

SKAGIT VALLEY Recreation & Activity GUIDE

*Swing
into
Fall...*



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MOUNT VERNON PARKS, RECREATION & CITY WORKS PROGRAM

1717 South 13th St., Mount Vernon • Park, Program & Reservations (360) 336-6215 • Information Line (360) 336-0631

fax (360) 336-6290

website: www.mountvernonwa.gov

e-mail: mvparks@mountvernonwa.gov

PRESCHOOL, YOUTH & ADULT PROGRAMS

Mount Vernon Parks and Recreation invites individuals with special needs

to participate in our programs. Please call in advance if accommodations are necessary for successful participation.

LITTLE KICKERS!

Come kick the ball with us! This is a GREAT introduction to some popular sports for your little one! We will be kicking soccer balls, kick balls and footballs in a fun sports atmosphere! We will play games and make new friends!

Days & Dates: Monday-Thursdays

Session 1: October 19-22

Session 2: November 2-5

Session 3: November 16-19

Time: 10:00am -11:00am

Location: Blackburn Sportsplex

Age: 3-5 **Min:** 5

Fee: Resident \$25, Non Resident \$27



LITTLE HOOPSTERS BASKETBALL

Sign up your child to learn about basketball with fun drills and smaller hoops! This is a great introduction to the sport of basketball. Your little hoopsters will gain confidence and skill! Each session will provide the opportunity to practice dribbling and shooting the ball! Please wear athletic clothing, tennis shoes and bring a water bottle! T-shirt included.

Days & Dates: Saturdays Nov. 7, 14, 21, Dec 5

Time: 10:00am -12:00pm

Location: Mount Vernon School Gym

Age: Boys & Girls 4-6 **Min:** 24

Fee: Resident \$35, Non Resident \$37

TODDLER STAY & PLAY

Boys and Girls, Moms & Dads! Children will be active, socialize and participate in the free play activities. Parents will stay to keep an eye on their little one while meeting other busy parents of children in this age group. Kids provide the energy; we provide the balls, games, crafts and more!

Days: Tuesdays, Nov 3, 10, 17, 24

Time: 6:30 - 7:30 pm

Location: Hillcrest Park **Min:** 5

Age: 2-4 years of age **Fee:** \$14 Resident, \$16 Non-resident

Instructor: MVPR Recreation Staff

SPORTS MANIA CAMPS

Ready to run out some energy after sitting at school all day? Sign up for this action packed week of fun! Each day will focus on a variety of different sports including: dodgeball, baseball, soccer, kickball, football & track. Come play hard with us & stay active this school year! Please wear athletic clothing and bring waterbottle and afternoon snack.

Days & Dates: Monday – Thursday

Session 1: Nov. 2-5

Session 2: Nov. 16-19

Session 3: Nov. 30 - Dec 3

Session 4: Dec 14-17

Time: afterschool – 5 pm

Location: Blackburn Sportsplex

Age: 9-12 **Min:** 12

Fee: Resident \$34, Non Resident \$36, per session

KID'S NIGHT OUT!

Looking for some FUN to do on a Friday night?? Parents are you looking for a night off?? This is an opportunity for kids to hang out with friends and enjoy an evening of fun activities, snacks, crafts, movies & more! Register early for these fun evenings!!

Dates/Themes:

October 23 – Prince & Princess Party

November 20 – Turkey Time

December 18 – Holiday Madness

Grades: K-5

Time: 6:30pm-10:00pm **Min/Max:** 6/12

Fee: \$15.00 resident / \$17 non-resident

Location: Vaux Retreat Center



ADVENTURES IN LETTERBOXING:

There is a stash of letterboxes hidden around Skagit County! First, we will make our own letterboxing kit and stamp, and then we are off to follow clues to find the hidden letterboxes! Each letterbox includes a notebook and a stamp. Letterboxes are hidden, so get ready to go on the hunt and explore nature to find these boxes! We will letter box rain or shine – please wear appropriate

shoes & clothing.

Day & Date: Thursday, October 8th

(Mount Vernon Schools ½ Day!)

Time: 1:30-4:30pm

Location: Meet & Pick Up at Hillcrest Park

Letterbox locations include transportation around Skagit County by Parks & Rec. van

Age: Boys & Girls 8-12 years **Min:** 5 **Max:** 13

Bring: Water bottle, backpack & appropriate shoes and clothing – Dress for the weather!

Fee: Resident \$18, Non Resident \$20

INTRODUCTION TO BABYSITTING:

This American Red Cross 1 day course prepares young people for situations that may arise while caring for younger children. Instruction will cover supervision, play with children of various ages, basic child care, safety precautions, accident prevention and critical emergency action skills. In addition you will also learn the basics of first aid and choking. Students will receive a babysitter's handbook. Remember to bring a sack lunch.

Dates: Saturday, October 17th, Nov. 14, Dec. 12

Age: 11 years & up **Time:** 9am - 4pm

Fee: Resident \$60 Non Resident \$62

Location: Hillcrest Park

Instructor: American Red Cross Instructor

Note: Bring lunch and a drink

WINTER BREAK CAMP AT ADVENTURE CLUB

Do you want something fun and exciting to keep you busy this winter break? Join Mount Vernon Parks & Recreation for our Winter Break Camp! Whether you choose to hang out for a day or two or join us for all 8 days, its sure to be a blast for everyone!! You'll meet new friends, play games, explore new activities and enjoy awesome field trips. Don't miss out on this adventure!

Days & Dates: December 21, 22, 23, 24*, 28, 29, 30, 31*

Time: 7:30am-6:00pm

*Dec. 24th & 31st: 7:30am-4:00pm

Location: Hillcrest Park Skylight Room

Age: Kindergarten through 6th grade

Fee: \$30 per day, \$25 for second child

Some field trip fees may apply

Minimum: 6 kids pre-registered per day

YOUTH GROUP ADVENTURE PROGRAM

Are you involved with a youth group? Eagle Rock Challenge Course is offering a fun educational adventure program for youth groups. This package includes an interactive learning hike and a low challenge course group growth program. An Eagle Rock Facilitator will take your group out on the trails of beautiful Little Mountain. This hike will introduce the youth to some local plants & teach responsible hiking skills. The rest of the day will be spent in a fun interactive low ropes course experience. The youth group will be given the opportunity to build self confidence & teamwork. Bring your group out & enjoy the fun of adventure! Please bring water and a sack lunch. Appropriate for 5th grade and up

Cost: \$30 per person

ADULT PROGRAMS

TAI CHI/QIGONG

This set of exercises is the perfect foundations class for both Tai Chi and Qigong forms. You will learn a series of movements that can be combined as an entire set or pick and choose at home and make your own routines. The focus on breath, posture and relaxation, as well as structure and function of these movements, will greatly enhance your understanding and feeling sense of Chi; how to develop it through practice and use it in life.

