

Alyssa Burnett Adult Life Center

Summer Distance Learning | June 28 — Sept 17

Small Group Classes (In-Person)

COST: \$300 per quarter or DDA Respite: 48 units/12 hours per quarter

Animal Kingdom: Whether you prefer cats, dogs, fish or foxes this class will be sure to pique your interest! We will watch funny animal videos, take a look at the different species and work on activity sheets and coloring pages together.

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

Move & Groove: When the music is groovin' you gotta start movin'! In Move & Groove, students will be taught choreography to fun, upbeat music. No experience necessary!

Music: A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

Park Hoppers (Group A & B): This class is designed to provide participants the space to walk, play and explore the great outdoors. We will be split into two groups (Group A & B) and rotate weekly to maximize class capacity while adhering to COVID restrictions. We'll meet at Blyth Park in Bothell each week to engage in nature walks, scavenger hunts, play lawn games and socialize with peers.

Social Skills (Yellow): Socializing and connecting with others is necessary for all areas of our life. Just like any other skill, socializing takes practice and effort. We will be learning the unspoken social rules and building connection with others.

Social Skills (Red): Socializing and connecting with others is necessary for all areas of our life. Just like any other skill, socializing takes practice and effort. We will be learning the unspoken social rules and building connection with others.

Medium Group Classes (Virtual)

COST: \$240 per quarter or DDA Respite: 36 units/9 hours per quarter

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

Bricks: 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.

Creative Writing: In creative writing, we will use words to express emotion through poetry, short stories, and even quotes. Through learning new vocabulary, studying poems and stories, and exploring different literary devices, we will craft our own poems and short stories into a book.

Cooking: In cooking, we'll learn preparation and planning; reading written recipes and creating grocery shopping lists; preparing techniques and skills including stove-top cooking and chopping.

Coping Skills: This class will explore a variety of coping skills that students can use to manage strong emotions, achieve wellness, and navigate stressful situations. We will explore different outlets (such as art, sensory soothing, and journaling) and build students' confidence as they learn to solve problems in a creative and constructive manner.

Disney: In this class, students will get to create Disney crafts, watch clips, play games, and listen to a few of their favorite songs! Individuals will complete Disney activities that encourage creativity and decision making while practicing fine motor and social skills.

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Disney Short Films: During this class students will get to become movie analysts and critics through watching Disney Short Films and clips from our favorite classic Disney movies. Students will get the opportunity to learn about the elements that make up a film, practice identifying these pieces, and have open thoughtful discussions in a group setting.

Diversity Club: In this class students will explore different aspects of identity and diversity. Students will learn about current events and important movements in history. Students will engage in creative projects and activism and celebrate all aspects of diversity as they learn to become advocates for themselves and others. This is an inclusive class that will embody the Center's RISE standards. We accept all, but will not tolerate intolerance.

Drama (Orange): In this course, students will have the opportunity to explore the exciting world of drama and performance with their peers at UW Bothell. Students will participate in improvisational games and activities and work collaboratively in small groups on original scripts.

Drawing: Drawing class will put your artistic skills to the test as you learn how the use of lines, shapes, and color create works of art!

Elements of Art: In this art class, students will be able to explore the different elements used to design and create an art project. We will explore each element individually then learn how to combine them to design our own creative works of art.

Museum Tours: Each week we will take a virtual trip to a new part of the globe and learn about a museum, why it exists, and the information it shares. Museums could include the topics of Art, Natural History, Science Fiction, or even odd museums like the International Banana Museum. This class will be a bit of Anthropology mixed with two parts recreation and splash of humor.

Music: A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

Music & Movement: Our movement based music class will focus on exploring the many ways our bodies can move to music. We will learn and create dance moves, dance styles and the different types of music that accompany them, and move to upbeat warm-up music as well as calming/relaxing cool down music.

Public Speaking (Orange): Do you want to find your voice and speak with confidence? Join us for a new public speaking course where we will learn how to organize your thoughts and feel more confident while speaking to others. In this small group, we will support each other by listening and learning how to speak about things that we care about.

