

PARENT & CHILD

Kids in Motion Parent/Child

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have FUN developing large muscle motor skills. This program progresses with your children...they'll be crawling, climbing, balancing, and bouncing their way through each class! Child must be walking! (No class 11/21, 11/22)

PARENT/CHILD MOTION I

AGE: 1½-2½

17212	Tue	9/12-10/17	9:30-10:15am
17213	Tue	10/24-12/5	9:30-10:15am
17214	Tue	1/9-2/13	9:30-10:15am
17215	Tue	2/20-3/26	9:30-10:15am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: HEATHER RODGERS

AGE: 1½-2½

17225	Wed	9/13-10/18	10:35-11:20am
17226	Wed	10/25-12/6	10:35-11:20am
17227	Wed	1/10-2/14	10:35-11:20am
17229	Wed	2/21-3/27	10:35-11:20am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

PARENT/CHILD MOTION II

AGE: 2-3

17216	Tue	9/12-10/17	10:20-11:05am
17217	Tue	10/24-12/5	10:20-11:05am
17218	Tue	1/9-2/13	10:20-11:05am
17219	Tue	2/20-3/26	10:20-11:05am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: HEATHER RODGERS

17220	Wed	9/13-10/18	9:45-10:30am
17221	Wed	10/25-12/6	9:45-10:30am
17222	Wed	1/10-2/14	9:45-10:30am
17224	Wed	2/21-3/27	9:45-10:30am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

Parent/Child Dance & Movement

Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 11/20, 1/15)

AGE: 2M-1YR

17299	Mon	9/11-10/16	11:30am-12:15pm
17300	Mon	10/30-12/11	11:30am-12:15pm

R \$66/NR \$79

17301	Mon	1/8-2/12	11:30am-12:15pm
17302	Mon	2/26-3/25	11:30am-12:15pm

R \$55/NR \$66

AGE: 1-2½

17295	Mon	9/11-10/16	10:30-11:15am
17296	Mon	10/30-12/11	10:30-11:15am

R \$66/NR \$79

17297	Mon	1/8-2/12	10:30-11:15am
17298	Mon	2/26-3/25	10:30-11:15am

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON



NEW

Happy Seed Yoga

YOGA PLAYDATE WITH YOUR TODDLER

Yoga comes to life in these fun and creative classes designed to stimulate your toddler's growing curiosity. In this class, caretakers and littles will partner with yoga poses while pretending and playing, do animated breathing exercises and move with music. Children will spark their inner yogini while learning emotional calming skills, enhancing language development and motor coordination. (No class 11/23, 2/15)

AGE: 1-4

17411	Thu	9/14-10/19	10-10:45am
17510	Thu	10/26-12/7	10-10:45am
17511	Thu	1/11 - 2/22	10-10:45am
17512	Thu	2/29-4/4	10-10:45am

R \$66 /NR \$80

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYO ALVAREZ

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35





Parent/Child Art & Music

Boogie & Books

Join Miss Karen while she shares whimsical engaging stories and music with instruments to sing-along and boogie to! (No class 2/19)

AGE: 2½-4

16778	Mon	9/11-10/2	10-10:45am
16780	Mon	10/9-10/30	10-10:45am
16782	Mon	11/6-11/27	10-10:45am
16788	Mon	3/4-3/25	10-10:45am
16786	Mon	1/29-2/26	10-10:45am

R \$41/NR \$49

16784	Mon	12/4-12/18	10-10:45am
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R \$31/NR \$37

AGE: 3-5

16779	Mon	9/11-10/2	11:15am-12:15pm
16781	Mon	10/9-10/30	11:15am-12:15pm
16783	Mon	11/6-11/27	11:15am-12:15pm
16789	Mon	3/4-3/25	11:15am-12:15pm
16787	Mon	1/29-2/26	11:15am-12:15pm

R \$41/NR \$49

16785	Mon	12/4-12/18	11:15am-12:15pm
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R \$31/NR \$37

LOCATION: NORTH ROSEHILL WOODLANDS PARK
(SEP-OCT), NKCC (NOV-MAR)
INSTRUCTOR: KAREN RENFROE-GIELGENS

Messy Art for Twos with Parent

Tickle your two-year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

AGE: 2

17280	Tue	9/12-9/26	10:30-11:15am
17281	Tue	10/10-10/24	10:30-11:15am
17283	Tue	11/7-11/21	10:30-11:15am
17466	Tue	12/5-12/19	10:30-11:15am
17285	Tue	1/9-1/23	10:30-11:15am
17286	Tue	2/6-2/20	10:30-11:15am
17287	Tue	3/5-3/19	10:30-11:15am

R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

PARENT & LITTLE BARRE CLASS

See page 36



NO PRE-REGISTRATION DROP IN PROGRAM

Join the fun, climbing, riding, pushing, pulling, and spinning. There's lots of active fun in our Indoor Playground.

