

Mill Creek Recreation Guide Winter 2010



Kids Love Soccer Pg. 6



Ski Bus Pg. 11



Dog Obedience Pg. 12



City of Mill Creek
Parks & Recreation
www.cityofmillcreek.com
425 745 1891



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Parks & Recreation Office
Location and Hours
Mill Creek City Hall
15728 Main Street
Mill Creek, WA 98012

Monday – Friday 9:00 am – 5:00 pm
Phone (425) 745-1891
Fax (425) 745-9650
www.cityofmillcreek.com

Program/Class Location

City Hall Annex Building
Small & Large Community Rooms
15720 Main Street Suite 130
Mill Creek, WA 98012

Holiday Office Closures

Martin Luther King Jr. Day
January 18, 2010
President’s Day
February 15, 2010

Parks & Recreation Contact Information

Pam Olson Recreation Supervisor
pam@cityofmillcreek.com
Brian Davern Recreation Assistant
briand@cityofmillcreek.com
Kristen Snyder Recreation Assistant
kristens@cityofmillcreek.com

City of Mill Creek - City Council

Regular meetings of the Mill Creek City Council are held the first, second and fourth Tuesday of each month in the Mill Creek City Hall Council Chambers, beginning at 6:00 pm.

- Pos. #1 Terry Ryan Mayor
Pos. #3 Rosemary Bennetts Mayor Pro Tem
Pos. #2 Donna Michelson Councilmember
Pos. #4 Mary Kay Voss Councilmember
Pos. #5 Mark Harmsworth Councilmember
Pos. #6 Mike Todd Councilmember
Pos. #7 Mark Bond Councilmember

Parks & Recreation Board

The Parks and Recreation Advisory Board meets at Mill Creek City Hall, Council Chambers at 5:00 pm on the first Wednesday of each month.

- Gordon Keene Board Chair
Kelly Roy Vice Chair
Mike Todd Council Representative
Mark Harmsworth Council Alternate
Kim Cortright
Brady Austin
Lynn Sordel
Gary Harrison
Tim Masterson
Ann Lee Student Representative

Recreation Program Locations

- Mill Creek City Hall
Council Chambers
15728 Main Street, Mill Creek
Mill Creek City Hall Annex
Large / Small Community Rooms
15720 Main Street, Suite 130, Mill Creek
Feel Artistic Studio
16300 Mill Creek Blvd, Ste. #114
Heatherwood Middle School
1419 Trillium Blvd. SE, Mill Creek
Henry M. Jackson High School
1508 136th Street SE, Mill Creek
Mill Creek Elementary
3400 148 Street SE, Mill Creek
Penny Creek Elementary
4117 132nd Ave SE, Everett
The Ceramic Place
11419 19th Ave SE, Suite 105, Everett

Programs also take place at various Mill Creek Neighborhood Parks. See page 3 for park locations.

Satisfaction Guaranteed

The Mill Creek Parks and Recreation Division strives to provide the best recreation programs possible. Please give us a call and let us know how we are doing! If for any reason you are dissatisfied with one of our programs or have a suggestion, please call (425) 921-5737, and the Recreation Supervisor will be happy to address your situation.

“Thank You”

Our thanks and appreciation is extended to Everett School District for their assistance and cooperation with facilities and promotion of our community recreation programs. The Everett School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier. The participants agree to protect, indemnify, and hold harmless the district, its elected and appointed officials, employees, agents, staff and volunteers, from any and all claims, liabilities, damages, expenses, or rights of action, directly or indirectly attributed to the activities. Permission to distribute this flier should not be considered a recommendation of the program by the school district. This is not a school district sponsored activity.



Sponsorship Opportunities

Businesses and Friends!

You can Make a Difference in Your Community by promoting the Parks & Recreation programs. You will receive special recognition in the City's seasonal Recreation Guide, on flyers, and on our website. Additionally, your donation could be used as a 501(c)3 tax deduction for the following year. Please visit www.cityofmillcreek.com to find out how you can help or contact: Pam Olson, Recreation Supervisor at (425) 921-5737, pam@cityofmillcreek.com

Inclement Weather Policy

Mill Creek Parks & Recreation programs will be automatically canceled due to inclement weather if the Everett Public Schools are closed. Weekend programs may be canceled at the discretion of the Recreation Instructor if unsafe conditions exist. Instructors will call students for weekend classes. If class is cancelled due to inclement weather, there will NOT be a make-up day scheduled or a per-day refund.

Online Registration

To obtain an online account, log on to <http://activenet.active.com/millcreek> Click "Request an Account"

Fill in applicable fields and click "Submit"

An acknowledgement email will be sent to you within 48 hours. Once you receive an email, begin registering.



Early Morning Walking Group

Looking to shed some unwanted pounds and have more energy throughout the day? Start your day out with an early morning walk/run at Jackson High School track while meeting others in the community. Monday through Friday at 5:30 am. All ages are welcome. Please contact Claudia at (425) 357-0180 for more details.

Disclaimer

The City of Mill Creek prohibits sex discrimination in the operation, conduct, or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Mill Creek for a community athletics program are also prohibited from discriminating on the basis of gender. In addition, the City of Mill Creek does not discriminate on any other basis protected by federal or state law, including race/color, creed (religion), national origin, disability, use of a guide dog or service animal by a person with a disability, HIV/AIDS or hepatitis C status, sexual orientation/gender identity, or honorably discharged veteran and military status. If you have questions or wish to file a complaint, or if you require a reasonable accommodation for a disability, please contact the City of Mill Creek Recreation Supervisor at (425) 921-5737.

Community Organizations

Mill Creek Business Association

PMB 634
13300 Bothell-Everett Hwy
Mill Creek, WA 98012
www.millcreekbiz.com

Mill Creek Town Center Business Association

www.millcreektowncenter.biz

Mill Creek Community Association

425-316-3344
www.mcca.info

Mill Creek Lions Club

425-481-0462
www.millcreeklions.org

Mill Creek Little League

PO Box 12445
Mill Creek, 98082
425-338-5410
www.millcreeklittleleague.com

Mill Creek Rotary Club

Barbara Athanas
425-337-9556
william.brooking@smithbarney.com

Silver Lake Soccer Club

PO Box 12543
Mill Creek, 98082
425-481-2665
www.silverlakesoccerclub.com

Silver Lake Football

15305 Broadway Ave.
Snohomish, 98296
425-337-9015
www.silverlaketimberwolves.com

Mill Creek Neighborhood Parks

Hours: Parks are open from 8:00 am to 10:00 pm

Cougar Park

3221 148th Street SE, Mill Creek

Heron Park

2701 155th Street SE, Mill Creek

Highlands Park

16123 Highlands Blvd, Mill Creek

Hillside Park

14721 12th Ave. SE, Mill Creek

Library Park

15429 Bothell-Everett Hwy,
Mill Creek

Mill Creek Sports Park

13903 North Creek Drive,
Mill Creek

- Freedom Field: Lighted Youth Baseball/ Softball Field, Modified Soccer Field, Concession Stand, Restrooms, Play Area
- Skate Park: Lighted & fenced, 10,000 square foot Skate Park. Skate Park is open 8:00 am to 10:00 pm when skating surface is clear and dry.

