

RECREATION - SUMMER CAMPS

SUMMER CAMP

Snapology: Sports Science (Ages 7 - 12)

Come learn the science behind your favorite sport! Campers will learn about momentum, energy, measurement, air pressure, and much more as they perform simple experiments related to sports. Perfect for both sports and science lovers, this fun, interactive program exercises both the body and mind!

#SU2000015..... Early Bird \$200 | After 6/8 \$240
M-F 6/22 - 6/26 1 - 4 p.m. Loc: Lytle House



Snapology

Tech Academy: Pokémon Movie Making (Ages 6 - 12)

Create a stop-motion animated Pokémon movie! The possibilities are endless - action figures, props, and backdrops will be available for filming in class. Learn all the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie. Camper's final group projects will be emailed to parents, or campers may bring a USB drive the last day.

#SU2000016..... Early Bird \$258 | After 6/15 \$310
M-F 6/29 - 7/3 1 - 4 p.m. Loc: Lytle House



Tech Academy

Play-Well TEKologies: Transportation Engineering (Ages 5 - 10)

Break the sound barrier on a supersonic jet, deliver cargo by train, and explore a swamp in your airboat. Build and create different modes of transportation out of more than 20,000 pieces of LEGO®, all while learning about the engineering concepts that make vehicles and vessels work!

#SU2000018..... Early Bird \$186 | After 6/22 \$224
M-F 7/6 - 7/10 1 - 4 p.m. Loc: Lytle House



Nature Vision: Summer Survival Camp (Ages 6 - 12)

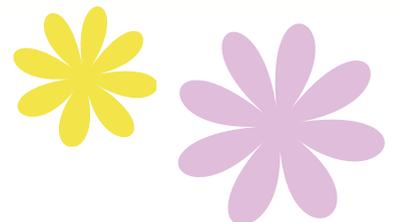
As temperatures rise, adventures await! But what happens when summer wanderings don't go according to plan? Join us in exploring how the plants, animals, and people of the Northwest learned to survive throughout the year and build your own survival skills through games, exploration, and plenty of hands-on fun!

Half day (9 a.m. - 12 p.m.)

#SU2000020..... Early Bird \$175 | After 6/29 \$210
M-F 7/13 - 7/17

Full day (9 a.m. - 4 p.m.)

#SU2000021..... Early Bird \$315 | After 6/29 \$378
M-F 7/13 - 7/17 Loc: Lytle House



Tech Academy Multiplayer Minecraft: World Builder (Ages 6 - 12)

Create your own world with four unique themed quadrants. Build different biomes, or base a section on your favorite movie or video game. Meld your quadrants together with bridges, and separate them with moats, lava, or even the void! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft.

#SU2000017..... Early Bird \$258 | After 7/6 \$310
M-F 7/20 - 7/24 1 - 4 p.m. Loc: Lytle House

Smart With Art: Create With Clay

(Ages 6 - 12)

Join us for a fun-filled week as we discover clay! We will learn hand-building techniques and create works of art that will be kiln-fired and glazed. Don't miss out as we discover how to work with coils, create a pinch pot, and create a slab creation. Dress for mess!

#SU2000022..... Early Bird \$319 | After 7/13 \$376
M-F 7/27 - 7/31 1 - 4 p.m. Loc: Lytle House

Dandylyon Drama: The Lion King (half day)

(Ages 3 - 5, campers must be fully potty-trained)

Be prepared for a week of fun jungle exploration! Drama games, activities, puppets, crafts, playground and snack



time will all be part of our sensory adventure inspired by The Lion King. Our professional teaching artists are excited to help your young performer grow in creativity, compassion and courage.

#SU2000023..... Early Bird \$185 | After 7/20 \$222
M-F 8/3 - 8/7 10 a.m. - 1 p.m. Loc: Lytle House

Dandylyon Drama: Star Wars (full day)

(Ages 6 - 9)

Embark on a great adventure in a galaxy far, far away and take center stage in this imaginative outdoor acting camp! Explore story, character, music and movement as we create an original one-act play inspired by your favorite characters. Our professional teaching artists are ready to help your camper grow in creativity, compassion and courage. Final performance will take place on Friday at the Bothell Landing amphitheater.

#SU2000024..... Early Bird \$335 | After 7/20 \$402
M-F 8/3 - 8/7 10 a.m. - 4 p.m. Loc: Lytle House

Pacifica Writers' Workshop: Tell a Story

(Ages 6 - 12)

In this class, students will use their vivid imaginations to write brand new stories. They will also learn the skills and concepts necessary to create believable characters, immersive

settings, and engrossing plots. By the end of the class, they will be authors with their very own books.

#SU2000025..... Early Bird \$200 | After 7/27 \$240
M-F 8/10 - 8/14 1 - 4 p.m. Loc: Lytle House



Play-Well TEKologies: Animal Architects

(Ages 5 - 10)



Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas!