Dates: Session 1: Mondays, October 5, 12, 19, 26

Session 2: Mondays, Nov. 2, 9, 16, 23, 30, Dec. 7, 14

Location: Hillcrest Park Lodge

Time: 4 – 5:15pm **Ages:** Open to all ages

Fee: Session 1: \$40/Resident, \$42/Non-Resident

Session 2: \$75 Resident, \$77 Non-resident

Instructor: Robert Shapiro, a Tai Chi/Qigong practitioner for over 35 years, has been teaching Tai Chi for the past 14 years.

Note: Wear comfortable, loose fitting clothing.

TAI CHI FOR HEALTH

Tai Chi is a traditional Chinese exercise that has been a daily prescription for health and longevity for hundreds of years. Tai Chi focuses on balance, posture, relaxation, breathing, visual and mental concentration. The very graceful and fluid movements promote mind and body harmony. This class is open to new as well as experienced students. Wear loose fitting clothes. Session dates are below.

Dates: Session 1: Mondays, October 5, 12, 19, 26

Session 2: Mondays, Nov. 2, 9, 16, 23, 30, Dec. 7, 14

Location: Hillcrest Park Lodge

Time: 4 – 5:15pm **Ages:** Open to all ages

Fee: Session 1: \$40/Resident, \$42/Non-Resident

Session 2: \$75 Resident, \$77 Non-resident

Instructor: Robert Shapiro, a Tai Chi/Qigong practitioner for over 35 years, has been teaching Tai Chi for the past 14 years.

Note: Wear comfortable, loose fitting clothing.

DOG OBEDIENCE BASIC TRAINING

Dogs 8 months and older, with no prior obedience training, will be taught basic skills like sit, down, leave-it, stay, coming when called, wait at door, loose-leash walking and heel. Hand signals and verbal commands are taught. We will also work on any existing behavioral problems like barking, digging and jumping. This is a good class for the adopted shelter dog or older dog who needs some stimulation or a refresher course. Clickers will be demonstrated, but are optional. First night of class is for humans only. Please leave dogs at home on this night. Proof of vaccinations is required.

Days/Dates: Weds for 6 weeks,

November 4, 11, 18, Dec. 2, 9

Time: 6:00-6:50pm **Age:** 10 years & older

Location: Skagit County Fairgrounds, Building B

Fee: \$65 resident / \$67 non-resident

Instructor: Carmen Williams, Certified Professional Dog Trainer & owner of Sunny Canine Academy

Note: Please bring treats, 6 foot leash & proof of vaccination. Dogs should wear nylon or leather collars (no choke chains or harnesses.)

DOG OBEDIENCE BEYOND BASIC TRAINING

This advanced class is offered for well-socialized dogs that have completed at least one obedience class. Your dog will improve existing skills and learn some new ones through a series of fun and stimulating exercises. This class focuses on distance, duration, distraction and teamwork. Most exercises are conducted off-leash and with multiple dogs. Learn advanced clicker techniques and how to use a target stick. There will be a little agility, some new tricks and games, a little dancing. In addition, you will be coached on how to pass the CGC (AKC Canine Good Citizen) test. Dogs do attend the first night of this class. Proof of vaccinations is required.

Days/Dates: Weds for 6 weeks,

November 4, 11, 18, Dec. 2, 9

Time: 7:00-7:50pm **Age:** 10 years & older

Location: Skagit County Fairgrounds, Building B

Fee: \$80 resident / \$82 non-resident

Instructor: Carmen Williams, Certified Professional Dog Trainer & owner of Sunny Canine Academy

Note: Please bring treats, 6 foot leash & proof of vaccination. Dogs should wear nylon or leather collars (no choke chains or harnesses.)

EXPLORE THE FUN OF MAKING SMOOTHIES

Learn how to make your family delicious, unique and nutritious smoothies instead of paying \$5.00 for one at the juice shop! Come thirsty as we will make and sample a variety of dairy-free, veggie, protein, fruit, alternative sweeteners, and nut butter smoothies made with both everyday and unusual ingredients. Come home with many simple smoothie recipes.

Date /Time: Thurs, October 22, 1pm to 3pm

Weds, December 2 6:30pm to 8:30pm

Location: Vaux Retreat Center

Age: Teens and up **Fee:** \$20 Resident / \$22 Non-resident

*Food Supply fee: \$8.00 Payable to Instructor at first class

Instructor: Pam Koons

BEGINNING CALLIGRAPHY CLASS

Imagine receiving praise for your beautiful handwriting! With this class, you will learn a skill that will last a lifetime. Calligraphy is used to make unique cards, menus, envelopes, invitations, announcements and gifts. Leave this class feeling comfortable and relaxed, and with some wonderful projects to show your friends and family.

NOTE: A class material supply list will be provided to registered participants prior to class. Purchased Supplies needed prior to class will be approximately \$10- \$15.

For more information, please contact Instructor directly at 360-652-3579.

Day/Dates: Thurs for 5 weeks, Oct. 22, 29, Nov. 5, 12, 19

Age: Teens and Up

Time: 6:30 pm – 8:30 pm

Resident Fee: \$ 59 resident / \$61 non-resident

Location:

Instructor: Pam Koons has been teaching Calligraphy for nearly 30 years. Pam currently teaches for Everett Community College's Calligraphy program.

BHANGRA WORKOUT

Get in shape with the fastest growing fitness phenomenon to hit North America. Bhangra is a traditional Indian folk dance that was used to celebrate the harvest. If you have seen "Slumdog Millionaire" or "Bride & Prejudice" you have seen a good example of this very infectious, calorie burning (Bhangra dancing can burn up to 500 calories an hour), cardiovascular workout. No exercise

or dance experience is required. Wear loose, comfortable clothing that allows you to move freely – we will dance barefoot. Bring a towel – an exercise mat – water bottle – Plenty of Enthusiasm!! Days/Dates: Saturdays for four week sessions

Sessions: October Session: October 3, 10, 17 & 24

November Session: November 7, 14, 21 & 28

Time: 9:00am-10:00am

Fee: \$40 resident/ \$42 non-resident

Location: Hillcrest Park Skylight Room

Age: 18 years +

Instructor: Janet Wollan

BEGINNING BELLY DANCING - TOTAL FITNESS, TOTAL FUN!

