



Lopez Island Family Resource Center

Strengthening Families for Life - Since 1997



2011 LOPEZ SUMMER WORKSHOPS

EXPLORE...

SPORTS

SAILING

OUTDOORS

KAYAKING

CREATIVE ARTS

PERFORMING ARTS



Lopez Island Family Resource Center
PO Box 732
Lopez Island, WA 98261

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EXPLORE...SPORTS

Basic Beginner Swimming & Water Safety Berta Vaughn



We're expanding our swim program with one more week of swim classes, a NEW class for toddlers and a NEW intermediate-level class for swimmers ages 4 and up. Our class groupings have changed from prior years, so carefully review the descriptions

and select the one that best describes your child's level. Any exceptions require instructor approval. Classes for ages 7-9 include 15 minutes free time at end of class. With our expanded offerings, parents are encouraged to sign their children up for multiple swim sessions.

Ages 2-3 Length: 1/2 hour Max. 6 Fee:\$30
 Ages 4-6: Length: 1/2 hour Max. 6 Fee:\$30
 Ages 7-9: Length: 1 hour Max. 8 Fee:\$50
 Meet: Lopez Islander Pool

Toddler and Me: With instructor's guidance, adults join their child in the pool. Learn water safety skills to be comfortable in the water.

	SWIMTOD1	June 13-16	11:15-11:45
Ages: 2-3	SWIMTOD2	June 13-16	11:45-12:15
(with adult)	SWIMTOD3	June 20-23	11:45-12:15
	SWIMTOD4	June 27-30	11:00-11:30

Swimming Introduction: Learn basics of breath control, floating and beginning kicks and strokes. For kids new to swimming or not comfortable in water.

Ages: 4-6	SWIMINTRO-A1	June 13-16	10:30-11:00
Ages: 4-6	SWIMINTRO-A2	June 20-23	11:15-11:45
Ages: 7-9	SWIMINTRO-B	June 20-23	2:15-3:15

Swimming Beginning Skills: Refine breath control, front and back floats and glides, flutter kicks, and basic arm strokes. For kids able to float & comfortably get around in water unassisted.

Ages: 4-6	SWIMBEG-A1	June 13-16	10:00-10:30
Ages: 4-6	SWIMBEG-A2	June 20-23	10:00-10:30
Ages: 4-6	SWIMBEG-A3	June 20-23	10:30-11:00
Ages: 7-9	SWIMBEG-B1	June 20-23	1:15-2:15
Ages: 4-6	SWIMBEG-A4	June 27-30	10:30-11:00
Ages: 7-9	SWIMBEG-B2	June 27-30	12:30-1:30
Ages: 7-9	SWIMBEG-B3	June 27-30	1:30-2:30

Swimming Intermediate: Learn alternate strokes (back, side, & breast); refine front crawl with rhythmic breathing. For kids able to swim pool length with front crawl stroke using rhythmic breathing & comfortable in deep water.

Ages: 4-6	SWIMINTER-A	June 27-30	10:00-10:30
Ages: 7-9	SWIMINTER-B	June 27-30	2:30-3:30

Golf Clinic Lopez Island Golf Course Instructors

Learn the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Emphasis will be on learning the basics of golf in a creative and fun environment. Bring a water bottle, 7 iron golf club, and putter if you have them. Some extra clubs available; if you need to borrow any, let us know when you register.

Course #: GOLF Ages: 9 to Adult
 Dates: June 27 -29 Max. 10 1:30-3:30
 Meet: Lopez Island Golf Course Fee: \$40

Wetsuit 101

Since FLIP (Friends of Lopez Island Pool) began the "Swim the Salish Sea 468 Club" events, many people have asked about swimming in the ocean with wetsuits. This one-session class will get you acquainted with wetsuits and the bay with instruction on land and water. Keys to this day: safety and fun! Take this opportunity to get acclimated to this activity with someone from FLIP who has experienced ocean swimming. FLIP will contact all participants two weeks prior to class to advise acquiring a wetsuit. They may be borrowed, rented, or purchased. View FLIP's website, www.lopezislandpool.org/swimsalishsea, to see wetsuit activity. Bring snack, water bottle, towel.

Course #: WETSUIT Ages: Adult
 Date: June 28 Max. 6 1:00-4:00
 Meet: MacKaye Harbor Public Boat Ramp Fee: \$35

Mountain Biking for Beginners

Kerby Phelps

Develop mountain biking skills on local single track trails. A mountain bike in good operational order, bike helmet, and drinking water are required. Also bring energy bars or snacks.

Course #: MTBIKE Ages: 9-12
 Date: July 8 1:00-4:00
 Meet: Lopez Elementary School Fee: \$20



British Soccer Camp

British Challenger Coaches

Incredible British coaches make learning fun. They focus on the Challenger Way, which challenges players to improve with maximum fun: no line drills or long speeches, lots of encouragement, teamwork, self discipline and sportsmanship! We'll do individual foot skills, technical drills, small sided games, coached scrimmages and daily tournament play.

