

Parent/Child Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

CLASS REQUIREMENTS

- ★ Children must be able to follow directions and participate in small group settings with a parent present.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for “no class” dates.
- ★ Please be on time!
- ★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a refund will be issued. The refund policy is on page 6.

Any responsible adult is welcome to accompany a child and participate in our programs—aunts, uncles, grandparents, care givers, etc.



Baby Boogie Woogie

In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfroe-Gielgens has over 20 years of experience teaching programs to our preschoolers. Please take note of our age groups when registering; you are able to attend this class with your younger and older ones together! *No class on 11/12, 1/21, 2/18.*

Age 1–2 with adult

5154	Mon	Sep 10–24	9:15am–10am
5155	Mon	Oct 8–22	9:15am–10am
5156	Mon	Nov 5–26	9:15am–10am
5158	Mon	Jan 7–28	9:15am–10am
5159	Mon	Feb 4–25	9:15am–10am
5160	Mon	Mar 11–25	9:15am–10am
\$24 R / \$29 NR	NKCC	Karen Renfroe-Gielgens	

Age 1–3 with parent

5161	Mon	Sep 10–24	10:10am–10:55am
5168	Mon	Sep 10–24	11:05am–11:50am
5162	Mon	Oct 8–22	10:10am–10:55am
5169	Mon	Oct 8–22	11:05am–11:50am
5163	Mon	Nov 5–26	10:10am–10:55am
5170	Mon	Nov 5–26	11:05am–11:50am
5165	Mon	Jan 7–28	10:10am–10:55am
5172	Mon	Jan 7–28	11:05am–11:50am
5166	Mon	Feb 4–25	10:10am–10:55am
5173	Mon	Feb 4–25	11:05am–11:50am
5167	Mon	Mar 11–25	10:10am–10:55am
5174	Mon	Mar 11–25	11:05am–11:50am
\$24 R / \$29 NR	NKCC	Karen Renfroe-Gielgens	

Baby Boogie Woogie Holiday

Come join us for a session of Boogie Woogie with a holiday flair! Sing old favorites, make our own music with an assortment of fun instruments, and march to our own drummer!

Age 1–2 with parent

5157	Mon	Dec 3–17	9:15am–10am
\$24 R / \$29 NR	NKCC	Karen Renfroe-Gielgens	

Age 1–3 with parent

5164	Mon	Dec 3–17	10:10am–10:55am
5816	Mon	Dec 3–17	11:05am–11:50am
\$24 R / \$29 NR	NKCC	Karen Renfroe-Gielgens	



Move & Grow

Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses “Tummy Time,” coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

Move & Grow for Toddlers

Ages walking to 30 months with adult

Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

5104	Tue	Sep 18–Dec 11	9:30am–10:30am
5105	Tue	Sep 18–Dec 11	10:30am–11:30am
\$156 R / \$187 NR	NKCC	Instr: Jessica Gleason	
5107	Tue	Jan 8–Mar 26	9:30am–10:30am
5108	Tue	Jan 8–Mar 26	10:30am–11:30am
\$144 R / \$173 NR	NKCC	Instr: Jessica Gleason	

Move & Grow for Babies

Ages 2 months to pre-walking with adult

Enrich your child’s first year of life. Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music!

5106	Tue	Sep 18–Dec 11	11:30am–12:30pm
\$156 R / \$187 NR	NKCC	Instr: Jessica Gleason	
5109	Tue	Jan 8–Mar 26	11:30am–12:30pm
\$144 R / \$173 NR	NKCC	Instr: Jessica Gleason	

Parent/Child Dance

Twos In Tutus Creative Dance

Age 2 with adult

Don't wait until you're three to twirl in your tutu! Bring your mom in her sweats (it's OK), and twirl to the music in your own special way. And when you turn three, you'll be ready we bet, for Preschool Dance A and a pirouette! *Leather soled ballet slippers required. No class on 11/12, 11/19, 11/20, 11/23, 1/21.*