Pamper yourself with a rewarding and exciting exercise program that does more than burn up to 300+ calories an hour and work those typical aerobic muscles. Belly Dancing is a low impact, weight bearing exercise that can help strengthen bones and prevent osteoporosis. Develop a more confident posture, enhance flexibility and balance and increase your endurance level with this great, low impact dance style! Note: Bring a notebook, towel and water bottle.

Days: Wednesdays for four weeks

October Session: October 7, 14, 21 & 28

November Session: November 4, 11, 18 & 25

December Session: December 2, 9, 16, & 30

Time: 6:30 – 8pm

Location: Hillcrest Park Skylight Room

Age: Adult **Fee:** \$40 Resident, \$42 Non-resident
(per each month session)

Instructor: Janet Wollan, Instructor with 19 years of experience.

EAGLE ROCK CHALLENGE COURSE

Eagle Rock Challenge Course is located at the base of Little Mountain in Mount Vernon, Washington. The course is part of the City of Mount Vernon Parks and Recreation Department and is comprised of ten Low Challenge Course elements, four individual high elements including the Zip Line and Vertical Playpen, a variety of games and initiatives, as well as the Hub and Spoke High Challenge Course.

A challenge course provides opportunities for learning in a unique outdoor setting. Activities and challenges are set forth by professional facilitators to enhance qualities such as creative problem solving, positive conflict management, leadership skills and efficient use of resources. A visit to Eagle Rock Challenge Course can be customized to your company or group needs. We will work with you to find a date and time that works best for your schedule. For information, contact Kyle McPherson at 336-6215 or email at kylem@ci.mount-vernon.wa.us

COMMUNITY PROGRAMS AND EVENTS



HALLOWEEN BASH

The entire park will be the host of ghoulish activities and frightful fun including a maze, trick or treat candy and Halloween crafts! Wear your costumes & don't forget to bring your flashlight! Happy Halloween!

Day & Date: Friday, October 30th

Time: 6:00pm-8:00pm **Fee:** \$3 at the door

Where: Hillcrest Park: 1717 South 13th Street

Age: recommended for 12 years & younger

VETERAN'S DAY CELEBRATION

The City of Mount Vernon will honor veterans with a Veteran's Recognition Ceremony that will be held in the Pine Street Plaza on November 7, 2009. For more information, please contact the mayor's office at 336-6215 or check the City Website at www.mountvernonwa.gov.

CHILDREN'S SHOPPING EXTRAVAGANZA

Kids!! Don't miss this great shopping opportunity geared just for your budget. All items are priced \$5.00 and under. You will find something for everyone in your family from parents and grandparents to sisters and brothers and all of your friends. Don't forget - Sant's Breakfast in the morning at the lodge!

Day & Date: Saturday, Dec. 5th 8:30am - 2:30pm

Location: Skylight Room at Hillcrest Park,
1717 S. 13th Street, Mount Vernon

"BREAKFAST WITH SANTA"

Don't miss this opportunity to visit with Santa and listen to holiday music in the warm atmosphere of the Hillcrest Lodge. Enjoy a scrumptious breakfast of pancakes and ham, and don't forget to bring your camera for some great photo opportunities! Tickets can be purchased in advance at the administration office at Hillcrest Park and also at the door.

You also won't want to miss the Children's Shopping Extravaganza next door in the Skylight Room, all items for sale are \$5 or under, just right a child's budget, and great

stocking stuffers too!

Day & Date: Saturday, December 5th

Time: 8:00am - 11:30am **Cost:** \$5.00 for all ages

Location: Hillcrest Park Lodge,
1717 S. 13th Street, Mount Vernon

NEW PLAYGROUND AT BAKERVIEW PARK!



*Come Play on this new playground
just installed
September 12, 2009!*

For more information on any program or event run through Mount Vernon Parks & Recreation call the Administration Office at (360) 336-6215.



10441 Bay View-Edison Rd • Mount Vernon WA 98273
Register on line: www.padillabay.gov Or call 360-428-1558

These presentations for adults are all FREE! Registration required.

Fall Birding by Sight and Sound

Join naturalist, Libby Mills, for a morning of watching and listening for birds around Padilla Bay. The class is offered twice, with each class limited to 15 participants. Saturday, September 26 or Sunday, November 15, 8:30-12:30.

Wild Edible Plants in Fall

Northwest naturalist, Marlee Osterbauer joins us once again for this popular program. Saturday, October 3 or Sunday, October 4, 1:00-2:30.

Dolphins, Whales, Seals and Bears of the Polar Regions

Wildlife biologist David Drummond

of the Merlin Falcon Foundation has first hand experience in the Polar Regions, collaborating with top marine biologists. Saturday, October 17, 1:00-2:30. Registration required.

Climate Stewards

Climate Stewards receive 36 hours of FREE professional training then develop and implement outreach projects in their communities with training and support. Thursdays, 9:00 am - 3:00 pm starting October 15 and ending November 19.

Tidal Beavers

October 24th from 1:00-3:00pm. Greg Hood, senior research scientist with the Skagit River System Cooperative will talk about his surprising discovery in the Skagit Delta. Light refreshments will be served.

Mini Explorers are the 3-5 year old learners. We look at a new topic each month, with stories, games, hands-on observations, art projects, and plenty of action. Each program is offered four times.

Cider Pressing for Minis

October 21 & 22 at 10:00 & 1:00

Estuary Songs and Stories for Minis

November 18 & 19 at 10:00 & 1:00

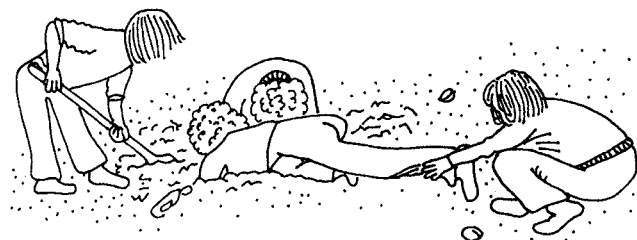
Junior Ecologists are 6-9 year olds who have fun exploring the estuary. Excursions to the beach, science experiments, games, art projects, and studying life in the bay—this program is guaranteed fun! Each program is offered twice.

Cider Pressing for JEs

October 23 & 24, 10:30-12:00

Wild about Water for JEs

November 13 & 14, 10:30-12:00





Celebrate 100 years!

Join a Club to have fun!
To learn about nature.
To have adventures.
To learn new skills.
To make friends!



