

Middle / High School



**Bellingham
Parks &
Recreation
Department**

LATE NIGHT OPEN GYM

Play basketball, frisbee, volleyball, dodgeball 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 is easy-going and well trained. Rules and guidelines are reviewed when students sign in.

AGES: *Middle and High School*
DAY/DATES: *Fridays, May 7-June 4*

TIME: *7:30-10 p.m.*
LOCATION: *Shuksan*
COST: *Free*
COORDINATOR: *Cori Kauk*

LEADERS IN TRAINING (LIT)

Make new friends! Get involved! Make a difference! Leaders in Training is an opportunity for teens to develop leadership skills. 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 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 in their community. Bring a sack dinner, snacks and water.

PROG# **21898**
AGES: *Middle and High School*
DAY/DATE: *Friday, May 14*
TIME: *4-7 p.m.*

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Quality of Play — Quality of Life

LOCATION: Bloedel Beach Pavilion
COST: \$25
INSTRUCTOR: Cori Kauk
MIN: 5 **MAX:** 13

SEMPER FI PAINTBALL

Our paintball trips are a huge hit so get registered quick! Please bring a dinner, 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. Please refer to your receipt upon registration for more details.

PROG# 22209
AGES: 12-17 years old
DAY/DATE: Saturday, June 5
TIME: 9 a.m.–4 p.m.
LOCATION: Meet at Semper Fi, 2149 East Badger Road, Lynden
COST: \$30
COORDINATOR: Cori Kauk
MIN: 5 **MAX:** 13

SUPER SITTING TRAINING

Get an early start to babysitting this summer! Camp participants will learn the basic responsibilities of babysitting as well as learn about caring for children with disabilities by learning about alternative communication systems and adaptive equipment. Also, they will receive infant/child CPR and First Aid certification and their own babysitting handbook. Campers will work during their time together creating adaptive activities and implementing those activities with children at our Summer Family Barbecue on Thursday evening, June 24. Sponsored by Parent to Parent of Whatcom County and Bellingham Parks and Recreation. Information and Registration: Please contact Christine Griffin, Parent to Parent Coordinator, at 255-2056 ext 1; or . Registration begins May 1; registration packets must be returned no later than June 16, 2010.

AGES: 12 and up
DAYS/DATES: Monday-Thursday, June 21-24

TIME: 10 a.m.–3 p.m. (Monday-Wednesday) & 4-8:30 p.m. (Saturday)
LOCATION: St. Luke's Community Health Education Center and Bloedel Donovan Park in Bellingham
COST: \$60 (partial scholarships are available)
MIN: 8 **MAX:** 10

BEGINNER/INTERMEDIATE MOUNTAIN BIKING

This week long biking class is for teens that are new bikers or teens that have little experience riding the trails on Galbraith. It is also for teens that are looking to meet riding partners. **Good functioning bikes with a minimum of 26 inch wheels required.** If your bike does not currently meet the requirements please consider renting a bike from a local retailer such as Fairhaven Bike and Ski. Make bike rental reservations early. Bring lunch, a snack and full water bottle in comfortable small backpack each day. Dress appropriately for the weather each day. More detailed information will be available on your receipt. Program meets in different location each day.

PROG# 22285
DAYS/DATES: Monday-Friday, July 19-23
AGES: 13-17 years old
TIME: 9:30 a.m.–4 p.m.
LOCATIONS:

Monday - Fairhaven Park Large Shelter
Tuesday - Lake Padden Basketball Court
Wednesday - Cornwall Park (no bikes, Waterslide Day)
Thursday - Galbraith Parking Lot (Samish Way) 1 mile past North Lake Padden Entrance on right
Friday - Whatcom Falls Park Tennis Court, entrance off Electric Ave.

COST: \$129
TRIP LEADERS: Troy Peterson & Jon DuFay
MIN: 6 **MAX:** 13

ULTIMATE ADVENTURE DAY CAMP

Spend a week of your summer experiencing a few great outdoor activities, meeting new friends, and discovering something new about yourself. Mountain bike rentals are available at Fairhaven Bike and Ski. Make bike rental reservations early and refer to your receipt upon registration for more

bike information. Bring a sack lunch, snack, full water bottle, and dress appropriately for the weather each day. A detailed packing list and agenda will be available at registration.