Course #: SOCCER Ages: 6-13
 Dates: July 11-15 9:00-12:00
 Meet: Lopez School Soccer Field Fee: \$107

British Mini Soccer Camp British Challenger Coaches
Fun games, competitions & challenging skill-building activities will captivate & enlighten your young players. Bring a water bottle.

Course #:	MINISCCR-1	9:00-10:30
Course #:	MINISCCR-2	10:40-12:10
Dates:	July 11-15	Ages: 4-6
Meet:	Lopez School Soccer Field	Fee: \$81

Lopez Basketball Clinics Larry Berg
These 5-day clinics focus on strengthening fundamental ball handling and shooting skills as well as team playing strategies. Instructor is our very own Lopez School PE/Sports teacher & coach. Larry loves coaching kids of all ages & emphasizes sportsmanship while teaching specific sports skills. Recommended for anyone thinking of playing middle school or high school basketball, but open to all levels of players, even those with no prior experience. Bring a water bottle and snack.

Course#:	BASKETB-A	Ages: 13-17	Fee: \$60
Dates:	July 18-22	9:00-12:00	
Course#:	BASKETB-B	Ages: 9-12	Fee: \$45
Dates:	July 18-22	1:00-3:00	
Meet:	Lopez School Gym		

Junior Tennis Steve Lloyd-Moffett
We combine fun activities with sound fundamentals to get the kids off on the right foot! Kids will learn tennis basics which can be practiced on the court or even at home! Regular attendance strongly requested. We have extra tennis racquets for those that do not have their own.

Course #:	JRTENNIS-A (Beginners)	Ages: 7-12
Dates:	July 18-22	Max. 8 9:00-10:00
Course #:	JRTENNIS-B (Intermediate)	Ages: 7-12
Dates:	July 18-22	Max. 8 10:15-11:15
Meet:	Lopez School Tennis Courts	Fee: \$40

Ultimate Frisbee 101 Michaela Fallon
Come join us this summer and learn how to play one of the fastest-growing sports in the United States! You'll be taught the basics of the game, learn how to throw a mean backhand and get to know some cool kids who have played the sport almost their whole lives! Please bring a sack lunch, a water bottle, cleats (or running shoes), and sunscreen every day. Discs will be provided.

Course #:	FRISBEE	Ages: 8-12
Dates:	August 1-3	9:30-1:30
Meet:	Lopez School Soccer Fields	Fee: \$30

EXPLORE...SAILING

Sailing Instruction

We will sail Lido, Splashes and El Toro boats. Students must meet age requirements and be able to swim. (More details about requirements can be found on our website or by calling the office.) Bring a towel and swimsuit. All classes meet at Islander's Dock. Maximum 8 per session. Ages 9-18 unless otherwise noted.

Weekly Sessions: **Fee: \$95**

Beginner Sailing: The first day we will be spending time learning the basics of water safety. Each participant will need to demonstrate they are capable of swimming a short distance.

Course #:	SAILBEG-1:	July 5-9	9:30-12:30
	SAILBEG-2:	July 11-15	1:00-4:00
	SAILBEG-3:	July 25-29	9:30-12:30
	SAILBEG-4:	August 1-5	9:30-12:30

Intermediate Sailing: Students must have completed the Beginner class or have instructor's permission.

Course #:	SAILINT-1:	July 5-9	1:00-4:30
	SAILINT-2:	July 25-29	1:00-4:30

Advanced Sailing: Students must have completed the Intermediate class or have instructor's permission.

Course #:	SAILADV:	August 1-5	1:00-4:30
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Adult Beginner Sailing: Ages 13 to Adult.

Course #:	SAILADULT:	July 11-15	9:30-12:30
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Private and Group Lessons

Private lessons for individuals or groups at all skill levels will be offered throughout the summer. Extra availability the week of July 18-22. These may be arranged by contacting the LIFRC @ 468-4117.

Seafaring, Voyaging and Camping Trips



Youth Seafaring, Voyaging and Camping Trip

Lopez Seafaring and Voyaging Program leads this rowing/sailing adventure to several marine parks in the San Juan Islands. Aboard two husky expedition boats, you'll spend 5 days on the water and 4 nights camping on the beach. Learn the basics of sailing and rowing small vessels, as well as seafaring skills such as the use of compass and charts. Details upon registration.

