

## PARENT/CHILD

### Parent/Child Class Requirements:

Children must be able to follow directions and participate in small group settings with a parent/caregiver present. Please take your child to the bathroom before class. No siblings other than infants in carriers; registered participants only. 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. A refund will be issued if the schedule does not allow for a make-up class.

## 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 5/25)

AGE:1-2½

|                 |     |          |               |
|-----------------|-----|----------|---------------|
| 23118           | Mon | 4/20-6/8 | 10:30-11:15am |
| R \$84/NR \$101 |     |          |               |

LOCATION: NKCC  
INSTRUCTOR: KATYA YANCHEVA

### 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 5/19, 5/25, 5/27)

#### PARENT/CHILD MOTION I

AGE:1½-2½

|       |     |           |               |
|-------|-----|-----------|---------------|
| 23151 | Mon | 4/20-6/8  | 9:30-10:15am  |
| 23152 | Tue | 4/21-6/9  | 10:20-11:05am |
| 23153 | Wed | 4/22-6/10 | 10:20-11:05am |

R \$84/NR \$101

LOCATION: NKCC  
MONDAY INSTRUCTOR: KATYA YANCHEVA  
TUESDAY INSTRUCTOR: KATYA YANCHEVA  
WEDNESDAY INSTRUCTOR: JANICE GOEBEL

#### PARENT/CHILD MOTION II

AGE:2-3

|       |     |           |              |
|-------|-----|-----------|--------------|
| 23154 | Tue | 4/21-6/9  | 9:30-10:15am |
| 23155 | Wed | 4/22-6/10 | 9:30-10:15am |

R \$84/NR \$101

|       |     |           |              |
|-------|-----|-----------|--------------|
| 23156 | Fri | 7/10-8/14 | 9:30-10:15am |
|-------|-----|-----------|--------------|

R \$72/NR \$86

LOCATION: NKCC  
TUESDAY INSTRUCTOR: KATYA YANCHEVA  
WEDNESDAY INSTRUCTOR: JANICE GOEBEL  
FRIDAY INSTRUCTOR: JANICE GOEBEL

### Twirling Twos - Parent/Child

Why wait to twirl? Bring an adult in sweats and dance your way, your style, your rhythm!

AGE:2

|                |     |           |               |
|----------------|-----|-----------|---------------|
| 23012          | Wed | 4/22-6/10 | 10:05-10:35am |
| R \$76/NR \$92 |     |           |               |
| 24485          | Thu | 4/30-6/11 | 10:40-11:10am |
| R \$57/NR \$68 |     |           |               |
| 23013          | Wed | 7/8-8/19  | 10:05-10:35am |
| 24484          | Thu | 7/9-8/20  | 10:40-11:10am |
| R \$66/NR \$79 |     |           |               |

LOCATION: NKCC  
INSTRUCTOR: BECKY LESLIE

### Parent and Kid Zumba

Experience the joy of dancing together! This class will focus on the bonding experience between kids and caregivers with the help of dance, music, and movement. During the class, all will enjoy dancing with various props. (No class 4/30)

AGE:3-6

|                  |     |           |          |
|------------------|-----|-----------|----------|
| 23485            | Thu | 4/23-6/18 | 5-5:45pm |
| R \$160/NR \$192 |     |           |          |
| 23486            | Thu | 7/2-8/13  | 5-5:45pm |
| R \$140/NR \$168 |     |           |          |

LOCATION: NKCC  
INSTRUCTOR: TANYA DANCE FITNESS

### Parent and Little Barre Class

Come join this class for parents that's an ease-back-to-movement format combining dance, yoga and Pilates, all while taking into consideration your pregnancy or postpartum healing journey. No childcare? No problem. Kids ~0-5yo are welcome to tag along, and multiple kiddos ok, too. (No class 5/22, 5/23)

AGE:18+

|                |     |           |                |
|----------------|-----|-----------|----------------|
| 23504          | Fri | 4/24-6/12 | 9:45-10:45am   |
| 24495          | Fri | 4/24-6/12 | 11am-12pm      |
| 24408          | Sat | 4/25-6/13 | 9:45am-10:45am |
| R \$77/NR \$92 |     |           |                |

LOCATION: NKCC  
INSTRUCTOR: STEPHANIE LADUKE



# PARENT & CHILD

## Tiny Touches Fencing

This 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.

**AGE:3-4**

|       |     |           |           |
|-------|-----|-----------|-----------|
| 24270 | Sat | 3/21-5/2  | 9:30-10am |
| 24271 | Sat | 5/16-6/27 | 9:30-10am |

R \$175/NR \$210

LOCATION: KAIZEN ACADEMY  
INSTRUCTOR: KAIZEN ACADEMY

## MUSIC & ART

### Boogie and Books

Join Miss Karen in a beautiful park setting while she shares whimsical engaging stories and music with instruments to sing along and boogie to! (No class 5/25)

**AGE:2½-5**

|       |     |          |         |
|-------|-----|----------|---------|
| 23125 | Mon | 5/4-6/1  | 10-11am |
| 23127 | Mon | 6/8-6/29 | 10-11am |

R \$45/NR \$54

|       |     |           |         |
|-------|-----|-----------|---------|
| 23128 | Mon | 7/13-7/27 | 10-11am |
| 24369 | Mon | 8/10-8/24 | 10-11am |

R \$34/NR \$41

LOCATION: NORTH ROSEHILL WOODLANDS PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS



