Seattle Children’s Alyssa Burnett Adult Life Center, in Bothell, offers year-round classes, activities and events to promote skill-building, socialization and lifelong learning opportunities for adults age 18 or older with autism spectrum disorder (ASD) and other developmental disabilities.

Through meaningful classes and activities, the Burnett Center aims to build on strengths, foster a sense of connection and community, and promote socialization and independence; encouraging each adult to lead their most fulfilling life possible.

Through collaboration with parents, caregivers, participants and Burnett Center staff, participants work toward personal goals and develop real-life skills that promote independence while having fun among peers. Classes are led by community experts who have a passion for working with individuals with ASD or other developmental disabilities. The Center’s staff provides these experts with behavioral and programming support, and creates highly individualized plans for each student.

Who Should Attend?

Classes are tiered to offer tailored experiences for different learners, allowing smaller class sizes and more hands on instruction for those who have higher needs, and larger, more advanced classes for those who are more independent.

Classes are suited for individuals who:

- Have ASD, down syndrome, cerebral palsy, intellectual disabilities or other developmental disabilities
- Are age 18 or older (students in a high school transition program are welcome)
- Want to take part in a supportive community of peers
- Want to build skills that promote independence

We welcome people who need high levels of support or supervision for everyday activities. If a participant needs help from a caregiver, their caregiver must attend class to assist them.

Quarter duration:

Classes run on a 12-week quarter system and participants must register for an entire series of classes within each quarter. Drop-ins are available for one-time events and outings. Class curriculum is designed to build on skills weekly and promote socialization among a consistent group of peers. Schedule and classes may change based on interest from our community.
Enroll in Classes
Once you have completed the intake process, you will receive an email from the center with a link to register for the upcoming quarters classes. If you have not received an email and would like to register for classes, please notify us.

Payment Information
- **DDA:** We have a Respite Contract with the Developmental Disabilities Administration (DDA) of Washington. Respite Hours are an accepted form of payment for select classes. Please contact us and your case worker to determine eligibility.
- **Private Pay:** Classes are billed on a quarterly basis. Credit/debit card, check and e-check are acceptable forms of payment.
- **Scholarships:** Apply online: [www.seattlechildrens.org/alyssaburnetcenter](http://www.seattlechildrens.org/alyssaburnetcenter)
- **Holidays:** Please reference calendar for holidays and center closures. Class prices will be pro-rated accordingly.

Course Color Key
During your intake meeting, Burnett Center staff will determine which course color is appropriate for each participant. To best serve the diverse needs of each participant, please use this key as a frame of reference when registering.

**Blue classes are suitable for individuals who:** are most successful with a high level of support; have difficulty following verbal directions with minimal prompting; initially require a 1:1 caregiver (who will attend each class with the student); need hand-over-hand assistance; have difficulty transitioning between activities without physical guidance; require any medication management or distribution; need restroom/toileting assistance; may benefit from clear visual schedules/supports; need behavioral support for challenging behaviors such as tantrums, self-injury, disruption, or frequent vocal outbursts

**Green classes are intended to be blend of green and yellow classes**

**Yellow classes are suitable for individuals who:** are most successful with a moderate level of support; can follow verbal instructions with minimal prompting; may require a 1:1 caregiver at the discretion of staff; can transition between activities with minimal verbal prompting; can express basic wants and needs and respond in basic social settings through formal communication (vocal, device, sign language); need minimal restroom assistance (verbal reminders); may benefit from visual schedules/supports; may engage in some challenging behaviors such as mild disruption, mild self-injury, or infrequent vocal outbursts

**Orange classes are intended to be blend of yellow and red classes**

**Red classes are suitable for individuals who:** are most successful with a minimal level of support or are mostly independent; can follow verbal and/or written instructions with minimal prompting; do not require 1:1 caregiver; can transition between activities with little-to-no prompting; can express detailed wants and needs and carry on more detailed and complex conversations through formal communication (vocal, device, sign language); do not require restroom assistance; do not require visual schedules/supports; exhibit little-to-no challenging behaviors.

**Gray classes are intended to be suitable for all students.**
Blue Classes

**Cooking**
Instructor: Melanie Cates  
COST: $275 per quarter  
DDA: 44 units/11 hours per quarter

Class activities include: learning about basic kitchen utensils and appliances (microwave, toaster, fridge); kitchen hygiene; preparing simple meals and snacks following a picture schedule.