Course #:	SEAFAREYH	Ages: Entering 7th-9th grade
Dates:	July 12-16	Max. 8 Fee: \$220

Adult Seafaring Adventure Steven Brouwer & Molly Bill
Molly and Steven will lead this two-day, one-night rowing & sailing adventure! We'll depart Monday morning from Hunter Bay on Tern (the famed wooden rowing & sailing boat built here on Lopez under Steven's boatbuilding expertise). Voyagers will explore the beautiful marine environment & learn basic seafaring skills. The evening will be spent camping on one of the easternmost San Juan Islands. Dinner on 1st day and breakfast on 2nd day provided; bring camping gear and food to share for two lunches. No previous sailing or boating experience required. Details upon registration.

Course #:	SEAFAREAD	Ages: Adults
Date:	August 1-2	Max. 6 Fee: \$150

EXPLORE...KAYAKING

Kids in Kayaks!



Cascadia Kayak Kids love to kayak! Our classes introduce kayaking in a safe, fun, and supportive learning environment. We help kids develop kayaking skills based on individual comfort level, fitness and abilities. Kayaks, paddling and rescue gear provided. Instructors are experienced guides for locally owned Cascadia Kayak Tours. Bring a snack, sunscreen, water bottle, towel, dry clothes and

shoes you don't mind getting wet.

Course #:	KIDKAYA-1: July 5-6	1:00-4:00
	KIDKAYA-2: July 21-22	9:00-12:00
	KIDKAYA-3: July 21-22	1:00-4:00
	KIDKAYA-4: Aug 9-10	9:00-12:00
Ages:	8-12	Max. 8
Meet:	Odlin Park	Fee: \$67

Sea Kayaking Basics & Fundamentals

With Doug Benoliel and Colin Doherty. Learn basic kayaking skills & gain confidence in paddling the San Juans! Course will cover launching, landing, wet exits, a variety of stroke techniques, assisted and unassisted capsize recoveries for both single and double kayaks & more. Hallmarks are safety, fun and learning through discussion, demonstration, and practicing with lots of individual attention. Class designed for the beginner or anyone wanting a refresher. Bring your own boat, paddle, paddle float and bilge pump. Limited numbers available to borrow - let us know when registering. Both instructors have years of experience & are highly certified kayaking enthusiasts. Ages 13 & 14 possible with instructor approval.

Course #:	SEAKAYAK1	Ages: 15 to Adult
Date:	July 6-8	Max. 10
Meet:	LIFRC (July 6)	7:00-9:00PM
	Odlin Park (July 7-8)	9:00-4:00

Sea Kayaking High Seas Adventure

With Doug Benoliel and Colin Doherty. Enjoy a day paddle while learning sea kayaking skills such as pod travel, applicable navigation, rafting-up on the water, open water kayak switch, towing, etc. Destination TBD by instructors with participant input. Bring lunch & your own boat, paddle, paddle float & bilge pump. Limited equipment available to borrow-let us know at time of registration. Prerequisite: Sea Kayaking Basics or instructor's permission. Ages 13 & 14 possible with instructor approval.

Course #:	SEAKAYAK2	Ages: 15 to Adult
Dates:	July 22-23	Max. 10
Meet:	LIFRC (July 22)	7:00-9:00 PM
	TBA (July 23)	9:00-4:00

Kayak Navigation: Land Instruction

Get the knowledge you need to safely negotiate the local waters with Colin, owner of Cascadia Kayak Tours & experienced

kayak guide. Unravel the mysteries of tides, currents, nautical charts, GPS and compasses in a classroom setting.

Course #:	NAVIGAT-A	Ages: 12 to Adult
Date:	July 28-29	6:00-9:00PM
Meet:	Lopez Library Meeting Room	Fee: \$40

Kayak Navigation: Sea Instruction (NEW) Colin Doherty
Take your skills to the water & get some hands-on experience navigating the waters of the San Juan Islands. Learn about route finding, compass use, piloting, the effects of tidal currents & weather, & much more! Bring your own kayak, paddle, paddle float & bilge pump, & any navigation gear you have. Limited equipment available to borrow—let us know at time of registration. Class is all day, so bring lunch & wear layered clothing. Prerequisite: NAVIGAT-A or instructor's permission.

Course #:	NAVIGAT-B	Ages: 15 to Adult
	(ages 13 & 14 possible with instructor approval)	
Date:	July 30	Max. 6
Meet:	TBA	10:00-4:00PM
		Fee: \$60

Sea Kayaking Overnight Trip

If you love camping and boating, why not do both! Enjoy the beauty of the islands and the surrounding waters. Learn about trip planning, route selection, packing a kayak, camp craft in the marine environment and more. We'll spend the night at one of the many Cascade Marine Trail camp sites here in the San Juan Islands. Meal planning & food prep/expenses will be communal. Extra kayaking gear & camping gear provided if needed.