Nickel Creek Park

1900 164th Street SE, Mill Creek

Pine Meadow Park

15803 32nd Avenue SE, Mill Creek

Silver Crest Park

13621 28th Drive SE, Mill Creek

North Creek Trail

Currently begins at McCollum Park (off Dumas Road) and continues south through Mill Creek Town Center, to North Creek Park

For amenities, please visit www.cityofmillcreek.com.

County Regional Park

McCollum Park

600 128th Street SE, Everett
Restrooms, Outdoor Pool, Picnic Tables, Playground,
Grassy Play Area

North Creek Park

1011 183rd Street SE, Bothell
Restrooms, Walking Trails, Picnic Tables



Community Events/Preschool Programs



'Eggstravaganza' Egg Hunt in Mill Creek

FREE

Please join the City of Mill Creek and Community Event Sponsors for the Annual FREE* Eggstravaganza egg hunt - Rain or Shine. The event will kick-off with face painting and balloon animals, followed by music and a special visit from the Easter Bunny! At 10:30 am there will be special entertainment for the enjoyment and interaction of all the children. Each age-appropriate egg-hunt will have special prizes hidden throughout the multitude of eggs, as well as lots and lots of candy. Don't miss this "EGG-citing" event for ages 1 through 5th grade.



Date: April 3rd, 2010
Time: Festivities begin at 10:30 am
(Age-appropriate Egg Hunt schedule below)
Egg Hunts for 1 year through 4 years - begin at 11:00 am
Egg Hunts for K through 5th Grade - begin at 11:30 am
Location: Heatherwood Middle School
1419 Trillium Blvd. SE, Mill Creek

***Please bring a non-perishable food item to help support Volunteers of America Food Bank and/or donate a new or lightly used (freshly cleaned) blanket.**

FREE Teen Flashlight Egg Hunt

Get ready for the first teen Flashlight Egg Hunt hosted by Mill Creek Youth Advisory Board! Local teens are encouraged to get their flashlights ready for this fun event to win prizes and candy on Friday, April 2nd at Heatherwood Middle School Football Field. Egg hunt is for teens in grades 7th to 12th. Remember to bring your flashlight and wear shoes that can get dirty! For more information, please contact Kristen at (425) 921-5779 or email kristens@cityofmillcreek.com



Parent's Night Out

Parents, do you need a fun place to send your children while you do some much get some much needed time to yourself or go out to dinner? Let Recreation staff & Youth Advisory Board members take care of them (ages 4-10) having tons of fun playing games, watching movies, making arts and crafts etc. Cost is \$5 per child; all proceeds benefit the Youth Advisory Board. Parents must Pre-Register- space is limited. Please call Kristen Snyder for dates and times at (425) 921-5779.

Tiny Tigers Martial Arts

This FUN program introduces basic martial arts skills. It focuses on Fun & Fitness while developing motor skills, coordination, self-esteem, and improved listening skills.

Special Instructions: Wear loose fitting comfortable clothing. Parents may watch the first class, however due to limited space, will be asked to remain outside in the lobby for the remainder of the session.

An annual AAU \$12.00 fee will be due at the first class payable to the instructor.

Instructor: Mitch Mayberry

ALL Classes:

Age: 3 Years - 5 Years
Location: Large Community Room
15720 Main Street, Mill Creek

6-Week Session:

Non-Resident Fee: \$71
Resident Fee: \$62
*Free T-shirt given in 6-weeks

4-Week Session:

Non-Resident Fee: \$48
Resident Fee: \$42
**No T-shirt given in 4-weeks *

6-Week Session:

Day/Time:
Monday 2:00 pm - 2:30 pm
Code/Dates:
3556 January 4 - February 22
(No Class Jan. 18 & Feb. 15)

Day/Time:
Friday 4:00 pm - 4:30 pm
Code/Dates:
3558 January 8 - February 12

Day/Time:
Friday 4:00 pm - 4:30 pm
Code/Dates:
3559 February 19 - March 26

4-Week Session:

Day/Time:
Monday 2:00 pm - 2:30 pm
Code/Dates:
3557 March 1 - March 22





Preschool Pals – Kindergarten Prep!

Sign up now, for this developmentally-appropriate preschool program! Our highly-trained staff provide hands-on activities for your child to explore math, science, art, reading and writing readiness, music, dramatic play, and large motor activities – all while having lots of fun! We help them to develop social emotional skills and to learn through play and exploration. Our teacher-led circle time is a great place for developing language skills through song, nursery rhymes, and games. The 4- & 5-year-olds will meet for three hours per day, two days a week, with an optional 3-hour Friday morning class. The 3- & 4-year-olds will meet two days a week for two hours per day.

Instructors: Monica Rucker, Wendy Frazier and Kasey Hnilo
Location: City Hall Annex Community Rooms

3 & 4 Year Olds – Tuesdays & Thursdays

Dates: January 5 – March 25 (No Class Feb. 16)
Time: 9:00 am - 11:00 am
Code: 3549
Non-Resident Fee: \$265 (approx \$88/month)
Resident Fee: \$230 (approx \$77/month)

4 & 5 Year Olds – Tuesdays & Thursdays

Dates: January 5 – March 25 (No Class Feb. 16)
Time: 11:30 am – 2:30 pm
Code: 3550
Non-Resident Fee: \$396 (approx \$132/month)
Resident Fee: \$345 (approx \$115/month)

4 & 5 Year Olds – Friday Class

Dates: January 8 – March 19 (No Class Feb. 12)
Time: 9:00 am – 12:00 pm
Code: 3551
Non-Resident Fee: \$173 (approx \$57/month)
Resident Fee: \$150 (approx \$50/month)

(Enrollment will remain open until classes are full).

Inclement Weather Policy

To ensure the safety of our class participants and staff our Preschool Pals program will be closed if the Everett School District closes due to inclement weather. If the school district is delayed, the 9:00AM Preschool Pals program will be canceled. Contact (425) 745-1891 for updated information. If class is canceled due to inclement weather, there will NOT be a make-up day scheduled. No refunds will be given. **Special Instructions:** Child MUST be potty trained and the specified age by the start of the first class. 4 & 5 year olds bring your own lunch (snack for Friday class) and everyone will eat together.

Music for Preschool (5-weeks)

Discover new rhythms. Dance to different beats. Sing favorite songs. Recent research shows that early, continuous experiences with music and movement set the stage for success in language, reading and math. From jazz to classical, to reggae and rock n' roll, Music for Preschool takes you on a playful journey through a world of music.

Parent must attend with child.

