

Community / Family



Bellingham
Parks &
Recreation
Department

Quality of Play — Quality of Life



GET MOVIN'

Get Movin' is a free incentive program targeting children and families. All registered participants are challenged to be physically active for 30 minutes a day, 5 days a week for 1 month. This program offers free weekly events, a calendar for tracking activity and tons of incentive prizes. The Get Movin' Kick-Off is where all the excitement begins. Come register

for the program, play games, move and find out about all the fun healthy options Whatcom County offers for summer entertainment. This is a great way to start your summer! Registration for Get Movin' happens at the Kick-off event or at any **Whatcom County YMCA office** no later than June 11 at 5pm. See registration form for more details.

Get Movin' Goals:

1. Encourage our community members to increase their physical activity.
2. Introduce our participants to recreation options throughout Whatcom County.

If you would like your organization to be a part of this fabulous event please e-mail Jonathon Bullard at jbullard@whatcomymca.org

AGES: All ages
DAY/DATE: Kick-off / event registration,
Saturday, June 19
12 noon–3 p.m.
TIME: 12 noon–3 p.m.
LOCATION: Civic Field
COORDINATOR: **Jonathon Bullard -
Whatcom Family YMCA
Bellingham**
COST: FREE

Specialized Recreation



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The following activities are planned for people with disabilities. We encourage you to look at all the offerings in this guide and contact us if you would like assistance or accommodation to participate.

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 and facilities 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).

EVENTS—

ADAPTIVE CYCLE EXPO

Celebrate National Bike Month and discover why cycling is for EVERYONE! The OUTDOORSFORALL Foundation will be bringing a small fleet of adaptive cycles that will allow people of all abilities to enjoy cycling. "Have a go" on these unique "bikes" which include handcycles for riders with limited or no leg movement; 3 and 4 wheel cycles for those who need more stability; and tandem cycles for those who want a guide while cycling. We will have cycles for kids and adults. The OUTDOORSFORALL staff are skilled at selecting the right type of cycle to meet your needs. **ALL MEMBERS OF THE COMMUNITY ARE WELCOME! This event is cosponsored by St. Joseph Hospital Center for Rehabilitation Medicine. Supported by everybodyBIKE.**

AGES: All ages!
DAY/DATE: Saturday, May 15
TIME: 11 a.m.–2 p.m.
LOCATION: Civic Field Track (new location!)
COST: FREE!
COORDINATOR: Amanda Grove

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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SPIN DANCES

Bellingham Parks and Recreation, along with the Max Higbee Center and Whatcom County Parks have planned three dances for individuals with disabilities. All persons age 14 and over are invited for live music, dancing and loads of fun! Flyers are sent out each quarter announcing the band, theme, and location for the upcoming dances. To receive a flyer in the mail, call 778-7000 (778-7011 TDD) and ask to be put on the SPIN DANCE mailing list.

AGES: 14 years and older
DAY/DATES: Mondays, May 17 (Yogoman Burning Band), June 21 (The Walrus), and August 16 (Evolution Trio)

TIME: 7–9 p.m.
LOCATION: Bellingham Senior Center (315 Halleck St)

COST: A bag of pre-packaged cookies at door
COORDINATOR: Amanda Grove

SPIN SUMMER ICE CREAM SOCIAL

Join us for our annual Ice Cream Social before the August SPIN dance. The Kulshan Kiwanis will be serving ice cream to help us celebrate the summer. The Social is open to all SPIN dancers and their families. After the Social, the music starts and there will be dancing from 7–9 p.m. **Please** call ahead to reserve your space by Friday, August 6 at 778-7000 (778-7011 TDD) so we know how much ice cream we need! **A special thank you goes to the Kulshan Kiwanis for their generous contributions and hard work to make this event possible.**

Register by Friday, August 6

PROG# 22233
AGES: All SPIN dancers and their families
DAY/DATE: Monday, August 16
TIME: 6:30–7 p.m.
LOCATION: Bellingham Senior Center (315 Halleck)

COST: FREE, but participants MUST reserve a space prior to event. Call 778-7000 (778-7011 TDD) for reservations.

