



Recreation Guide

Spring & Summer 2014

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.



3 ON 3
MAIN STREET MADNESS
BASKETBALL TOURNAMENT
SATURDAY, JULY 19 & 20TH

KIDS
FUN RUN
1 LAP
1K
2K
AUGUST 9TH

Parks & Recreation

www.cityofmillcreek.com - (425) 745-1891

Registration Begins Monday March 10, 2014



Kidz Love Soccer (7 Weeks)

Mill Creek Parks & Recreation is teaming up again with Kidz Love Soccer (KLS) to bring you the following outdoor Soccer programs for kids ages two through twelve. During inclement weather conditions call City Hall at (425) 745-1891 or KLS at 1-888-372-5803.

ALL CLASSES:

NR: \$84 **R:** \$73

Pine Meadow Park
15803 32nd Avenue SE, Mill Creek

Mommy/Daddy & Me Soccer

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. **Parent participation is required.**

Age: 2 Years – 3 ½ Years

Tuesdays

5317 Apr 29 – Jun 10 9:30 – 10:00 am
5318 Jul 8 – Aug 19 9:30 – 10:00 am
5319 Jul 8 – Aug 19 4:00 – 4:30 pm

Saturdays

5320 Apr 26 – Jun 14 9:00 – 9:30 am (No Class May 24)
5321 Jul 12 – Aug 23 9:00 – 9:30 am

Tot-Soccer

Age: 3 ½ Years – 4 Years

Tuesdays

5322 Apr 29 – Jun 10 10:10 – 10:40 am
5323 Apr 29 – Jun 10 4:10 – 4:40 pm
5324 Jul 8 – Aug 19 10:10 – 10:40 am
5325 Jul 8 – Aug 19 4:40 – 5:10 pm

Saturdays

5326 Apr 26 – Jun 14 9:40 – 10:10 am (No Class May 24)
5327 Jul 12 – Aug 23 9:40 – 10:10 am

Pre-Soccer

Age: 4 Years – 5 Years

Tuesdays

5328 Apr 29 – Jun 10 10:40 – 11:15 am
5329 Apr 29 – Jun 10 4:40 – 5:15 pm
5330 Jul 8 – Aug 19 10:40 – 11:15 am
5331 Jul 8 – Aug 19 5:10 – 5:45 pm

Saturdays

5332 Apr 26 – Jun 14 10:10 – 10:40 am (No Class May 24)
5333 Jul 12 – Aug 23 10:10 – 10:40 am

Soccer 1

Age: 5 Years – 6 Years

Tuesdays

5334 Apr 29 – Jun 10 5:15 – 6:00 pm
5335 Jul 8 – Aug 19 11:15 – 12:00 pm
5336 Jul 8 – Aug 19 5:45 – 6:30 pm

Saturdays

5337 Apr 26 – Jun 14 10:45 – 11:30 am (No Class May 24)
5338 Jul 12 – Aug 23 10:45 – 11:30 am

Soccer Skillz & Scrimmages

This is an advanced skill building class using dribbling, passing and shooting in a team play format that emphasize application of finer technical points.

Age: 7 Years – 10 Years

Tuesdays

5339 Apr 29 – Jun 10 6:00 – 6:45 pm
5340 Jul 8 – Aug 19 6:30 – 7:15 pm

Saturdays

5341 Apr 26 – Jun 14 11:30 – 12:15 pm (No Class May 24)
5342 Jul 12 – Aug 23 11:30 – 12:15 pm

Soccer Match Play

Teams are formed at each class meeting and vary from week to week encouraging players to develop individually in a variety of positions with a variety of different teammates. Scores are not kept, the focus is on improving skills and having fun.

Age: 10 Years – 12 Years

Tuesdays

5343 Apr 29 – Jun 10 6:45 – 7:45 pm
5344 Jul 8 – Aug 19 7:15 – 8:15 pm

Ballet Classes

ALL CLASSES:

Saturdays

Large Community Room

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

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

10:30 – 11:10 am

5357 Apr 19 – May 17 **NR:** \$63 **R:** \$55
5358 May 31 – Jun 28 **NR:** \$63 **R:** \$55
5359 Jul 26 – Aug 16 **NR:** \$51 **R:** \$44

11:15 – 11:55 am

5360 Apr 19 – May 17 **NR:** \$63 **R:** \$55
5361 May 31 – Jun 28 **NR:** \$63 **R:** \$55
5362 Jul 26 – Aug 16 **NR:** \$51 **R:** \$44