Instructor: Kristi Woldstad has been instructing Music for Preschool, Gymboree Music and Specialty Classes for the past ten years in the local area. Her classes fill quickly, so register early!

Age: 18 Months – 4 Years

Day: Wednesday

Time: 4:30 pm – 5:15 pm

Code/Dates:

3552 January 13 – February 10

3553 February 24 – March 24

Non-resident Fee: \$60

Resident Fee: \$52

Location: Large Community Room
 15720 Main Street, Mill Creek



Doodle Dots (5-weeks)

Discover the joy of creating original artwork with your child! Inspiring storytelling, poetry, sing-alongs, movement, or games introduce each day's theme during circle time. The project may focus on art basics like shapes, colors, and patterns or it may be a way for small hands to experiment with a variety of mediums in interesting and creative ways. The final masterpiece is always something you've created together! **Parent participation is required.**

Special Instructions: \$5 Supply fee payable to instructor at first class.

Age: 2 Years – 4 ½ Years

Day: Wednesday

Time: 10:30 am – 11:20 am

Code/Date:

3554 January 13 – February 10

3555 February 24 – March 24

Non-Resident Fee: \$60

Resident Fee: \$52

Instructor: Alicia Buck

Location: Small Community Room
 15720 Main Street, Mill Creek



Preschool Programs

Gymnastic Classes

(5-weeks)

Instructors: Cascade Elite staff has taught preschool age children in a variety of activities (gymnastics, swimming, preschool, etc.) for over 20 years. All employees are certified in CPR and first aid and K.A.T. certified.

Each five-week session will offer new, fun and exciting activities.

Special Instructions/Prerequisites: Participants should wear shorts with no zippers, warm-ups and t-shirts. On cold days, wearing a sweatshirt over a T-shirt is a recommended. Please no gum, candy or jewelry.

ALL CLASS DAYS: Fridays

Non-resident Fee: \$62

Resident Fee: \$54

Location: Large Community Room
15720 Main Street, Mill Creek

Toddle Time Gymnastics

Walking, running, marching, swinging, moving to music, and the exploration of concepts such as up, down, in, out, through, etc., are important at this very young age. This class is designed to promote these activities in a friendly atmosphere.

Parent participation is required.

Age: 18 Months - 3 Years

Time: 1:30 pm - 2:00 pm

Code/Dates:

3560 January 8 - February 5

3561 February 19 - March 19

Advanced Toddle Time

This class is the second level of gymnastics and prepares your child for the preschool gymnastics class. Your child will be able to explore the first rotation with parent involvement.

Age: 2 ½ Years - 3 ½ Years

Time: 2:10 pm - 2:40 pm

Code/Dates:

3562 January 8 - February 5

3563 February 19 - March 19

Preschool Gymnastics

Our specially sized gymnastics equipment, fun music, games, and more are all used to help teach the gymnastic basics to preschoolers. Emphasis is placed on having fun, learning, and following directions.

Age: 3 Years - 5 Years

Time: 2:50 pm - 3:20 pm

Code/Date:

3564 January 8 - February 5

3565 February 19 - March 19

Kidz Love Soccer

(6-weeks)

Mill Creek Parks & Recreation is teaming up with Kidz Love Soccer to bring you the following Soccer programs for kids ages two through eight. During inclement weather conditions, please call City Hall at (425) 745-1891 or KLS at 1-866-590-9965.



ALL Classes:

Dates: Tuesdays, March 2 - April 13
(No Class April 6)

Non-Resident Fee: \$63

Resident Fee: \$55

Location: Pine Meadow Park,
15803 32nd Avenue SE,
Mill Creek

Instructors: Kidz Love Soccer Instructors

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to one of World's Most Popular Game! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. Parent participation is required.

Age: 2 Years - 3 ½ Years

Code/Time:

3572 10:00 am - 10:30 am

3573 3:00 pm - 3:30 pm

Tot-Soccer

Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids!

Special Instructions: Shin guards are required after the first class!

Age: 3 ½ Years - 4 Years

Code/Time:

3574 10:45 am - 11:15 am

3575 3:40 pm - 4:10 pm

Pre-Soccer

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

Special Instructions: Shin guards are required after the first class!

Age: 4 Years - 5 Years

Code/Time:

3576 11:15 am - 11:50 am

3577 4:10 pm - 4:45 pm

Soccer 1

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually.

Special Instructions: Shin guards are required after the first class!

Age: 5 Years - 6 Years

Code/Time:

3578 4:45 pm - 5:30 pm

Soccer 2

Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situations, venture into the fun tactical side of scrimmages. Attack and score goals! Pace and possession! Defense and transition! Themes such as these and continued individual skill building will be explored fully on the soccer field by young soccer aficionados!

Special Instructions: Shin guards are required after the first class!

Age: 7 Years - 8 Years

Code/Time:

3579 5:30 pm - 6:15 pm





Spanish for Kids (5-weeks)

Instructor: Nilda Molina has taught Spanish at local schools for several years and is fluent in Spanish.

ALL Classes:

Age: 4 Years – 7 Years
Day: Saturday
Time: 9:30 am – 10:15 am
Non-Resident Fee: \$71
Resident Fee: \$62
Location: Small Community Room
 15720 Main Street, Mill Creek

Beginner Spanish

Kids will have a great time learning basic Spanish basic vocabulary, greetings and phrases used in their daily life through songs, games, dialogues, and interactive activities. We will also learn about the different cultures and customs of various Spanish-speaking countries. Vamos aprender Espanol!

Code/Dates:
 3583 January 9 – February 6

Advanced Spanish

Students will build upon and expand the vocabulary, greetings and phrases learned from the beginning Spanish class and learn to put to use what they have learned. Completion of the Beginning Spanish class is required or must have some previous Spanish language background or experience.

Code/Dates:
 3584 February 20 – March 20

Ballet Classes (5- weeks)

Please join Mill Creek Parks & Recreation and Olympic Ballet and take part in our dance classes for children!

Instructor: Olympic Ballet, Kelly Hui
 Recommended dress attire: Girls- footless or stirrup tights; Boys- t-shirt, black or blue shorts, and bare feet.

ALL Classes:

Day: Saturdays
Non-resident Fee: \$54
Resident Fee: \$47
Location: Large Community Room
 15720 Main Street, Mill Creek

Creative Ballet

Ballet gives your child good posture and graceful movement. In a structured and playful way, young dancers gain control of their bodies as they create shapes and lines, and dance to rhythm and music.

Age: 3 Years – 4 Years
Dates: January 9 – February 6

Code/Time:
 3566 10:30 am – 11:10 am
 3568 11:15 am – 11:55 am

Dates: February 20 – March 27
 (No Class Feb. 27)

Code/Time:
 3567 10:30 am – 11:10 am
 3569 11:15 am – 11:55 am

Beginning Ballet

This introductory class gives your child good posture and graceful movement. In a structured and playful way, young dancers learn basic elements of ballet. The program aims to stimulate young students with the love of dance and help them gain control of their bodies in the creation of shape, line, jumps, and leaps.