Celebrate 100 years with us!
Start a club in your area by contacting:
Camp Fire USA Samish Council,
2217 Woburn Street, Bellingham WA 98229
Phone: 360-733-5710 Fax: 360-733-5711
Web: www.campfiresamishcouncil.org
Email: info@campfiresamishcouncil.org

Club levels are:
Little Stars Pre-K;
Star Flight K-2;
Adventure 3-5;
Discovery 6-8;
Horizon 9-12;
Teens In Action;
and Teen Council.



Interest Form

Name _____
School _____
Age _____ Grade _____
Address _____
Home Phone _____
Email _____
Parent/Guardian Name _____
Interested in:
Joining a Club _____
Starting a club _____
Being a leader _____
Club support _____
Other _____



SPORTSPLEX
Soccer Skating Hockey

PUBLIC SKATING

Join the crowd. Come enjoy a day or night of ice-skating. Watch for special events during these skating times. Birthday packages are also available.

Friday 7:30 pm to 10:30 pm • Saturday & Sunday 1:00 pm to 3:15 pm
Youth (17 and Under) \$4.50 • Adults (18 and Over) \$5.50 • Skate Rental \$2.50

Community Skate -Our "Cheap Skate" on Mon & Thur will run throughout the school year. Come enjoy two hours of skating(2:45-4:45 PM) with less skaters for \$2.00 and \$2.50 skate rental. * Normal prices during Holidays and School Closures.

SPORTSPLEX SKATING ACADEMY Fall Semester: Sept. 14-Dec. 12

Let our qualified staff of instructors teach you to skate! If you want to learn to skate, play hockey, become a figure skater or just for fun--our instructors will help you make the most of the time on the ice learning while you have fun! Sportsplex Skating Academy beginning level classes are available for age 3 years to adult. Enrollment in a full 12-week semester includes a 30-min. group class each week, 24 practice sessions on our community/public ice, & 3 guest passes. Rental skates included in cost of full semester enrollment. Youth & Adult Classes: Cost is \$145 for 12 week session. Youth-ages 6-12 years adults-ages 13+ Tot Classes: ages 3-5 years for \$115 Tuition will be pro-rated for late enrollment, so join us now!

Beginner Level Class Schedule: Class Schedule: (times subject to change) Mon & Fri 5:00 PM • Wed at 5:30 PM • Sat at 9:30 AM (times subject to change)

1225 CIVIC FIELD WAY
BELLINGHAM, WA 98229
(360) 676-1919
www.bellinghamsportsplex.com



THE SPORTSPLEX IS THE PLACE FOR YOUR PARTY!!

A Sportsplex party includes party decorations, cake, soda, and invitations. You also have the option to add a pizza package. You have three activity options for your party:

Ice Skating • Indoor Soccer • The Sportsplex Castle

(Ice parties include admission & skate rental for 10 +2 chaperones)

Have a worry-free birthday party for your child & their friends at the Sportsplex!

Birthday Packages starting as low as \$100.00 call for details!

SPORTSPLEX HOCKEY

Grab your hockey gear and join in the fun in the Sportsplex Hockey Leagues!

Leagues for youth and adults of all ages and abilities. Contact Sportsplex Hockey Director Alana Collings 676-1919 ext. 108 for details.

LEARN TO PLAY HOCKEY:

Twelve week program starts September 15 . Participants also get 2 extra practices per week during the stick and puck sessions on Tues. & Fri 2:45-4:45 PM.

AGES: 3-6 GO TUESDAYS & THURSDAYS 5-5:30 PM COST: \$175.00

With our youngest age group, the emphasis is on skating and balance. Sticks will be introduced once balance is mastered. Players will learn the basics of hockey skating, stick handling, and shooting in a fun atmosphere.

AGES: 7-10 & 11-15 GO TUESDAYS & THURSDAYS 5-6 PM COST: \$250.00

Our Learn To Play Hockey Program is designed to teach the fundamentals of hockey to beginning players. Each week builds off the previous week's lesson and introduces a new hockey skill for players. Power skating, balance, and edge control are the primary focus and practiced weekly. Additional skills taught include puck control, passing, shooting, and preliminary game sense. Program is for players with little or no hockey experience. Come out and learn a great game!!



SKAGIT COUNTY



Parks and Recreation

(360) 336-9414
www.skagitcounty.net
"Creating Community through People, Parks and Programs"

Skagit County Parks and Recreation Director's Postscript by Brian Adams

There has been a lot of news lately of the newfound frugality of our citizens. With stagnating wages, reduction of home values, and languishing stock portfolios, most of us are all looking for ways to cut back on spending. These parsimonious and spendthrift behaviors are a necessity of our economic survival, taking the place of our overindulgent practices of yesteryear. Our parks and recreation department is taking the same self-disciplinary approach. With dwindling resources, we are being very creative in finding ways to uphold the elevated level of service our fellow county residents deserve during these tough economic times.

With fewer employees and a reduction of available funding, we are determined to be as resourceful as ever. Through creative partnerships, streamlined operations, increased individual roles, and the

unearthing of more ways to increase revenue potential, we will work harder than ever to keep our parks and services the best they can be. Although funding for capital projects and programs will be scarce in the near future, our emphasis will be placed on taking good care of the parks and programs we currently are responsible for.

I believe, despite our budget setbacks and increasing user numbers, our parks and programs will remain strong. The reason for our continued success is the strong showing of our resilient staff members, whom, because of their firm belief in our mission and goals, are willing to remain assiduously committed. Faced with limited resources, I am awed by their determination in providing great parks and programs to the residents of Skagit County.

ADULT SPORTS LEAGUES

FALL COED VOLLEYBALL LEAGUES

Three divisions to choose from on either Wednesday or Friday night! COED teams in this league consist of 3 females and 3 males (6 on 6) aged 16 years or older. Divisions of play include A, B & C. The season will include an 8-match regular season at various sites in Skagit County and conclude with a single elimination league tournament. In all divisions it is a "call your own" officiating format.

Register by: Wednesday, September 30 OR Friday, October 2
 Ages: 16 years and older

Days/dates: Wednesdays, beginning October 7 OR Fridays, beginning October 9

Time: 6:00 – 9:30 pm

Location: Various area gyms

Fee: \$185.00 per team

Coordinator: Tony Tewalt

Min.: 4 teams Max.: 60 teams



MEN'S FALL OPEN BASKETBALL LEAGUE

This league is open to men 16 years and older. Games will be played Monday, Tuesday or Thursday evenings at Skagit Valley College. This 8-game season will be followed by a single elimination league tournament. Same colored and numbered shirts are required.

Register by: Friday, October 2

Ages: 16 years and older

Day/dates: Mondays, beginning October 12

Time: 6:30 – 9:30 pm

Location: Skagit Valley College (SVC) Gym

Fee: \$385.00 per team

Coordinator: Tony Tewalt

Min.: 6 teams Max.: 16 teams

For more information or to register with a VISA or MasterCard call SCPR at 360-336-9414.

