



Teen/Adult Programs

@thecreek book club **FREE**

The book club meets the first Monday of every month, 6:30 pm at the Mill Creek University Book Store. For more information, please visit: www.ubookstore.com or www.twitter.com/thecreekbc.

Laser Tag **NEW**

This interactive game uses team-based objectives, such as holding a fort in King of the Hill or escorting a player in VIP, to encourage players to work together and win as a team. Using the best laser tag gear available, classes are tailored to each group's abilities allowing younger groups to focus on simple game objectives while older groups can introduce advanced game objectives and features found in video games.

Instructor: Adrenaline Sports Group is a mobile sporting company based in the Seattle/Bellevue area providing high energy sports on location.

ALL Classes:

Day: Friday
Non-Resident Fee: \$17
Resident Fee: \$15

Ages: 5th Grade - 8th Grade

Code/Date/Time/Location:

3758 April 9 5:30 pm - 6:30 pm
Mill Creek Sports Park
3760 June 25 12:30 pm - 1:30 pm
Jackson High School Gym
3762 Aug. 20 5:30 pm - 6:30 pm
Mill Creek Sports Park

Ages: 9th Grade - 12th Grade

Code/Date/Time/Location:

3759 April 9 7:00 pm - 8:00 pm
Mill Creek Sports Park
3761 June 25 2:00 pm - 3:00 pm
Jackson High School Gym
3763 Aug. 20 7:00 pm - 8:00 pm
Mill Creek Sports Park

Looking Good

Discover the secrets of having a great complexion and the role proper nutrition plays, while pampering yourself with a full facial and manicure. Learn how to apply minimal makeup to look your best, how to identify your clothing personality and body type to avoid shopping mistakes, and how to use posture to make a great first impression. Please bring a sack lunch, clear nail polish and mascara.

Age: 11 Years - 17 Years
Day: Wednesday
Date: Aug. 11
Time: 9:00 am - 3:30 pm
Code: 3764

Non-Resident Fee: \$48
Resident Fee: \$42
Location: Small Community Room
Instructor: Final Touch Finishing School

Mill Creek Country Club's Swing into Golf **NEW**

This class is designed for teens who have played golf in the past, or who are interested in learning how to play. We will cover all aspects of the game from putting, short game, full swing, to Rules and Etiquette. Participants will need to adhere to the Country Club's dress code: No denim, must wear collared (polo) shirts.

We would like participants to provide their own equipment. If you would like to participate and do not have golf clubs, please contact the Pro Shop at (425)743-5664 and we will make arrangements.

Age: 13 Years - 18 Years
Day: Thursdays
Time: 8:00 am - 10:00 am
Date: July 8 - July 29
Code: 3790
Non-Resident Fee: \$175
Resident Fee: \$152
Instructors: PGA Professional Staff
Location: Mill Creek Country Club
15500 Country Club Drive



Stroller Strides

Stroller Strides is a stroller fitness class where mom can workout with her baby. It's a great way to get in shape, be with your baby, and meet other moms. The classes consist of a Power Walk combined with body sculpting exercises using exercise tubing, the stroller, and the environment. The classes are designed to accommodate all levels of fitness and are taught by certified instructors. This class is for moms at least 6 weeks postpartum, or with doctors permission. Classes are still held with light rain. Please check website if unsure. www.strollerstrides.net/lynnwood

Date: Ongoing Classes April 5 - October 1
Days/Times: Mon - Fri 9:30 am - 10:30 am
Location: North Creek Trail behind City Hall (see website for exact details)
Fee: See website at www.strollerstrides.net/lynnwood

TO REGISTER, please contact Amber Pacquer at (425) 785-5408 or email amber@strollerstrides.net. Registrations will not be taken through Mill Creek Parks & Recreation.

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. Our training includes developing your dog's attention to you, your leadership skills (not to be confused with dominance), and training techniques that are gentle, positive, and that dogs easily understand. All classes are 7 total hours of training.

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.