#SU2000019..... Early Bird \$186 | After 8/3 \$224
M-F 8/17 - 8/21 1 - 4 p.m. Loc: Lytle House

RECREATION - 2020 SKYHAWKS CAMPS

		AGE	TIME	LOC	COST	COURSE #
June 22-26	Beginning Golf (1/2 day)	5-8	9 a.m. – 12 p.m.	DAS	\$145	SSA117420
	Tennis (Ages 4-6)	4-6	12:30 p.m. – 1:15 p.m.	CPMS*	\$69	SSA117421
	Tennis (1/2 day)	6-12	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117422
	Soccer (1/2 day)	5-7	9 a.m. – 12 p.m.	DAS	\$145	SSA117423
	STEM & Play: Soccer Camp (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$189	SSA117424
June 29 - July 2 No camp July 3	Mini-Hawk: Soccer, Baseball & Basketball (1/2 day)	4-7	9 a.m. – 12 p.m.	DAS	\$119	SSA117425
	Multi-Sport: Soccer, Baseball & Flag Football (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$145	SSA117426
	Volleyball Camp (1/2 day)	7-14	9 a.m. – 12 p.m.	FLE*	\$119	SSA117427
July 6-10	Cheerleading Camp (1/2 day)	5-10	9 a.m. – 12 p.m.	NCI	\$145	SSA117428
	Lacrosse (1/2 day)	7-14	9 a.m. – 12 p.m.	NCI	\$145	SSA117429
	Soccer (1/2 day)	5-7	9 a.m. – 12 p.m.	DAS	\$145	SSA117430
	Soccer (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$179	SSA117431
July 13-17	Basketball (1/2 day)	5-7	9 a.m. – 12 p.m.	WHE*	\$145	SSA117432
	STEM & Play: Basketball Camp (full day)	6-12	9 a.m. – 3 p.m.	WHE*	\$189	SSA117433
	Mini-Hawk: Soccer, Baseball & Basketball (1/2 day)	4-7	9 a.m. – 12 p.m.	DAS	\$145	SSA117434
	Multi-Sport: Soccer, Baseball & Flag Football (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$179	SSA117435
	Tennis (Ages 4 – 6)	4-6	12:30 p.m. – 1:15 p.m.	CPMS*	\$69	SSA117436
	Tennis (1/2 day)	6-12	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117437
July 20-24	Basketball (1/2 day)	5-7	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117438
	Basketball (full day)	6-12	9 a.m. – 3 p.m.	CPMS*	\$179	SSA117439
	Tennis (1/2 day)	6-12	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117440
	Soccer (1/2 day)	5-7	9 a.m. – 12 p.m.	CG	\$145	SSA117441
	Soccer (full day)	6-12	9 a.m. – 3 p.m.	CG	\$179	SSA117442
	Tiny-Hawk: Soccer	3.5-5	12:30 p.m. – 1:15 p.m.	CG	\$69	SSA117443
	Cheerleading Camp (1/2 day)	5-10	9 a.m. – 12 p.m.	NCI	\$145	SSA117444
July 27-31	Baseball (1/2 day)	5-7	9 a.m. – 12 p.m.	NCI	\$145	SSA117445
	Baseball (full day)	6-12	9 a.m. – 3 p.m.	NCI	\$179	SSA117446
	Beginning Golf (1/2 day)	5-8	9 a.m. – 12 p.m.	DAS	\$145	SSA117447
	Flag Football (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$179	SSA117448
	Volleyball Camp (1/2 day)	7-14	9 a.m. – 12 p.m.	FLE*	\$145	SSA117449
	Basketball (1/2 day)	5-7	9 a.m. – 12 p.m.	FLE*	\$145	SSA117450
August 3-7	Basketball (full day)	6-12	9 a.m. – 3 p.m.	FLE*	\$179	SSA117451
	Mini-Hawk: Soccer, Baseball & Basketball (1/2 day)	4-7	9 a.m. – 12 p.m.	CG	\$145	SSA117452
	Tennis (Ages 4 – 6)	4-6	12:30 p.m. – 1:15 p.m.	CPMS*	\$69	SSA117453
	Tennis (1/2 day)	6-12	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117454
	Soccer (1/2 day)	5-7	9 a.m. – 12 p.m.	DAS	\$145	SSA117455
	Soccer (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$179	SSA117456
	Tiny-Hawk: Soccer	3.5-5	12:30 p.m. – 1:15 p.m.	DAS	\$69	SSA117457
	Mini-Hawk: Soccer, Baseball & Basketball (1/2 day)	4-7	9 a.m. – 12 p.m.	DAS	\$145	SSA117458
August 10-14	Multi-Sport: Soccer, Baseball & Flag Football (full day)	6-12	9 a.m. – 3 p.m.	DAS	\$179	SSA117459
	Tennis (1/2 day)	6-12	9 a.m. – 12 p.m.	CPMS*	\$145	SSA117460
	Volleyball (1/2 day)	7-14	9 a.m. – 12 p.m.	FLE*	\$145	SSA117461
	Basketball (1/2 day)	5-7	9 a.m. – 12 p.m.	FLE*	\$145	SSA117462
August 17-21	Basketball (full day)	6-12	9 a.m. – 3 p.m.	FLE*	\$179	SSA117463
	Beginning Golf (1/2 day)	5-8	9 a.m. – 12 p.m.	DAS	\$145	SSA117464
	Lacrosse (1/2 day)	7-14	9 a.m. – 12 p.m.	DAS	\$145	SSA117465
August 24-28	Cheerleading Camp (1/2 day)	5-10	9 a.m. – 12 p.m.	NCI	\$145	SSA117466
	Soccer (1/2 day)	5-7	9 a.m. – 12 p.m.	NCI	\$145	SSA117467
	Soccer (full day)	6-12	9 a.m. – 3 p.m.	NCI	\$179	SSA117468
	Tiny-Hawk: Soccer	3.5-5	12:30 p.m. – 1:15 p.m.	NCI	\$69	SSA117469