WOMEN'S FALL 5-ON-5 BASKETBALL LEAGUE

This league is open to women 18 years and older. Games will be 5-on-5 and utilize two referees per game. Games will be played primarily on Thursday evenings at Skagit Valley College and consist of a 6-game regular season and a single elimination league tournament. Same color and numbered shirts are required.

Register by: Monday, October 5
 Ages: 18 years and older
 Days/dates: Thursdays beginning October 15
 Time: 6:30 – 9:30 pm
 Locations: Skagit Valley College (SVC) Gym
 Fee: \$280.00 team fee
 League Coordinator: Tony Tewalt
 Min.: 4 teams Max.: 12 teams

Register by: Monday, October 5

Ages: 18 years and older

Days/dates: Thursdays beginning October 15

Time: 6:30 – 9:30 pm

Locations: Skagit Valley College (SVC) Gym

Fee: \$280.00 team fee

League Coordinator: Tony Tewalt

Min.: 4 teams Max.: 12 teams



GOBBLERS CLASSIC - COED VOLLEYBALL TOURNAMENT

This is a competitive Adult COED Tournament in which teams will play several single-game round robin matches and then are seeded into a double elimination championship bracket. The Championship team will receive commemorative shirts. Hurry and sign up quickly...this competition is limited to the first 12 teams!

Register by: Friday, November 6

Ages: 16 years and older

Day/date: Saturday, November 14

Time: 9:00 am – 8:00 pm

Location: Mount Baker Middle School (MTB)

Fee: \$95.00 per team

Coordinator: Tony Tewalt

Min.: 6 Teams Max.: 12 Teams

2009/2010 MEN'S CHARLIE CUSTER BASKETBALL LEAGUE

The TOP Men's Basketball League in Skagit County! This highly competitive league consists of a 10-game regular season and a single elimination league tournament. All teams are registered with the Washington Recreation Basketball Federation (W.R.B.F.) and eligible for State Championship play.

Register by: Friday, December 11

Ages: 16 years and older

Day/dates: Sundays, beginning December 20

Time: 9:00 am – 2:00 pm

Location: Skagit Valley College (SVC) Gym

Fee: \$460.00 per team

Coordinator: Tony Tewalt

Min.: 4 teams Max.: 12 teams

Special Notice: Sports officials are needed for youth & adult basketball. Help your body and your wallet through exercise and additional income! Experience is desired, but training can be provided. Interested persons should contact the Recreation Division at 360-336-9414 or tonyt@co.skagit.wa.us.

YOUTH SPORTS LEAGUES & CAMPS

SHOOTING STARS BASKETBALL CAMP



Learn How To Shoot The Right Way! This is a basketball shooting clinic for boys and girls in which they work on the proper mechanics of shooting a basketball in a fun environment. Ball handling skills will also be emphasized. Camp Director is Dennis Lind with camp coaches made up of area college and high school players. Guest coaches are Roger Valentine, Skagit Valley College Men's Basketball Head Coach

and Deb Castle, Skagit Valley College Women's Asst. Basketball Coach. Camp will be held over a three-week period and all campers receive a commemorative camp basketball.

Register by: Thursday, October 1

Ages: 8 – 14 years old

Day/Dates: Saturdays, October 3, 10 & 17

Time: 9:00 – 11:00 am

Location: Skagit Valley College (SVC) Gym

Fee: \$49.00 (\$5.00 discount for second child in same family)

Camp Director: Dennis Lind

Min.: 12 Max.: 60

2009 GIRLS S.W.I.S.H. BASKETBALL LEAGUE

Skagit, Whatcom, Island and Snohomish Hoops (S.W.I.S.H.) is THE BEST girls basketball program in the area! It is open to all girls in the 5th, 6th, 7th and 8th grades. Participants may either register as a team or individually (individuals are placed on a team by community or school affiliation). League runs for 9 weeks and includes a total of 11 games. Practices are determined by team coaches.

Register by: Friday, October 2 (Late registrations will be ac-

cepted only if space is available)

Ages: 5th – 8th graders

Day/dates: Saturdays, beginning October 24

Time: 9:00 am – 7:00 pm (times may vary depending upon game schedules)

Location: Various area gyms

Fee: \$460.00 Team \$59.00 Individual

Coordinator: Tony Tewalt

Min.: 4 Teams Max.: 75 Teams



2009/2010 BOYS MASTERS BASKETBALL LEAGUE

Two Divisions to Choose From! This basketball league is for boys NOT on a high school basketball team. Separate divisions are offered for 9th/10th and 11th/12th grades. The season consists of a minimum of 8 games. Same colored, numbered shirts are required and each team must have a coach/manager who is 21 years or older on the bench for each game.

Register by: Monday, December 7

Ages: 9th – 12th grade boys

Day/dates: Sundays, beginning December 20

Time: 11:00 am – 6:00 pm

Location: Skagit Valley College (SVC) Gym

Fee: \$375.00 per team

Coordinator: Tony Tewalt

Min.: 4 Teams Max.: 20 Teams

2009 YOUTH BASKETBALL SKILLS CAMP

Skagit County's BEST hoops camp! Two age groups to choose from! This basketball skills camp is for boys and girls ages 5 - 13 years old. The camp focuses primarily on the development of proper basketball fundamentals. Participants are divided into small working groups for optimal skill improvement. Two locations are used for this camp: 5 - 8 year olds play at Mount Baker Middle School and 9 - 13 year olds attend Skagit Valley College. All participants will meet at Mount Vernon High School with MVHS varsity coaches and players for one session of the camp. Camp runs for six weeks and each camper receives a commemorative basketball! Register early...this camp fills up very quickly!

Register by: Thursday, January 7

Ages: 5 - 13 years old

Day/dates: Saturdays, beginning January 9

Time: 9:00 – 11:30 am

Locations: Skagit Valley College (SVC) and Mount Baker

Middle School (MTB) Please note: (MVHS – one day)

Fee: \$58.00 (\$5.00 discount for the second child from each family)

Camp Directors: Dennis Lind and Tony Tewalt

Min.: 12 Max.: 200

2010 BOYS S.W.I.S.H. BASKETBALL LEAGUE

Hands down....The LARGEST & BEST Boys Basketball program in the area! Skagit, Whatcom, Island and Snohomish Hoops (S.W.I.S.H.) is open to all boys in 4th, 5th, 6th, 7th and 8th grades. Participants may either register as a team or individually (individuals will be placed on a team by community or school affiliation). League runs for 10 weeks and includes a minimum of 11 games. Practices are determined by team coaches.