**Musical Journeys**
Instructor: Dan Diaz  
COST: $275 per quarter  
DDA: 44 units/11 hours per quarter

In this class, students will get to explore various styles of music and instruments. Students will watch videos of performances, listen to several musical examples, and be able to have hands-on instrumental experiences in a positive social environment. Students learn to identify different instruments by sight and sound, learn how many of them function, and how they may differ depending on their origin. Music is the universal language, and this course will attempt to foster deeper appreciation of our many beautiful and unique forms of self-expression.

**Swim**
Instructors: Michael (T) & Mikaela (Th)  
COST: $350 per quarter (T); $315 per quarter (Th)  
DDA: 40 units/10 hrs (T); 36 units/9 hrs (Th)

Students will attend swimming sessions at the Seattle Children’s Hospital Therapy Pool. The pool is heated to 93 degrees; the depth ranges between two and five feet. Students will work with the pool staff (trained lifeguards) and will be led in games and fitness-based activities in the water. Please note that these are not traditional swimming lessons. Class will meet at Seattle Children’s Hospital main campus. Students must come with a 1:1 caregiver.

**Music**
Instructor: Dan Diaz & Ellen Ruby  
COST: $300 per quarter  
DDA: 48 units/12 hours per quarter

Class activities include playing instruments, learning techniques, listening and moving to music, song writing, singing, and performing. Classes are set up to always be getting input from our students so that they may be an important part of the music making process. Positive social interactions are emphasized, and there is no prior music experience necessary to enjoy this class!

**Open Studio Art**
Instructor: Mike Willen  
COST: $300 per quarter  
DDA: 48 units/12 hours per quarter

This art class is intended for students with an interest in art and who can be independent in the art-making process. Participants will be able to work with a variety of art supplies and they will learn and explore a variety of media that can be used for creative expression. In Studio Art, there is less structure and coming with ideas and projects in mind may be encouraged. Please note that we also offer an “Art ” class that may be better suited for individuals requiring or desiring more direction and instruction.

**Art**
Instructor: Melanie Cates  
COST: $275 per quarter  
DDA: 44 units/11 hours per quarter

Class activities include: creating arts and crafts using a variety of media including: pencils, pastels, paints, clay, sand trays and other tactile and sensory objects. Participants will focus on engaging the senses and creating projects to take home.
**Green Classes**

**Animal Kingdom**
*Instructor: Kayla Morrisey*
*COST: $275 per quarter*
*DDA: 44 units/11 hours per quarter*

This class is for learning about all sorts of animals whether they're wild or our pets. We will get to observe them in their natural habitats though the planet earth series, learn fun facts about different species and discuss the importance of conservation and how humans can do their part to protect our wildlife. In this class we will work on socialization, independent thought, teamwork and sharing our passion for animals by making crafts and doing projects on specific animals. We will also get to meet some special animals during our class.

**Five Senses**
*Instructor: Maggie Dell*
*COST: $300 per quarter*
*DDA: 48 units/12 hours per quarter*

An inclusive class that will travel the spectrum of the five senses: touch, sound, sight, smell and taste. Students will have a hands on learning experience while developing social, sensory and fine motor skills.

**Art**
*Instructor: Melanie Cates*
*COST: $300 per quarter*
*DDA: 48 units/12 hours per quarter*

Class activities include: creating arts and crafts using a variety of media including: pencils, pastels, paints, clay, sand trays and other tactile and sensory objects. Participants will focus on engaging the senses and creating projects to take home.

**Yellow Classes**

**Social Skills**
*Instructor: Kayla Morrisey*
*COST: $385 per quarter (M); $420 per quarter (W)*
*DDA: 55 units/13.75 hrs (M); 60 units/15 hrs (W)*

The class will participate in a variety of activities: both at the center and in the neighboring community. They will work closely with the classroom instructor and classroom aides to review and learn the skills involved with successful communication and socialization. Students will review conversations basics as they participate in cooperative game-play, community outings, and facilitated interactions.