Beginning Ballet

This introductory class gives your child good posture and graceful movement. Young dancers learn basic elements of ballet in a structured and playful way. 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

12:00 – 12:45 pm

5363 Apr 19 – May 17 **NR:** \$63 **R:** \$55
5364 May 31 – Jun 28 **NR:** \$63 **R:** \$55
5365 Jul 26 – Aug 16 **NR:** \$51 **R:** \$44

Youth Ballet **NEW**

This class will provide students with an opportunity to gain strength, flexibility, and poise learning the fundamentals of ballet technique. Children will work on stretching and disciplining themselves with the carriage of the body through the unique ballet positions. Students will also challenge themselves with both barre and center floor working developing coordination, agility and musicality.

Age: 7 Years – 10 Years

5366 Mon Apr 21 – May 19 4:00 – 5:00 pm
5367 Mon Jun 2 – Jun 30 4:00 – 5:00 pm
5368 Mon Jul 7 – Aug 4 4:00 – 5:00 pm

NR: \$63 **R:** \$55

Small Community Room



Fossils and Tiny Treasures **NEW**

Learn about the ancient sea environment and what it takes to become a fossil. Children will explore a variety of seashells, mineral bits and fossils as they excavate tiny treasures from sand. As we unearth our treasures we'll bottle them up and make a special keepsake to take home.

Special Instructions: \$5 supply fee payable to instructor

Age: 4 Years – 6 Years

5369 Mon Apr 14 10:00 – 10:45 am

5370 Sat May 17 10:00 – 10:45 am

NR: \$12 **R:** \$10

Small Community Room

Geology Rocks!

Discover the magic of minerals and get hands-on with rocks and crystals from around the world. In this highly interactive class, learn how minerals are valued as natural resources, go on a gem hunt, and explore rocks that "glow" under ultraviolet light. After our mineral exploration, we will shift gears and crack open geodes!

Special Instructions: \$8 supply fee payable to instructor (fee includes a geode, bag of gems and an ID card).

Age: 6 Years – 12 Years

5371 Sat May 17 11:00 – 12:30 pm

5372 Sat Jun 21 10:30 – 12:00 pm

NR: \$21 **R:** \$18

Small Community Room

Cheerleading (7 Weeks)

Action Athletics, home to the Action Athletic All-Stars competition team offers an introduction to cheerleading class. Classes focus on the drills and skills for cheers, dance, tumbling, jumps and stunts. You'll learn teamwork while working together as a team to build stunts. Self-esteem and presentation are improved by incorporating everything learned over the course with a big final performance at the last class.

ALL Classes:

Mondays

NR: \$81 **R:** \$70

Heatherwood Middle School Cafeteria

***NOTE: Class on May 19 will be held at Jackson High School Cafeteria**

Mini Cheer Class

Age: 4 Years – 6 Years

5305 Apr 14 – June 2* 5:00 – 5:45 pm (No class May 26)

Introduction to Cheerleading

Age: 7 Years – 14 Years

5306 Apr 14 – June 2* 6:00 – 7:00 pm (No class May 26)

Summer Musical Camp

Two weeks of singing, dancing, and performing on stage! Kids learn to feel more comfortable working and performing with others... a great beginning to summer! Music will be from a selection of Disney and Broadway songs that teach children about working with others, self-discipline and most importantly, to have a fun experience.

Special Instructions: For daily rehearsals, students need to dress comfortably for moving and dancing. Students need to bring a snack and water each day. For the performance, girls will need black leotards and tights; boys will need black pants and white undershirts. Other costumes will be provided. No experience necessary.

Age: Entering 3rd Grade – 8th Grade

Monday – Friday

5482 Jul 7– Jul 18 9:00 – 12:00 pm

Performance: Friday, July 18th at 11:00 am, please invite family and friends to attend.

NR: \$173 **R:** \$150

Mill Creek Elementary School Cafeteria

Theatre Production Camp

In this camp, not only will you learn what it takes to act, but also how to choose costumes, make props, and direct. The camp will end with an entertaining show for parents and friends to come watch. Please bring a packed lunch and drink each day.

