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 12.

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

Art & Music

Parent/Child Art
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!

Showers and Flowers
6043 Mon Apr 15-May 29 9:30am-10:15am
6044 Thur Apr 18-May 22 10:30am-11:15am
$27 R / $32 NR NKCC Instr: Monique Bayne

Moonbeams and Mommies
6045 Mon May 6-May 20 9:30am-10:15am
6046 Thur May 9-May 23 10:30am-11:15am
$27 R / $32 NR NKCC Instr: Monique Bayne

Daddies and Dragonflies
6047 Mon June 3-June 17 9:30am-10:15am
6048 Thur June 6-June 20 10:30am-11:15am
$27 R / $32 NR NKCC Instr: Monique Bayne

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!

6031 Mon Apr 15-May 29 10:30am-11:15am
6034 Mon May 6-May 20 10:30am-11:15am
6037 Mon June 3-June 17 10:30am-11:15am
$27 R / $32 NR NKCC Instr: Monique Bayne

Music Together

Ages 5 and under If you are new to the Music Together program, come join us for a free demo class! All participants must be registered to participate in free demo class as class size is limited.

7934 Sat Mar 23 10am-10:45am
7935 Sat Jun 29 10am-10:45am
FREE NKCC Instr: Olga Katkova

Music Together with Olya
Age 5 and under with parent Music Together helps children discover their inner music-maker by playing with the grownups they love, while also offering the important benefit of supporting overall early childhood development. Songs are a mix of original and traditional tunes from a number of genres and styles including folk, blues, rock, jazz, classical, and world music, so there’s something for everyone. We also have fun dancing, pretend-playing, and engaging with a variety of musical instruments in a safe and developmentally appropriate environment. Fee includes a CD (physical and downloadable) and songbook. In order to welcome families, we offer a sibling discount (siblings under 8 months of age are free). You may register at any time during the ten-week session if there is space available. We would be happy to prorate the price, except for the non-refundable minimum of $45 per family. For example, if you are signed in for 9 sessions, your fee would be $45 + 90% of $155.

7254 Sat Apr 20-June 22 9:30am-10:15am
7257 Sat Apr 20-June 22 10:30am-11:15am
$200 R / $240 NR NKCC Instr: Olga Katkova

Self Defense for Children with Parent

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.

6049 Sat May 18 12:30pm-2pm
$43 R / $52 NR NKCC Instr: Strategic Living, LLC

General Interest

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6049 Sat May 18 12:30pm-2pm
$43 R / $52 NR NKCC Instr: Strategic Living, LLC
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!

Itty Bitty Breakfast Club
Age 2-5 Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Join us as we give a tot a teacher, instructions, a recipe, friends....Location: McAuliffe Park.

6007 Tue Apr 16-Apr 30 9:30am-10:30am
6008 Tue Apr 16-Apr 30 10:45am-11:45am
6009 Tue Apr 16-Apr 30 12:00pm-1:00pm
$44 R / $53 NR Location: McAuliffe Park
Instr: Karen Renfroe-Gielgens

Hola Mexico!
Age 2-5 It’s a fiesta of food at McAuliffe this May, so come join the party and don’t delay. Let’s wake up your taste buds they’ve been sleeping too long, and soon you’ll be dancing the Hat Dance Song! $3 Materials fee payable to instructor.

6010 Tue May 7-May 21 9:30am-10:30am
6011 Tue May 7-May 21 10:45am-11:45am
6012 Tue May 7-May 21 12:00pm-1:00pm
$44 R / $53 NR Location: McAuliffe Park
Instr: Karen Renfroe-Gielgens

Tutti Fruitti
Age 2-5 Apples and oranges come from a tree, as do apricots, cherries and plums. What they most have in common is they are deliciously sweet, let’s whip up something yummy with this nutritious treat.

6016 Tue June 4-June 18 9:30am-10:30am
6017 Tue June 4-June 18 10:45am-11:45am
6018 Tue June 4-June 18 12:00pm-1:00pm
$44 R / $53 NR Location: McAuliffe Park
Instr: Karen Renfroe-Gielgens

Teddy Bear Picnic
Age 2-5 Spend a bright spring day preparing and preparing a picnic. We’ll pack our wicker basket, red-checkered tablecloth, and invite the ants. So bring your favorite stuffed friend, and come along with us as we picnic and share a story outside (weather permitting) in McAuliffe Park. Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside!

6019 Tue July 9-July 18 9:30am-10:45am
6020 Tue July 9-July 23 11:00am-12:15pm
$33 R / $40 NR Location: McAuliffe Park
Instr: Karen Renfroe-Gielgens

Science
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.

Insects, Bugs & Creepy Crawlers
Age 3 Does a stink bug really stink? How many legs does a caterpillar have? What is a butterflies favorite food? Learn all this and more while making your own slug slime!

6055 Tue Apr 16-Apr 30 9:30am-10:15am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Hooting, Humming & Clucking Birds!
Age 3 Can your balance on one leg like a flamingo? Do all birds fly, what about a chicken? Is a Seahawk a real bird? We’ll investigate these questions and create our own bird feeder and nest! 3 classes.

6056 Tue May 7-May 21 9:30am-10:15am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Forest, Rain Forest & Desert
Age 3 Put on your explorer hat as we head to different environments! Each week we will investigate and create different plants and animals from these ecosystems. 3 classes.