For specific information on Skyhawks camps or to register, visit www.skyhawks.com or call 1-800-804-3509.

All Skyhawks summer camp participants receive a free t-shirt!

Location Addresses on page 19.

- Canyon Park Middle School – CPMS
- Cedar Grove Park – CG
- Doug Allen Sportsfields – DAS
- Frank Love Elementary – FLE
- North Creek Field #1 – NC1
- Westhill Elementary – WHE

Skyhawks Spring Break Camp: Basketball

(Ages 6 – 12)

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a t-shirt, and should bring appropriate clothing, a lunch and snack, and a water bottle.

#SSA117834..... \$179

M-F 4/6 – 4/10 9 a.m. – 3 p.m.

Registration at www.skyhawks.com

Loc: Frank Love Elementary Gym

Move & Grow: Parent/Child

(Walking – 4 years)

Dancing together with your child while exploring movement activities and practicing skills is not only lots of fun, but very educational! Activities are taught that can be further explored at home. A wide variety of music, props, BrainDance rhymes, rhythm instruments and an obstacle course add to the playful environment and learning. Caregivers are always welcome! **No class 5/22.*



#SP2000242..... Early Bird \$72 | After 4/17 \$87

..... 2nd child discount: Early Bird \$36 | After 4/17 \$44

Fri 5/1 – 6/12* (6 weeks) 9:15 – 10:15 a.m.

Loc: Lytle House

\$15 drop-in fee to all Move & Grow classes (cash/check only accepted at Lytle House).

Marvelous Minerals (Ages 3.5-6)

Discover the magic of minerals and hunt for gemstones in this fun, geology-themed learning experience for preschoolers. Program includes hands-on activities and an opportunity to get up close with a variety of high-quality rock and mineral specimens. Everyone will take home a bag of gems and a rock I.D. card!

#SP2000104..... Early Bird \$22 | After 3/7 \$27

Sat 3/21 9 – 10 a.m. Loc: Lytle House

Gems & Geodes (Ages 7-12)

In this geology themed workshop, learn about natural resources, go on a gem hunt, and explore rocks and minerals that glow under ultraviolet light. After our mineral exploration, we will shift gears and crack open geodes! Take home a bag of rocks, geode and a rock ID Card!

#SP2000105..... Early Bird \$36 | After 3/7 \$44

Sat 3/21 10:30 a.m. – 12 p.m.

Loc: Lytle House

Fossils Rock! (Ages 6-10)

NEW!

Discover what it takes to become a fossil and what fossil types can tell us about ancient life. Multiple activities will be offered in this fun, exploratory class as we discuss



key events in earth history and excavate real fossils from sand. Can you dig it? Class fee includes a fossil ID card and bag of fossils to take home.

#SP2000052..... Early Bird \$30 | After 4/4 \$36

Sat 4/18 10:30 a.m. – 12 p.m.

Loc: Lytle House

KIDZ LOVE SOCCER

Kids ages 2 to 10 learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session includes age-appropriate activities: skill demonstrations, games, and instructional scrimmages conducted in a non-competitive, recreation way. Kidz Love Soccer: "where the score is always fun-to-fun!" Registrations must be received by the Wednesday before class begins.

All participants will receive a Kidz Love Soccer jersey. Unless otherwise noted, shin guard are required after the first class.

For more information, visit www.kidzlovesoccer.com

Kidz Love Soccer Class Status Hotline:
1-888-372-5803

To receive cancellation notifications on your smartphone, download the free Kidz Love Soccer app.