PROG# 22286
DAYS/DATES: Monday-Friday, August 23-27
Monday - Silver Lake Canoeing
Tuesday - Cascade area Hike
Wednesday - Sea Kayaking
Thursday - Rock Climbing Mt. Erie
Friday - Mountain Biking
AGES: 13-17 years old
TIME: 9 a.m.–4:30 p.m.
LOCATION: Bloedel Donovan Basketball court (Friday drop-off/pick-up Lake Padden Playground Shelter)
COST: \$129
TRIP LEADERS: Troy Peterson & Jon DuFay
MIN: 8 **MAX:** 12

SQUAMISH ROCK CLIMBING ADVENTURE

Climbing, camping and fun! Experienced or not, this is a great climbing trip. Squamish offers a wide variety of climbing and our instructors are skilled at matching your needs and desires with the climbing that is available. Squamish is north of Vancouver BC. At our mandatory pre-trip meeting we will discuss our meal menu, sleeping arrangements, equipment needs and last minute decisions. **MUST HAVE A PASSPORT TO PARTICIPATE.** If the weather is questionable for climbing on the west side we will go to Vantage in eastern Washington.

PROG# 22287
AGES: 12-17 years old
PRE-TRIP MTG: Bloedel Donovan Beach Pavilion, August 11, 6:30-7:30 p.m.
DAYS/DATES/TIME: Depart Tues, Aug 17, 7 a.m. Return Thurs, Aug 19, 3:30 p.m.
LOCATION: Depart/return to Cornwall Park office
TRIP LEADERS: Cori Kauk & Jon DuFay
COST: \$159
MIN: 7 **MAX:** 12

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.

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TEEN VOLUNTEER PROGRAM your chance to give back

JR. SKI TO SEA VOLUNTEERS

Meet us at Lake Padden for a super fun volunteer experience. Sign up for either the morning set-up shift or the afternoon clean-up shift. Both shifts will be responsible for directing the young athletes and supporting them during the competition. Lunch and Ski to Sea t-shirts are provided for all volunteers. Please dress really warm and be prepared for rain.

PROG# 21902
TIME: 7 a.m. - 12 noon

PROG# 21903
TIME: 12-4 p.m.

AGES: Middle and High School
DAY/DATE: Saturday, May 22
LOCATION: Meet at Lake Padden event check-in table

COORDINATOR: Cori Kauk
COST: Free
MIN: 3 **MAX:** 12

LAKE PADDEN TRIATHLON

Come help us supervise and manage the food court, route transitions and monitor the course. More importantly we need your energy to cheer on the athletes, many of whom do this event as their very first triathlon. We will be outside all day so dress prepared for cold and rainy weather. We provide a pizza for lunch.

PROG# 22288
AGES: 12-17 years old
DAY/DATE: Saturday, June 26
TIME: 7:30 a.m. - 3 p.m.
LOCATION: Lake Padden Boat Launch
COORDINATOR: Cori Kauk

YOUTH TRIATHLON

We need at least 6 volunteers to monitor the course for the youth triathlon. This is an exciting morning! Be prepared for cool weather as we will be outside the entire morning.

PROG# 22289
AGES: 12-17 years old
DAY/DATE: Saturday, August 14
TIME: TBA
LOCATION: Carl Cozier Elementary School
COORDINATOR: Cori Kauk

SUMMER OF SERVICE

Have a summer to remember! Summer of Service (SOS) is a service-learning program that brings teens together to work on different volunteer projects each day related to weekly themes. Participants learn about team building, leadership, community service and volunteerism. SOS is four days of volunteering for a variety of local non-profit agencies within the community and a one trip day. Trip day possibilities include Birch Bay Waterslides, rock climbing, ice skating, beach combing, movies and more. Ideal SOS participants are mature, hard-working, and eager to volunteer. Please bring a lunch, snacks, water bottle, jacket, backpack and wear sturdy shoes and clothing that can get dirty each day. Questions? E-mail Teen Program Coordinator Cori Kauk at ckauk@cob.org or call 778-7000.