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 Classes: Monday
Non-Resident Fee: \$108
Resident Fee: \$94
Location: Large Community Room

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:
3766 April 26 - June 7 (No Class May 31)
3767 June 14 - July 26 (No Class July 5)

Beginning Foundation Obedience

Class is for dogs are over 6 months or that have attended Puppy Manners. 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:
3768 April 26 - June 7 (No Class May 31)
3769 June 14 - July 26 (No Class July 5)



Interior Design/ Remodeling for Kitchens and Bathrooms

(Like HGTV "How To" Shows)

Take the fear out of Kitchen and Bath Remodeling by educating yourself in the process from concept through creation. This expanded class attacks the issues of appliance selection, working up a design, planning, and finding people to assist you in your design and remodel as well as what to expect from Contractors, Designers, Engineers, and other people involved in your project. Topics cover cooking styles and how they influence your appliance decisions, working with a Designer or Architect, Kitchen working styles, developing Project Specifications, Materials available for cabinetry, flooring, backsplash, counter tops, finding a contractor, estimates, schedules and contracts.

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 25 years and brings interesting and entertaining twists to making your remodeled room what you want, not what someone is willing to build for you.

Age: 18 Years and Up
 Time: 9:00 am – 4:30 pm
 (includes 45 min. lunch break)
 Day: Saturday
 Code/Date:
 3795 May 22
 3796 June 19
 Non-Resident Fee: \$79
 Resident Fee: \$69
 Location: City Hall Council Chambers

Heart Healthy Mediterranean Cooking Class **NEW**

Come join locally and internationally trained Chef Michael Aspen for this hands-on cooking class that focuses on fresh, local ingredients. This class will take you from the steps of sourcing low-impact product to creating gourmet meals the whole family will enjoy. You will learn basic culinary techniques fundamental to successful and memorable events.

Special Instructions: Bring a sharp knife and your appetite to sample the creations made in class.

Age: 18 years and Up
 Day: Monday
 Time: 6:00 pm – 8:00 pm
 Code/Date:
 3800 May 3
 3801 June 7
 Non-Resident Fee: \$48
 Resident Fee: \$42
 Location: Heatherwood Middle School
 Home-Ec Room C100
 Instructor: Michael Aspen



If These Walls Could Talk: Décor Tips for Walls & Windows **NEW**

It's all about the walls and windows! Learn how to make dramatic changes to our walls by the use of color, arranging art and dressing your windows! We'll discuss the hot current color trends for 2010. There will be fantastic tips on how to hang art to give it a high visual impact in your space and what color to paint your walls. Finally, we'll show examples of beautiful fabrics and custom window treatments to dress your windows for warmth and design.

Instructor: Kelly DuByne has been a designer for 15 years and teaches classes in the local area.

Age: 18 Years and Up
 Time: 6:00 pm – 7:30 pm
 Day: Tuesday
 Code/Date:
 3797 April 13
 3798 May 4
 3799 June 15
 Non-Resident Fee: \$25
 Resident Fee: \$22
 Location: Budget Blinds
 13206 Bothell-Everett Hwy,
 Suite 401

Mother's Day Gift Basket **NEW**

Learn the art of making bath and body products. Create a pampering spa basket for Mother's Day or make several for girlfriend gifts. Items that you will make include; a polishing sugar scrub, lotion massage bar, bath tea and a perfume roll-on.

Special Instructions: \$15 supply fee payable to instructor includes basket and supplies.

Instructor: Joan Brindle is owner of a cosmetic company and is a science educator in Snohomish County.

Age: 14 Years and Up
 Day: Saturday
 Date: May 1
 Time: 11:00 am – 1:00 pm
 Code: 3765
 Non-Resident Fee: \$12
 Resident Fee: \$10
 Location: Small Community Room

The Glass Fusion Workshops

ALL Classes:

Age: 14 Years and Up
 Day: Thursday
 Time: 6:00 pm – 9:00 pm
 Location: Large Community Room
 Instructor: Janet Foley

Wear closed toed shoes please. All tools, supplies, materials and firing fees are provided and 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 offices Mon-Fri. No previous experience required.

Fused Glass Basics – Pick a Project

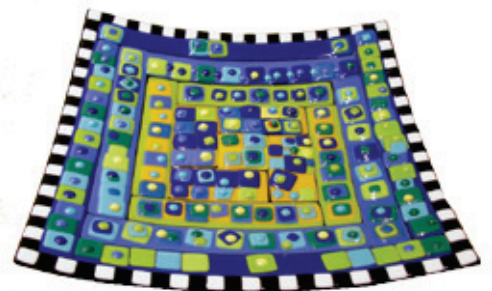
In this introduction to kiln work's most popular form, fused and formed glass ~ participants will create a beautiful fused glass project using precut glass in brilliant colors, such as plates, small dishes, mirrors, picture frames or coasters. The class will begin with a discussion and hands on demonstration about glass fusing basics. 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.

