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.

### What is the Alyssa Burnett Adult Life Center?

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.

### 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/alyssaburnettcenter

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 blue 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 most-ly 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 Skills
Instructor: Melanie Cates
COST: $252 per quarter
DDA: 36 units/9 hours per quarter

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

Open Studio Art
Instructor: Mike Willen
COST: $275 per quarter
DDA: 44 units/11 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. Please note that we also offer an “Art” class that may be better suited for individuals requiring or desiring more direction and instruction.

Swim
Instructors: Mikaela Henderson
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

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.

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.
Adaptive PE
Instructor: Jillian Penny
COST: $180 per quarter (M); $220 per quarter (Th)
DDA: 36 units/9 hrs (M); 44 units/11 hrs (Th)

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.

Disney
Instructor: Brittany Lewis
COST: $225 per quarter
DDA: 36 units/9 hours per quarter

In this class, students will share their interests in Disney while learning and having fun with peers. We will explore various activities, projects, and games through the lens of Disney Animation. Students will be able to express themselves through movies, music, art, baking, and creative writing. Students will complete activities that will target social skills, creative thinking and decision making skills.

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.

Music & Movement
Instructor: Ellen Ruby
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.

Social Skills
Instructor: Kayla Morrisey
COST: $252 per quarter (M); $308 per quarter (W)
DDA: 36 units/9 hrs (M); 44 units/11 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.

Baking
Instructor: Melanie Cates
COST: $252 per quarter
DDA: 54 units/13.5 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.
Cooking Skills
Instructor: Melanie Cates (T); Jillian Penny (Th)
COST: $308 per quarter (T); $308 per quarter (Th)
DDA: 44 units/11 hrs (T); 44 units/11 hrs (Th)
Cooking Skills will take students on a journey of practicing all of the fundamental skills needed to become more independent in the kitchen. The first four weeks will allow students to practice their skills through repetition and making small snacks. We will then put those skills to use by preparing some of the students favorite dishes for the remainder of the quarter.

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!

Community Connections
Instructor: Kayla Morrisey
COST: $308 per quarter
DDA: 66 units/16.5 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. Students will learn how giving can be rewarding in many ways and how connection to others is an important part of our social world.

Music
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 44 units/11 hours per quarter
Class activities include playing instruments, learning techniques, listening and moving to music, song writing, singing, and performing. Positive social interactions are emphasized, and there is no prior music experience necessary to enjoy this class!

Orange Classes

Just Dance
Instructor: Jillian Penny
COST: $180 per quarter
DDA: 36 units/9 hrs per quarter
In this class students will explore various dance styles including Hip Hop, contemporary, jazz, ballroom and dancing through the ages. Each class the instructor will create simple, repetitive dance movements to popular music. The choreography will be designed to focus on cardio and strength building, social connections and self-confidence.

Swim
Instructor: Michael Pham
COST: $315 per quarter
DDA: 99 units/24.75 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!

Musical Journeys
Instructor: Dan Diaz
COST: $225 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.
Music in the Movies
Instructor: Ellen Ruby
COST: $225 per quarter
DDA: 44 units/9 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!

Zumba
Instructor: Julie Banke
COST: $220 per quarter (T); $220 per quarter (Th)
DDA: 44 units/11 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.

Open Rec
Instructor: Michael Pham
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

This class will encourage students to both socialize and develop resourceful thinking to complete group projects and activities. The goal of this class is to promote connection, collaboration and teamwork after finishing projects, activities, and experiments together. Every third week this class will take place offsite at Zulu Games in Bothell.

Pottery Studio
Instructor: Melanie Cates
COST: $308 per quarter
DDA: 66 units/16.5 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! 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: $275 per quarter
DDA: 44 units/11 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.

Science
Instructor: Maggie Dell
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

This class will introduce students to science concepts through interactive experiments and fun activities. Including both independent and group projects, students will explore the fun of science through a ‘learn by doing’ and innovative approach and participate in weekly creative experiments including; egg drops, rocket science, bridge building and more!

Glee Club
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

Come share your love for music in a fun and safe environment, while also working on a variety of goals such as building self-esteem, vocal strength, expressing emotions, social skills and making friends.
Open Studio Art
Instructor: Mike Willen
COST: $275 per quarter
DDA: 44 units/11 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.