5228	Mon	Sep 10–Oct 15	9:10am–9:40am
5230	Tue	Sep 11–Oct 16	3:15pm–3:45pm
5232	Fri	Sep 14–Oct 19	9:30am–10am
5234	Fri	Sep 14–Oct 19	10:05am–10:35am
5771	Fri	Sept 14–Oct 19	10:40am–11:10am
\$30 R / \$36 NR		NKCC	
5229	Mon	Oct 29–Dec 10	9:10am–9:40am
\$25 R / \$30 NR		NKCC	
5231	Tue	Oct 30–Dec 11	3:15pm–3:45pm
5233	Fri	Nov 2–Dec 14	9:30am–10am
5227	Fri	Nov 2–Dec 14	10:05am–10:35am
5227	Fri	Nov 2–Dec 14	10:40am–11:10am
\$30 R / \$36 NR		NKCC	
5235	Mon	Jan 7–Feb 11	9:10am–9:40am
\$25 R / \$30 NR		NKCC	
5237	Tue	Jan 8–Feb 12	3:15pm–3:45pm
5241	Fri	Jan 11–Feb 15	9:30am–10am
5239	Fri	Jan 11–Feb 15	10:05am–10:35am
5773	Fri	Jan 11–Feb 15	10:40am–11:10am
5236	Mon	Feb 25–Apr 1	9:10am–9:40am
5238	Tue	Feb 26–Apr 2	3:15pm–3:45pm
5242	Fri	Mar 1–Apr 5	9:30am–10am
5240	Fri	Mar 1–Apr 5	10:05am–10:35am
5774	Fri	Mar 1–Apr 5	10:40am–11:10am
\$30 R / \$36 NR		NKCC	Instr: Jen Pineda, Kendal Ruland & Osiris Reynoso-Lotts



Kids in Motion

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! *No class on 11/21, 11/22.*

Parent/Child Motion I

Age 1½–2½ with adult

Child must be walking!

5323	Wed	Sep 12–Oct 17	9:30am–10:15am
5325	Thur	Sep 13–Oct 18	9:50am–10:35am
5324	Wed	Oct 31–Dec 12	9:30am–10:15am
5326	Thur	Nov 1–Dec 13	9:50am–10:35am
5340	Wed	Jan 9–Feb 13	9:30am–10:15am
5342	Thur	Jan 10–Feb 14	9:50am–10:35am
5341	Wed	Feb 27–Apr 3	9:30am–10:15am
5343	Thur	Feb 28–Apr 4	9:50am–10:35am
\$46 R / \$55 NR		NKCC	Jessica Anderson

Parent/Child Motion II

Age 2–3 with adult

5319	Wed	Sep 12–Oct 17	10:20am–11:05am
5321	Thur	Sep 13–Oct 18	10:45am–11:30am
5320	Wed	Oct 31–Dec 12	10:20am–11:05am
5322	Thur	Nov 1–Dec 13	10:45am–11:30am
5336	Wed	Jan 9–Feb 13	10:20am–11:05am
5338	Thur	Jan 10–Feb 14	10:45am–11:30am
5337	Wed	Feb 27–Apr 3	10:20am–11:05am
5339	Thur	Feb 28–Apr 4	10:45am–11:30am
\$46 R / \$55 NR		NKCC	Jessica Anderson



Life Skills

Self Defense for Children with Adult

Age 5–8 with adult

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class 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.

5058	Sat	Oct 13	10:30am–12pm
5059	Sat	Dec 8	10:30am–12pm
5060	Sat	Feb 9	10:30am–12pm
\$43 R / \$52 NR		NKCC	Instr: Strategic Living, LLC

Parent/Child Art Series

Age 2½–3½ with parent Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!



Furry Fall Friends

It's September and animals big and small are getting ready for the fall. We'll bring some to life with paint and leaves, fur and glue, and me and you!

5183	Mon	Sep 10–24	9:30am–10:15am
5184	Thur	Sep 13–27	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			

Jack-O-Lantern Jamboree!

Spider 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.

5185	Mon	Oct 8–22	9:30am–10:15am
5186	Thur	Oct 11–25	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			

Pinecones & Pilgrims

We're harvesting pinecones and corn just in time for you make cob prints, turkeys and more in this class that will have you "thankful" you signed up! *No class on 11/12, 11/22.*

5187	Mon	Nov 5–26	9:30am–10:15am
5188	Thur	Nov 8–29	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			

Mitten & Mistletoe

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

5189	Mon	Dec 3–17	9:30am–10:15am
5190	Thur	Dec 6–20	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			

Frosty & Friends

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more! *No class on 1/21.*

5219	Mon	Jan 7–28	9:30am–10:15am
5220	Thur	Jan 10–24	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: 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! *No class on 2/18.*

5221	Mon	Feb 4–25	9:30am–10:15am
5222	Thur	Feb 7–21	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			

Lucky Charms & Leprechauns

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

5223	Mon	Mar 4–18	9:30am–10:15am
5224	Thur	Mar 7–21	10:30am–11:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne			



Language

Polly-Glot Spanish for Preschoolers

Age 3–4 with adult

Language immersion classes use a variety of developmentally age-appropriate activities to introduce new themes and words. Games, music, crafts, stories and dance are featured in each classes to create an interactive and fun learning process. Instructor is from Polly-Glot Tots.