For babies we also include busy boxes, and a variety of toddler and baby toys. Adults must supervise children at all times.

DATE AND TIME

2023 Wednesdays • 9/13 - 12/13
2024 Wednesdays • 1/10 - 3/27
10am-1pm
No Indoor Play on 11/22

Pay-as-you-go for \$3
per child per visit or
purchase a 10-visit
punch card for \$25.

LOCATION: NKCC



PARENT & CHILD

Parent/Child Art

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream

KNICK KNACK WELCOME BACK!

It's back to school time, so grab a smock and join the fun while we make fall come alive with apples, leaf art and more!

AGE: 2½-3½

17288 Tue 9/12-9/26 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

JACK-O-LANTERN JAMBOREE!

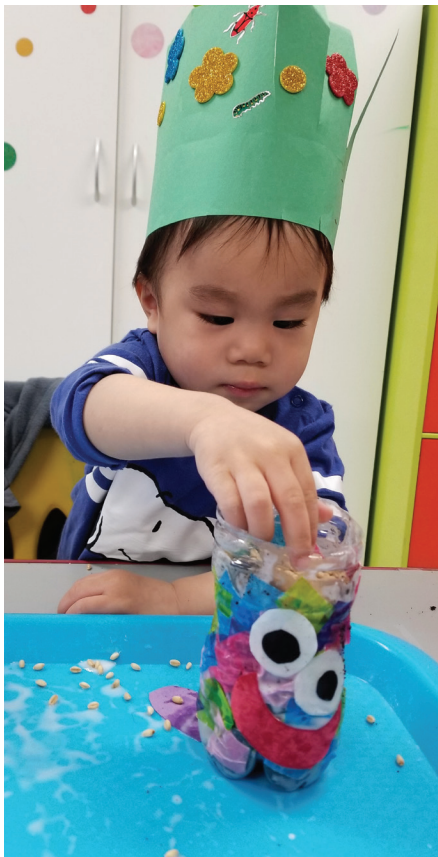
Spiders and pumpkins and ghosts, oh my! Don't be afraid, they're cute, friendly, and fun to make and when you are done, it's a project to take.

AGE: 2½-3½

17289 Tue 10/10-10/24 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE



WIBBLE WOBBLE GOBBLE GOBBLE

We are whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up!

AGE: 2½-3½

17294 Tue 11/7-11/21 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

MITTENS AND MISTLETOE

Holiday inspired arts and craft projects are planned...think silver and gold and let the glitter unfold!

AGE: 2½-3½

17290 Tue 12/5-12/19 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

FROSTY AND FRIENDS

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more!

AGE: 2½-3½

17291 Tue 1/9-1/23 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

BE MINE...VALENTINE

Roses are red, hearts are too, it's a lovable class for lovable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think!

AGE: 2½-3½

17292 Tue 2/6-2/20 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE



LUCKY CHARMS AND LEPRECHAUNS

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and shamrocks are crafts you will be making. Lucky you!

AGE: 2½-3½

17293 Tue 3/5-3/19 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

Parent/Child Cooking

Cooking for Preschoolers

In this changing monthly themed parent/child cooking class, get ready to peel, pour, shred, shake, bake, mash and more! Class held at McAuliffe Park, see receipt for location details. These are parent/child classes.

APPLE OF MY EYE

AGE: 2½-4

16790 Wed 9/13-9/27 10:30-11:30am

R \$54/NR \$65

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

LITTLE PUMPKIN PIE

AGE: 2½-4

16791 Wed 10/4-10/25 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

OODLES OF NOODLES (NO CLASS 11/22)

AGE: 2½-4

16792 Wed 11/1-11/29 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS



GINGERBREAD HOUSE

AGE: 2½-4

16799 Wed 12/6 10:30-11:30am

16801 Wed 12/13 10:30-11:30am

R \$20/NR \$24

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

HUGS AND CHOCOLATE KISSES

AGE: 2½-4

16795 Wed 2/7-2/28 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

LITTLE SPUDS AND TINY TATORS

AGE: 2½-4

16796 Wed 3/6-3/27 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

Cereal with Santa

SATURDAY, DECEMBER 16 • 9-10AM

Enjoy breakfast with Santa and choose from a variety of his favorite cereals and milks. This event will take place at the North Kirkland Community Center and will feature different breakfast cereals, milks, a Santa around the world craft, and photo opportunities.