Course #:	SEAKAYAKON	Ages: Adult
Date:	August 5- Planning Meeting	7:00-9:00pm
	August 13-14	Max. 6
Meet:	LIFRC (trip day TBA)	Fee: \$150

Teen Kayak

This class will cover basic kayaking skills including equipment, forward and turning strokes, edging, bracing, wet exits and rescues. Kayaks, paddling and rescue gear provided. Instructors are experienced guides for locally owned Cascadia Kayak Tours. Bring a bathing suit, snack, water bottle, sunscreen, towel and dry clothes as you will get wet! (Wetsuits great, but not mandatory.)

Course #:	TEENKAYAK	Ages: 13-16
	August 9-10	1:00-4:00
Meet:	Odlin Park	Max. 8
		Fee: \$67



EXPLORE...CREATIVE ARTS

Cake Decorating

Annette Pleiss

Learn how to assemble, frost, and decorate a cake in this two-part hands-on workshop. Participants will learn how to write, pipe borders, and craft flowers with frosting. Instructor has over 30 years of experience and has made over 300 wedding cakes. She also creates beautiful all-occasion cakes in her Southwest Washington cake kitchen. Each participant will take home a delicious 6-inch round cake!

Course #: CAKEDEC Ages: 12 to adult
 Dates: June 28- 29 2:00-4:30
 Meet: Lopez Community Church Hall Fee: \$35

Tie-Dye and Friendship Bracelets

Ali Nichol

Using fabric squares, explore shibori tying techniques with procion dyes. Bring something (i.e., t-shirt, socks, scarf...) from home to dye. Learn how to macramé friendship bracelets including the half-knot, square knot and overhand knot. We will also explore how to apply techniques to larger projects like a belt or a bag. Be sure to wear some clothes to get creative in and bring a sack lunch.

Course #: TIEBRACE Ages: 10-14
 Date: July 1 Max. 8 10:00-2:00
 Meet: Lopez School Art Room Fee: \$35



Fused Glass

Terri Rousch

Create your very own unique functional plate or bowl through the process of fusing glass. You will cut, layer and design your project. It will then be melted, cooled, slumped and voilà...a lovely piece of functional glass art will be yours to keep! You will pick up art on July 11.

Course #: FUSEGLASS
 Ages: 12 to adult

Dates: July 6 & 8 1:00-3:00
 Meet: Terri's studio Max. 10 Fee: \$45

Beginning Soap Making

Lorri Swanson

Learn how to make Hot Process Soap. Yes, you're reading correctly, Hot Process Soap, not Cold Process Soap. We'll talk about both processes so you'll know the difference. The first two days we'll make soap and the third day we'll make bath fizzies and felted soap bars. Everything we make we'll split up so you can take home many luxurious and wonderful-smelling bath products!

Course #: SOAP Ages: 10 to adult
 Dates: July 11-13 Max. 6 2:00-4:30
 Meet: Lopez School Art Room Fee: \$45

Dream Catchers

Callie North

Enjoy a summer afternoon making dream catchers at instructor's peaceful cabin in the woods. Explore the surrounding forest for fallen cedar branches to shape into a base. Sip sun tea and eat garden treats as you learn about this Native American tradition. Colorful string, beads, and feathers will be provided and you are

encouraged to bring any special beads, stones, or feathers you would like to add. Easy, relaxing, and fun!

Course #: DREAMCAT-A Ages: 13 to adult
 Date: July 14 Max. 8 2:00-4:00
 Course #: DREAMCAT-B Ages: 8-12
 Date: July 15 Max. 8 2:00-4:00
 Meet: Instructor's Home Fee: \$20

Paint Your Story

Sue Roundy

Artists tell stories in different ways. American artist Jacob Lawrence used the artist's language of line, shape, color and pattern to portray his subjects and tell stories. We will explore how he used a series of images to tell the Harriet Tubman story in his book *Harriet and the Promised Land*. Next we will discuss how Jacob Lawrence tells a story about himself in a single painting titled *The Studio*. You will then create



your story in a single painting about yourself using line, shape, color, and pattern with tempera paints just like the artist used! Wear painting clothes or bring a paint shirt. Art supplies are provided.

Course #: PAINT Ages: 7-12
 Date: July 14 1:30-4:30
 Meet: Lopez School Art Room Fee: \$15

Make an Egg Basket

Kay Harradine

Learn the basics of rib-construction basketry by making this charming egg basket. Weave flat reeds in an over-under pattern and add color & texture with a variety of accent materials. Instructor has taught basketry for nearly 30 years, bringing ethnobotanical knowledge and strong teaching skills to the classroom. No previous experience required. Supply list upon registration. \$20 materials fee payable directly to the instructor.

Course #: BASKETRY Ages: 12 to Adult
 Date: July 16 9:00-5:00
 Meet: Lopez School Art Room Fee: \$50

Arts Mini Camp

Mara Lawrence

Let's make art! Do you like beading, painting, singing, dancing and having fun with new and old friends? Come join us for three fun-filled mornings of art and adventure! Each day we will have a new creative activity and time for fun and games. Please wear clothes that can get a little messy.