Register by: Monday, December 7 (Late registrations will be accepted only if space is available)

Ages: 4th – 8th graders

Day/dates: Saturdays, beginning January 9

Time: 9:00 am – 7:00 pm (times will vary depending on game schedules)

Location: Various area gyms

Fee: \$465.00 Team \$59.00 Individual

Coordinator: Tony Tewalt

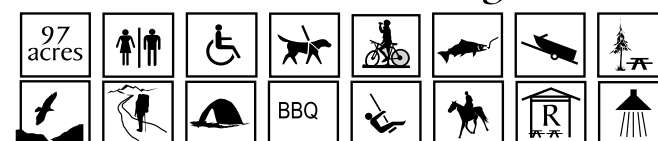
Min.: 4 Teams Max.: 75 Teams



Bring your binoculars and join us at our campground this winter for eagle watching. Thousands of eagles migrate to this section of the Skagit River every year to feed on spawned salmon. The Skagit River is one of the best places to see assemblages of Bald Eagles in the nation. With a great salmon year, the eagle viewing will be spectacular!

Located in Rockport along the

Wild and Scenic Skagit River



Skagit County Parks and Recreation • (360) 336-9414 • www.skagitcounty.net

"Creating Community through People, Parks and Programs"





Skagit Valley Family YMCA Fall Programs

215 E. Fulton St., Mount Vernon • (360) 336-9622 • Sports Center 3301 E. Fir St., Mount Vernon • (360) 848-8880



www.skagitymca.org



Winter I Youth Indoor Soccer League (ages 5-14)

Registration is Sept. 28-Nov. 1. Games will be played Nov. 10-Jan. 29. Individuals and teams are welcome to play in this non-competitive league.



Boys High School Indoor Soccer League

Register your team Sept. 1-15; games will be Monday evenings, Oct. 19-Nov. 30. This is a great way to keep your touch during the high school off-season.



Youth Basketball League (grades 1-4)

Register Oct. 26-Dec. 9. Games start Jan. 16. Individuals and whole teams are welcome to play in this non-competitive league.



Softball/Baseball Clinics (ages 7-12)

Register Oct. 5-Nov. 4. Clinics will be Nov. 9-Dec. 14. Our coach will work on the basics of the sport. These clinics are great if you child wants to try softball or wants to improve for their club team.

BITTY SPORTS

Bitty Softball (ages 3-5)

Registration is Sept. 8-Oct. 2; class is at 10am, Wednesdays Oct. 7-Oct. 28. Bitty Sports is very popular, so don't wait to register your child!

Bitty Basketball (ages 3-5)

Registration is Sept. 8-Oct. 25; class is at 10am, Saturdays Oct. 31-Nov. 21. Bitty Sports is very popular, so don't wait to register your child!

COED AFTER SCHOOL SPORTS

Teen Basketball & Volleyball (must be in high school)

Come to the Y afterschool from 2:30-4:30pm for Monday basketball and Wednesday volleyball.



	Age/Level	Day (s)	Time	Fee -8 classes Member/Program		Fee-7 classes Member/Program		Fee-6 classes Member/Program		Fee -5 classes Member/Program		Fee-4 classes Member/Program	
SKIP	6-36 mo	Sat	9:00-9:30am							\$25/\$22.50	\$34	\$20/\$18	\$27
Baby & Me	6-36 mo	TTH	10:00-10:30am	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Pre Pike	30-42 mo	Sat	9:30-10:00am							\$25/\$22.50	\$34	\$20/\$18	\$27
Pike	3-5 Beg	MW or TTH	4:30-5:00pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Pike	3-5 Beg	Sat	9:00-9:30am							\$25/\$22.50	\$34	\$20/\$18	\$27
Beg Preschool	3-5 Beg	TTH	10:30-11:00am	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Pike/ Super Pike	Beg-Adv	Fri	5:30-6:00pm					\$30/\$27	\$40.50				
Super Pike	3-5 Adv Beg	MW or TTH	5:00-5:30pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Super Pike	3-5 Adv Beg	Sat	9:30-10:00am							\$25/\$22.50	\$34	\$20/\$18	\$27
Adv Preschool	3-5 Adv	TTH	11:00-11:30am	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Seahorse	3-5 Int	MW or TTH	4:30-5:00pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Seahorse	3-5 Int	Sat	10:00-10:30am							\$25/\$22.50	\$34	\$20/\$18	\$27
Seahorse/Eel	3-5 Adv Int	Fri	5:00-5:30pm					\$30/\$27	\$40.50				
Polliwog	6-12 Beg	MW or TTH	4:30-5:00pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Polliwog	6-12 Beg	Fri	5:30-6:00pm					\$30/\$27	\$40.50				
Polliwog	6-12 Beg	Sat	9:00-9:30am 10:30-11:00am							\$25/\$22.50	\$34	\$20/\$18	\$27
Guppy	6-12 Adv Beg	MW or TTH	4:30-5:00pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Guppy	6-12 Adv Beg	Fri	5:00-5:30pm					\$30/\$27	\$40.50				
Guppy	6-12 Adv Beg	Sat	9:30-10:00am 10:30-11:00am							\$25/\$22.50	\$34	\$20/\$18	\$27
Minnow	6-12 Int	MW or TTH	5:00-5:30pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Minnow	6-12 Int	Fri	4:30-5:00pm					\$30/\$27	\$40.50				
Minnow	6-12 Int	Sat	10:00-10:30am							\$25/\$22.50	\$34	\$20/\$18	\$27
Fish/Fly Fish	6-12 Adv	MW or TTH	5:00-5:30pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				
Fish/Fly Fish	6-12 Adv	Fri	4:30-5:00pm					\$30/\$27	\$40.50				
Fish	6-12 Adv Int	Sat	10:00-10:30am							\$25/\$22.50	\$34	\$20/\$18	\$27
Fly Fish/ Shark	6-12 Adv	Sat	10:30-11:00am							\$25/\$22.50	\$34	\$20/\$18	\$27
Pre -Swim Team	6-12	MW Only	4:30-5:00pm	\$40/\$36	\$54	\$35/\$31.50	\$47.25	\$30/\$27	\$40.50				



Coed 4 on 4 Flag Football (ages 18+)

Register your team by Sept. 25. Games will be Thursday/Friday/Saturday nights (depending on number of teams). All games will be indoors at the Sports Center in Bakerview Park. It's football at the Sports Center.