### Tiny Timbres Music

Join us for a fun, play-based exploration of music! Children will sing, move, explore instruments, play cooperative games, and more! Ages 6 months to 5-years welcome (younger babies may attend with an older sibling). Parent/caregiver participation required. (No class 4/14, 5/23, 7/4)

**AGE:6M-5**

|       |     |          |              |
|-------|-----|----------|--------------|
| 23143 | Tue | 4/7-5/19 | 9:15-10am    |
| 23144 | Tue | 4/7-5/19 | 10:15-11am   |
| 24221 | Tue | 4/7-5/19 | 11:15am-12pm |

R \$140/NR \$168

|       |     |           |            |
|-------|-----|-----------|------------|
| 23145 | Sat | 5/2-6/6   | 9:15-10am  |
| 23146 | Sat | 5/2-6/6   | 10:15-11am |
| 23147 | Sat | 6/13-7/18 | 9:15-10am  |
| 23148 | Sat | 6/13-7/18 | 10:15-11am |
| 23149 | Sat | 7/25-8/22 | 9:15-10am  |
| 23150 | Sat | 7/25-8/22 | 10:15-11am |

R \$115/NR \$138

LOCATION: NKCC  
INSTRUCTOR: LEAH NIELSON

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 11

### 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! (No class 4/14, 4/16)

**AGE:2**

|       |     |           |               |
|-------|-----|-----------|---------------|
| 23032 | Tue | 4/7-4/28  | 10:30-11:15am |
| 23035 | Thu | 4/9-4/30  | 10:30-11:15am |
| 23033 | Tue | 5/12-5/26 | 10:30-11:15am |
| 23036 | Thu | 5/14-5/28 | 10:30-11:15am |
| 23034 | Tue | 6/2-6/16  | 10:30-11:15am |
| 23037 | Thu | 6/4-6/18  | 10:30-11:15am |

R \$36/NR \$44

LOCATION: NKCC  
INSTRUCTOR: AMY TAPPEN



## PARENT/CHILD ART

Preschoolers boost their observation skills, creativity, self-expression, and confidence in this fun-filled class. Our supplies will challenge and entertain during this class that also incorporates seasonal and holiday art.



### Peep and Hop in April

Spring has sprung and with it brings rainbow eggs and fluffy things. From bunny nests and yellow chicks to butterflies and blooming sticks. You'll have a hopping good time! (No class 4/14, 4/16)

AGE:2-3½

|       |     |          |              |
|-------|-----|----------|--------------|
| 23038 | Tue | 4/7-4/28 | 9:30-10:15am |
| 23039 | Thu | 4/9-4/30 | 9:30-10:15am |

R \$36/NR \$44

LOCATION: NKCC  
INSTRUCTOR: AMY TAPPEN

### In the Very Merry Month of May

May is for mothers, and showers, and spring, May is the time to celebrate these things. Our mothers' so loving, showers that restore, the spring that brings hope for our sunshine once more!

AGE:2-3½

|       |     |           |              |
|-------|-----|-----------|--------------|
| 23040 | Tue | 5/12-5/26 | 9:30-10:15am |
| 23041 | Thu | 5/14-5/28 | 9:30-10:15am |

R \$36/NR \$44

LOCATION: NKCC  
INSTRUCTOR: AMY TAPPEN

## June and the Strawberry Moon

June welcomes the summer and the strawberry moon, it honors our fathers and the berries that bloom. Welcome the month of June in this parent/child art class full of fun art activities!

AGE:2-3½

|       |     |          |              |
|-------|-----|----------|--------------|
| 23042 | Tue | 6/2-6/16 | 9:30-10:15am |
| 23043 | Thu | 6/4-6/18 | 9:30-10:15am |

R \$36/NR \$44

LOCATION: NKCC  
INSTRUCTOR: AMY TAPPEN

## Happy Hands Art

Unleash your inner artist side by side in this parent/child art class! Splash, squish, and create together while boosting your child's motor skills, confidence, and curiosity.

AGE:2-5

|       |     |           |               |
|-------|-----|-----------|---------------|
| 23517 | Wed | 4/22-5/13 | 9:30-10:15am  |
| 23521 | Wed | 4/22-5/13 | 10:45-11:30am |
| 23518 | Wed | 5/20-6/10 | 9:30-10:15am  |
| 23522 | Wed | 5/20-6/10 | 10:45-11:30am |

R \$32/NR \$38

LOCATION: KTUB  
INSTRUCTOR: CITY OF KIRKLAND STAFF

## 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.

### 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... (No class 4/15)

Currently open for registration

AGE:2½-4½

|       |     |          |                 |
|-------|-----|----------|-----------------|
| 22194 | Wed | 4/1-4/29 | 10:30am-11:30am |
|-------|-----|----------|-----------------|

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS



## Tutti Frutti

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:2½-4½

|       |     |          |              |
|-------|-----|----------|--------------|
| 23194 | Wed | 5/6-5/27 | 10:30am-12pm |
|-------|-----|----------|--------------|

R \$67/NR \$80

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## Picnic in the Park

Prep, prepare and pack a spring picnic snack! Bring your favorite stuffy or doll and come along with us as we picnic and share a story (weather permitting). Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside!

AGE:2½-4½

|       |     |          |              |
|-------|-----|----------|--------------|
| 23195 | Wed | 6/3-6/17 | 10:30am-12pm |
|-------|-----|----------|--------------|

R \$52/NR \$62

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