Mommy/Daddy & Me Soccer

(Ages 2 – 3.5 years)

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. No shin guards required.

#SP2000063..... Early Bird \$94 | After 2/24 \$113
Mon 3/9 – 4/13 6:00 – 6:30 p.m.
Loc: Stipek Park

#SP2000064..... Early Bird \$94 | After 2/28 \$113
Fri 3/13 – 4/17 3:30 – 4 p.m.
Loc: Cedar Grove Park

#SP2000351..... Early Bird \$94 | After 4/20 \$113
Mon 5/4 – 6/15* 6:00 – 6:30 p.m.
Loc: Stipek Park

#SP2000352..... Early Bird \$94 | After 4/24 \$113
Fri 5/8 – 6/19* 3:30 – 4 p.m.
Loc: Cedar Grove Park

Tot/Pre-Soccer (Ages 3.5 – 5 years)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment.

#SP2000093..... Early Bird \$94 | After 2/24 \$113
Mon 3/9 – 4/13 3:40 – 4:15 p.m.
Loc: Stipek Park

#SP2000094..... Early Bird \$94 | After 2/28 \$113
Fri 3/13 – 4/17 4:05 – 4:40 p.m.
Loc: Cedar Grove Park

#SP2000413..... Early Bird \$94 | After 4/20 \$113
Mon 5/4 – 6/15* 3:40 – 4:15 p.m.
Loc: Stipek Park

#SP2000414..... Early Bird \$94 | After 4/24 \$113
Fri 5/8 – 6/19* 4:05 – 4:40 p.m.
Loc: Cedar Grove Park

*No class 5/22 or 5/25.

Soccer 1: Techniques & Teamwork

(Ages 5 – 6 years)

Players will learn dribbling, passing and receiving, defense, and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first-time players while being fun and engaging for kids with some experience.

#SP2000071..... Early Bird \$94 | After 2/24 \$111

Mon 3/9 – 4/13 4:20 – 5:05 p.m.

Loc: Stipek Park

#SP2000072..... Early Bird \$94 | After 2/28 \$111

Fri 3/13 – 4/17 4:45 – 5:30 p.m.

Loc: Cedar Grove Park

#SP2000371..... Early Bird \$94 | After 4/20 \$113

Mon 5/4 – 6/15* 4:20 – 5:05 p.m.

Loc: Stipek Park

#SP2000372..... Early Bird \$94 | After 4/24 \$113

Fri 5/8 – 6/19* 4:45 – 5:30 p.m.

Loc: Cedar Grove Park



Soccer 2: Skillz & Scrimmages

(Ages 7 – 10 years)

Enjoy advanced skill building: dribbling, passing, shooting and more in a team play format. Each class will focus on scrimmages that improve team play as well as individual skill development. All levels of play are encouraged to come out and enjoy the soccer fun!

#SP2000083..... Early Bird \$94 | After 2/24 \$111

Mon 3/9 – 4/13 5:10 – 5:55 p.m.

Loc: Stipek Park

#SP2000084..... Early Bird \$94 | After 2/28 \$111

Fri 3/13 – 4/17 5:35 – 6:20 p.m.

Loc: Cedar Grove Park

#SP2000393..... Early Bird \$94 | After 4/20 \$113

Mon 5/4 – 6/15* 5:10 – 5:55 p.m.

Loc: Stipek Park

#SP2000394..... Early Bird \$94 | After 4/24 \$113

Fri 5/8 – 6/19* 5:35 – 6:20 p.m.



Parks and Recreation Class Locations - Bothell

Canyon Park Middle School
23723 23rd Ave SE

Cedar Grove Park
22421 9th Ave SE

Doug Allen Sportsfields
19417 88th Ave NE

Frank Love Elementary
303 224th St. SW

Lytle House/Park at Bothell Landing
9929 NE 180th St.

North Creek Field #1
19016 North Creek Pkwy

Stipek Park
1800 242nd St. SE

Westhill Elementary
19515 88th Ave NE



RECREATION - YOUTH & TEEN



Classical Fencing (Ages 10+)

Come learn the art of classical fencing, an exciting and engaging activity that is sure to stretch you physically, mentally, and emotionally. Learn the fundamental skills of fencing including safety, courtesy, foot work, distance, timing, and more. Partner exercises develop cooperation and a gracious spirit. No experience necessary, all are welcome!
 *No class 4/9.

#SP2000026..... Early Bird \$72 | After 3/19 \$87
 2nd child discount: Early Bird \$52 | After 3/19 \$63
 Th 4/2 - 4/30* 4:30 - 5:30 p.m.

#SP2000027..... Early Bird \$72 | After 4/29 \$87
 2nd child discount: Early Bird \$52 | After 4/29 \$63
 Th 5/14 - 6/4 4:30 - 5:30 p.m.