Age: 8 Years – 13 Years

5373 Mon – Thur Aug 11 – Aug 14 10:00 – 2:00 pm

NR: \$138 **R:** \$120

Applause Studio

Tiger Kids Martial Arts

Learn the Kicks of Taekwondo. The moves of Kung Fu, Kenpo Karate & Kobudo are used to develop motor skills, coordination, build confidence, respect in students, and improved listening skills. Students can progress in Rank/belt. Stranger awareness & safety skills will be taught along with bag kicking & padded sword sparring. Taught by Mitch Mayberry, a 9th degree Black Belt Master in Multiple Styles.

Special Instructions: Wear loose fitting comfortable clothing. First time students will receive a FREE white belt given in class. An annual AAU \$14.00 fee (payable to AAU) will be due at the first class and given to the instructor. * 4 Years and Up welcome on Tuesday classes.

Beginners = White & low yellow belt **Colored Belts** = Orange & above

ALL CLASSES:

Age: 6 Years and Up

Large Community Room

NR: \$98 **R:** \$85

Beginners

5374 Tues Apr 15 – Jun 3 4:30 – 5:10 pm

5375 Fri Apr 18 – Jun 6 4:45 – 5:25 pm

5376 Tues Jun 24 – Aug 12 4:30 – 5:10 pm

5377 Fri Jun 27 – Aug 15 4:45 – 5:25 pm (No Class Jul 4)

Colored Belts

5378 Fri Apr 18 – Jun 6 5:25 – 6:15 pm

5379 Fri Jun 27 – Aug 15 5:25 – 6:15 pm (No Class Jul 4)

(Colored Belts may register for Tuesdays at 4:30 – 5:30 pm)

Mad Science **NEW**

ALL CAMPS:

NR: \$173 **R:** \$150

Lively Environmental Center

Crime, Chemistry, and Cells, Oh My!

Go inside a scientist's lab and discover the secrets you've always wondered about! Use your skills as a chemist to make your own creative reactions with batteries, nickels, and more! Compare fingerprints and discover the mysteries of DNA. Become a Mad Science detective and use your forensic skills to solve the "Great Cookie Caper"!

Age: 5 Years – 12 Years

5395 Mon – Fri Aug 4 – Aug 8 9:00 – 12:00 pm

Fantastic Forces

Discover how magnetism, air pressure, gravity and more make the world around us work. We'll investigate lasers and magnets, race rubber-band powered cars, and have a hair-raising experience with the Mad Science Van Der Graaf generator. Build a parachute, blow up a marshmallow, crush a can with air pressure and even build your own vortex generator. We will test inertia, gravity, centripetal force and kinetic and potential energy by launching race cars and hurtling pin-pong balls with rubber band powered catapult.

Age: 7 Years – 12 Years

5396 Mon – Fri Aug 4 – Aug 8 1:00 – 4:00 pm

Adventures in Art Classes (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. New projects taught each session by Jessica Carlson.

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

Age: 6 Years – 11 Years

5384 Fri Apr 11 – May 9 4:00 – 5:30 pm

5385 Fri May 16 – Jun 13 4:00 – 5:30 pm

NR: \$66 **R:** \$57

Small Community Room

Adventures in Art Camps

ALL CAMPS:

Age: 6 Years – 11 Years

NR: \$115 **R:** \$100

Lively Environmental Center

Special Instructions: \$10 supply fee payable to instructor at first class. Please bring a snack each day.

Ocean Adventures Art Camp

Set sail on the high seas where pirates, mermaids, and sea monsters abound...you might even discover some buried treasure along the way! Drawing and craft projects will bring our sea adventures to life.

5386 Mon – Thur Jul 21 – Jul 24 10:00 – 1:00 pm

Galaxy Adventures Art Camp

Launch into space and explore the beautiful planets and stars that make up our galaxy...you might even run into a few aliens while you're at it. Drawing and craft projects will chronicle our journey.

5387 Mon – Thur Aug 11 – Aug 14 10:00 – 1:00 pm

Open Sketch (5 Weeks)

Get ready and come learn to truly "see" objects in an artistic way. Students will learn the basic fundamentals of still life sketching using different shades of graphite and charcoal. They will also learn blending and line variation technique. New projects taught each session by Jay Gilani.

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

Age: 6 Years – 13 Years

5388 Wed Apr 9 – May 7 4:30 – 5:30 pm

5389 Wed May 14 – Jun 11 4:30 – 5:30 pm

NR: \$75 **R:** \$65

Feel Artistic Studio

Babysitting Safety Class (2 Day Class)

This six-hour course covers all aspects of babysitting safety, and is also appropriate for children who stay home alone. Topics covered: how to get babysitting jobs safely, writing a babysitting resume, what parents look for in a good sitter, positive discipline, activities for children, first aid and fire safety, handling household emergencies and personal safety. Instructor, Trudy Dana, is the author of two books on child safety. She has recently retired from the Lynnwood Police Department Crime Prevention. A certificate is provided. Please bring a beverage.