Rec Skills: This class is all about trying new things! We will focus on exploring how to fill free time with different leisure activities. Students will develop social skills through discussions and build self-advocacy skills by expressing their interests. This class samples activities from other ABC classes and may help to identify future classes to register for!

Song Writing: This song writing group will explore and learn how to write an original song. We will look at the basic elements of song writing, and work together to write a hello song for our group to use each week, rewrite some famous songs, and create our very own song from scratch!

Yoga: In yoga, students will have the opportunity to stretch, breathe, and relax. Classes aim to be accessible for all abilities and we will explore many different kinds of yoga from chair yoga, to restorative yoga to more active styles. Students will have the opportunity to try their hand at leading the class through poses or yoga activities if they'd like to!

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Large Group Classes (Virtual)

COST: \$240 per quarter or DDA Respite: 36 units/9 hours per quarter

Around the World: Pack a suitcase full of your excitement and curiosity as we explore other cultures across the world. Let's learn about what other people wear, eat, how they greet each other, the music they dance to, the activities they do, and much more!

Coloring & Conversations: This class will be the best of both worlds, coloring and chatting with our friends! Coloring pages will be provided each week, but students are also welcome to bring their own.

Fitness: Class activities include working to enhance strength and conditioning, hand-eye coordination, dynamic movement, and overall health and wellness.

Karaoke & Singalongs: Get ready to SING! Through live musical performances and lyric videos, sing along with your classmates to some of your favorite songs and even learn some new ones along the way.

Knights & Mermaids: Do you love pirates, unicorns, genies, and princesses? Each week we will learn about each magical character. This class will be filled crafts, stories, and magical discussions! Bring your imagination and feel free to wear a costume!

Move & Groove: When the music is groovin' you gotta start movin'! In Move & Groove, students will be taught choreography to fun, upbeat music. No experience necessary!

Music: A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

Music in the Movies: Students engage in activities, discussions, and listening to songs and soundtracks from popular movies, from the amazing music of Disney and beyond. Bring your favorites to share!

Photography: In this class, students will learn the basic skills needed to use a camera, phone or iPad to document the world around them. Students will be encouraged to go on walks during the week to take photos and share them during class sessions.

Pop Culture: Students will work with the instructor to develop topics of interest and each week a different topic will be highlighted with video clips and discussions. Topics include cars, music, movies, games, and art.

Sci-Fi Fan Club: Sci-Fi Fan Club will dive into all sci-fi novels, comic books and movie magic! Star Wars, Avatar, Back to the Future, Jurassic Park - you name it and we can explore it! This class will be student driven in it's curriculum development. It will include discussion, games, activities, creative projects, and movie clips.

Sing Out Loud! This class is all about using our voices, and singing together. We will learn how to safely warm up our voices, how to practice different vocal techniques, and how to use our voices to share messages with our communities. If you love to sing out loud, this class is for you!

Social Skills (Orange): Socializing and connecting with others is necessary for all areas of our life. Just like any other skill, socializing takes practice and effort. We will be learning the unspoken social rules and building connection with others.

Spanish: Bienvenido! Students in this course will practice basic vocabulary, including numbers, colors and greetings. We will journey through different Spanish speaking countries, learn about Spanish and Latino music and culture, and have fun learning the Spanish language.

Wizarding World: Welcome to the Wizarding World! In this class we will dive into all things magic, Hogwarts and fantasy. This class will be student driven in it's curriculum development. It will include discussion, games, activities, creative projects, and movie clips.

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Zumba: Julie is back to get us moving to some of our favorite songs! Class activities include learning different styles of dance, following a routine, and dancing to improve coordination, mobility and health.

Zoom Live Chats (ZLC)

COST: \$120 per quarter or DDA Respite: 36 units/9 hours per quarter

This is a time to informally connect with staff and students, play games and practice our social skills. It is a popular mid- day class to share a few laughs even though we are unable to be together in person.