Loc: Lytle House

Snapology: Fidget Spinner Science

(Ages 5 - 12)

Fidget Spinners are both fun and mesmerizing, which explains why they've become a must-have item for kids! Snapology will teach kids how to make their own version of this popular toy and how to best use it in their day-to-day lives.

#SP2000127..... Early Bird \$45 | After 4/4 \$54
 Sat 4/18 1 - 4 p.m. Loc: Lytle House

Snapology: Science of Slime (Ages 5 - 12)

Allow your child to cultivate their love of science through hands-on experimentation with non-toxic chemistry! In this workshop, kids will learn the basic science behind their favorite slimy polymer and how the magic is all in the ingredients. This is not your average slime workshop; your child will walk away with clear knowledge about the chemistry behind slime and clean hands!

#SP2000028..... Early Bird \$45 | After 5/2 \$54
 Sat 5/16 1 - 4 p.m. Loc: Lytle House



After School Baking Club: Fend for Yourself (Ages 10 - 15)

Want to learn new-to-you kitchen skills or brush up on basics? Join this hands-on kitchen crash course and go home equipped to make your own snacks or light meals! You'll open and cook eggs, make French Toast, grate cheese for a quesadilla, peel carrots and slice up apples. You'll use peelers, knives, whisks, graters, spatulas, and wear oven mitts. You'll also go home with tips and tricks to make feeding yourself easier. Bring an apron, pull back long hair and let's get cooking!

#SP2000014..... Early Bird \$40 | After 2/24 \$48
 Mon 3/9 4:15 - 6:15 p.m.
 Loc: Lytle House





After School Baking Club: Biscuits & Scones (Ages 10 - 15)

Flakey, light, hot from the oven: whether eaten plain or enjoyed with butter and jam, Buttermilk Biscuits and Currant Scones are delicious! Learn how to make these crowd-pleasing pastries and some of the ways you can add variations.

#SP2000029..... Early Bird \$40 | After 4/6 \$48
Mon 4/20 4:15 - 6:15 p.m. Loc: Lytle House

After School Cooking Club: Pizza & Calzone (Ages 10 - 15)

Excellent pizza can be produced at home! In this class you'll make your own Neapolitan-style 3-Day Dough to take home; then you'll roll dough made before class to fill as a calzone and top as a pizza. You'll have a variety of toppings to choose from so can customize to your liking. Class is meat optional with wheat & dairy. Bring an apron, tie back your hair and let's get cooking!

#SP2000030..... Early Bird \$48 | After 4/27 \$58
Mon 5/11 4:15 - 6:15 p.m. Loc: Lytle House



After School Baking Club: Cookie Time

(Ages 10 - 15)

Making cookies is a great (and delicious!) way to learn baking basics: measuring, creaming, using mixers and the oven. Learn how to correctly handle dough and get the results you want. In this class you'll work with a partner to make The Best Chocolate Chip Cookies and Classic Snickerdoodles. Class is vegetarian with wheat, dairy and eggs. Bring an apron, tie back your hair and let's get baking!

#SU2000026..... Early Bird \$40 | After 5/25 \$48
Mon 6/8 4:15 - 6:15 p.m. Loc: Lytle House

Super Sitters 101 (Ages 11 - 15)

Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. The class includes parent expectations, basic first aid, home and fire safety, the Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a "Babysitting 101" handbook and a course completion card. Bring a morning snack, a sack lunch, and a drink.



#SP2000031..... Early Bird \$50 | After 3/21 \$60
Sat 4/4 9 a.m. - 2 p.m. Loc: Lytle House

Safe Kids 101/Home Alone Class

(Ages 9 - 13)

This three-hour home alone class will help your 9 to 13-year-old take the next step in independence while giving you peace of mind. Topics include: responsibilities when staying home alone, simple first aid and abdominal thrusts for choking victims, how to navigate the online world, and fire safety. We'll also discuss the truth behind abuse, abduction, and stranger danger. Participants will receive the "Safe Kids 101" book.

#SP2000032..... Early Bird \$45 | After 5/16 \$54
Sat 5/30 1 - 4 p.m. Loc: Lytle House

RECREATION - TEEN & ADULT

Women's Basic Self-Defense (Ages 9+) **NEW!**

This program is designed to reshape your mindset and help you be prepared in all situations, including but not limited to preventing robbery, rape, driving, parking garages, buses, getting on and off an elevator, crowded area attacks, and more. Participants will be engaged in hands-on learning as they practice physical moves and learn how to fight back and escape confidently.