Code/Date:
 3793 May 20
 Non-Resident Fee: \$42
 Resident Fee: \$37
 (A \$25 – \$45 supply fee depends on size of project, payable to instructor)

Fused Glass Jewelry or Plate – Dichroic Glass

In this workshop we will explore making jewelry with fused glass. Make several brooches, pins, earrings, or pendants using small pieces of brilliantly colored glass. Stringers, iridized, dichroic, opalescent, and transparent glass will all be available for use. Finished jewelry will be attached to silver bales, pins or earring backs.

Code/Date:
 3794 June 24
 Non-Resident Fee: \$42
 Resident Fee: \$37
 (A \$15 supply fee payable to instructor)





Adult Programs



3-on-3 Basketball Tournament – July 10

Join us for the 5th Annual Mill Creek Parks & Recreation 3-on-3 Main Street Madness Basketball Tournament, during the Mill Creek Run of the Mill Saturday, July 10, 2010. If you are interested in playing or volunteering as a referee or scorekeeper, please contact Brian Davern (425) 921-5736 or email briand@cityofmillcreek.com Prizes awarded to first place team in each division. All participants receive a T-shirt (*except late registrants).

Registration Entry Deadline: June 25.

*Add \$20 for registrations received after June 25.

Date: Saturday, July 10, 2010

Location: City Hall Annex parking lot
15720 Main Street, Mill Creek

Fee: Youth Divisions - \$100 Team Entry Fee
Men's & Women's Divisions -
\$110 Team Entry Fee

Youth Divisions (games played in morning):

5th & 6th Grades
7th & 8th Grades
9th - 12th Grades

Adult Divisions (games played in afternoon):

Men's Open (18 - 30 years old)
Men's 30 to 45 years old
Men's 45 years old and over
Women's Open
Co-ed (18 years old and over, at least one woman on court at all times)

We reserve the right to combine/cancel divisions with insufficient enrollment.

Adult Recreational Co-ed Softball League

Summer Recreational Co-Ed Softball for ages 18 years and over. Games are played at Mill Creek Sports Park (Freedom Field, artificial turf) and are scheduled on Sundays between 9:00 am - 7:30 pm. All games are ASA umpired. 8 - game schedule, (occasional double headers). Game balls will be supplied. Games begin Sunday, July 18, 2010. Top 4 teams will play in a season ending tournament. For more information contact Brian at (425) 921-5736 or email briand@cityofmillcreek.com. Registration form will be available on the City's website at www.cityofmillcreek.com.

Team Registration form and payment **must** be submitted to the Parks & Recreation office by Friday, July 9, 2010 by 5:00 p.m. Limit 10 teams. Fee: \$600 per team.

Basic Boating Courses

ALL Classes:

Day: Mondays
Time: 7:00 pm - 9:00 pm
Location: Small Community Room

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
Date: April 12 - May 24
Fee: Singles \$35 with manual,
Additional adult \$20,
Extra manual \$15

TO REGISTER, or if you have questions please call Jim at (425) 330-2223 or email at jlconsulting@earthlink.net. Registrations will not be accepted at Mill Creek Parks & Recreation.

Boating Safety for Kids – FREE

This class provides kids with boating knowledge that will help prevent accidents and help kids save themselves, if they are in an accident. The lessons include skits, experiments, games, hands-on activities, and puzzles. The children will be taught how to choose a life jacket that is the right size, fit and color. They will learn what to do if they are in a small boat and the adult falls overboard. Other topics are Hypothermia, Fire Extinguishers, VHF radios, and much more. They will not only learn but they will remember what they learn.

Age: 2nd Grade - 6th Grade
Dates: May 10 & May 17

TO REGISTER, or if you have questions please call Linda at (425) 337-2762 or email at Linda@TopDrawerArtwork.com. Children must pre-register and sign a medical release form. (Registrations will not be accepted at Mill Creek Parks & Recreation)

Purna Yoga Classes (7 - 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: \$83
Resident Fee: \$72
Location: Small Community Room
Drop-in fee \$13.00 per class payable to instructor
Drop-in cards are available to purchase 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.

Time: 5:30 pm - 6:45 pm
Code/Date:
3770 April 14 - May 26
3771 June 2 - July 14

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.