Age: 5 Years – 7 Years
Time: 12:00 pm – 12:45 pm
Code/Dates:
 3570 January 9 – February 6
 3571 February 20 – March 27
 (No Class Feb. 27)

Preschool Science Club

Do you have a young scientist at home? Then your child will enjoy our monthly hands-on science program. All materials are age appropriate. All students take home what they make in class. A new theme is offered each month.

Special Instructions: \$3 supply fee payable to instructor per class.

Each Class:

Age: 4 Years – 6 Years
Day: Monday
Time: 10:00 am – 11:00 am
Non-Resident Fee: \$14
Resident Fee: \$12
Location: Small Community Room
 15720 Main Street, Mill Creek

Ooey Goey Science

Young chemists will use common household ingredients to make ooey, goey concoctions as they explore polymers in this fun chemistry class.

Code/Date:
 3580 January 11

**NEW
 CLASSES**

Silly Sounds

Students will learn about the science of sound as they play games, experiment with vibrations, and make an instrument to take home.

Code/Date:
 3581 February 22

Magnet Time

Preschoolers will learn about magnetism as they play with a variety of magnets and materials, go magnetic fishing, and make a magnetic sticker.

Code/Date:
 3582 March 15



Youth Programs

Baby Sitting Safety Class (2 - Day Class)

This six-hour course prepares children to take care of younger siblings or other youngsters. It is also appropriate for children who stay home alone. First aid will be covered. A certificate is awarded upon completion of the class.

Hurry and register, this class fills quickly! Please bring a beverage.

Instructor: Trudy K. Dana is a City of Lynnwood Crime Prevention Officer, a local child safety expert that has taught safety classes to youth in Mill Creek for the past several years. She is also the author of Safe and Sound: "A Parent's Guide to the Care of Children Home Alone".

- Age: 4th grade and up
- Day: Monday & Tuesday
- Date: January 25 & 26
- Time: 6:00 pm - 9:00 pm
- Code: 3601
- Non-resident Fee: \$65
- Resident Fee: \$57

Location: Mill Creek Elem. School Library
3400 148th Street SE, Mill Creek



Art of Etiquette-Young Ladies and Gentlemen II

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class.

- Age: 6 Years - 11 Years
- Day: Saturday
- Date: March 27, 2010
- Time: 1:00 pm - 4:00 pm
- Code: 3590

Non-Resident Fee: \$44
Resident Fee: \$38

Instructor: Final Touch Finishing School
Location: Mill Creek City Hall,
Council Chambers
15728 Main Street, Mill Creek



Tiger Martial Arts (6-weeks)

Learn the kicks of Tae Kwon Do. The moves of Kung-Fu, Kenpo Karate & Kobudo are used to develop motor skills, coordination, build self-confidence, respect in students, and improved listening skills. Stranger awareness & safety skills will be taught along with bag kicking & padded sword sparring for FUN!

Instructor: Mitch Mayberry has been instructing since 1980. He has been a multiple International, National champion and a former National head coach for the AAU Chinese Martial Arts Division and an instructor with the American Sports Education Program. Mitch is an 8th Degree Master Instructor certified in China, Korea, Japan, Greece, and the Philippines.

Special Instructions: Wear loose fitting comfortable clothing. Parents may watch the first class, however due to limited space, will be asked to remain outside in the lobby for the remainder of the session. First time students will receive a FREE t-shirt.

An annual AAU \$12.00 fee will be due at the first class payable to the instructor.

ALL Classes:

- Age: 5 Years and Up
- Day: Friday
- Beginners = white & low yellow belt
- Colored Belts = orange & above
- Non-Resident Fee: \$71
- Resident Fee: \$62
- Location: Large Community Room
15720 Main Street, Mill Creek

Session I

- Code/Date: January 8 - February 12
- Beginners
Code: 3585 4:30 pm - 5:10 pm
- Colored Belts
Code: 3586 5:15 pm - 6:00 pm

Session II

- Code/Date: February 19 - March 26
- Beginners
Code: 3587 4:30 pm - 5:10 pm
- Colored Belts
Code: 3588 5:15 pm - 6:00 pm

Young Ladies and Gentlemen I

Children rarely beg for the opportunity to attend a class on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Each student receives a "goodie bag" to take home. Don't be surprised when they come out asking for more!

- Age: 6 Years - 11 Years
- Day: Saturday
- Date: March 27, 2010
- Time: 9:00 am - 12:00 pm
- Code: 3589

Non-Resident Fee: \$44
Resident Fee: \$38

Instructor: Final Touch Finishing School
Location: Mill Creek City Hall, Council Chambers
15728 Main Street, Mill Creek



Children's Technology Workshop (6-weeks)

Video Game Design- Gamemaker

The Gamemaker Video Game Creation programs teach students the fundamentals of computer programming and video game design. Each with their own laptop, students will program a variety of age-appropriate computer games using the Children's Technology Workshop Gamemaker tutorials. They will learn how to create characters, make them move throughout the game and interact with other game objects. At the end of the course, students will take home a CD-ROM containing their game files (compatible with any PC) so they can play their games at home. (Laptop computers provided for use during class). Students who have previously completed a CT workshop Gamemaker class may re-enroll and continue on in Advanced Gamemaker skills.

ALL Classes:

Day: Tuesday
 Date: January 26 - March 9
 (No Class Feb. 16)
 Non-Resident Fee: \$135
 Resident Fee: \$118
 Instructor: CT Workshop Staff
 Location: Penny Creek Elementary
 School Library
 4117 132nd St. SE, Everett

Junior Gamemaker

Age: 3rd - 5th Grade
 Time: 4:15 pm - 5:15 pm
 Code: 3599

Senior Gamemaker

Age: 5th - 8th Grade
 Time: 5:30 pm - 6:30 pm
 Code: 3600

Fifth Grade Community Band - Winter

This program is offered in two sessions throughout the school year. (Winter & Spring) Band members will learn musical skills and knowledge, goal setting, personal responsibility, self-expression, and teamwork while having FUN. Students can choose to play trumpet, trombone, flute, or clarinet. No experience is necessary. Parents are asked to attend a Parent Meeting on Monday, December 7th at 7 pm - 8 pm, in the Penny Creek Music Room or to please call Emily at (425) 385-7272 for more information. January 4 - January 7 will be Clarinet day, Trumpet day, etc. Call for details.

Age: 5th Grade
 Days: Tuesdays and Thursdays
 Date: Jan 12 - Mar 18 (No Class February 16)
 Performance on March 23, 7:00 pm
 Time: 4:00 pm - 5:00 pm
 Code: 3598
 Non-Resident Fee: \$77
 Resident Fee: \$67
 Location: Penny Creek Elementary
 Music Room
 Instructor: Emily Cheever

COMING Spring Break

April 5 through
 April 8, 2010

Play-Well TEKnologies Camps

Pre-Engineering Camp

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques. This class is not affiliated with the LEGO® Group.