Age: 4th grade and Up

NR: \$75 **R:** \$65

5380 Mon & Wed May 12 & 14 6:00 – 9:00 pm

5381 Wed & Thurs Aug 27 & 28 6:00 – 9:00 pm

Mill Creek Elementary School Library

Baseball Camp: Skills, Drills & Pitching

Camp will focus on the throwing mechanics, proper grips of the baseball, and wind ups. Stretching exercises and the stretch position for pitchers, as well as tips to get batters struck out. Baseball instruction and fundamentals of baseball include throwing, catching, fielding, base running, and scrimmage games.

Instructor: Former professional baseball and MLB scout Steve Goucher.

Special Instructions: Bring glove, snack, drink, and recommend wearing field turf shoes or plastic cleats

Age: 8 Years – 13 Years

5397 Mon – Thur Mar 31 – Apr 3 10:00 – 1:00 pm

5398 Mon – Thur Aug 25 – Aug 28 9:00 – 12:00 pm

NR: \$148 **R:** \$129

Mill Creek Sports Park

Youth Fitness

Healthy living requires that our kids push, pull, run, throw, climb, lift, and jump effectively and safely regardless of whether or not they play athletics. This strength and conditioning program helps kids learn to set goals, become more self-confident and physically fit while having fun. **Special Instruction:** \$5 supply fee payable to instructor (for journals)

Age: 6 Years – 14 Years

Outer Edge Crossfit

16000 Mill Creek Blvd, Ste 112, Mill Creek

Spring Session (5 Classes)

5401 Sat Apr 26 – May 31 10:40 – 11:30 am
(No Class May 24)

NR: \$58 **R:** \$50

Summer Session (8 Classes)

5402 Mon & Wed Jul 7 – Jul 30 2:00 – 3:00 pm

NR: \$104 **R:** \$90

Volleyball **NEW**

Instructional Class

Learn the fundamentals of volleyball while building teamwork with others! Passing, serving, setting, and floor play with lead up games for all levels of play.

Age: 4th Grade – 8th Grade

5403 Wed Apr 16 – May 21 4:30 – 6:00 pm

NR: \$98 **R:** \$85

Heatherwood Middle School Gym

Drop-in Scrimmage Class

Age: 6th Grade – 8th Grade

5404 Thur Apr 17 – May 15 4:30 – 5:30 pm

NR: \$46 **R:** \$40

Heatherwood Middle School Gym

Leap for Kidz: Movie Making

Use LEGO® bricks to create your own movie, complete with music, special effects and LEGO® mini-figure characters! In this unique and creative camp, students will work in teams to plan, script, stage, shoot, and produce their own mini-movie using computers, webcams, and Stop-Motion Animation software.

Age: 8 Years – 12 Years

5394 Mon – Fri Jul 28 – Aug 1 9:00 – 12:00 pm

NR: \$230 **R:** \$200

Lively Environmental Center



Kindermusik Move & Groove Class (3 Weeks)

NEW

Children will engage in music and movement activities that also promote language, social and emotional skills, early math and early literacy, physical coordination, creativity, and more. Parents join the fun for the final 15 minutes of class. The Kindermusik@Home digital home materials extend the benefits all week long with music from class, activities for the whole family.

Age: 4 Years – 6 Years
5300 Sat Apr 12 – Apr 26 10:00 – 10:45 am
5301 Sat May 3 – May 17 10:00 – 10:45 am
5302 Sat May 31 – Jun 14 10:00 – 10:45 am

NR: \$46 **R:** \$40 (CD included in class fee)
Council Chambers

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, toothbrush, chalkboard, crystallite, splatter, elements painting, etc. Participants will create incredible treasures with ceramics and a glass fusion piece.

Age: 5 Years – 12 Years
5382 Tues & Thurs Jul 8 & 10 1:00 – 3:00 pm
5383 Tues & Thurs Aug 12 & 14 1:00 – 3:00 pm

NR: \$41 **R:** \$36
The Ceramic Place

Young Ladies & Gentleman

Children rarely beg for the opportunity to attend a class on manners, yet it is the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture and telephone etiquette.