Women's Indoor Soccer League (ages 18+)

Register your team Sept. 1-Oct. 6. Games will be Oct. 11-Nov. 15 Sundays-late afternoon/early evenings.

Men's Indoor Soccer League (ages 18+)

Register your team Sept. 21-Oct. 22. Games will be on Wednesday evenings, Oct. 28-Dec. 16. League winner gets a free 2-hour rental (\$170 value).



Coed Winter I Indoor Soccer League (ages 18+)

Register your team Sept. 28-Oct. 25. Games are Tues/Fri nights, Nov. 3-Dec. 17. A fun way to exercise and reduce your stress during around the holidays.



Skagit Valley Family YMCA Fall Programs

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YAFTERSCHOOL

We build strong kids, strong families, strong communities.

YMCA Before & After School Programs NOW ENROLLING!

The Skagit Valley Family YMCA is offering licensed Before & After School care in the following school districts for the 2009-2010 school year.

- Anacortes School District
- Burlington School District
- LaConner School District
- Mount Vernon School District
- Sedro-Woolley School District



All centers are fully licensed by DSHS and accept subsidies for those who qualify.

YCHILD CARE

We build strong kids, strong families, strong communities.

YMCA Early Learning & Child Care Centers NOW ENROLLING!

We offer part-time and full-time child care for children 4 weeks through 6 years of age. Not all centers serve all ages. We offer preschool and pre-K programs with an emphasis on Kindergarten readiness skills. Our curriculum is researched based and developmentally appropriate. Sites are located in Mount Vernon, LaConner and Anacortes.



All centers are fully licensed by DSHS and accept subsidies for those who qualify.

YPRESCHOOL

We build strong kids, strong families, strong communities.

The YMCA Preschool program is located at the Big Lake Elementary School and serves children ages 3 to 4 years. We offer a developmentally appropriate research based curriculum.

Days: Tue/Wed/Thur
Time: 9:30am – 12:30pm

(1/2 day preschool options are also available at all YMCA Early Learning Centers).



Coming in October!

Come to the Y and try out our new programs starting the first week in October.

YMCA Halloween Carnival Join us on Friday, October 23rd from 6:30-8:00pm for the 21st Annual Halloween Carnival. This event is for children ages 2 to 8. Play fun carnival games, win prizes, participate in the cupcake walk and enjoy a family swim in.

YouthFit Get ready, YouthFit is back! This program will focus on making physical fitness FUN for kids! YouthFit will incorporate basic resistance, endurance, and flexibility training along with problem solving into fun recreational activities.

YFAMILY TIME

We build strong kids, strong families, strong communities.

Join us every Saturday night for an evening of fun activities including family swim and gym plus creative arts and crafts. Adults must be accompanied by children.

Zumba® Come and experience the latest craze in fitness- Zumba®! A class that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Participants will have a blast in this exhilarating hour of caloric-burning and body-energizing movements!



“Walk Across America” Promote good health and exercise as you and your teammates complete an approximately 3,000 mile “Walk Across America”. Over a period of 40 days, teams will compete to see who can reach their goal before the time is up! Using pedometers, YMCA staff will keep track of your journey and display your progress on a map in the YMCA lobby! For those who enjoy activities other than walking, you can convert over 80 different activities into steps. Get your friends and family together and compete!



America On the Move Week with the YMCA » September 20-27, 2009



SKAGIT PARKS



Foundation

The Skagit Parks Foundation strives to build Healthy Parks - Healthy People by mobilizing public support and financial resources for Skagit County parks, trails, and recreation opportunities.

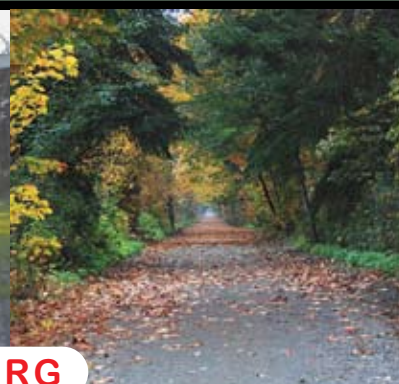


Trails Coalition
BRIDGING COMMUNITIES

The Trails Coalition is working to create a Master Skagit County Bicycling and Trails Plan, provides support and advocacy for implementation of the plan, and promotion of walking and biking for transportation, health and recreation.

Graphics courtesy of Cheryl Boxx, Lou Petersen and Chuck Mell.

"This publication was supported by the Preventive Health Services Block Grant 2B01DP009058 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC."



WWW.SKAGITPARKSFUNDATION.ORG

Fall is a beautiful time of year to visit all of Skagit County's great parks and trail facilities. You'll find photographs and information for all of Skagit County's Parks at the Skagit Parks Foundation and Trails Coalition Web site.

"Make Your Mark"

Howard Miller Steelhead Park

FALL PLANTING EVENT

**Saturday November 14
10 am to 1 pm**

you have an opportunity to be physically active and earn money for the Skagit Parks Foundation.

This is a Starbucks **"Make Your Mark"** event. Here is how it works: Go to your local Starbucks store (beginning October 15) and register to volunteer for this Fall Planting. On November 14, show up, sign in and participate. Starbucks will donate \$10 per volunteer hour to the Skagit Parks Foundation.

Snacks and tools will be provided. Bring weather appropriate clothing, boots, gloves, water bottle, a friend and lunch!

Sponsored by Skagit Fisheries Enhancement Group, Starbucks, Skagit Parks Foundation and the Skagit County Healthy Communities Project.

For additional information visit www.skagitfisheries.org, www.skagitparksfoundation.org/trails/hmsppplanting.htm, call 360-336-0172 or email ldgrace@skagitfisheries.org.

DIRECTIONS: Take Highway 20 to Rockport. Turn right onto Hwy 530, (toward Darrington) and just before the Skagit River bridge, turn right into Howard Miller Steelhead Park. (You can also access the park via Alfred Street)

Follow signs for parking near the west end of the park in the campground area.



Your membership and contributions support Skagit County's Parks and Trails

The Skagit Parks Foundation is a not-for-profit organization:

- We secure private funding to support our parks system.
- We help Skagit County Parks and Recreation build a world-class parks and trails system by providing funding for acquisition, capital improvements and maintenance.
- Our board and volunteers advocate for quality parks, trails and greenways in Skagit County.
- We organize work parties and projects to take advantage of the time and talent of local volunteers and organizations interested in supporting our parks and trails.

If you have a vision for parks, trails, open spaces and recreation in Skagit County, consider the Skagit Parks Foundation your opportunity to fund community projects through public-private partnerships.

Our current project is raising \$15,000 for construction of the new Skagit-Sauk Reach Trail trailhead sign. We're halfway to our goal. Consider making your donation to help fund this project today!