#SP2000053.....Early Bird \$75 | After 4/14 \$90
 Mon 4/28 - 5/12 6 - 8:30 p.m. Loc: Lytle House



Wilderness Self-Defense (Ages 9+) **NEW!**

What do you do if you run into a bear? Or worse, a two legged attacker while on trail? The wilderness class is for all who enjoys the outdoors. We discuss self-defense tactics, basic psychology of potential attackers and how to spot a threat, and how to handle the situation. This class is designed to not only keep you alive but discuss what the steps are in case of an emergency.

SP2000054.....Early Bird \$45 | After 4/25 \$54
 Sat 5/9 1 - 4 p.m. Loc: Lytle House

Pastel Workshop - Drawing With Artists

(Ages 18+)

Join us as we create works of art inspired by Famous female artists O'Keeffe, Frankenthaler and Kahlo. In this very special two-hour workshop, a professional artist will guide you in the use of chalk pastels. You'll go home with your own, one-of-a-kind work of art, ready to frame. Bring a friend...or make new ones! No prior art experience necessary. Price includes all art materials, non-alcoholic beverages. Your instructor is the award-winning book illustrator, Maja Sereda.

#SP2000051..... Per session: Early Bird \$39
After (dates below) \$47

..... Register for all 3 & save!
Early Bird \$99 | After 4/4 \$119

Sat 6 - 8 p.m. Loc: Lytle House

4/18: Georgia O'Keeffe (Early Bird ends 4/4)

5/16: Helen Frankenthaler (Early Bird ends 5/2)

6/27: Frida Kahlo (Early Bird ends 6/13)

Contact recreation@bothellwa.gov or 425-806-6760 for discount.

Beginner Embroidery (Ages 16+)

Come learn how to stitch a contemporary, nature-themed design in the colors of your choice! Learn several basic stitches and techniques that are commonly



used in modern embroidery patterns. We'll start each element of the pattern together, giving you the skills and supplies to finish it up at home. Taught by the amazing Lauren Holton of Lark Rising Embroidery! No experience necessary, all materials provided.

#SP2000015.....Early Bird \$50 | After 2/29 \$60
 Sat 3/14 10 a.m. - 12:30 p.m.
 Loc: Lytle House

Let's Fika: Swedish Coffee Break (Ages 16+)

Need a reason to connect with a friend over coffee? This class will give you three! Fika, the Swedish concept of making time for friends, colleagues or family over a cup of coffee (or tea) and a little something to eat, could easily become your favorite time of day. In this class we'll make a lightly spiced Crumb Cake, shape dough into classic Cardamom Buns and bake up some Snickerdoodles. Then we'll taste our creations with fresh brewed coffee! Class is vegetarian with wheat, eggs & dairy.

#SP2000043.....Early Bird \$60 | After 4/17 \$72
 Fri 5/1 6:30 – 9 p.m. Loc: Lytle House



Spring Dinner Party (Ages 16+)

Ready for the ingredients of Spring? Join us for this fun cooking class and make this incredible menu highlighting ingredients from our Pacific Northwest: Crostini with Spring Pea & Nettle Pesto; Gnocchi with Roasted Asparagus and New Garlic; Poached Salmon with Morels & Spring Herbs; and Rhubarb Swirl Ice Cream. Chef Lisa Crawford of The Tiny Kitchen will help us celebrate the season as we make each of these recipes with ingredients sourced as locally as possible, enjoying a meal together to end the evening.

#SU2000027.....Early Bird \$70 | After 5/22 \$84
 Fri 6/5 6:30 – 9 p.m. Loc: Lytle House

About Boating Safely

(Ages 12+, under 16 with an adult)

This course qualifies all those who successfully complete it to get a Washington State Boater Education Card. Topics include boating safety equipment and skills for a variety of types of boats including power, sail, personal watercraft and paddlecraft. Instructors from the US Coast Guard Auxiliary will cover how to prevent accidents, choose the right life jackets and other boating gear, best practices for trailering your boat, local laws and “rules of the road,” and the basics of navigation. Registrations must be received by the Wednesday before class begins.



#SU2000028

..... Individual: Early Bird \$25 | After 5/23 \$30
 Family: Early Bird \$30 | After 5/23 \$36
 Sat 6/6 9 a.m – 5 p.m. Loc: Lytle House

Spring/Summer Adult Softball Leagues

(Ages 18+)

Grab your friends and come play softball in our USA Softball leagues in 2019! Coed and Men's leagues available, and happen almost every night of the week out at our North Creek Sportsfields. League info and dates can be found at www.bothellwa.gov/softball.



FITNESS - TEEN & ADULT



Belly Dance (Ages 15+)

Learn belly dance with the award-winning instructor and performer Michelle! This fun, low impact class with a comfortable, welcoming atmosphere consists of a warm up, drills and dance with an occasional mini-lesson on culture and history. Wear comfortable workout clothes and a hip scarf or belt. Shoes are not necessary. Contact Michelle for more information: bellydancermichelle@gmail.com or www.michellebellydance.com. *No class 4/15.