Age: 6 Years – 11 Years
5431 Sat Apr 26 9:00 – 12:00 pm

NR: \$48 **R:** \$42
Small Community Room

Pre-Teen Style Class **NEW**

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing and nutrition. Experience the steps to great skin as you give yourself a facial! Please bring a snack and beverage.

Age: 9 Years – 11 Years
5432 Sat Apr 26 1:00 – 5:00 pm

NR: \$58 **R:** \$50
Small Community Room

Skyhawks Beginning Golf (Half-day camp)

This camp will focus on the fundamentals of form, chipping, putting, driving and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy transition onto the golf course. All equipment is provided.

Age: 5 Years – 9 Years
5416 Mon – Fri Jul 7 – Jul 11 9:00 – 12:00 pm
5417 Mon – Fri Aug 18 – Aug 22 9:00 – 12:00 pm

NR: \$148 **R:** \$129
Highlands Park

Skyhawks Sports Academy Camps

Half-day camps: Bring two snacks & water bottle
All-day camps: Bring lunch, snack & water bottle
Don't forget the sunscreen!

For scholarships, please visit www.skyhawks.com or call (800) 804-3509. All staff members are first aid certified. All participants will receive a t-shirt (except tiny-hawks) and certificate of completion. For more information for what to bring to camp, please visit www.skyhawks.com.

Skyhawks Baseball (All-day camp)

Skyhawks coaches teach the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Bring running shoes, a baseball glove, and sunscreen.

Age: 6 Years – 12 Years
5409 Mon – Fri Jul 21 – Jul 25 9:00 – 3:00 pm
5410 Mon – Fri Aug 18 – Aug 22 9:00 – 3:00 pm

NR: \$171 **R:** \$149
Mill Creek Sports Park

Skyhawks Basketball (All-day camp)

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.

Age: 6 Years – 12 Years
NR: \$171 **R:** \$149 (fee includes basketball)

Spring Break Camp **NEW**

5411 Mon – Fri Mar 31 – Apr 4 9:00 – 3:00 pm
Mill Creek Elementary School Gym

Summer Camp

5412 Mon – Fri Aug 4 – Aug 8 9:00 – 3:00 pm
Gateway Middle School Gym
5413 Mon – Fri Aug 25 – Aug 29 9:00 – 3:00 pm
Heatherwood Middle School Gym

Skyhawks Tennis (Half-day camp)

Players will learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game.

Special Instructions: Bring own tennis racket and running shoes.

Age: 6 Years – 12 Years
5418 Mon – Fri Jul 14 – Jul 18 9:00 – 12:00 pm
5419 Mon – Fri Jul 28 – Aug 1 9:00 – 12:00 pm
5420 Mon – Fri Aug 11 – Aug 15 9:00 – 12:00 pm

NR: \$148 **R:** \$129
Jackson High School Tennis Courts

Skyhawks Flag Football (All-day camp)

Campers will learn skills that include the core components of passing, catching, and defense. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Age: 6 Years – 12 Years
5421 Mon – Fri Jun 23 – Jun 27 9:00 – 3:00 pm
5422 Mon – Fri Jul 28 – Aug 1 9:00 – 3:00 pm

NR: \$171 **R:** \$149 (fee includes football)
Mill Creek Elementary Field

Skyhawks Lacrosse (Half-day camp)

Skyhawks Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment.

Special Instructions: Bring all gear unless rented from Skyhawks. *Limited lacrosse kits available for online rental. Kits include helmet with full mask, lacrosse stick, and protective gloves. Call 800-804-3509 or visit www.skyhawks.com to reserve your kit today.

Age: 7 Years – 14 Years

5423 Mon – Fri Jul 7 – Jul 11 9:00 – 12:00 pm

NR: \$148 **R:** \$129 (fee does not include gear)

Mill Creek Elementary Field

Skyhawks Multi-Sport (Soccer, Baseball & Flag Football) (All-day camp)

For this program we combine a variety of sports such as soccer, flag football and basketball in to one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

Special Instructions: Bring your own baseball/softball glove, shin guards, running shoes.