COST: \$30
MIN: 5 **MAX:** 12

4-LEGGED FRIENDS

This is going to be an amazing week! We will be working with agencies like Skagit Human Society, Sardis Raptor Center, Brigadoon, Animals as Natural Therapy, and the Kangaroo Farm. We will learn how to care for a broad range of animals not to mention playing with all the animals! This week will also include learning how to work an animal farm. This camp always fills up fast so sign up soon! Please bring a sack lunch, water bottle, swim gear and clothes to get dirty each day!

PROG# 22290
DAYS/DATES: Monday-Friday, June 28-July 2
AGES: 13-17 years old
TIME: 9 a.m. - 4 p.m.
LOCATION: Meet at Bloedel Donovan Fir Room
COORDINATORS: Troy Peterson & Jon DuFay

HUNGER AND HOMELESSNESS

Did you know the average age of a person living on the street is 9? Are you aware that over 20,000 in Whatcom County are living below the poverty level? This week is designed to learn more about this growing problem in our community. We will be assisting local agencies that help combat hunger and homelessness. Agencies we will work with are Whatcom Dream, Habitat for Humanity, Bellingham Food Bank and The Salvation Army Food Bank. The work you do this week is truly important! Please bring a sack lunch, water bottle, and comfortable clothing and swim gear each day.

PROG# 22291
AGES: 13-17 years old
DAYS/DATES: Monday-Friday, July 12-16
TIME: 9 a.m. - 4 p.m.
LOCATION: Meet at Bloedel Donovan Fir Room
COORDINATORS: Troy Peterson & Jon DuFay

ECO TEAM

Come on all you 2-wheeled fans! Today is your chance to give back to your community while being environmentally friendly. After learning some bike maintenance tips, we will be riding our bikes around Bellingham doing trail maintenance while learning more about our urban biking trails. Bring your bike, lunch, helmet and water bottle for a day of fun on the trail!

PROG# 22295
DAYS/DATES: Monday-Friday, July 26-30
AGES: 13-17 years old
TIME: 9 a.m. - 4 p.m.
LOCATION: Meet at Cornwall Park Large Shelter
COORDINATORS: Troy Peterson & Jon DuFay

VOLUNTEER SLAM AT HOOP JAM

Coordinating and running the show is the name of the game this week. HOOP JAM is Bellingham Parks and Recreation's annual 3 on 3 basketball tournament serving third grade and up. All proceeds benefit our very own Teen Volunteer Program. We will prep, set-up, score keep, run the concession, and take down. Be a part of leading a good sporting event for a great cause! Each day bring swim gear, lunch and water.

PROG# 22294
DAYS/DATES: Wednesday-Saturday, August 4-7
AGES: 13-17 years old
TIME: 9 a.m. - 4 p.m. (Saturday time will vary)

LOCATION: Meet at Bloedel Donovan Fir Room
COORDINATOR: Troy Peterson & Jon DuFay

ENCHANTING AT ALL AGES!

Come spend time with a diverse group of people of all ages this week. We'll be spending time with young children and elderly people doing craft projects, going on walks, reading, chatting, and learning about each other. If you love helping people of all ages, then this is a perfect week. We'll be visiting local retirement centers, assisted living centers, pre-schools, early learning centers, and more. When else will you have the chance to chat with a seventy five year old and a three year old in the same day? Each day bring swim gear, water and lunch.

PROG# 22293
DAYS/DATES: Monday-Friday, August 9-13
AGES: 13-17 years old
TIME: 9 a.m. - 4 p.m.
LOCATION: Meet at Bloedel Donovan Fir Room
COORDINATORS: Troy Peterson & Jon DuFay

Program Registration begins Monday, May 3 at 8 a.m.

For information call (360) 778-7000 (or 778-7011 TDD) or visit www.cob.org/ezreg