Age: 5 Years - 6 Years
 Time: 8:30 am - 11:30 am
 Resident Fee: \$144
 Non-Resident Fee: \$166

Engineering FUNDamentals Camp

Design and build motorized machines, catapults, pyramids, demolition derby cars, truss bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on camp suitable for LEGO® building system novices to "maniacs." Returning students will work on new projects and challenges. This class is not affiliated with the LEGO® Group.

Age: 7 Years - 11 Years
 Time: 12:15 pm - 3:15 pm
 Resident Fee: \$144
 Non-Resident Fee: \$166





Youth Programs



Adventures in Art (5-weeks)

Landscapes, animals, people... This drawing-based art education program uses a simple drawing method and weekly format where students will produce original works of art with high quality art materials and supplies. Students will learn to think creatively, expand their drawing skills, and become more confident in self expression all while having fun in a non-competitive environment. New drawing projects each session.

Instructor: Jessica Carlson is an instructor for Adventures in Art, teaching art in local school enrichment programs, classes, and summer camps.

Special Instructions: \$6 supply fee payable to instructor at first class

Age: 6 Years -11 Years
Day: Friday
Time: 4:00 pm – 5:15 pm
Code/Date:

3591 January 8 – February 5
3592 February 19 – March 19

Non-Resident Fee: \$66
Resident Fee: \$57

Location: Small Community Room
15720 Main Street, Mill Creek

Paint like the Masters- Pop Art (5-weeks)

Pop goes the artist! In 1950's the face of art changed once again by incorporating popular culture into art work. Come learn about artists like Andy Warhol, Jasper Johns, and Robert Rauschenberg while creating artwork in various mediums with a pop twist. No previous art experience required.

Special Instructions: \$10 supply fee payable to instructor at first class

Age: 8 Years – 12 Years
Day: Monday
Time: 4:15 pm – 5:30 pm
Code/Date:

3597 March 1 – March 29

Non-Resident fee: \$54
Resident fee: \$47

Instructor: Margaret Barthaier
Location: Mill Creek Elementary
Classroom, Room B-1

Beginning Paint on Canvas (5-weeks) **NEW**

In this class students will learn how to draw and paint on canvas using different drawing techniques and various mediums.

Special Instructions: \$10 supply fee payable to instructor at first class

Age: 6 Years – 13 Years
Day: Thursday
Time: 4:00 pm – 5:00 pm
Code/Date:

3595 January 14 – February 11
3596 February 18 – March 18

Non-Resident Fee: \$82
Resident Fee: \$72

Instructor: Jay Gilani
Location: Feel Artistic Studio
16300 Mill Creek Blvd, Ste. #114
Mill Creek

Open Sketch (5-weeks) **NEW**

Come learn to truly “see” objects in an artistic way. In the first half of class, students will learn the basic fundamental of still life sketching using different shades of graphite and charcoal. In the second half of class, students will learn shades, blending and line variation technique.

Special Instructions: \$10 supply fee payable to instructor at first class

Age: 6 Years – 13 Years
Day: Tuesday
Time: 4:00 pm – 5:00 pm
Code/Date:

3593 January 12 – February 9
3594 February 23 – March 23

Non-Resident Fee: \$82
Resident Fee: \$72

Instructor: Jay Gilani
Location: Feel Artistic Studio
16300 Mill Creek Blvd, Ste. #114
Mill Creek



Ceramic Kids Workshops (2 - Day Class)

Please join the Ceramic Place for a FANTASTIC Kids Workshop! These classes will offer different techniques and ceramic pieces. The techniques may include sponge painting, toothbrush painting, chalkboard paint, crystallite paint, pottery paint, elements paint, etc. The classes will be 2 hours long and will include teaching and assisting each person with that day's project. Participants will create incredible treasures with ceramics. Space is limited - please sign up early!

Age: Grades K – 5th
Days: Tuesday & Thursday
Date: March 23 & 25
Time: 4:00 pm – 6:00 pm
Code: 3602

Non-resident Fee: \$37
Resident Fee: \$32
Location: The Ceramic Place
11419 19th Ave SE, Space 105,
Everett (Across from Silver Lake)



Digital Drawing

(5-weeks)

NEW

In this class students will use a digital pad and digital pen for drawing directly into a computer. Discover how to use digital drawings for animation, cartoons, comics, movie posters, and more.
Special Instructions: \$10 supply fee payable to instructor

Age: 12 Years - 16 Years

Day: Wednesday

Time: 4:30 pm - 5:30 pm

Code/ Date:

3603 January 13 - February 10

3604 February 24 - March 24

Non-Resident Fee: \$82

Resident Fee: \$72

Instructor: Jay Gilani

Location: Feel Artistic Studio

16300 Mill Creek Blvd, Ste. #114,
 Mill Creek



Make Your Own Lotion and Lip Balm

NEW

Learn how to make lotions and lip balms from scratch. Use natural ingredients such as mango butter and sweet almond oil to make them rich and smooth. Leave class with a sample lip balm and lotion customized with your favorite flavor and fragrance.

Instructor: Joan Brindle has her masters in teaching and a biology degree.

Age: 11 Years - 17 Years

Day: Saturday

Date: February 6

Time: 2:00 pm - 4:00 pm

Code: 3605

Non-resident Fee: \$17

Resident Fee: \$15

Location: Large Community Room

15720 Main Street, Mill Creek

NEW LOCATION

Ski/Snowboard and Tubing to Snoqualmie Pass

Get ready for some FUN on the slopes of Snoqualmie Pass! There will be consecutive charter bus trips to Snoqualmie Pass, and each week they will pick up and drop off at local middle schools parking lots. See locations below. **(Must arrive by 7:15 am).**

Trips will take place on Saturday mornings departing at 7:30 am and returning between 5:00 pm - 5:30 pm.

Two 6-week sessions will be offered, starting the following dates:

January 9, 2010 Heatherwood Middle School, lower parking lot
 1419 Trillium Blvd. SE, Mill Creek

February 20, 2010 Gateway Middle School, parking lot
 15404 Silver Firs Dr., Everett

Adult supervision will be present on bus only - NO SUPERVISION will be provided on the slopes.

TO REGISTER: Online visit www.cityofmillcreek.com or contact Webbski Inc. at: (206) 782-5641 or (800) 473-6157. Registrations will not be accepted at Mill Creek Parks & Recreation. A variety of lessons are available. Please visit above website for more information. Renting equipment before leaving for Snoqualmie Pass is recommended.