Course #: ARTSMINI Ages: 4-5
 Dates: July 19-21 Max. 8 9:30-11:30
 Meet: Lopez Children's Center Fee: \$35

Watercolor Play – For Kids and Adults!

Ellen Clark

Enjoy the process of turning an idea into a finished painting. Kids in the youngers' class will draw wild animals in their environment & then make their art come alive using dramatic

washes & accents. Adults & older kids will create imaginative fantasy scenes while learning about washes, toning, & color combinations, as well as composing your subject & portraying forms by using highlights, shadow & reflections. Instructor is an award-winning illustrator, a teaching artist for Allied Arts of Whatcom County and a 4-H mentor.

Course #:	WATERCOL-A	Ages: 6-10
Dates:	July 18-19	10:30-12:30
Course#:	WATERCOL-B	Ages: 11 to Adult
Dates:	July 18-19	1:00-3:00
Meet:	Lopez School Art Room	Fee: \$30/session

Southeast Asian Rolls

Mary Jennison

Learn how to create two different styles of rolls: Fresh Thai Rolls with Spicy Lime Sauce and/or Vietnamese Beef and Lettuce Rolls. This is an opportunity to work with exotic ingredients that will tantalize your taste buds! You will have hands-on experience assembling, rolling, slicing and then eating the prepared rolls. Take one or both classes - you choose! Maximum 8 per class

Ages: 12 to Adult

Course #:	ROLLSTHAI	July 20	11:00-1:00
Course #:	ROLLSVIET	July 28	11:00-1:00
Meet:	Rita O' Boyle's Home		Fee: \$20 each class

Kenny's Hats

Kenny Ferrugiario

Come and make your own hand-felted hat! Wool has been keeping us warm as long as humans have walked the earth. Wool is very versatile and can be spun, woven, knitted, and felted. In this class we will learn a little about carding (combing) wool, the process that prepares it for felting. Then we will make our own personal and unique felt hats! Come play with the wool!

Course #:	FELTHAT	Ages: 12 to Adult	
Date:	July 20	Max. 8	1:00-5:00
Meet:	Lopez School Room		Fee: \$40



Lego Robotics Summer Camp

Willem Scholten

Have you ever wondered if you could design and build your own robot playing soccer, or wondered how they drive that rover on Mars? Then come to Lego Robotics Summer Camp and learn how to design, build and program your own robots. Older group will use Lego Mindstorms. Younger group will use Lego WeDo robotics sets. Instructor is coach for one of Seattle's public elementary school's Lego Robotics teams that qualified for last fall's state competition and is currently getting ready to compete in the North American Championships in Legoland California this coming May.

Course #:	LEGO-A	Ages: Entering 4 th - 6 th Grade	
Dates:	July 25-29	9:00-12:00	Fee: \$75
Course #:	LEGO-B	Ages: Entering 1 st - 3 rd Grade	
Dates:	July 26-29	1:00-4:00	Fee: \$60
Meet:	Lopez School Art Room		

Papier-Mâché

Polly Ham



Have you ever wanted to create a stretching cat, a skateboarder, a mermaid, a fiery dragon, or some creature or sculpture from your own imagination? Come bring your ideas to life using papier-mâché. No experience needed - just your playful self. Max. 8

Course #:	PAPIER	Ages: 10 to Adult
Dates:	August 1-5	10:00-12:30
Meet:	Instructor's Studio	Fee: \$65

Artistic Adventures for 6 to 10 Year-Olds

Karen Whitman & Linda Hudson

Do you like art projects? Join old & new friends for 3 afternoons of creative projects. Pocket pets, almost origami, & unique tissue paper collages will be just part of the fun as you learn from Linda (local instructor) & Karen (teaching artist for the Young Authors Program at Skagit College & artists-in-residence program for NW schools.) Note: Last day meets until 4:30.

Course #:	ARTADV	Ages: 6-10
Dates:	August 2-4	2:00-4:00
Meet:	Lopez School Art Room	Fee: \$35

Design Your Own Garment

Rita O'Boyle

Learn the process from beginning to end! In this workshop you will take measurements, make a pattern, and create your own skirt or top. Participants must be comfortable using sewing machines. Bring fabric if you like or choose from instructor's supply for a nominal fee. All other materials provided, including the sewing machines and an inspirational instructor!