Time: 7:00 pm - 8:30 pm
Code/Date:
3772 April 14 - May 26
3773 June 2 - July 14

Relax and Renew with Yoga

Treat yourself to a spa like experience with restorative yoga. Learn simple meditation techniques to relax the mind and breathing techniques and yoga poses designed to re-energize and rejuvenate. No previous yoga experience required. Please bring a mat.

Age: 15 Years and Up
Time: 6:00 pm - 8:00 pm
Day: Wednesday
Code/Date:
3774 July 21
Non-Resident Fee: \$25
Resident Fee: \$22
Location: Small Community Room



Zumba

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
 Location: Large Community Room
 Instructor: Nilda Molina and
 Melissa Policy
 Drop-in fee \$12.00 per class payable to instructor
 Drop-in cards are available to purchase from the instructor

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

Code/Day/Date:

3775	Tuesdays	April 6 – April 27
3776	Fridays	April 9 – April 30
3777	2 days/wk	April 6 – April 30
3778	Tuesdays	May 4 – May 25
3779	Fridays	May 7 – May 28
3780	2 days/wk	May 4 – May 28
3781	Tuesdays	June 1 – June 29
3782	Fridays	June 4 – June 25
3783	2 days/wk	June 1 – June 29
3784	Tuesdays	July 6 – July 27
3785	Fridays	July 2 – July 30
3786	2 days/wk	July 2 – July 30
3787	Tuesdays	Aug. 3 – Aug. 31
3788	Fridays	Aug. 6 – Aug. 27
3789	2 days/wk	Aug. 3 – Aug. 31

Calligraphy Classes

ALL Classes:

Age: 11 Years and Up
 Day: Tuesday
 Location: Small Community Room

Instructor: Pam Koons has been teaching calligraphy for over 30 years and was taught by the Master Calligrapher for the Queen of England. You will leave this class feeling comfortable and relaxed, and with some wonderful projects to show your friends and family.

NOTE: A class material supply list will be provided to registered participants prior to class. Purchased supplies needed prior to class.

For more information, please contact Instructor, Pam Koons at (360) 652-3579

Jazzercise

When you love your workout, results come easy – especially with JAZZERCISE! 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.

Instructor: Paula Miller is a certified Jazzercise instructor.

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

Age: 15 years and Up

Date: Ongoing Classes

Days/Time:

Mon - 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 Saturday of each month meets at Mill Creek Community Room)

Fee: \$40/mo. EFT (electronic funds transfer each mo.) or

\$95 prepaid for 8 weeks

\$10.00 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: Tri-way Grange
 3509 Seattle Hill Road,
 Mill Creek

For information or directions email Paula at paulasjaz@cs.com

Website: www.paulasjazz.com

Calligraphy Gift Making Class **NEW**

Create holiday cards and gifts, personalize your envelopes, and make memorable gift treasures for your friends and family. This fun workshop will hone your basic Calligraphy skills and stretch your imagination using the art of beautiful handwriting. Learn how to turn a Popsicle stick into a pen, make amazing calligraphy on driftwood, create a frameable see-thru Calligraphy gift, and make holiday Word-Art Cards.

Supplies will be approximately \$15 – \$20.

Special Instructions: Prior calligraphy knowledge necessary.

Date: May 4 & May 11

Time: 6:00 pm – 9:00 pm

Code: 3803

Non-Resident Fee: \$46

Resident Fee: \$40

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 12:00 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!

During the summer months (June, July & August) the Club only meets on the third Monday of the month at noon at the following locations:

June Hauge Homstead Park
 (by Silverlake)

July Hauge Homstead Park
 (by Silverlake)

August Heron Park

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

Greater Mill Creek Senior Programs & Activities

The Mill Creek Senior program offers a variety of activities for seniors in Mill Creek and the surrounding communities. The Senior location 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 call the Senior Office at (425) 948-7170 or e-mail us at millcreek@seniorservices.org.

Beginning to Calligraphy (5 - Weeks)

Imagine receiving praise for your beautiful handwriting! With this class, you will learn a skill that will last a lifetime. Calligraphy can be used to make unique cards, menus, envelopes, invitations, announcements and gifts.

Supplies will be approximately \$10.

Date: March 30 – April 27

Time: 6:30 pm – 8:30 pm

Code: 3802

Non-Resident Fee: \$69

Resident Fee: \$60