**Adaptive PE**
*Instructor: Jillian Penny*
*COST: $220 per quarter*
*DDA: 44 units/11 hours per quarter*

Class activities include: working to enhance strength and conditioning, hand-eye coordination, dynamic movement, and overall health and wellness. We will play games, learn skills and use teamwork to create a fun and energetic atmosphere in which we improve our fitness. Games will emphasize coordination and body/spatial awareness.

**Music & Movement**
*Instructor: Ellen Ruby*
*COST: $300 per quarter*
*DDA: 48 units/12 hours per quarter*

This music class emphasizes fine and gross motor skills through various ways we can move in music. Moving in music can be a great form of self-expression that addresses awareness of our own space and the space of those around us. Dancing, drumming, using other instruments, choreography, and other collaborative opportunities will allow students to continue to positively interact with each other.
**Cooking**
Instructor: Brittany (M); Mel (T); Jill (Th)
COST: $308 quarter (M & Th); $336 quarter (T)
DDA: 55 units/13.75 hrs (M & Th); 60 units/15 hrs (T)
Class activities include: learning about more advanced cooking techniques and appliances (oven, stove, simple cutting); hygiene and sanitation; preparing multi-step meals and snacks following a picture schedule. Socialization is encouraged through sitting with fellow participants to eat their prepared meals and/or snacks.

**Baking**
Instructor: Melanie Cates
COST: $308 per quarter
DDA: 66 units/16.5 hours per quarter
This class focuses on various baking recipes, both savory and sweet. Examples include quick breads, tarts, cookies, doughnuts, scones, chicken, and bacon. There will be a focus on skills such as measuring, mixing, and oven safety. There will also be opportunity for creative experientials that students can engage in while their food is in the oven. Students will learn about portions and take home fresh baked goods. Please note, we will not be using gluten free or casein free recipes.

**Music**
Instructor: Dan Diaz
COST: $300 per quarter
DDA: 48 units/12 hours per quarter
Class activities include playing instruments, learning techniques, listening and moving to music, song writing, singing, and performing. Classes are set up to always be getting input from our students so that they may be an important part of the music making process. Positive social interactions are emphasized, and there is no prior music experience necessary to enjoy this class!

**Community Connections**
Instructor: Kayla Morrisey
COST: $336 per quarter
DDA: 72 units/18 hours per quarter
This class is for making a positive impact at ABC and the community surrounding us. We will be making projects, visiting/delivering special cards and treats to community members, and volunteering our time to make a difference. In this class students will learn about how to contribute as a good community member, how giving can be rewarding in many ways and how connection to others is an important part of our social world.

**Crafts**
Instructor: Maggie Dell
COST: $300 per quarter
DDA: 48 units/12 hours per quarter
Students will acquire basic crafting skills while working to improve their fine motor skills. This class will also help build confidence, creativity, social skills and a better connection with the outside community; as our crafting skills improve, participants will venture to the outside community to share their talents and artwork.

**Jam Sessions**
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 44 units/11 hours per quarter
This class will focus on instrument exploration and music making with friends. Jam Sessions calls to the importance of awareness of self and others, the desire to learn new things and create beautiful music together. Some music may be instrumental, some may focus on singing, and sometimes you’ve just got to dance. Come and express yourself with us!
Orange Classes

Music & Movement
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

This music class emphasizes fine and gross motor skills through various ways we can move in music. Moving in music can be a great form of self-expression that addresses awareness of our own space and the space of those around us. Dancing, drumming, using other instruments, choreography, and other collaborative opportunities will allow students to continue to positively interact with each other.

Open Studio Art
Instructor: Mike Willen
COST: $300 per quarter
DDA: 48 units/12 hours per quarter

This art class is intended for students with an interest in art and that can be independent in the art-making process. Participants will be able to work with a variety of art supplies and they will learn and explore a variety of media that can be used for creative expression. Please note that we also offer an “Art” class that may be better suited for individuals requiring more direction.

Musical Journeys
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

In this class, students will get to explore various styles of music and instruments of our culture and of cultures around the world. Students will watch videos of performances, listen to several musical examples, and be able to have hands-on instrumental experiences in a positive social environment. Students learn to identify different instruments by sight and sound, learn how many of them function, and how they may differ depending on their origin. Music is the universal language, and this course will attempt to foster deeper appreciation of our many beautiful and unique forms of self-expression.