#SP2000441Early Bird \$66 | After 3/18 \$79
Wed 4/1 - 5/13* 7 - 8 p.m. Loc: Lytle House

#SP2000442 Early Bird \$66 | After 5/6 \$79
Wed 5/20 - 6/24 7 - 8 p.m. Loc: Lytle House

\$15 drop-in fee to all Belly Dance classes (cash/check only accepted at Lytle House).

Cardio Jam (Ages 18+)

Cardio Jam is an energetic dance fitness class with choreographed routines to hip hop, pop and old school party jams. It's a fun, full-body workout that exercises your mind, body and spirit. Burn calories, gain some confidence and maybe even a few new dance moves. Class instructor is Christie Laverman. *No class 4/6 & 4/8.

Mondays & Wednesdays, 9:30 - 10:30 a.m.

6-Visit Flex Pass:\$36

10-Visit Flex Pass:\$60

Loc: Lytle House

#SP2000205 March (begins 3/2)

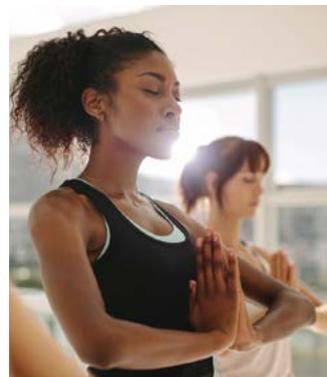
#SP2000206 April (begins 4/1)*

#SP2000207 May (begins 5/4)

#SU2000463 June (begins 6/1)

\$10 drop-in fee for all Cardio Jam classes (cash/check only accepted at Lytle House).

Restorative Yoga (Ages 16+)



Restorative Yoga triggers the parasympathetic nervous system and helps promote a sense of calm and lower stress levels. We focus on all the layers of the body – physical, mental and emotional – so you can strengthen your

body, relax your mind, calm your nervous system and relieve stress. All levels of experience welcome! Instructor Debby Bliss is a certified Purna Yoga teacher. Required props: yoga mat, two yoga blocks and a yoga strap.

#SP2000481 Early Bird \$66 | After 4/2 \$79
Th 4/16 - 5/21 6:30 - 8 p.m. Loc: Lytle House

#SU2000482 Early Bird \$66 | After 5/28 \$79
Th 6/11 - 7/16 6:30 - 8 p.m. Loc: Lytle House

\$15 drop-in fee for all Restorative Yoga classes (cash/check only accepted at Lytle House).

Be the first to know about new classes and events – stay connected with us online! www.bothellparks.net



@bothellparks



@bothellparksandrecreation



Zumba® (Ages 18+)

Zumba® is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. No dance experience required. Bring a water bottle to each class. All classes are taught by Zumba® instructor Stefanie Kvasnikoff. Wear comfortable workout clothes and shoes.

Tuesdays & Thursdays, 9:30 – 10:30 a.m.

6-Visit Flex Pass:.....\$36

10-Visit Flex Pass:.....\$60

Loc: Lytle House

#SP2000979 March (begins 3/2)

#SP2000980 April (begins 4/2)

#SP2000981 May (begins 5/5)

#SU2000493 June (begins 6/2)



\$10 drop-in fee for all Zumba classes (cash/check only accepted at Lytle House).

FIT4MOM Eastside

FIT4MOM is the nation’s leading prenatal and postnatal fitness program, providing fitness classes and a network of moms to support every state of motherhood. Come join one of our Eastside programs as we help make moms strong in body, mind and spirit. Your first class is free!

HIIT Body Back Boost is a 60-minute, high-intensity interval training drop-in workout. HIIT workouts include short bursts of anaerobic exercise with recovery periods, and are kid-free.

Sat 7 – 8 a.m. Loc: Lytle House

Returning April 20! Stroller Strides is a 60-minute, stroller-based class incorporating power walking, strength training, core work and stretching.

M W F Sat 9:30 – 10:30 a.m.

Loc: Park at Bothell Landing (next to flag poles)

Complete registration options and schedule at www.eastside.fit4mom.com. Questions? Email jamieambrose@fit4mom.com.



Instructor-Facilitated Online Learning with



Ed2Go offers a wide range of highly interactive courses taught by expert instructors that you can take entirely from the comfort of your home! All courses last six weeks, with new sections beginning on 3/18, 4/15, 5/13, & 6/17.