Youth Advisory Board 2009/10

The Mill Creek Youth Advisory Board meets the first and third Wednesday from 4:00 pm - 5:00 pm each month at Mill Creek City Hall. The members work on various projects & events throughout the year including Recreation Events, Community Service Projects, and Teen Programs such as Board Bash, Trunk or Treat, Tree Lighting, and Earth Day. The Youth Advisory Board will hold several fundraisers throughout the year, including Parents Night Out and Car Washes starting in April 2010.

For more information, please call Kristen Snyder (425) 921-5779 or email kristens@cityofmillcreek.com.



Adult Programs

Dog Obedience Classes (6-weeks)

Instructors: Join our popular dog (and people) training classes taught by Joyce's Dog Obedience Services Inc. Joyce and her staff have over 20 years of experience training dogs and people. You will have at least two instructors in your class. Much of the focus of our classes is on teaching owners to utilize leadership techniques that the dog can easily understand.

Our motto is: We teach the human end of the leash at least as much as the dog end!

Special Instructions: All dogs need to be following their veterinarian's immunization recommendation for his/her age.

All classes are 7 total hours of training.

PLEASE NOTE: AT LEAST ONE HANDLER MUST ATTEND THE FIRST CLASS UNLESS THEY HAVE PERMISSION IN ADVANCE WITH THE TRAINERS. ALL FIRST-NIGHT CLASSES MEET FROM 6:00 PM TO 8:00 PM WITHOUT DOGS!

Age: Handlers must be at least 14 years old or have permission from the instructor prior to the first night of class.

ALL CLASS DAYS: Monday

Non-Resident Fee: \$108

Resident Fee: \$94

Location: Large Community Room
15720 Main Street, Mill Creek

Puppy Manners Foundation

This class is for pups from 10 weeks through 5 months of age at start of class. Topics include the importance of the right kind of socialization, crate and potty training, body handling for grooming, as well as dealing with mouthing, biting, jumping, barking, and much more. You will get started on several skills including the foundation for a perfect "Fido come".

Time: 6:00 pm - 7:00 pm

Code/Date:

3606 January 4 - February 22
(No Class Jan. 18 & Feb. 15)

3607 March 8 - April 12

Beginning Foundation Obedience

This class is for dogs that are over 6 months or that have attended Puppy Manners Foundation. You will learn the importance of praise, reinforcement, and consistency. You'll learn to teach your dog to pay attention to you, as well as skills such as leash walking, sit, down, acceptance of body handling, wait at doors, and come when called.

Time: 7:00 pm - 8:00 pm

Code/Date:

3608 January 4 - February 22
(No Class Jan. 18 & Feb. 15)

3609 March 8 - April 12



Tricks Class

Come join us and learn some fun things to do with your dog. Thinking helps keep a good dog out of trouble, and helps give you ideas for fun stuff to do with your 4 legged friend, especially in winter when it's harder to be outside. Thinking helps burn an amazing amount of energy in dogs. Bring your trick ideas to add to our list.

Time: 8:00 pm - 9:00 pm

Code/Date:

3610 March 8 - April 12

Body Blitz



Body Blitz is an energetic and enthusiastic approach to total body conditioning for all fitness levels looking for that essential calorie burn. The blitz incorporates a dynamic set of exercises, which includes strength, cardio, core stability, and flexibility that balances functional strength with results you can see!

Instructor: Sara Sargent has several years of fitness and personal training in a wide range of areas.

Age: 18 Years and Up

Day: Mondays

Time: 9:30 am - 10:30 am

Code/Date:

3639 January 25 - February 22
(No Class Feb. 15)

3640 March 8 - March 29

Non-Resident Fee: \$60

Resident Fee: \$52

Location: Large Community Room
15720 Main Street, Mill Creek

Fit 4 Baby (4-weeks)



This one hour pre-natal fitness class offers a total body interval workout adjusted to the various pregnancy phases of the attendees. Instruction includes: cardio, strength training and flexibility exercises.

Instructor: Amber Pacquer is certified in pre to post natal fitness.

Age: Pregnant Women

Day: Wednesday

Time: 6:30 pm - 7:30 pm

Code/Date:

3630 January 6 - January 27

3631 February 3 - February 24

3632 March 3 - March 31

Non-Resident Fee: \$54

Resident Fee: \$47

Location: Large Community Room
15720 Main Street, Mill Creek

Egyptian Belly Dance (4-weeks)



Always wanted to learn how to Belly Dance? Learn the grace in feminine dance form and tone your belly while learning to move in ways you never thought possible. This class is geared for Belly Dance students with no experience and those whom to perfect their technique. We will work on Belly Dance technique, rhythms, and learn the movements from the Middle East.

Instructor: Indigo has been teaching Belly Dance in the local area for several years.

Age: 16 Years and Up

Day: Thursday

Time: 6:30 pm - 7:30 pm

Code/Date:

3633 January 7 - January 28

3634 February 11 - March 11
(No Class on Feb. 18)

Non-Resident Fee: \$48

Resident Fee: \$42

Location: Large Community Room
15720 Main Street, Mill Creek



Fitness-4-Life Boot Camp

NEW

Everyone has goals and desires in life and one of the most desired goals is to have a healthy life. Boot Camp is here to help you start living a healthier and longer life. Boot Camp gives you the essential knowledge needed to workout outdoors. Boot Camp will focus on cardio and resistance training to help you create a healthy lifestyle! Come join us for all the fun!

Instructor: Cailean Johnson is a Certified Personal Trainer and has been teaching physical education in the area for over 7 years.

Age: 18 Years and Up
Time: 6:30 am - 7:30 am Tues. and Thurs.
 7:00 am - 8:00 am on Saturday

3 days/week

Non-Resident Fee: \$146 (per month)
Resident Fee: \$127 (per month)

2 days/week

Non-Resident Fee: \$88 (per month)
Resident Fee: \$77 (per month)
 Drop-in fee \$13.00 per class payable to instructor

Location: Mill Creek Sports Park
 13903 North Creek Dr., Mill Creek

Dates: January 5 - January 30
Code 3624 Tues, Thurs, Sat
Code 3625 Tues and Thurs

Dates: February 2 - 27
Code 3626 Tues, Thurs, Sat
Code 3627 Tues and Thurs

Dates: March 2 - 30
Code 3628 Tues, Thurs, Sat
Code 3629 Tues and Thurs



Zumba (4-weeks)

Zumba is a high-energy, "dance party" workout which isn't like your typical exercise class. Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! Merengue, Cumbia and Salsa your way to a fitter you. Ditch the routine and join the Fun!!