5134	Tue	Sep 18–Nov 6	9:45am–10:30am
5135	Tue	Jan 22–Mar 12	9:45am–10:30am
\$168 R / \$202 NR NKCC Instr: Frederique Battestini			

Polly-Glot Chinese for Preschoolers

Age 3–4 with adult

Language immersion classes use a variety of developmentally age-appropriate activities to introduce new themes and words. Games, music, crafts, stories, and dance are featured in each classes to create an interactive and fun learning process. *No class on 10/26.*

5136	Fri	Sep 21–Nov 16	9:45am–10:30am
5137	Fri	Jan 25–Mar 15	9:45am–10:30am
\$168 R / \$202 NR NKCC Instr: Frederique Battestini			

Messy Art for Two's with Parent

Age 2

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! *No class 11/12, 11/21, 11/22, 1/21, 2/18.*

5191	Mon	Sep 10–24	10:30am–11:15am
5194	Wed	Sep 12–26	10:30am–11:15am
5198	Thur	Sep 13–27	9:30am–10:15am
5192	Mon	Oct 8–22	10:30am–11:15am
5195	Wed	Oct 10–24	10:30am–11:15am
5199	Thur	Oct 11–25	9:30am–10:15am
5193	Mon	Nov 5–26	10:30am–11:15am
5196	Wed	Nov 7–28	10:30am–11:15am
5200	Thur	Nov 8–29	9:30am–10:15am
5201	Mon	Dec 3–17	10:30am–11:15am
5197	Wed	Dec 5–19	10:30am–11:15am
5202	Thur	Dec 6–20	9:30am–10:15am
5207	Mon	Jan 7–28	10:30am–11:15am
5210	Wed	Jan 9–23	10:30am–11:15am
5213	Thur	Jan 10–24	9:30am–10:15am
5208	Mon	Feb 4–25	10:30am–11:15am
5211	Wed	Feb 6–20	10:30am–11:15am
5214	Thur	Feb 7–21	9:30am–10:15am
5209	Mon	Mar 4–18	10:30am–11:15am
5212	Wed	Mar 6–20	10:30am–11:15am
5215	Thur	Mar 7–21	9:30am–10:15am
\$24 R / \$29 NR NKCC Instr: Monique Bayne & Yasuyo Dunnett			



Indoor Playground

NKCC Drop-in Program with Parent
Ages 9 months–5 years

Tues & Thur, 10 am–1 pm
Sept 11–Dec 13, 2018
Jan 3–Apr 4, 2019

\$3.00 per child per visit
or 10-visit \$25 Punch Card

These make great gifts!
Cash, Check, Visa, or Mastercard accepted



Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, small riding toys, wagon, rockers, trike, octopus merry-go-round, and small toy cars and trucks. We also include busy boxes, and miscellaneous pull and baby toys for the youngest participants. Adults must supervise children at all times. **No Indoor Playground 11/22.**

North Kirkland
Community Center
12421 103rd Ave NE,
425.587.3350

NO FOOD OR DRINKS INSIDE
THE MULTIPURPOSE ROOM

Cooking Series

Introduce your child to the fun of cooking

Classes will be held in the cozy kitchen at our beautiful McAuliffe Park, 10824 NE 116th St. Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the first driveway on the right) Peel, pour, shred, shake, bake, mash, and more!

Apple of My Eye

Age 2–5 with adult September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

5251	Tue	Sep 11–25	9:30am–10:30am
5254	Tue	Sep 11–25	10:45am–11:45am
5253	Tue	Sep 11–25	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

Little Pumpkin Pie

Age 2–5 with adult Ooooo went the wind and out went the lights and the five little pumpkins rolled to McAuliffe Park! We'll learn how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also a part of the fun.