COORDINATOR: Amanda Grove

CLASSES—

CREATIVE COOKS

Want to learn new summer recipes? This class is for you! During this four week course you will learn the basics of nutrition, kitchen safety, and food handling. Our meals will

be healthy, nutritious and, of course, delicious! We will create our own cookbook, too. Spend four delectable evenings cooking and dining with friends. No experience is necessary, but all participants must be able to handle kitchen utensils, including knives, safely.

Minimum must be met one week prior to first class

PROG# 22234
EZ REG: Internet registration available
AGES: 16 years and older
DAY/DATES: Tuesdays, June 8–29
TIME: 4–7 p.m.
LOCATION: Fairhaven Park Pavilion
COST: \$40
INSTRUCTOR: Keri Heagle
MIN: 8 **MAX:** 8

GREENHOUSE GARDENING: DIG IT!

Summer's coming, so get ready for fun! This ten-week gardening program will focus on gardening from starting seeds to harvesting vegetables and flowers. Each day participants will have the opportunity to work in the garden, create garden-inspired crafts, and just enjoy being in nature. Come prepared for weather (hot summer heat or rain!) and be ready to get your hands dirty. Libby Chenault is looking forward to another summer of creative gardening with you!

Minimum must be met one week prior to first class

PROG# 22235
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATES: Wednesdays, June 23–August 25
TIME: 3–4:30 p.m.
LOCATION: Big Rock Garden Greenhouse
COST: \$49
INSTRUCTOR: Libby Chenault
MIN: 8 **MAX:** 8

HEALTHY LIFESTYLES

Want to have more energy and feel better about yourself? Feeling out of shape because of too many rain and snow days? Join us for a two month journey into wellness. Each week we will increase our fitness through walking and strength training, learn to set realistic personal goals for wellness, learn to make healthy snacks and healthy food choices, and learn strategies to be the best you can be! Please wear comfortable walking shoes and dress for weather.

Minimum must be met one week prior to the first class

PROG# 22237

EZ REG: Internet registration available
TIME: 2:30–4:30 p.m.
AGES: 14 years and older
DAY/DATES: Tuesdays, July 6–August 24
LOCATION: Civic Field (meet at track)
COST: \$39
INSTRUCTOR: Keri Heagle
MIN: 6 **MAX:** 20

MULTI-MEDIA ART

This class will explore the use of a variety of materials and focus on printmaking, watercolor and acrylic painting. Creative enrichment, individual choices and enjoyment will be emphasized.

Minimum must be met one week prior to the first class

PROG# 22238
EZ REG: Internet registration available
TIME: 2–4 p.m.
AGES: 18 years and older
DAY/DATES: Mondays, July 19–August 30 (no class on August 16)
LOCATION: Maritime Park Pavilion, 514 W Holly St
COST: \$39
INSTRUCTOR: Jan Lor
MIN: 10 **MAX:** 10

TRIPS—

DO THE ZOO!

Why do we keep going to the Woodland Park Zoo year after year? Because everyone loves this trip! We'll search for every type of creature from the African elephants to zebras to pink flamingos! Get the real poop on ZooDoo. Be prepared for rain or shine. You can pack a lunch or bring money to purchase it at one of the food concessions. We'll also have time to visit the Zoo Store before returning home. **Personal care assistants welcome at no cost but must sign up at registration to ensure a seat on the van.**

Minimum must be met one week prior to trip

PROG# 22239
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATE: Saturday, June 5
TIME: 9 a.m.–5 p.m.
LOCATION: Depart/return Cornwall Park office, 3424 Meridian Street
COST: \$24
LEADER: Keri Heagle & staff
MIN: 9 **MAX:** 9

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

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G'DAY AT THE OUTBACK

Question: What is a baby kangaroo called? We're headed to the Outback Christmas Tree and Kangaroo Farm in the outback of Arlington. Meet kangaroos, wallabees, wallaroos, Patagonia Cavies, pygmy goats and emus. After a visit with the critters we'll visit Arlington's Centennial Trail Art Walk... and we'll treat you to an ice cream cone to celebrate SUMMER! Bring a sack lunch and be prepared for any kind of weather. **Personal care assistants are welcome at no cost, but must sign up at the time of registration to reserve a seat on the van. (Answer: a joey!)**