View all 200+ courses, system requirements and register today at www.ed2go.com/bothell

Questions? Contact kari.bachle@bothellwa.gov



For more information, call City of Bothell Parks and Recreation at 425-806-6760 or visit www.bothellwa.gov

	Amphitheater	Barbecue	Biking/Walking Trails	Drinking Fountain	Historical Features	Off-Street Parking	Picnic Shelter	Picnic Tables	Playground	Restrooms	Sportscourt	Sportsfield	Undeveloped	Water Access	Meeting Room Rental
Bloomberg Hill Park • 20301 Hollyhills Dr. NE								●	●	●	●				
Blyth Park ♦ • 16950 W Riverside Dr.		●	●	●			●	●	●	●					●
Brackett's Landing • 11101 NE 174th St.		●	●					●							●
Brickyard Road Park • 16800 Brickyard Rd. NE			●						●		●				
Cedar Grove Park ♦ ■ • 22421 9th Ave. SE		●	●	●		●	●	●	●	●	●	●			
Centennial Park/North Creek Schoolhouse ♦ ☆ • 1130 208th St. SE		●	●	●	●	●	●	●	●	●					●
Conifer View Park • 9055 NE 195th St.			●						●		●				
Doug Allen Sportsfields ■ • 19417 88th Ave. NE			●	●						●		●			
East Norway Hill Park • 15101 124th Ave. NE			●					●							
Former Wayne Golf Course Property • 16721 96th Ave. NE			●	●	●	●							●		
North Creek Sportsfields ■ • 11800 North Creek Pkwy. S			●	●				●		●		●			
North Creek Forest • 112th Ave NE @ NE 202nd St.			●										●		
North Creek Trail			●										●		
Park at Bothell Landing/Lytle House ☆ • 9919 NE 180th St.	●	●	●	●	●	●		●	●	●				●	●
Pioneer Cemetery • 108th Ave NE & Valley View Rd.			●		●										
Red Brick Road Park • SR 522 & 96th Ave. NE			●		●	●		●							
Royal Oaks Park • 20144 106th Ave. NE		●	●						●		●				
Sammamish River Park/Trail • 17995 102nd Ave. NE			●		●	●									
Stipek Park • 1800 242nd St. SE			●	●		●	●	●	●	●	●				
Tall Tree Park • 19630 89th Pl. NE								●	●						
Volunteer Park • 97th Ave. NE & NE 182nd St.								●	●		●				
West Riverside Drive Trail • 16950 W Riverside Dr.			●												
William Penn Park • 19900 100th Ave. NE								●	●		●				

♦ Picnic shelters available for rent. ☆ Room available for rent. ■ Fields available on reservation basis only.

Updated 02/19

Rental Locations

LYTLE HOUSE

Is your house too small for that family gathering? Consider renting ours! Located in the Park at Bothell Landing, the Lytle House is perfect for family dinners, parties, showers, receptions and other fun events of up to 70 people. Find all the details at www.bothellwa.gov/lytlehouse.



26 Bothell Bridge

NORTH CREEK SCHOOLHOUSE

This is the perfect space for a small meeting or gathering. Located in Centennial Park, the schoolhouse has chairs and tables for groups up to 35. Find all the details at www.bothellwa.gov/ncschoolhouse.



MCMENAMINS THORNDIKE ROOM

This community room is free to City of Bothell residents and accommodates groups up to 35. For more information go to www.bothellwa.gov/mcmenamins.



www.bothellwa.gov

Registration begins March 2!

Sign up early to avoid cancellations – most registration ends the Wednesday before a class begins.

HOW TO REGISTER

ONLINE:

bothellparks.net

PHONE:

425-806-6760

WALK-IN:

City Hall
18415 101st Ave NE, Bothell
(M – F, 8 a.m. – 5 p.m.)



PROGRAM REFUND POLICY

Full refund/credit granted if request is made at least 5 business days prior to the start of class.

50% refund/credit granted if request is made less than 5 business days prior to the start of class.

\$10 administrative fee for all cancellations.

No refunds for classes costing less than \$10.

No refunds/credits issues on or after the first day of class.

Transfers must be requested 5 business days prior to the start of class.

100% refund if class is cancelled by the City. Refund policies subject to change via Council approval.

CONNECT WITH US!



Parks & Recreation eNews:
www.bothellwa.gov/notifyme



@bothellparksandrecreation



@bothellparks

Early Bird Registration

Plan ahead, save money! Register early for a program and receive a discounted price, regardless of where your address is. Now your friends in neighboring cities have no excuse to not take that class with you. As long as you sign up in advance, our programs no longer have a price difference for residents and non-residents.

Check each program's registration info for details on when Early Bird pricing ends - for most programs, this special rate will expire two weeks before the program's start date.

Accessibility

Bothell Parks & Recreation will make every effort to provide reasonable accommodation for people with special needs. Please contact us three weeks prior to the start of class to discuss accommodations.

Satisfaction Guaranteed

If you are dissatisfied with the quality of a program, facility or instructor, contact us before the second class or within two days following a one-day class so that your concerns can be quickly addressed.

Nondiscrimination Policy

The City of Bothell complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments, please contact Parks & Recreation Director, Nik Stroup at 425-806-6852.