Course #:	GARMENT	Ages: 12 to Adult	
Dates:	August 3-5	Max. 5	1:00-4:00
Meet:	Instructor's home		Fee: \$50

Silk Scarves and Banners

Janet Lehwalder, Moonlight Silks

Stretch out a piece of lustrous silk, add a design with resists, mix interesting colors, & watch them flow across the silk, blending in beautiful & surprising ways. In the 3-hour class, you'll finish a silk scarf to wear or frame or a set of prayer flags. In the 6-hour workshop, you'll choose from a number of possible projects & have more time to design, experiment, & paint. No experience necessary for either class. Previous participants encouraged to take extended class. Bring a sack lunch for the all-day class.

Course #:	SILKPAINT-A	Fee: \$25	Ages: 6-12
Date:	August 8		1:00-4:00
Course #:	SILKPAINT-B	Fee: \$45	Ages: 12 to adult
Date:	August 9		9:00-3:00
Meet:	Both classes meet Lopez School Art Room		

Knit a Hat

Hannah Garcia

Make your own hand-knit hat for this fall! Even if you've never knit before, experienced instructor will guide you in making a hat using bulky superwash wool yarn. Complete novices as well as beginner knitters wanting to venture out beyond scarf making are welcome! All materials provided - simple pattern, needles, yarn, & instruction!

Course #:	KNITHAT	Ages: 8 to Adult	
Dates:	August 10-12	Max. 8	12:00-2:00
Meet:	Lopez School Art Room		Fee: \$45

EXPLORE...PERFORMING ARTS

Aventuras de Titeres en Mexico! Carter Family Marionettes
Puppet Adventures in Mexico! Learn Mexican folktales & songs & then bring them to life with puppets! We'll make brightly colored rod puppets out of dried gourds and create a puppet play with scenery, props, and music. The final day will feature a fiesta for our families with a performance of our puppet show. Instructor Chris Carter is a founder and artistic director for the world-renowned Carter Family Marionettes and has loved playing with puppets since she was a kid.

Course #: PUPPETS Ages: 6 to Adult
Dates: July 6-8 (bring a snack each day) 9:00-12:00
Meet: Lopez School Art Room Fee: \$75

Creative Dance for Children Clarissa Szabados-Mish
Children will develop greater awareness of their bodies in space, discover new movement possibilities, and engage in rhythm games. Dance imagery is drawn from movement in nature (waves, wind, various animals), everyday activities (brushing teeth, tying shoelaces), & from the children's own spontaneous movements. Instructor is a lifetime dancer and choreographer. Parents of young children are encouraged to stay and participate in the fun with their child.

Course #: DANCECHLD Ages: 4-6
Dates: July 6-8 11:00-12:00
Meet: Lopez Grange Fee: \$30

Modern Dance-for Teens & Elementary! Charlotte Newman
Dancers will explore their bodies and movement tendencies in a positive, supportive environment. We'll begin each class with a warm-up, then learn techniques & movement principles. Learn choreographed combinations (both solo & group) increasing in complexity from day to day & try your hand at choreographing. Instructor is experienced dancer, choreographer, & director's assistant working toward her Contemporary Dance BFA. Elementary-age workshop will culminate in an informal showing for families and friends at the end of the week.

Course #: MODDANCE-A Ages: 13-17
Dates: July 18-22 7:00-9:00PM
Meet: Woodman Hall Fee: \$55
Course #: MODDANCE-B Ages: 7-10
Dates: July 25-29(bring sack lunch each day) 10:00-1:30
Meet: Lopez School Multipurpose Room Fee: \$75

Children's Summer Music Camp Rachel Buchman
Your child will enjoy a week of hands-on, bodies-on, voices-on imaginative musical exploration that includes singing, rhythm games, percussion instruments, & lots of creativity. Children are encouraged to make & understand music through joyful experience while developing the musical pre-literacy skills needed to play instruments! With 25 years of experience, Rachel is the Grammy-nominated Head of the Young Children's Division at Rice University's Shepherd School of Music. Friday's class will be 15 minutes longer to allow for informal demonstration for family and friends. Two- and three-year-olds must be accompanied by a parent or caring adult for the class duration.

Course #: MUSIC-A Ages: 2-3 with Adult
Dates: August 1-5 9:30-10:30
Meet: Grace Church Hall Fee: \$45
Course #: MUSIC-B Ages: 4-5 (snack provided)
Dates: August 1-5 10:45-12:45
Meet: Grace Church Hall Fee: \$65



International Folk Dance Thea Huijgen
Sample the cultures of countries around the world through their music & dances. You don't need to come with a partner to learn these circle, line & couple dances. "If you can walk, I can teach you how to dance," says instructor Thea Huijgen. Wear comfortable shoes, comfortable clothing and bring a water bottle. Get ready to move & have fun!

Course #: FOLKDANCE Ages: 12 to Adult
Dates: August 9-11 7:00-8:30 PM
Meet: Lopez Grange Fee: \$35

Free Fun - No Registration Required!