ALL Classes:

Age: 12 Years and Up
Time: 6:30 pm - 7:30 pm

Tues or Fri Classes (1 day/week)

Non-Resident Fee: \$46
Resident Fee: \$40

Tues and Fri Classes (2 days/week)

Non-Resident Fee: \$85
Resident Fee: \$74
 Drop-in fee \$12.00 per class payable to instructor

Code/Day/Dates:

Code: 3615 Tues
 Jan. 5 - Jan. 26
Code: 3616 Fri
 Jan. 8 - Jan. 29
Code: 3617 2 days/week
 Jan. 5 - Jan. 29

Code: 3618 Tues
 Feb. 2 - Feb. 23
Code: 3619 Fri
 Feb. 5 - Feb. 26
Code: 3620 2 days/week
 Feb. 2 - Feb. 26

Code: 3621 Tues
 Mar. 2 - Mar. 23
Code: 3622 Fri
 Mar. 5 - Mar. 26
Code: 3623 2 days/week
 Mar. 2 - Mar. 26

Location: Large Community Room
 15720 Main Street, Mill Creek
Instructor: Nilda Molina

Purna Yoga Classes (6-weeks)

Instructor: Elisabetha Sekine has been practicing yoga for over 20 years and is certified at the 2,000 hours level in Purna Yoga. She offers safe, alignment-based yoga that unfolds from the inner connection and brings a feeling of peace and joy to the whole being.

Age: 15 Years and Up
Day: Wednesday
Non-Resident Fee: \$71
Resident Fee: \$62
Location: Small Community Room
 15720 Main Street, Mill Creek

Drop-in fee \$13.00 per class payable to instructor
 Drop-in cards (good for six months) are available to purchase at City Hall or from the instructor.

Beginning Purna Yoga

This class is for new and returning students. You'll be taught the basic yoga postures. Yoga is a great way to build strength and flexibility, to bring awareness to alignment and to release tension by relaxing the mind. Wear comfortable clothing and please bring a mat. (The instructor will have mats available for purchase.) Please, No heavy meal prior to class.

Code/Date/Time:
 3611 January 6 - February 10
 5:30 pm - 6:45 pm
 3612 March 3 - April 7
 5:30 pm - 6:45 pm

Continuing Purna Yoga

Class is for students with at least six-months of prior yoga experience. Continue to build your strength and flexibility through a deeper learning of yoga. Wear comfortable clothing and please bring a mat. (The instructor will have mats available for purchase.) Please, No heavy meal prior to class.

Code/Date/Time:
 3613 January 6 - February 10
 7:00 pm - 8:30 pm
 3614 March 3 - April 7
 7:00 pm - 8:30 pm





Adult Programs

Basic Boating Course

This class is for ages 14 years through adult. Topics include Boat Handling, VHF Radio Use, Knots and Line Handling, Aids to Navigation, Charting, Piloting, Rules and Regulations on the Water, Adverse Conditions and Emergencies, Boat Trailing, and Personal Water Craft (PWC). The course is taught by 6-8 volunteer members of the Everett Sail & Power Squadron (ESPS). The course is a NASBLA approved course developed by the United States Power Squadron and Approved for the Mandatory "Washington State Boater Education Card" for recreational power boaters.

Age: 14 Years and Up
Day: Mondays
Date: Feb. 1 - March 22
(No Class Feb. 15)
Time: 7:00 pm - 9:00 pm
Fee: Singles \$53, Couples \$ 67,
Additional family/friends \$20
Location: Small Community Room
15720 Main Street

TO REGISTER, or if you have questions please call Doug at (360) 658-0106 or email at dougdahlen@netzero.net. Registrations will not be accepted at Mill Creek Parks & Recreation.



Fused Glass Basics- Pick a Project

In this introduction to kiln work's most popular form, fused and formed glass - participants will create a beautiful fused glass project using precut glass in brilliant colors. There are several choices of projects; plates, small dishes, mirrors, picture frames or coasters. The class will begin with a discussion and hands on demonstration about glass fusing basics - types of glass, cutting, fusing, and kiln forming. This class offers a taste of glass for those who are curious and want to create something beautiful and functional without the investment of tools and materials. Glass-cutting experience is helpful but not required. Closed toed shoes please. All materials, tools, and firing fees are included in the supply fee. Glass will be fired out of class and can be picked up two weeks later at Mill Creek Parks and Recreation office.

Instructor: Janet Foley has been teaching fused glass to teens and adults for several years in local areas such as Arts Council of Snohomish County, Edmonds Community College, Monroe School District, Arlington and Marysville Parks & Recreation departments.

Age: 14 Years and Up
Day: Thursday
Date: February 18
Time: 6:00 pm - 9:00 pm
Code: 3637
Non-Resident Fee: \$42
Resident Fee: \$37
(A \$20 - \$45 supply & firing fees payable to instructor beginning of workshop)
Location: Large Community Room
15720 Main Street, Mill Creek



Special Project in Glass Fusing

Add design, color, and texture to your home with a beautiful glass plaque. This workshop will cover the basics of glass fusing while creating colorful and functional glass you will be proud to display. A short overview of safety, glass cutting, grinding, assembling, and firing - integrated with a demonstration and hands on workshop. Glass will be fired outside of class. No glass tools required. All tools and materials are included. (Glass cutting knowledge helpful but not required).

Age: 14 Years and Up
Day: Thursday
Date: March 18
Time: 6:00 pm - 9:00 pm
Code: 3638
Non-Resident Fee: \$42
Resident Fee: \$37
(A \$45 - \$80 supply & firing fees payable to instructor beginning of workshop)
Instructor: Janet Foley
Location: Large Community Room
15720 Main Street, Mill Creek

Remodeling/Kitchen Design

Ever wanted to remodel your kitchen or another part of your home, and just didn't know where to start? This 2-hour, one-time presentation will help you to understand the techniques used in kitchen design, as well as remodeling. Gary's light-hearted approach to the subject and antidotes will stir your imagination for your own home. Come with a notepad, questions, and be prepared to talk about cooking, appliances, remodeling, and what you can expect from a contractor and builders.

Instructor: Gary Hartz studied design in Cherlan Cersans, France and worked in New England on the homes of Oprah Winfrey and Susan St. James. He has been in the industry for over 20 years and brings interesting and entertaining twists to making your remodeled room what you want, not what someone is willing to build for you. There will also be a time for questions at the end of class.

Age: 18 Years and Up
Day: Monday
Time: 6:30 pm - 8:30 pm
Code/Dates:
3635 February 8
3636 March 8
Non-Resident Fee: \$20
Resident Fee: \$18
Location: City Hall Council Chambers, 15728 Main Street, Mill Creek





Mill Creek Seniors Club

The Mill Creek Seniors Club meets on the first and third Monday of the month at the City of Mill Creek City Hall Community Room at 12:30 pm. On the first Monday of the month is a business meeting and bingo. On the third Monday of the month is their potluck luncheon, bring something to share!

For more information on the Mill Creek Seniors Club please call (425) 357-1260.