5257	Tue	Oct 9–23	9:30am–10:30am
5255	Tue	Oct 9–23	10:45am–11:45am
5256	Tue	Oct 9–23	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

Noodles for November

Age 2–5 with adult There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. Add veggies and cheese and toppings galore, what more can you ask for? We're sure there is more!

5258	Tue	Nov 6–20	9:30am–10:30am
5259	Tue	Nov 6–20	10:45am–11:45am
5260	Tue	Nov 6–20	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			



Cookie Crumbs & Sugar Plums

Age 2–5 with adult Everyone knows that cookies are a universal symbol of sweetness. Come bake with us and create sweet memories; each week we will bake a different goodie, including a gingerbread house.

5261	Tue	Dec 4–18	9:30am–10:30am
5262	Tue	Dec 4–18	10:45am–11:45am
5263	Tue	Dec 4–18	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

Bunches of Munches

Age 2–5 with adult In between meals and all day through, it's here a bite, there a bite, but is it good for you? Miss Karen will show you how to make snacks that are yummy and good for your tummy.

5267	Tue	Jan 8–22	9:30am–10:30am
5268	Tue	Jan 8–22	10:45am–11:45am
5269	Tue	Jan 8–22	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

Hugs & Chocolate Kisses

Age 2–5 with adult In this lovable series children will learn that chocolate comes from the beans of the rain forest's cacao trees. And we'll whip up a delicious chocolate concoction each week.

5270	Tue	Feb 5–19	9:30am–10:30am
5271	Tue	Feb 5–19	10:45am–11:45am
5273	Tue	Feb 5–19	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

Little Spuds & Tiny Tators

Age 2–5 with adult From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

5274	Tue	Mar 5–19	9:30am–10:30am
5276	Tue	Mar 5–19	10:45am–11:45am
5277	Tue	Mar 5–19	12pm–1pm
\$42 R / \$50 NR McAuliffe Pk Karen Renfro-Gielgens			

**Hey Moms & Dads —
See Adult Wellness
Cooking Workshops
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Knee Hi Investigators for 3's

In this Parent/Child class we will investigate a variety of topics and combine that with an art project or science experiment. Each session will be a new topic.



Knee Hi Investigators for 4's and 5's, see page 18.

Moon, Stars & Planets

Age 3 with adult Learn about space! Is there really a man in the moon? How do stars shoot across the sky? What is the sun made of that makes it so hot? How many more planets are there? We'll investigate these mysteries and many more, and during class do fun things like make our own planet, or spaceship to take home!

5472 Tue Sep 11–25 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Apples, Pumpkins & Leaves

Age 3 with adult Why are apples so many colors? How do leaves change color? Will a tree really grow in my tummy if I eat a seed? Explore life cycles of apples and pumpkins and create your own leaf rubbings as we learn the science of Fall!

5474 Tue Oct 9–23 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Rivers, Lakes & Oceans

Age 3 with adult Learn about waterways! How do they form? How long have they been there? Why is the ocean salty? We'll investigate these mysteries and many more, and during class make fun things like our own boat, build a bridge, and decorate with river rocks.

5476 Tue Nov 6–20 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Thunder, Clouds & Showers

Age 3 with adult Previous description: Learn about the weather! Do the big fluffy clouds hold all of the rain and snow that comes down on us? Where does thunder come from? Can it really get hot enough to fry an egg outside? We'll investigate these mysteries and many more, and during class do fun things like make our rain painting or weather chart to take home!

5478 Tue Dec 4–18 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Adaptations of the Arctic

Age 3 with adult Can you waddle like a penguin? Is a Narwhal really a sea unicorn? Learn why polar bears are white and how snowshoe hares got their name! Investigate this chilly area and create your own arctic fox!

5484 Tue Jan 8–22 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Sound, Light & Heat

Age 3 with adult Learn about energy! Why can we see lighting before we hear thunder? Why do rubbing our hands makes them hot? What is solar energy? We'll investigate these mysteries and many more, and during class make fun things like our own drum and a cool windmill.

5480 Tue Feb 5–19 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson

Seeds, Sprouts & Blossoms

Age 3 with adult Learn how things grow! Where do flower seeds come from, what do they take to grow? What foods grow underground? How tall is the tallest tree? We'll investigate these mysteries and many more and during class do fun things like sprout a bean stalk and paint with flowers!

5482 Tue Mar 5–19 9:30am–10:15am
\$35 R / \$42 NR NKCC Instr: Jessica Anderson