Community Photography
Instructor: Melanie Cates
COST: $308 per quarter
DDA: 66 units/16.5 hours per quarter

This will be an introductory class that will focus on basic photography skills (composition, story, lighting, perspective, etc.). We will have a few sessions that will go over basic lessons to introduce concepts about photography, then we will spend time outside the ABC documenting the community, and our peers. Students will be able to choose the story that they want to tell through their photographs.

Swim
Instructor: Michael Pham
COST: $385 per quarter
DDA: 121 units/30.25 hours per quarter

Come relax and swim like a fish at the Lynnwood Recreation Center and McMenamins Lagoon! This class will offer a variety of games, activities, and exercises. Both pools will allow everyone the opportunity to play and have fun in a safe environment, at their own pace. We will even be able to use the water slides!

Music in the Movies
Instructor: Ellen Ruby
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

In this class, we will explore music from the movies! Each week, we’ll have opportunities to explore different instruments, dances and singing techniques that are showcased in some of our students’ favorite movies. There will be plenty of hands-on experiences for students to participate in, such as instrument explorations, watching short movie clips, and interacting with one another through music!

Social Gaming
Instructor: Michael Pham
COST: $300 per quarter
DDA: 60 units/15 hours per quarter

Social Gaming Class is designed to provide participants the opportunity to play, think, and have fun! Students will participate in the development of the class by providing input on what games they like to help create the syllabus for the quarter.
Zumba
Instructor: Julie Banke
COST: $240 per quarter (T); $220 per quarter (Th)
DDA: 48 units/12 hrs (T); 44 units/11 hrs (Th)
Class activities include: learning different styles of dance; following a routine; and dancing to improve coordination, mobility and health. This is a high energy class and no prior dance experience is necessary.

Pottery Studio
Instructor: Melanie Cates
COST: $336 per quarter
DDA: 72 units/18 hours per quarter
This class will dive into all things clay! Hand building will be our focus as it is a great way to get to know clay — it’s an accessible approach with endless possibilities. Students will explore pinch pots, coils and slabs galore! Students will also be able to learn and understand the process of glazing and firing their completed pieces of work. As the quarter progresses students will also have the opportunity to visit a working pottery studio to see works of completed art and see what it looks like to use a pottery wheel.

Bricks
Instructor: Michael Pham
COST: $300 per quarter
DDA: 48 units/12 hours per quarter
Students who engage in this STEM building class will work towards developing fine motor skills, be encouraged to develop their creative thinking and foster teamwork skills. Students will be able to transform their imaginations and creations into real life structures using Legos. Weekly activities will include investigating community roles and responsibilities while building community spaces, city landmarks and designing creative structures using Lego bricks, and using creative thinking to redesign and construct historical figures, movies, and structures.

Glee Club
Instructor: Dan Diaz
COST: $300 per quarter
DDA: 48 units/12 hours per quarter
Come share their love for music in a fun and safe environment, while also working on a variety of goals such as building self-esteem and vocal strength, expressing emotions, social skills and making friends.

Harry Potter
Instructor: Melanie Cates
COST: $275 per quarter
DDA: 44 units/11 hours per quarter
This class will dive into all things Harry Potter. It will give participants that are familiar with the books and movies the opportunity to share their love of the story, but also allow participants that are new to the stories to enjoy the journey for the first time. We will explore the books, movies, music and classes they teach at Hogwarts. There will also be crafts to create your own wand and other artifacts from the story. This class will provide participants with a space to build relationships around a common interest. They will be able to learn and discover more about the themes of Family, Friendship, Loyalty and Courage all while having fun and being creative.

Disney
Instructor: Brittany Lewis
COST: $275 per quarter
DDA: 44 units/11 hours per quarter
In this class students will get to express their love for all things Disney! This class consists of Disney crafts, film watching, game playing, listening to music and much more. Students will have the chance to work individually and with their peers on projects. Individuals will complete Disney activities that encourage creativity and decision making while practicing fine motor and social skills.