Age: 6 Years – 12 Years

5424 Mon – Fri Jul 14 – Jul 18 9:00 – 3:00 pm

5425 Mon – Fri Aug 4 – Aug 8 9:00 – 3:00 pm

NR: \$171 **R:** \$149 (fee includes sports ball)

Mill Creek Elementary Field

Skyhawks Track & Field (Half-day camp)

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teach the fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

Age: 7 Years – 14 Years

5426 Mon – Thur Jun 30 – Jul 3 9:00 – 12:00 pm

NR: \$125 **R:** \$109

Gateway Middle School Track

Skyhawks Soccer

Your young athlete will gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. Wear shin guards and running shoes.

Age: 5 Years – 9 Years

5428 Mon – Fri Jul 7 – Jul 11 9:00 – 12:00 pm (half-day)

NR: \$148 **R:** \$129

Age: 6 Years – 12 Years

5429 Mon – Fri Jul 7 – Jul 11 9:00 – 3:00 pm (full-day)

NR: \$171 **R:** \$149

Age: 3 ½ Years – 6 Years

5430 Mon – Fri Jul 7 – Jul 11 12:30 – 1:15 pm

NR: \$63 **R:** \$55

Penny Creek Elementary Field

Skyhawks Cheerleading (Half-day camp)

There is no stunting in this program—a big focus on fun while each cheerleader learns proper hand & body movements, cheers and jumping techniques. The week concludes with a choreographed performance.

Age: 5 Years – 10 Years

5414 Mon – Fri Aug 4 – Aug 8 9:00 – 12:00 pm

NR: \$148 **R:** \$129 (fee includes pompoms)

Gateway Middle School Gym

Skyhawks Volleyball (Half-day camp)

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages.

Age: 7 Years – 12 Years

5415 Mon – Thur Jun 30 – Jul 3 9:00 – 12:00 pm

NR: \$125 **R:** \$109 (fee includes volleyball)

Heatherwood Middle School Gym

Seattle Sounders Youth Soccer Camp

Sounders camps are fun, but very SOCCER – focused. The professional level coaching staff provides your child with the best coaching available. Through encouragement, motivation, and in a positive fun environment, your child will receive a valuable camp experience. Camp fee includes t-shirt, soccer ball and more to be announced.

TO REGISTER: visit www.soundersfc.com/camps or call (425) 203-8321. Registrations will not be accepted by Mill Creek Parks & Recreation.

4 – Day Camp:

June 30 – July 3 from 9:00 – 3:00 pm

Heatherwood Middle School Football & Softball Fields

5 – Day Camp:

Aug 11 – Aug 15 from 9:00 – 3:00 pm

Mill Creek Sports Park – Freedom Field

Boating Safety for Kids **FREE**

Learn safe boating skills using skits, experiments, and games. Students will review life jacket safety and what to do in various boating situations.

TO REGISTER: contact Linda Martin at (425) 337-2762.

Age: 1st Grade – 6th Grade

Thursday, April 10 and 17 from 6:00 – 8:00 pm

Downstairs Community Room #120

Jump Rope for Kids **NEW**

In this exciting class you will learn a variety of jump rope skills including simple rope, double dutch, and group routines. This program is intended for all skill levels, from beginners to advanced.

Instructor: Stephanie Meece has been jumping for over 15 years and has taught classes all over the world.

Age: 5 Years – 13 Years

Spring Class (4 Weeks)

5405 Tues Apr 15 – May 6 4:15 – 5:15 pm

5406 Tues May 13 – Jun 3 4:15 – 5:15 pm

NR: \$63 **R:** \$55 (fee includes jump rope)

Penny Creek Elementary Gym

Summer Camp (5 Days)

5407 Mon – Fri Jul 7 – Jul 11 9:00 – 10:00 am

Mill Creek Elementary Gym

5408 Mon – Fri Aug 4 – Aug 8 9:00 – 10:00 am

CedarWood Elementary Gym

NR: \$75 **R:** \$65 (fee includes jump rope)





Play-Well Summer Camps

ALL CAMPS:

NR: \$200 R: \$175

Lively Environmental Center

Jedi Engineering using LEGO®

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO® X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

Age: 5 Years – 6 Years

5390 Mon - Fri Jul 14 – Jul 18 9:00 – 12:00 pm

5391 Mon - Fri Aug 18 – Aug 22 9:00 – 12:00 pm

Engineering FUNDamentals Camp using LEGO®

Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! The instructor will challenge new and returning students to engineer at the next level.