For additional information becoming a member or making a tax-deductible donation to the Skagit Parks Foundation visit www.skagitparksfoundation.org or email scpr@skagitparksfoundation.org.

**We would like to
extend our SINCEREST THANKS to
our most recent donors:**

Thank You!
Mount Vernon Building Supply and Skagit County Healthy Communities Project for their support of the Howard Miller Steelhead Park trail kiosk; Claude Blackburn in support of biking and trails; Skagit Valley Coop Tokens for Tomorrow program; and Starbucks Earth Day Make Your Mark.

FOR ADDITIONAL INFORMATION: **Skagit Parks Foundation** • scpr@skagitparksfoundation.org
Skagit County Trails Coalition - Liz McNett Crowl, 360-814-2331, skagittrails@skagitparksfoundation.org



beactiveskagit.org

Log onto the Skagit County Physical Activity Web site.

- Check out the community calendar
- Explore the physical activity resource guide, which includes over 28 categories with nearly 130 activity listings. Check it out and get active!

Skagit County Healthy Communities Project (SCHCP)

SCHCP is a partnership of the Skagit County Public Health Department and Skagit Valley Hospital, with broad community support to focus on increasing access to healthful nutrition and physical activity to decrease chronic disease and obesity. SCHCP is one of nine Healthy Communities Projects funded, in part, with a Washington State Department of Health Prevention Block Grant. Our project has three primary work areas: walking, biking and pathways; active community environments; and children's health.



Photos courtesy of Liz McNett Crowl, Karen Gospodinovich, Art Tuftee.

Eat Healthy - Be Active

Skagit County Healthy Communities Project



Mount Vernon Trail Builders Little Mountain Trail Work Parties

Saturdays, 10 am to 4:30 pm

**October 10 and 24 • November 7 and 21
December 5 and 19**

Volunteers building "sustainable" multi-use trails on Little Mountain.

- No experience necessary
- Sessions are "rain or shine"
- Meet at the top Little Mountain Park parking area
- Tools and refreshments will be provided, but bring a lunch

Long pants, long sleeved shirts, and eye protection recommended. Bring your favorite work gloves. Training will be provided. Each person working must sign a liability release form. *Parents or guardians of those under 18 must sign for the minor.*

For additional information "Google" Mount Vernon Trail Builders or call Mount Vernon Parks at 360-336-6215.

**SWIMMING • KAYAKING • BE ACTIVE! • YOGA
BE ACTIVE! • BASKETBALL • WALKING
BIKING • SOCCER • FITNESS • BE ACTIVE!**

beactiveskagit.org

Do you provide or coordinate a physical activity program in Skagit County? The Skagit County Physical Activity Resource Guide at beactiveskagit.org is a comprehensive listing of activities and contact information that make it easy for interested individuals to find you. To establish a listing or update an old one contact Liz McNett Crowl at 360-814-2331 or LCrowl@skagitvalleyhospital.org

"This publication was supported by the Preventive Health Services Block Grant 2B01DP000058 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC."

Walking and Biking Skagit County

Skagit County Bicycling Map

Skagit County Walking and Trail Guide

The Skagit County Active Community Task Force developed these FREE maps to encourage bicycling and walking, increase physical activity and improve health.

Copies are available at all local chambers of commerce, parks and recreation departments, and bicycle shops. To request multiple copies contact info@scog.net or 360-416-7876.

The Walking and Trail Guide is being updated and a new map will be available in 2010. If you have suggestions, comments, would like to serve on the update committee or provide funding for the update please contact Liz McNett Crowl, 360-814-2331 or LCrowl@skagitvalleyhospital.org.



SKAGIT COUNTY 4-H Community SUPER Saturday

October 10 • 9 am to 3 pm

**Fun and Educational Workshops and
Activities for the WHOLE Family**

**Skagit Valley College
2405 E. College Way, Mount Vernon**

\$5 per person or \$12 per family

For information and registration visit <http://skagit.wsu.edu/4-HSC/> or call 360-428-4270, extension 0.

**For additional information contact project coordinator, Liz McNett Crowl,
360-814-2331 or LCrowl@skagitvalleyhospital.org.**

CALENDAR *of events*

Paint Me a River!

Art Meets History Exhibit

Skagit County Historical Museum

Event Date and Time: 10/10/09 – 1/3/10

11am to 5pm Tuesday through Sunday

Location: Skagit County Historical Museum

– 501 South 4th Street

(at the top of the hill in La Conner)

Contact Information: (360) 466-3365

Unique exhibit features work of 85 local artist's view of area history. Artists include Joel Brock, Anne Schreivogl, Lee Mann and Tom Pickett.

Skagit Valley Festival of Family Farms

Event Date and Time: October 3rd & 4th

10am to 4pm

Location: Check website for farm listings at

www.farmtour.com

Contact Information: (360) 421-4729

Enjoy the abundant Skagit Valley at the peak of autumn's harvest. Savor the bounty: fresh fruits, cheeses, vegetables, shellfish, jams and much more. Enjoy free samples and bring home tasty treats-the flavors and fun will bring you back every year for the Skagit Valley Festival of Family Farms!

Halloween Bash

Mount Vernon Parks and Recreation

Event Date and Time: October 30th

6pm to 8pm

Location: Hillcrest Park, 1717 South 13th Street

Contact Information: (360)336-6215

www.mountvernonwa.gov

See page 4 for more information.

Veterans Day, November 7, 2009

Time: 9am, with an 8am complimentary breakfast for Veterans and their families. For more information call 336-6211.

Children's Shopping Extravaganza

Mount Vernon Parks and Recreation

Event Date and Time: December 5th

8:30am to 2pm

Location: Skylight Room at Hillcrest Park,

1717 South 13th Street

See page 4 for more information.

Breakfast with Santa

Mount Vernon Parks and Recreation

Event Date and Time: December 5th

8am to 11:30am

Location: Hillcrest Park Lodge,

1717 South 13th Street

See page 4 for more information.



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Check out the offerings at www.recreationwithoutborders.com

Lauren Woodmansee, Owner

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www.ExtendedEd.wvu.edu

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Sleeping Over with Science and Arts

Grades 3-5 • October 23-24

TOPICS

Science: "Can You Dig It?"

Investigate the world of archaeology

Arts: "Art in Motion: Kinetic Art"

Explore art concepts and perpetual motion

Join us for a Friday night sleepover full of discovery and exploration.

Find out more and register online!
www.wvu.edu/Youth

"Become a Fan" on Facebook!

Visit Youth Programs website for the link.