Don't forget your camera! Pajamas are encouraged.

Sorry, no refunds for this event.

AGES 2-9 YEARS OLD

\$15 CHILD & PARENT \$6 ADD'L CHILD

NORTH KIRKLAND COMMUNITY CENTER

Parent/Child General Programs

Tiny Touchés Fencing

Tiny Touchés is an interactive parent/child class which focuses on balance, hand-eye coordination and cognitive growth. This fun introduction to fencing utilizes foam swords during instruction. Class location address is 9620 153rd Ave NE #A5 in Redmond.

(No Class 11/23)

AGE: 3-5

16841	Tue	9/12-10/17	9:30-10am
16842	Thu	9/14-10/19	9:30-10am
16843	Tue	10/31-12/5	9:30-10am
16844	Thu	11/2-12/14	9:30-10am
16845	Tue	1/23-2/27	9:30-10am
16846	Thu	1/25-2/29	9:30-10am

R \$210/NR \$252

16847	Tue	3/5-4/2	9:30-10am
16848	Thu	3/7-4/4	9:30-10am

R \$175/NR \$210

LOCATION: KAIZEN ACADEMY

INSTRUCTOR: KEVIN MAR



Self Defense for Children with Parent

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills classes for girls and boys ages 5-8. Learn about risks facing your kids, how to frame the discussion with children, and recognize when someone may be targeting your family. This is a parent/child class.

AGE: 5-8

16864	Sat	10/7	12-1:15pm
16867	Sat	2/10	12-1:15pm

R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

HALLOWEEN PEE WEE MONSTER BASH

Wear your Halloween costume and come join the fun at the Monster Bash! We'll have fun carnival style games and activities; the monster mash cookie walk, swamp fishing, batty bowling, and more. Each child will collect small prizes at each booth. It is sure to be a kooky, but not too spooky, good time.

SORRY, NO REFUNDS FOR THIS EVENT. PLEASE LEAVE STROLLERS AT HOME. PRE-REGISTER SINCE THIS EVENT ALWAYS SELLS OUT!

FRI OCT 27 • 10AM-12PM
\$16 per child • Age 1-5 • NKCC

Three Ways to Register

Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!



ONLINE AT KIRKLANDPARKS.NET

When enrolling online, please sign your electronic waiver and print your receipt when prompted.



WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center
12421 103rd Ave NE

Peter Kirk Community Center
352 Kirkland Ave

Kirkland City Hall
123 Fifth Ave



PHONE-IN

425-587-3336
Monday–Friday,
8:00 AM–5:00 PM

Please have 5 digit course number and credit card information ready.
On registration day, 8/23/23 phone line opens at 7 AM or 8/30/23 at 8 AM.

Register for programs

NEW! REGISTRATION BEGINS **August 23 at 7 AM** FOR KIRKLAND RESIDENTS ONLINE AND BY PHONE AND **August 30 at 8 AM** FOR NON-RESIDENTS!

All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.

Please visit www.kirklandwa.gov/Recreation for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 55). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. Outside of the school year, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels are deemed unhealthy according to the Environmental Protection Agency's (EPA) website www.airnow.gov, all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed

Our inclement weather hotline is 425-587-3335.

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425-587-3300. TTY/TTD 425-587-3111.

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with the City. To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or titlevicoordinator@kirklandwa.gov.

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en titlevicoordinator@kirklandwa.gov.

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em titlevicoordinator@kirklandwa.gov.

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте titlevicoordinator@kirklandwa.gov.

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 titlevicoordinator@kirklandwa.gov 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc titlevicoordinator@kirklandwa.gov.

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 titlevicoordinator@kirklandwa.gov로 제VI편 코디네이터에게 문의하십시오.

Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at eParks@kirklandwa.gov or call 425-587-3330.
- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (exception: progressive level transfers directed by program instructor.
- Visit www.kirklandwa.gov/ParkRentals for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website www.kirklandparks.net will be most up-to-date.

WATCH FOR THESE ICONS



New Program



Virtual Program



Family Program