



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)