Minimum must be met one week prior to trip

PROG# 22240
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATE: Saturday, June 19
TIME: 10 a.m.-5 p.m.
LOCATION: Depart/return Cornwall Park office, 3424 Meridian Street
COST: \$22
LEADERS: Keri Heagle & staff
MIN: 9 **MAX:** 9

WHIDBEY ISLAND BARBEQUE

Whidbey Island: Deception Pass, spectacular beaches, scenic farmland and a delicious barbeque lunch (provided by us)! Celebrate the Independence Day weekend with us as we explore Deception Pass and the north end of Whidbey Island as time permits. Some natural trail walking will be part of this trip. **Personal care assistants are welcome at no cost, but must sign up at the time of registration to reserve a seat on the van.**

Minimum must be met one week prior to trip

PROG# 22241
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATE: Saturday, July 3
TIME: 9 a.m.-5 p.m.
LOCATION: Depart/return to Cornwall Park office, 3424 Meridian Street
COST: \$24
LEADERS: Keri Heagle & staff
MIN: 9 **MAX:** 9

RASPBERRIES: FROM THE CANE TO THE COBBLER

Did you know that Whatcom County produces almost half of our nation's raspberry crop? Join us as we learn everything you wanted to know about raspberries while we visit local farms and pick our own berries. Celebrate our day by creating a raspberry cobbler to enjoy! **Personal care assistants are welcome at no cost, but must sign up at the time of registration to reserve a seat on the van.**

Minimum must be met one week prior to trip

PROG# 22242
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATE: Saturday, July 17
TIME: 9:30 a.m.-4:30 p.m.
LOCATION: Depart/return Cornwall Park office, 3424 Meridian Street
COST: \$21
LEADERS: Keri Heagle & staff
MIN: 9 **MAX:** 9

ARTIST POINT AND BAGLEY LAKES

No summer is complete without experiencing the magic of Mount Baker in its summer glory! We'll enjoy the world class scenery from this volcano that rises 10,778 feet above sea level! We'll hike the Bagley Lake Trails which are classified as an 'easy' hike, but **be prepared to walk up to 3 miles on uneven and unpaved terrain.** Visit the ranger station and learn about the history and geology of the area. Learn how to make your own bag of "gorp" or healthy trail mix to snack on. Wear sturdy walking shoes, bring layers of clothing to be prepared for any kind of weather, and bring a sack lunch and water bottle. **Personal care assistants must sign up at the time of registration to reserve a seat on the van.**

Minimum must be met one week prior to trip

PROG# 22243
EZ REG: Internet registration available
AGES: 14 years and older
DAY/DATE: Saturday, July 31
TIME: 9 a.m.-5 p.m.
LOCATION: Depart/return Cornwall Park office
COST: \$22
LEADERS: Keri Heagle & staff
MIN: 9 **MAX:** 9

MORE LEISURE OPPORTUNITIES—MAX HIGBEE CENTER

New calendars available at the end of each month at www.maxhigbee.org. Call April McMurry at 733-1828 for registration information.

WEEKEND DROP-IN CENTER

Friday and Saturday evenings from 5–9:30 p.m.
 Location - Bellingham Senior Center (315 Halleck St)
 \$6/day or \$30/month; participants are responsible for bus fare and extra fees as noted on calendars
 MHC staff and volunteers lead groups in community-based activities as well as specialized in-house activities including karaoke, karate class, games, art projects, coffee shop visits, YMCA workouts, rock climbing, drumming and more.

COMMUNITY ACCESS SUMMER PROGRAM (CAP)

July 5 to August 27
 Monday–Friday from 1:30–5:30 p.m.
 Pick-up/Drop-off at Downtown Bellingham Bus Depot on Railroad Ave
 \$8/day; participants must bring bus pass/bus fare each day in addition to any admission fees, snack money, etc.
 MHC staff lead participants on a variety of community excursions using public transportation and by walking to locations around town; activities include YMCA workouts, kite flying, hikes, sports, library visits, art projects and much more.

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