



## NORTHSHORE HEALTH & WELLNESS CENTER

# INCLUSION PROGRAM

## PROGRAM GUIDE – SPRING 2018

INCLUSION • FRIENDSHIP • ADVOCACY • SKILLS RESOURCES • LEADERSHIP • RECREATION

NIKKIE CHAMBERS - Inclusion Program Coordinator - [nikkiec@mynorthshore.org](mailto:nikkiec@mynorthshore.org) - 425.488.4821 x121 - DDA Contract: #102743802

### TO PARTICIPATE IN PROGRAMS YOU MUST PRE-REGISTER. TO REGISTER FOR PROGRAMS:

- 1) Ensure you have completed & returned a 2018 [Program Participation Form](#)
- 2) Complete the [Online Registration Form](#) OR Call or Email Nikkie to reserve your spot
- 3) Any questions, contact Nikkie

#### **DAY CAMP PROGRAM**

\$50/day or 3hrs DDA. Ages 18+. Socialization, activities, recreation, and other skills. 1:1 w/ caregiver. *Bring sack lunch.* Mondays and Wednesdays. No drop-in. 10am-3pm @ NHWC.

#### **DRAMA**

\$80/Session or 5hrs DDA. Ages 12+. Learn drama skills and self-expression. Mondays, 4/9 – 6/18, 4:15-5:15pm @ NHWC.

#### **ART**

\$55/session or 3hrs DDA. All Ages. Mondays, 4/9 – 6/18, 3:15-4:15 pm @ NHWC

#### **DANCE**

\$90/session or 5 hours DDA. Ages: 14+. Students learn the fundamentals of ballet, jazz and lyrical through dance games, improvisation, floor work and choreography. Taught by Sixth Day Dance Company. Mondays, 4/9 – 6/18, 5:30-6:15pm @ NHWC

#### **RECREATION BOWLING**

\$55/session or 3hrs DDA. All ages. Join any time. \$3.75/day payable to Kenmore Lanes. Tuesdays, 4/10 – 6/19, 4-5:30pm @ Kenmore Lanes.

#### **KIWANIS “AKTION” CLUB**

Ongoing opportunities for community service projects, leadership, skill building and community involvement. Planning meetings 2<sup>nd</sup> Tuesdays 3:15-3:50pm.

#### **CAMP MOVEMENT**

\$90/session or 6hrs DDA. Ages 14+. Adaptive fitness with Betsy Sanders. Wednesday class 4/11 – 6/20. 3:15 – 4:15 pm, @NHWC

#### **GARDENING SKILLS CLASS**

\$55/session or 3hrs DDA. Ages 14+. Learn how to grow herbs and vegetables, while getting hands on with the garden. Wednesdays, 4/11 – 6/20, 4:15 – 5:15 pm @NHWC

#### **TENNIS – EASTSIDE TENNIS CENTER\***

\$60/mo or 4hrs DDA. Ages 14+. Offers added instructor support and reduced class size. Wednesdays, 2-3pm @ ETC.

#### **MARTIAL ARTS**

\$60/session or 4hrs DDA. Ages 12+. Traditional Asian martial arts. No contact. Emphasis: courage, caring and respect. Instructor Dean Churchill: Black belt: Woodinville Martial Arts, Wranglers parent. Wednesdays, 4/11 – 6/20, 5:15-6:15pm @ NHWC.

#### **ZUMBA**

\$80/session or 5hrs DDA. Ages 14+. Zumba is a Dance workout, set to Latin style music. It's upbeat, and you're sure to walk away with a good work out and a big smile on your face. Thursdays, 4/12 – 6/21. 3:15-4:00pm @ NHWC.

#### **WRANGLERS SPECIAL OLYMPICS TRACK**

\$90/season or 6hrs DDA. Ages 8+ competitive track program with tournaments in April and June. Practices: TBD. Location: TBD. Join by 4/6. *Specific Practice Information to Follow*

#### **DAY CAMP COMMUNITY DAYS**

\$50/day or 3hrs DDA. Ages 18+. Socialization, activities, recreation, and other skills. 1:1 w/ caregiver. *Bring sack lunch.* Fridays. No drop-in. 10am-3pm @ NHWC and Off Site

#### **CAMP MOVEMENT**

\$90/session or 6hrs DDA. Ages 14+. Adaptive fitness with Betsy Sanders. Friday class 4/13 – 6/22. 3:15 – 4:15 pm, @NHWC

#### **SINGING – BERNADETTE BASCOM**

\$120/session or 7hrs DDA. Ages 14+. New students welcome. Ties study of music with a singing performance empowering students. Saturdays, Dates: TBD, 12:00-1:30pm @ NSC.

Northshore Inclusion Program  
Northshore Health & Wellness Center  
10212 E. Riverside Drive, Bothell  
425-488-4821

[WWW.MYINCLUSION.ORG](http://WWW.MYINCLUSION.ORG)

## Spring 2018 Programming Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid black; border-radius: 25px; padding: 10px; margin-bottom: 10px;">                     Day Camp                       10:00                       —                       3:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Art 3:15—4:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Drama 4:15 – 5:15                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px;">                     Dance 5:30—6:15                 </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Aktion Club <small>(2<sup>nd</sup> Tuesday of the month)</small> 3:15—3:50                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px;">                     Bowling 4:00—5:30                 </div>	<div style="border: 2px solid black; border-radius: 25px; padding: 10px; margin-bottom: 10px;">                     Day Camp                       10:00                       —                       3:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Tennis (Off Site) 2:00 – 3:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Movement 3:15—4:15                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Gardening 4:15-5:15                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px;">                     Martial Arts 5:30—6:30                 </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Zumba 3:15—4:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px;">                     Track and Field Time TBD                 </div>	<div style="border: 2px solid black; border-radius: 25px; padding: 10px; margin-bottom: 10px;">                     Day Camp                       10:00                       —                       3:00                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Movement 3:15—4:15                 </div> <div style="border: 2px solid black; border-radius: 15px; padding: 5px;">                     Keep an eye out for Friday Socials coming soon!                 </div>	<div style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-bottom: 10px;">                     Singing 12:00—1:30                 </div>

**All Participants MUST have a completed 2018 Participation Form on file AND Register before beginning the Class in order to participate. No Drop Ins.**