Open Gym Nights for Teens

Looking for something fun to do on summer evenings? (We heard your voices in our Teen Summer Workshop Survey!) Ben Redmond will open up the high school gym on Thursday evenings just for teens! Come alone or bring a friend & join the fun!

Dates: Thursdays, June 30 – July 21 8:00-10:00 PM Meet: Lopez School Gym

Ultimate Frisbee

Join Michaela & friends for an evening of Ultimate Frisbee. It will be a blast! Teens & adults invited.

Dates: August 1 & 2 7:00-9:00 PM Meet: Lopez School Soccer Fields

LOPEZ SUMMER WORKSHOPS BY AGE

AGE	CLASS	COURSE #	FEE	JUNE	JULY	AUGUST
2 - 3 (w/adult)	Toddler and Me Swimming	SWIMTOD:1-4	\$30	June 13-16, June 20-23, June 27-30		
	Children's Summer Music Camp	MUSIC-A	\$45			August 1-5
3 - 4	Beach Day for 3 & 4 Year-Olds	BEACH	\$25		July 11-12	
4 - 5	Arts Mini Camp	ARTSMINI	\$35		July 19-21	
	Children's Summer Music Camp	MUSIC-B	\$65			August 1-5
4 - 6	Swimming Introduction	SWIMINTROA:1-2	\$30	June 13-16, June 20-23		
	Swimming Beginning Skills	SWIMBEG-A:1-4	\$30	June 13-16, June 20-23, June 27-30		
	Swimming Intermediate	SWIMINTERA	\$30	June 27-30		
	British Mini Soccer Camp-2 sessions	MINISCCR: 1-2	\$81		July 11-15	
	Creative Dance for Children	DANCECHLD	\$30		July 6-8	
entering 1st-3rd	Lego Robotics Summer Camp	LEGO-B	\$60		July 26-29	
6 - 8	Lopez Nature Explorations	NATEXPL-A	\$30		July 6-7	
6 - 10	Watercolor Play-For Kids & Adults!	WATERCOL-A	\$30		July 18-19	
	Artistic Adventures for 6 to 10	ARTADV	\$35			August 2-4
6 - 12	Silk Scarves and Banners	SILKPAINT-A	\$25			August 8
6 - 13	British Soccer Camp	SOCCER	\$107		July 11-15	
6 - Adult	Birds and Habitat	BIRD	\$15	June 29		
	Seaweed Ramble	SEAWEED	\$25		July 2	
	Ranger Walks (2 sessions)	RANGWALK:1-2	\$15			August 13 & 27
	Aventuras de Titeres en Mexico!	PUPPETS	\$75		July 6-8	
7 - 9	Swimming Introduction	SWIMINTRO-B	\$50	June 20-23		
	Swimming Beginning Skills	SWIMBEG-B:1-3	\$50	June 20-23, June 27-30		
	Swimming Intermediate	SWIMINTER-B	\$50	June 27-30		
7 - 10	Modern Dance for Elementary	MODDANCE-B	\$75		July 25-29	
7 - 12	Junior Tennis - Beg. & Int.	JRTENNIS-A & B	\$40		July 18-22	
	Paint Your Story	PAINT	\$15		July 14	
8 - 11	Lopez Nature Explorations	NATEXPL-B	\$30		July 6-7	
8 - 12	Ultimate Frisbee 101	FRISBEE	\$30			August 1-3
	Kids in Kayaks (4 sessions)	KIDKAYA:1-4	\$67		July 5-6, July 21-22, August 9-10	
	Dream Catchers	DREAMCAT-B	\$20		July 15	
8 to Adult	Knit a Hat	KNITHAT	\$45			August 10-12
9 - 12	Mountain Biking for Beginners	MTBIKE	\$20		July 8	
	Lopez Basketball Clinic	BASKETB-B	\$45		July 18-22	

LOPEZ SUMMER WORKSHOPS BY AGE (continued)