Outward Bound
Instructor: Brittany Lewis & Michael Pham
COST: $385 per quarter
DDA: 88 units/22 hours per quarter
Focused entirely on community outings, this class will include exciting and refreshing events in the community, in a form of mini ‘one-time’ events. Activities may include bowling, swimming, and will also include a service learning component, which will entail a monthly volunteering opportunity to help build resumes and give back to the community. Students will all meet at the ABC and go to/from outings in our vehicles.
Red Classes

Drama & Improv
Instructor: Mike Willen
COST: $300 per quarter
DDA: 60 units/15 hours per quarter

This fall, students will have the opportunity to explore the exciting world of drama and performance. Through improvisational games and activities, scripted scenes, and original skits, this introductory course gives students a chance to play and discover different aspects of the performing arts. Students will be able to do some independent work, as well as explore different characters, work with scene partners, and experience the joy of performing—all in a safe, non-judgmental atmosphere. Students will be able to engage in creative work while simultaneously building social skills and social awareness.

Social Skills
Instructor: Maggie Dell
COST: $336 per quarter
DDA: 72 units/18 hours per quarter

This class focuses on encouraging participants to move their bodies in a social environment and connect over the shared interest of sports. Utilizing the ABC and YMCA, this class will explore a variety of sports activities including; basketball, football, volleyball, dodgeball and more! Alternative activities to encourage movement will accompany each event.

Rock Band
Instructor: Michael Pham
COST: $336 per quarter
DDA: 72 units/18 hours per quarter

This new-age interactive music class will integrate all components of music in a highly social setting. Class includes playing instruments, ‘jamming out’, listening and moving to modern age-appropriate music, learning about music genres, writing music and songs, singing, performing and developing shared interests in music among peers.

Art
Instructor: Deb Hathaway
COST: $385 per quarter
DDA: 66 units/16.5 hours per quarter

Class activities include: using a variety of art materials and media available to create artwork based on your interests and inspirations under the guidance of an instructor. Bring ongoing projects or begin new ones. This class may include painting, charcoals, clay, water colors, sketching, abstract art and more.

Sports
Instructor: Kayla Morrisey
COST: $420 per quarter
DDA: 72 units/18 hours per quarter

This class focuses on topics guided by students’ interest, with a major emphasis on social skills in naturalistic and community-based settings. Students will participate in a variety of activities: both at the center and in the neighboring community. They will work closely with the classroom instructor and classroom aides to review and learn the skills involved with successful communication and socialization. Students will review conversation basics as they participate in activities, community outings and facilitated interactions in a naturalistic setting.

Gaming & Pop Culture
Instructor: Dan Diaz
COST: $300 per quarter
DDA: 60 units/15 hours per quarter

This class will incorporate a number of different leisure activities and provide students the opportunity to come together to share their common interests. The course will explore using video games, board games, and TV/film to discuss social issues, tap into their creativity, and engage in some friendly competition.
Instructor: Maggie Dell
COST: $420 per quarter
DDA: 84 units/21 hours per quarter

It’s where you make friends. It’s where you break records. It’s where you reconnect with old pals and create new memories. This inclusive bowling class will encourage physical activity, work to develop motor skills, teach sportsmanship and personal responsibility. No experience required, wheelchair accessible, ramps are provided. Students will be eager to experience this laid-back fun, lane side camaraderie, and lively competition!

Instructor: Whitney Ferguson
COST: $385 per quarter
DDA: 99 units/24.75 hours per quarter

In this introduction to rock climbing class, we will be partnering with Outdoors For All at the Redmond Vertical World location to focus on providing students with opportunities to engage in indoor climbing. This class will provide increased opportunities to enhance problem solving skills, self-efficacy and confidence while enjoying being active in a fun and safe community environment. No previous skill necessary for participation.

Instructor: Melanie Cates
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

Mural Art will be a collaborative art class where students work together to create large-scale art pieces. Students will gain comfort and skills by exploring visual art and their creativity through the use of drawing, color, and painting. It will also be an opportunity for students to build their life skills such as goal setting, decision making and teamwork that the student can integrate into their lives outside of the classroom. The class will also talk about the history of mural painting, and venture outside the ABC to view murals that are in our community. Assistive tools can be provided to make this class accessible to all mobility and ability levels.
Follow us on Social Media!
www.Facebook.com/alyssaburnettcenter
www.Instagram.com/alyssaburnettcenter

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Alyssa Burnett Adult Life Center
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Web: seattlechildrens.org/alyssaburnettcenter

Parking
There is free parking in front of and behind the building. The main entrance is at the top of the hill towards the back of the building.

Transportation
DART and Access service the Burnett Center. We allow for a 15 minute pick-up/drop-off window.