Around the World
Instructor: Michael Pham
COST: $275 per quarter
DDA: 44 units/11 hours per quarter

Around the World is a class that will explore different cultures through hands-on activities and crafts by diving into important art, music and literature from different countries. Using what they have learned each week, students will then create traditional dishes representing that country.

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

Harry Potter class 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.

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, mini golf and much more! Students will all meet at the ABC and go to/from outings in our vehicles.

Red Classes

Drama & Improv
Instructor: Deb Hathaway
COST: $252 per quarter
DDA: 54 units/13.5 hours per quarter

This quarter, students will have the opportunity to explore the exciting world of drama and performance. Through improvisational games, 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—a all in a safe, non-judgmental atmosphere.

Sewing
Instructor: Maggie Dell
COST: $275 per quarter
DDA: 55 units/13.75 hours per quarter

This is the perfect sewing course for you if you are a complete beginner wishing to have a thorough introduction to using a sewing machine, learning different sewing techniques, understanding basic sewing patterns and learning basic cutting skills. Students will be creating fabric bookmarks, simple aprons, drawstring backpacks and will even collaborate to create warm flannel blankets to donate to Seattle Children’s Hospital. Join us in learning a new skill, practice your fine motor skills, socialize with friends and work together to give back to the community!
Social Skills
Instructor: Kayla Morrisey
COST: $385 per quarter
DDA: 66 units/16.5 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.

Rock Band
Instructor: Dan Diaz
COST: $275 per quarter
DDA: 66 units/16.5 hours per quarter

The Rock Band, called The Rocktaves, will be working on the many elements of what it takes to be in a band: learning cover songs, writing original songs, learning instruments, and how to successfully work together. Our styles of music vary depending on the interests of the band members. The Rocktaves will have live performance and recording opportunities, and they frequently make music videos to send out to community members for numerous occasions. *Signed photo consent form required for this class*

Open Studio Art
Instructor: Mike Willen
COST: $275 per quarter
DDA: 55 units/13.75 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, charcoal, clay, watercolors, sketching, abstract art and more.

Sports
Instructor: Maggie Dell
COST: $308 per quarter
DDA: 66 units/16.5 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 and alternative activities to encourage movement will accompany each event.

Gaming & Pop Culture
Instructor: Michael Pham
COST: $308 per quarter
DDA: 66 units/16.5 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.

Baking
Instructor: Mike Willen
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.
**Painting**  
Instructor: Melanie Cates  
COST: $225 per quarter  
DDA: 36 units/9 hours per quarter

The goal of the course will be to introduce students to the fundamental processes of visual perception and artistic expression through the medium of painting. Each lesson we will be developing students confidence in using painting as a primary medium for artistic expression. We will study and research major painting styles and concepts as each style of painting will be focused on for four weeks. Allowing time to explore each modality will build confidence in the process. By the end of the twelve weeks students will develop a solid foundation in Watercolor, Acrylic and Mixed Media Contemporary Painting. Previous painting experience is not a prerequisite for this course.

**Bowling**  
Instructor: Maggie Dell (T) & Whitney Ferguson (Th)  
COST: $385 per quarter (T); $385 per quarter (Th)  
DDA: 88 units/22 hrs (T); 88 units/22 hrs (Th)

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!

**Cooking**  
Instructor: James Schmidt & Michael Pham  
COST: $308 per quarter  
DDA: 66 units/16.5 hours per quarter

Class activities include: learning advanced cooking preparation and planning; reading written recipes and creating grocery shopping lists; visiting stores to learn shopping skills; preparing techniques and skills including: baking, stove-top cooking and chopping. Socialization is encouraged through sitting with fellow participants to eat their prepared meals and/or snacks.

**Mural Art**  
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.

**Floral Design**  
Instructor: Tammy Mitchel & Lauren Anderson  
COST: $275 per quarter  
DDA: 44 units/11 hours per quarter

Students will learn the basics of floral design including types of flowers, assembling techniques and new fun ways to deliver joy into the community through the art of flowers. Students will take ‘orders’ from community members, and assist in creating special arrangements and cards which will be delivered bi-weekly, leading to a special Valentine’s Day outing and delivery.
Follow us on Social Media!
www.Facebook.com/alyssaburnettcenter
www.Instagram.com/alyssaburnettcenter

Seattle Children's
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.