AGE	CLASS	COURSE #	FEE	JUNE	JULY	AUGUST
entering 4th-6th	Lego Robotics Summer Camp	LEGO-A	\$75		July 25-29	
9 - 18	Beginner Sailing (4 sessions)	SAILBEG:1-4	\$95		July 5-9, 11-15, 25-29, & Aug. 1-5	
	Intermediate Sailing (2 sessions)	SAILINT: 1-2	\$95		July 5-9, July 25-29	
	Advanced Sailing	SAILADV	\$95			August 1-5
9 - Adult	Golf Clinic	GOLF	\$40	June 27-29		
10 - 14	Tie-Dye and Friendship Bracelets	TIEBRACE	\$35		July 1	
10 to Adult	Beginning Soap Making	SOAP	\$45		July 11-13	
	Papier-Mâché	PAPIER	\$65			August 1-5
11 to Adult	Watercolor Play-For Kids & Adults!	WATERCOL-B	\$30		July 18-19	
12 - 17	Birch Bay Waterslides	BIRCHBAY	\$40			August 2
12 - Adult	Kayak Navigation: Land Instruction	NAVIGAT-A	\$40		July 28-29	
	Cake Decorating	CAKEDEC	\$35	June 28-29		
	Fused Glass	FUSEGLASS	\$45		July 6 & 8	
	Make an Egg Basket	BASKETRY	\$50		July 16	
	Southeast Asian Rolls - Thai	ROLLSTHAI	\$20		July 20	
	Southeast Asian Rolls - Vietnamese	ROLLSVIET	\$20		July 28	
	Kenny's Hats	FELTHAT	\$40		July 20	
	Design Your Own Garment	GARMENT	\$50			August 3-5
	Silk Scarves and Banners	SILKPAINT-B	\$45			August 9
	International Folk Dance	FOLKDANCE	\$35			August 9-11
entering 7th-9th	Youth Seafaring Voyaging & Camping	SEAFAREYH	\$220		July 12-16	
13 - 16	Teen Kayak	TEENKAYAK	\$67			August 9-10
13 - 17	Lopez Basketball Clinic	BASKETB-A	\$60		July 18-22	
	Modern Dance for Teens	MODDANCE-A	\$55		July 18-22	
13 to Adult	Dream Catchers	DREAMCAT-A	\$20		July 14	
	Adult Beginner Sailing	SAILADULT	\$95		July 11-15	
14 to Adult	Northwest Foraging	FORAGING	\$20			August 6
15 to Adult	Sea Kayaking Basics & Fundamentals	SEAKAYAK 1	\$90		July 6-8	
	Sea Kayaking High Seas Adventure	SEAKAYAK2	\$60		July 22-23	
	Kayak Navigation: Sea Instruction	NAVIGAT-B	\$60		July 30	
Adult	Wetsuit 101	WETSUIT	\$35	June 28		
	Adult Seafaring Adventure	SEAFAREAD	\$150			August 1-2
	Sea Kayaking Overnight Trip	SEAKAYAKON	\$150			August 5, 13-14

2011 LOPEZ SUMMER WORKSHOPS

WORKSHOP INFORMATION

Submit Registration & Fees Early!! Some classes have limited space and fill quickly. Every class must meet minimum enrollment requirements at least 10 days in advance of workshop, or may be cancelled. Be kind to each other and your workshop instructors and register as early as possible!

Payment: Checks should be payable to LIFRC and mailed to or dropped off at the LIFRC office.

Refunds: Refunds available until 10 days before the workshop (except in emergencies) less a \$10 service fee. If the LIFRC cancels a class due to unforeseen circumstances or enrollments less than minimum requirements, we will issue a full refund.

Donations: Your tax-deductible donations to the Scholarship Fund makes it possible for anyone who needs financial assistance and wishes to attend one of these workshops to do so and allows us to continue to keep the workshop fees low and affordable.

Am I In?: You are enrolled upon receipt of registration and payment. You will hear from us if a class is full or there is a change in the program. If classes don't meet a minimum number of participants, they may have to be cancelled. We will e-mail you a schedule of your classes if an e-mail address is provided.

Updates: Please check our website (www.lifrc.org) and our Facebook page for updates to our summer programs and other events. Call our office at (360) 468-4117 with any registration questions.

SAVE THE DATE FOR THESE SUMMER EVENTS - !

LIFRC's Annual Literary Fundraiser - Saturday, July 9th

Brenda Peterson, acclaimed novelist and nature writer, will be sharing from her new book, *I Want to be Left Behind: Finding Rapture Here on Earth* at our annual fundraiser event at the LCCA. Peterson takes on human nature and what she calls a spiritual ecology that is as concerned with saving the earth as well as our own souls. She paints such a hilarious, loving portrait of each world that we will all want to be Left Behind.

Tickets for this event will be available in June. Call 468-4117 for details. You can pick up a copy of *I Want to be Left Behind* at the Lopez Library or at Islehaven Books.

Family Folk Dance Night - Friday, August 12th

Take a dance trip around the world as Thea Hujigen leads a fun-filled evening with simple dances from many different countries. No experience necessary. All ages welcome!

Join us @ Woodmen Hall, 7:30-10PM. Tickets available at the door \$7 Adults, \$4 Kids 6-17, Under 6 Free

WE EXTEND A SPECIAL THANKS TO...

...all the individuals, businesses and organizations that make these workshops possible, including:

Lopez Island School District • Lopez Seafaring and Voyaging Program • Lopez Island Lions Club • Sail Lopez
Lopez Islander Bay Resort & Marina • Lopez Yacht Club • Lopez Thrift Shop • Sunset Builders Supply
Grace Episcopal Church • Lopez Island Community Church • United Way of San Juan County • Lopez Village Market