



GENERAL INTEREST

Happy Seeds Family Yoga

A family yoga space where you can be yourself, connect with others through play, and feel empowered. Practice Yoga, plus kindness and compassion in this mindful class that encourages happiness. Instructor Maylen Arroyo Alvarez brings a natural, nurturing and playful environment, incorporating books, music, storytelling and animated yoga poses.

AGE 2-4

PRICE IS PER CHILD; CAREGIVER FREE.

10452	Wed	4/15-6/3	10:00am-10:45am
			\$112 R / \$134 NR
10454	Wed	6/24-8/5	10:00am-10:45am
			\$112 R / \$134 NR

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYA ALVAREZ

Self Defense for Children with Parent

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.

AGE 5-8

9888	Sat	5/9	9:00am-10:30am
			\$43 R / \$52 NR

AGE 9-12

9889	Sat	5/9	11:00am-1:00pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

HAPPY SEEDS YOGA AGE 7+ SEE PAGE 27

Parent/Child 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.

Most classes held at North Kirkland Community Center, 12421 103rd Ave NE, 425.587.3350



ART

Parent/Child Art Fun

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. Our supplies will challenge and entertain during this class that also incorporates seasonal and holiday art.

AGE 2½-3½ WITH PARENT

10231	Mon	4/13-4/27	9:30am-10:15am
10232	Mon	5/4-5/18	9:30am-10:15am
10233	Mon	6/1-6/15	9:30am-10:15am
10234	Thur	4/16-4/30	10:30am-11:15am
10235	Thur	5/7-5/21	10:30am-11:15am
10236	Thur	5/28-6/11	10:30am-11:15am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

Messy Art for Two's 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

10208	Wed	4/15-4/29	10:45am-11:30am
10210	Wed	5/6-5/20	10:45am-11:30am
10212	Wed	5/27-6/10	10:45am-11:30am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: TOMOKO MEIER

10209	Thur	4/16-4/30	9:30am-10:15am
10211	Thur	5/7-5/21	9:30am-10:15am
10213	Thur	5/28-6/11	9:30am-10:15am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE



COOKING

Classes are 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).

Itty Bitty Breakfast Club

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...

AGE 2-5

9958	Tue	4/14-4/28	9:15am-10:15am
9962	Tue	4/14-4/28	10:45am-11:45am
9968	Tue	4/14-4/28	12:15pm-1:15pm
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Hola Mexico!

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!

AGE 2-5

9959	Tue	5/5-5/19	9:15am-10:15am
9963	Tue	5/5-5/19	10:45am-11:45am
9969	Tue	5/5-5/19	12:15pm-1:15pm
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Tutti Fruitti

Apples and oranges come from a tree, so do apricots, cherries and plums basically. What most have in common is they are deliciously sweet, let's whip up something yummy with this nutritious treat.

AGE 2-5

9964	Tue	6/2-6/16	10:45am-11:45am
9970	Tue	6/2-6/16	12:15pm-1:15pm
9977	Tue	6/2-6/16	9:15am-10:15am
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Teddy Bear Picnic

Prep, prepare and pack a spring picnic! Bring your favorite stuffy or doll and come along with us as we picnic and share a story in McAuliffe Park (weather permitting). Please note that this class is a little longer to allow time to pack and picnic.

AGE 2-5

9960	Tue	7/7-7/21	9:45am-11:00am
9971	Tue	7/7-7/21	11:15am-12:30pm
			\$55 R / \$121 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: 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 introduce a new topic.

AGE 3

INSECT, BUG AND CREEPY CRAWLERS

How many legs does a caterpillar have? What is a butterfly's favorite food? What is snail slime made of? Investigate these questions and more while making your own slug slime!

10119	Tue	5/5-5/19	9:30am-10:15am
			\$35 R / \$42 NR

RIVERS, LAKES AND OCEANS

Let's learn about our waterways! Lake Washington, Columbia River, Pacific Ocean, OH MY! During class we will build bridges, paint river rocks and investigate our local waters.

10120	Tue	6/2-6/16	9:30am-10:15am
			\$35 R / \$42 NR

THUNDER, CLOUDS, AND SHOWERS

Do the big fluffy clouds hold the rain and snow that come down? Where does thunder come from? Can it really get hot enough to fry an egg outside? Investigate these mysteries and more and create a rain painting or a weather chart to take home.

10113	Tue	4/14-4/28	9:30am-10:15am
			\$35 R / \$42 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

OH, NO! WHY DID WE CANCEL THAT CLASS?

Sometimes courses are canceled because people wait too long to register.

Please register early to avoid disappointment!

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! Please take note of our age groups when registering; you are able to attend this class with your younger and older ones together!

AGE 1-3

9941	Mon	4/13-4/27	9:15am-10:00am
9946	Mon	4/13-4/27	10:10am-10:55am
9950	Mon	4/13-4/27	11:05am-11:50am
9943	Mon	5/4-5/18	9:15am-10:00am
9947	Mon	5/4-5/18	10:10am-10:55am
9951	Mon	5/4-5/18	11:05am-11:50am
9944	Mon	6/1-6/15	9:15am-10:00am
9948	Mon	6/1-6/15	10:10am-10:55am
9952	Mon	6/1-6/15	11:05am-11:50am
\$27 R / \$32 NR			
9945	Mon	6/29-7/27	9:15am-10:00am
9949	Mon	6/29-7/27	10:10am-10:55am
9953	Mon	6/29-7/27	11:05am-11:50am
\$45 R / \$54 NR			

LOCATION: NKCC

INSTRUCTOR: KAREN RENFROE-GIELGENS

Twos In Tutus Creative Dance

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.

