Congregational Church,  
2401 Cornwall Avenue

**COORDINATOR:** Cori Kauk  
**MIN:** 6 **MAX:** 8

## A RACE FOR THE END

This event is a fundraiser that supports two very important organizations in our community; Womenscare Shelter and Domestic Violence and Sexual Assault Services. Get involved by volunteering to help with registration, direct and cheer on runners and assist with overall flow of the fun run.

**PROG#** 21401  
**AGES:** Middle and High School  
**DAY/DATE:** Saturday, October 3  
**TIME:** 8 a.m.–12 noon  
**LOCATION:** Bloedel Donovan Multipurpose Room

**COORDINATOR:** Cori Kauk  
**MIN:** 6 **MAX:** 13



## DRACULA DASH VOLUNTEERS

Come support Dracula Dash. Dracula Dash is a Halloween themed family fun run/walk through Whatcom Falls Park. We'll be decorating the trees with spooky spiders and webs, fun Jack-o-Lanterns, and other creepy stuff. Wear a costume and distribute candy to little trick-or-treaters. Call Lance Romo to sign-up, 778-7665 or email him at lromo@cob.org.

**AGES:** 12 years and older  
**DAY/DATE:** Saturday, October 31  
**TIME:** 2–5 p.m.  
**LOCATION:** Bloedel Donovan Baseball Field  
(look for blue awning)

**COORDINATOR:** Lance Romo

## HABITAT FOR HUMANITY AUCTION

Habitat has one huge fundraiser a year and you have a chance to be an essential part of its success. Habitat for



**PROG#** 21402  
**TIME:** 9 a.m.–2 p.m. (set-up shift)

**PROG#** 21403  
**TIME:** 4:30–9 p.m. (auction assistance)  
**AGES:** Middle and High School  
**DAY/DATE:** Saturday, October 17  
**LOCATION:** Depart/return to Cornwall Park office  
**COORDINATOR:** Cori Kauk  
**MAX:** 6 per shift

## JINGLE BELL RUN

Come support the Arthritis Foundation's Jingle Bell Run! We need tons of volunteers to cheer on the runners, direct runners, help with registration and more. This event is made possible because of committed volunteers like you.

**PROG#** 21427  
**AGES:** 14 years and older  
**DAY/DATE:** Saturday, December 12  
**TIME:** 7:30 a.m.–12 noon  
**LOCATION:** Downtown Bellingham, TBA  
**COORDINATOR:** Cori Kauk

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