6057 Tue June 4-June 18 9:30am-10:15am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Sports
Pee Wee Sports Sampler | Parent & Me
Age 2-3 The 35-minute ‘parent and me’ class is designed to introduce your child to sports, through fun and games that focus on specific skills and movements while giving your child an opportunity to socialize. Active adult participation is required.

7973 Wed Mar 27-May 15 11:15am-11:50am
7975 Wed May 22-July 10 11:15am-11:50am
7977 Wed July 17-Aug 28 11:15am-11:50am
$60 R / $72 NR NKCC
# Dance & Movement

## 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 May 27.**

### Age 1-2

<table>
<thead>
<tr>
<th>Code</th>
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<tr>
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<td>Mon</td>
<td>Apr 15-May 6</td>
<td>9:15am-10:00am</td>
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<tr>
<td>5996</td>
<td>Mon</td>
<td>May 13-June 10</td>
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</tr>
<tr>
<td>6001</td>
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<td>June 17-July 8</td>
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<tr>
<td>536 R</td>
<td>$43 NR</td>
<td>NKCC Instr: Karen Renfroe-Gielgens</td>
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### Age 1-3

<table>
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<th>Code</th>
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<tr>
<td>5999</td>
<td>Mon</td>
<td>Apr 15-May 6</td>
<td>11:05am-11:50am</td>
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<tr>
<td>5998</td>
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<td>6005</td>
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</table>

## Twos In Tutus Creative Dance

**Age 2 with parent** 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 July 1, 2, 5.**

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<tr>
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<td>Apr 16-May 21</td>
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<td>6230</td>
<td>Fri</td>
<td>Apr 19-May 24</td>
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<tr>
<td>6231</td>
<td>Fri</td>
<td>Apr 19-May 24</td>
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<td>Mon</td>
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<td>Tue</td>
<td>June 4-July 16</td>
<td>3:15pm-3:45pm</td>
</tr>
<tr>
<td>6235</td>
<td>Fri</td>
<td>June 7-July 19</td>
<td>9:30am-10:00am</td>
</tr>
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<td>6236</td>
<td>Fri</td>
<td>June 7-July 19</td>
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</tr>
<tr>
<td>6238</td>
<td>Mon</td>
<td>Jul 22-Aug 19</td>
<td>9:10am-9:40am</td>
</tr>
<tr>
<td>6239</td>
<td>Tue</td>
<td>Jul 23-Aug 20</td>
<td>3:15pm-3:45pm</td>
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<tr>
<td>6240</td>
<td>Fri</td>
<td>Jul 26-Aug 23</td>
<td>9:30am-10:00am</td>
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<td>6241</td>
<td>Fri</td>
<td>Jul 26-Aug 23</td>
<td>10:05am-10:35am</td>
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<td>6239 R</td>
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<td>NKCC Instr: Karen Renfroe-Gielgens</td>
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## Kids in Motion

### On My Own

<table>
<thead>
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<th>Code</th>
<th>Days</th>
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<tbody>
<tr>
<td>7967</td>
<td>Thur</td>
<td>Apr 18-May 16</td>
<td>9:15am-9:45am</td>
</tr>
<tr>
<td>7968</td>
<td>Thur</td>
<td>May 30-June 27</td>
<td>9:15am-9:45am</td>
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## Parent/Child Motion

### Age 1½-2½

Child must be walking!

<table>
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<th>Code</th>
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<tr>
<td>7959</td>
<td>Wed</td>
<td>Apr 17-May 15</td>
<td>9:30am-10:15am</td>
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<tr>
<td>7960</td>
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<tr>
<td>7963</td>
<td>Wed</td>
<td>May 29-June 26</td>
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</tr>
<tr>
<td>7964</td>
<td>Thu</td>
<td>May 30-June 27</td>
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### Age 2-3

<table>
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<tr>
<td>7961</td>
<td>Wed</td>
<td>Apr 17-May 15</td>
<td>10:20am-11:05am</td>
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<tr>
<td>7962</td>
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</tr>
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## Instructors

Jen Pineda (Mondays), Osiris Reynosa-Lotts (Tuesdays), Kazrelle Kellough (Fridays)
Move and 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 and Grow for Babies**

_Age 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!

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<th>Provider</th>
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<tbody>
<tr>
<td>5984</td>
<td>Tue Apr 30-June 11</td>
<td>11:30am-12:30pm</td>
<td>$84 R/$101 NR NKCC</td>
<td>Instr: Jessica Gleason</td>
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<tr>
<td>5987</td>
<td>Tue July 9-July 30</td>
<td>11:30am-12:30pm</td>
<td>$48 R/$58 NR NKCC</td>
<td>Instr: Jessica Gleason</td>
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**Move and Grow for Toddlers**

_Age 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.

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NKCC Drop-in Program with Parent

_Ages 9 months–5 years_

_Tues & Thur, 10am–1pm_

_Jan 3–June 6, 2019_

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

Cash, Check, Visa, or Mastercard accepted

_Punch card makes a great gift!

**North Kirkland Community Center**

12421 103rd Ave NE, 425.587.3350

See page 18 for Registration Information or Register Online at KirklandParks.net