AGE 2 WITH PARENT

10304	Mon	4/13-5/18	9:10am-9:40am
\$30 R / \$36 NR			
10305	Mon	6/1-6/29	9:10am-9:40am
\$25 R / \$30 NR			
10306	Mon	7/6-7/27	9:10am-9:40am
10307	Mon	8/3-8/24	9:10am-9:40am
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: JEN PINEDA

10312	Tue	4/14-5/19	3:15pm-3:45pm
10313	Tue	5/26-6/30	3:15pm-3:45pm
\$30 R / \$36 NR			
10314	Tue	7/7-7/28	3:15pm-3:45pm
10315	Tue	8/4-8/25	3:15pm-3:45pm
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: OSIRIS REYNOSO-LOTTS

10300	Fri	4/17-5/22	9:30am-10:00am
10308	Fri	4/17-5/22	10:05am-10:35am
\$30 R / \$36 NR			
10301	Fri	5/29-6/26	9:30am-10:00am
\$30 R / \$36 NR			
10309	Fri	5/29-6/26	10:05am-10:35am
10302	Fri	7/10-7/31	9:30am-10:00am
\$25 R / \$30 NR			
10310	Fri	7/10-7/31	10:05am-10:35am
10303	Fri	8/7-8/28	9:30am-10:00am
10311	Fri	8/7-8/28	10:05am-10:35am
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: KELLY ESCUE

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 5/25

PARENT/CHILD MOTION I

AGE 1½-2½ (CHILD MUST BE WALKING)

10215	Mon	4/13-5/11	9:30am-10:15am
\$40 R / \$46 NR			
10217	Mon	5/18-6/15	9:30am-10:15am
\$32 R / \$38 NR			
10225	Thur	4/16-5/14	9:45am-10:30am
10226	Thur	5/21-6/18	9:45am-10:30am
\$40 R / \$48 NR			

PARENT/CHILD MOTION II

AGE 2-3

10216	Mon	4/13-5/11	10:20am-11:05am
\$40 R / \$48 NR			
10218	Mon	5/18-6/15	10:20am-11:05am
\$32 R / \$38 NR			
10219	Wed	4/15-5/13	10:20am-11:05am
10220	Wed	5/20-6/17	10:20am-11:05am
10221	Wed	4/15-5/13	9:30am-10:15am
10222	Wed	5/20-6/17	9:30am-10:15am
\$40 R / \$48 NR			
10227	Thur	4/16-5/14	10:35am-11:20am
10228	Thur	5/21-6/18	10:35am-11:20am
\$40 R / \$48 NR			

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON





Indoor Playground

NKCC Drop-in Program with Parent

Ages 9 months–5 years

Tues & Thur, 10am–1pm

Apr 7–June 11, 2020

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

Cash, Check, Visa, or Mastercard accepted

Punch card makes a great gift!



MOVE AND GROW

Instructor Jessica Gleason 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

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!

AGE 2 MONTHS TO PRE-WALKING WITH ADULT

9893	Tue	4/28-6/9	11:30am-12:30pm
			\$84 R / \$101 NR
9894	Tue	7/7-7/28	11:30am-12:30pm
			\$48 R / \$58 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA GLEASON

Move and Grow for Toddlers

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.

AGE WALKING TO 30 MONTHS WITH ADULT

9895	Tue	4/28-6/9	9:30am-10:30am
			\$84 R / \$101 NR
9896	Tue	7/7-7/28	9:30am-10:30am
			\$48 R / \$58 NR
9897	Tue	4/28-6/9	10:30am-11:30am
			\$84 R / \$101 NR
9898	Tue	7/7-7/28	10:30am-11:30am
			\$48 R / \$58 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA GLEASON

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.

North Kirkland Community Center

12421 103rd Ave NE,
425.587.3350



COOL WAY TO COOL OFF! SPRINKLER PARK

AT LEE JOHNSON FIELD Downtown Kirkland

Join us this summer at Lee Johnson Field for Sprinkler Park Thursdays. A variety of sprinklers, suitable for all ages, will be set up for everyone to enjoy and cool off from the summer heat!

THURSDAYS JULY 9-AUG 13, 12-3PM

Parking is available in parking garage under library
Children 10 and under must be supervised by an adult

RUN

FREE TO ALL AGES

**VARIETY OF SPRINKLERS
FOR ALL TO PLAY IN**

**DON'T FORGET YOUR
TOWEL AND SUNSCREEN!**

**THANK YOU TO OUR SPONSOR:
ROTARY CLUB OF
KIRKLAND DOWNTOWN!**

PLEASE NOTE: Temperatures must be above 70 degrees for Sprinkler Park to be open. Please call our inclement weather hotline at 425.587.3335 for program updates.

SPLASH



JUMP

RENT THE POOL!

FRIDAY: 5:30-8:30pm
SATURDAY: 5:30-8:30pm
SUNDAY: 10:30am-12pm and 5:30-8:30pm

**SEE PAGE 40
FOR FEES &
INFORMATION**

**NOW
AVAILABLE
TO RENT
ONLINE!**

KIRKLANDPARKS.NET