Age: 7 Years – 11 Years

5392 Mon - Fri Jul 14 – Jul 18 1:00 – 4:00 pm

Bashem' Bots using LEGO® **NEW**

Have you ever wanted to learn how to make a massive motorized LEGO® machine? Our instructors guide students in this advanced Play-Well engineering camp, as they re-engineer standard LEGO® vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play-Well Instructors' colossal creations.

Age: 7 Years – 11 Years

5393 Mon - Fri Aug 18 – Aug 22 1:00 – 4:00 pm

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.

Special Instructions: \$5 Supply fee payable to the instructor

Age: 11 Years – 17 Years

5433 Tues Aug 5 9:30 – 4:00 pm

NR: \$75 R: \$65

Small Community Room

Beginner Basketball Basics (5 Weeks) **NEW**

Develop strength, coordination & ball skills while improving your individual abilities. Students concentrate dribbling, passing & shooting! What is a free throw? Or a jump ball? Increase coordination & endurance gaining experience in a real game! Focus on sportsmanship, cooperative play, safety & participation. Hoop it up with Coach Steve Johnson!

Age: K – 2nd Grade

5399 Wed Apr 23 – May 21 5:00 – 6:00 pm

NR: \$69 R: \$60

Cedarwood Elementary School Gym

Coed Summer Basketball Camp **NEW**

This is an excellent opportunity to learn and hone new skills, improve your abilities, and have FUN with players of similar talents. Camp activities include individual drills, competitions and contests. Taught by Coach Steve Johnson.

Age: Entering 3rd Grade – 8th Grade

5400 Tues-Fri Jul 22 – Jul 25 9:00 – 11:30 am

NR: \$126 R: \$110 (fee includes camp t-shirt)

Gateway Middle School Gym

Youth Advisory Board 2014 – 2015

The Mill Creek Youth Advisory Board meets the first and third Wednesday from 4:00 – 5:00 pm each month at Mill Creek City Hall. Members work on various projects & events throughout the year including Community Service Projects, Teen Programs such as Board Bash, Trunk or Treat, Tree Lighting, Teen Flashlight Egg Hunts and Community Shred-it events. The members hold several fundraisers throughout the year. **We are currently seeking new members for the 2014 – 15 school year.** Please call Kristen (425) 921-5779 or email kristenf@cityofmillcreek.com.

Advisory Board Member applications are available online at www.cityofmillcreek.com.

Mill Creek Country Club's Golf Camp

This class is designed for individuals who are interested in learning how to play or who have played golf in the past. 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. All participants to provide their own equipment. To reserve golf clubs, please contact the Pro Shop at (425) 743-5664.

Age: 10 Years – 18 Years

5434 Mon – Thur Jul 21 – Jul 24 10:00 – 11:30 am

NR: \$115 R: \$100

Mill Creek Country Club

Guitar Classes (6 Weeks)

Must bring your own guitar, electric or acoustic is fine. Sign up and let's have to some fun learning to play guitar! For questions, please contact Jim Jarriel at (425) 359-5332.

ALL CLASSES:

Thursdays

NR: \$71 R: \$62

Penny Creek Elementary Music Room

Introduction to Basic Guitar

Enjoy an introduction to the basics of playing guitar. During this course, we will cover guitar terminology, tuning techniques, string names, music notation and sight reading in open position, easy to play open position chords and strumming patterns.

Special Instructions: Bring Hal Leonard's Guitar Method Book 1 (available at Kennelly Keys, Mills Music or Guitar Center)

Age: 10 Years and Up

5435 Apr 24 – Jun 5 6:30 – 7:20 pm (No Class May 8)

Introduction to Rock Guitar

During the class we will cover chord theory, power chords, barr chords, minor penatonic and blues scales, and improvisation over basic rock chord progressions. Learn to play rock classics from Led Zeppelin, The Beatles, Eric Clapton. Bring a note pad to take notes. Instructor will provide materials for class.

Age: 12 Years and Up

5436 Apr 24 – Jun 5 7:30 – 8:20 pm (No Class May 8)

Seasonal Cupcake Classes **NEW**

This is a great class for families or kids wanting to be creative.

Age: 8 Years and Up

Special Instructions: \$5 per person payable to the instructor

NR: \$23 R: \$20 (fees are per person)

Small Community Room

Flower Decorating: Decorate cupcakes with Mums, Roses, and Daisy's.

5443 Sat Jun 7 10:00 am – 12:00 pm

Summer Fun: Make cupcakes with flip-flops, sunglasses, and swimsuits.

5444 Sat Jul 26 10:00 am – 12:00 pm