Greater Mill Creek Senior Programs & Activities

The Mill Creek Senior Center offers a variety of activities for seniors in Mill Creek and the surrounding communities. The Senior Center has moved from the WSU Extension Building in McCollum Park to the Town Center at the Huntron (Annex) Building next to Mill Creek City Hall. The New address is 15720 Main Street, Suite 210, Mill Creek. The Senior Center provides free Health & Wellness Support with a Nurse and Social Worker. We also provide Educational, Social, and Recreational Services to seniors with the goal of maximizing their well-being and independence. Every season there is a newsletter showing a variety of activities available to seniors. These include Computer Classes, Trips, Interest Classes, Fitness, Special Events, and Health & Wellness Support. For a free newsletter you can call the Senior Office at 425 948-7170 or e-mail us at millcreek@seniorservices.org.

COMMUNITY SERVICES

Mill Creek Police Department
15728 Main Street
(425)337-1115 / (425)745-6175

Passport Services:

The Mill Creek Police Department offers Passport Services. Please call (425)337-1115 for information regarding what to bring with you. Adult renewals may be done by mail. Forms are available at the police department. Passport service is available Tuesday through Friday from 1:00 pm - 6:00 pm and Saturdays 12:00 pm - 5:00 pm. Holidays will be observed. No appointment necessary. Walk-ins will be accepted, as space is available.



Jazzercise

When you love your workout, results come easy - especially with JAZZERCISE! With fresh choreography to music you love, this is a program that is far from routine. Each 60 minute class offers a blend of jazz dance & exercise science choreographed to today's hottest music, including Top 40's, jazz, funk, country & classics. Classes include a warm-up, 30 minutes of aerobic workout, muscle toning & strengthening segments with weight and a stretch finale. Each class is taught in a "follow the leader" technique enabling you to begin class anytime. Students leave feeling relaxed, refreshed and revitalized!

Instructor: Paula Miller is a certified Jazzercise instructor. Her love of music, movement, and exercise helps to create a friendly, fun and exciting class atmosphere.

TO REGISTER, or if you have questions, please call Paula at 360-668-1566 or (cell) 425-422-3455. No registrations will be accepted at City Hall.

Age: 15 Years and Up

Date: Ongoing Classes

Days/Time:

Mon through Fri 9:15 am to 10:15 am (daycare available)

Mon & Wed 4:30 pm to 5:30 pm

Tues 6:45 pm to 7:45 pm

Thurs 6:15 pm to 6:45 pm

Saturdays 9:00 am to 10:00 am

(2nd Sat of each month class is held at Mill Creek Community Room)

Fee: \$40/month EFT plus tax (electronic funds transfer each month) or

\$95 plus tax prepaid for 8 weeks

\$10 plus tax Drop-in (one class at a time)

Note: Childcare is provided on Mon - Fri at the 9:15 am class - \$1.50 per child, \$1.00 for each additional child.

Location: Triway Grange

3509 Seattle Hill Road, Mill Creek

For information or directions

email Paula at paulasjaz@cs.com

Website: www.paulasjazz.com

JAZZERCISE "Open House" - FREE

Step in to a work-out with friends and get ready to have some FUN! Remember to come dressed and ready to experience the full workout.

9:00 am - 11:00 am

Saturday, January 16



Mill Creek Public Library

15429 Bothell-Everett Hwy

(425) 337-4822

Call for dates of the FREE Preschool and Toddler Story times at the Library.

Mill Creek Fire Station 76

1020 153rd Street SE

Mill Creek, WA

Fire District #7 • (425) 486-1217
Stop by for free blood pressure checks. The Fire Station offers free tours to youth groups. Call (360) 668-5357 to schedule your tour.



Registration begins December 7, 2009

(No registrations will be accepted prior to this date)

www.cityofmillcreek.com

Register Online! **New**

Go online to <http://activenet.active.com/millcreek> to create an online account for you /your family. All Online registrations are subject to a non-refundable convenience fee. This fee is collected to offset the costs of providing this service. Customers must be 18 years or older in order to request an online account. In order to establish an account for a child you should first create an account for an adult. Any questions please call 425-921-5779 or 425-921-5736 and leave a message and calls will be returned within 48 hours Monday thru Friday.

To obtain an online account:

Log on to: <http://activenet.active.com/millcreek>

Click "Request an Account"

Fill in applicable fields and click "Submit"

An acknowledgement email will be sent to you within 48 hours. Once you receive an email, begin registering.



Refunds:

Guidelines for refunds are as follows:

- A full refund will be given if Mill Creek Parks and Recreation Department cancels a class due to insufficient enrollment.
- **Refunds:** If a written notice is received at least three business days prior to the start of the program, a refund minus a \$20.00 processing fee per registration will be issued within 15 business days.

Injuries/Illness: Are handled on a case-by-case basis. Documentation may be required.

Inclement Weather Policy:

Mill Creek Parks & Recreation programs will be automatically canceled due to inclement weather if the Everett Public Schools are closed. Weekend programs may be canceled at the discretion of the Recreation Instructor if unsafe conditions exist. Instructors will call students for weekend classes. If class is cancelled due to inclement weather, there will NOT be a make-up day scheduled or a per-day refund.

Accessibility:

Mill Creek's recreation programs are open to participants of all abilities. If you need reasonable accommodations, please contact us at least 3 weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case-by-case basis.

Ways to Register

Online – Fax – Mail – In person
<http://activenet.active.com/millcreek>

Make checks payable to:

City of Mill Creek

Mail or Deliver Registration to:

Mill Creek City Hall
 15728 Main Street
 Mill Creek, WA 98012
 FAX 425-745-9650

Drop Box located outside City Hall,
 for registrations / payments after 5:00 pm.

City of Mill Creek Parks & Recreation Registration Form

(ADULT NAME)		WORK PHONE #
Last Name	First	
Address		HOME PHONE #
City	Zip	CELL PHONE #
Email		EMERGENCY #

CODE #	CLASS NAME	PARTICIPANT'S FIRST & LAST NAME	M/F	BIRTHDAY	FEE	T-SIZE*

Payment Information	
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MC	Print cardholder's name <hr/> Card Number <hr/> Expiration

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE
 *T-shirts sizes for camps and clinics only please.

Total \$	
-----------------	--

*If applicable

Signature (signed by):
 Parent
 Guardian
 Participant
 _____ Date

I, the undersigned, assume all risks and hazards incidental to participating in City of Mill Creek Parks and Recreation activities, and do hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Mill Creek, and its employees, supervisors, participants, and instructors, for any claim arising out of any injury, damage, or personal loss incurred to myself or my child(ren) in connection with the activities sponsored or co-sponsored by Mill Creek Parks and Recreation. I, the undersigned, am fully aware of the potential dangers and risk inherent in these activities, including physical injury, death, or other consequences that may arise or result directly or indirectly from participation in these activities. By participating in Mill Creek Parks and Recreation activities, I agree that any images of myself or my child(ren) may be used by the City of Mill Creek and may be included in promotional materials, newspaper articles, and/or newsletters relating to Mill Creek Parks and Recreation activities.

Receipt #

CLASSES WITHOUT SUFFICIENT ENROLLMENT WILL BE CANCELED – SO SIGN UP EARLY!