

Fun Things to do with Young Children in Juneau

Southeast Families: Is a group of non-profit and state agencies who work together to promote a seamless web of support for young children and their families located at 3100 Channel Dr., Suite 325. Call 463-5530 for information on events and activities. <http://www.southeastfamilies.org> and <http://calendar.yahoo.com/juneaufamilies>

Juneau Empire: For upcoming events read "Around Town" usually the back of page 1, Hooligan calendar a special section on Thursdays, or check <http://www.juneauempire.com> under "Clubhooligan" Calendar and Events.

Bartlett Beginnings Baby and Toddler Groups:

Signup not required, but please call if you have questions 796-8975
<http://www.bartletthospital.org> under "BRH Services" Bartlett Beginnings



Baby-Parent Time: Thursdays 12:00-1:30 at Bartlett Regional Hospital (in the classroom in the Administration Building). A weekly class and support group for new parents and their babies. Class topics will include feeding, schedules, safety, colic, infant massage, travel with baby, nighttime parenting, bonding, changing family relationships, infant CPR, and many other topics of concern to new parents. Parents will also learn new games to play with their babies and new songs to sing to their babies. This group time will allow parents to bring their concerns to a professional nurse and share information and ideas with other new parents.

Toddler Play Group: Mondays 11:30 to 1:00 p.m. at REACH, 213 3rd St.
An ongoing support group / class for parents of children age 10 months to three years.

Dads and Babies Play Group: First Saturday of the month at 9:00 to 11:00 at REACH, 213 3rd St. New Dads network, share concerns and learn from each other. A topic will be presented at each gathering as well as a new song or game to play with the baby. Infants aged 0-3 years and their Dads are welcome and encouraged to attend.

Juneau Family Health and Birth Center: Located at 1601 Salmon Creek Lane.
586-1203 <http://www.juneaubirthcenter.org>

New Parents Group: Tuesdays 1:00 to 2:30 at the Juneau Family Health and Birth Center in the exercise room. Push toys, puzzles, and plenty of room to get some energy out. All are welcome.

Toddler Time: Mondays 10:00 at the Downtown Library located at 292 Marine Way and 11:00 at the Mendenhall Valley Library located at the Mendenhall Mall .
586-5303 <http://www.juneau.org/library>



Parks & Recreation:

<http://www.juneau.org/parkrec/index.php> 586-5226

Mt. Jumbo Gym: Monday - Friday 10:30 to 12:00 Preschool Open Gym at 909 4th Street in Douglas. For children ages 1 - 6 years. Cost \$1 per child per day. 364-2568
<http://www.juneau.org/parkrec/gyms/preschool.php>

Augustus Brown Pool: Has many classes for children 6 months and up at 1619 Glacier Ave.
Call 586-5325 for schedule. <http://www.juneau.org/parkrec/pool/index.php>

Treadwell Ice Arena: Open September - April. There are parent/tot skate and open skate times available at 105 Savikko Rd. For more information call 586-0410. <http://www.juneau.org/parkrec/icerink/index.php>

Zach Gordon Youth Center: Is a supervised recreation center, located at 396 Whittier Street primarily for youth. Drop-in youth activities include ping pong, pool, Wii, movies, board games, foosball, racquetball, basketball, weights, and arts and crafts. There is also a climbing wall available for both youth and adult access. For more information please call 586-2635 <http://www.juneau.org/parksrec/youthcenter>

Eaglecrest Ski Area: Located at 3000 Fish Creek Rd. North Douglas. For more information call 790-2000 <http://www.skijuneau.com/>



Southeast Alaska Gymnastics Academy: The Gymnastics Academy has a variety of classes. Call 789-7440 for a schedule.

Juneau Dance Unlimited: Located at 8420 Airport Blvd., Suite. 202. JDU features ballet for students of all ages and levels of ability. They also currently offer classes in Jazz, Hip Hop, Modern, Ballroom, Studies in Movement, and Creative Movement. 463-5327 <http://www.juneaudance.com>

The Alaska Club: Valley location: 2841 Riverside Drive · 789-2181 and Downtown location: 641 West Willoughby Avenue, Suite 210 · 586-5773. Kids' Play Center: Monday – Sunday available for children 6 weeks - 8 years of age. 6 weeks - 13 months: \$4 per hour and 14 months - 8 years: \$3 per hour. Alaska Club provides a variety of programs for youth interested in sports and general fitness. In addition, there are fitness classes from karate to yoga geared specifically toward this group. General camps are available during school break to continue to keep kids entertained and fit. <http://www.thealaskaclub.com/>

Our Back Yard: An indoor playground for young children, with a separate area for babies and toddlers, located in the Mendenhall Mall. There is a charge. 796-2007

KTOO Family Night: First Tuesday of the month starting at 5:30pm at the Downtown Library. This is an on-going series to help build a strong relationship between children and reading. A light dinner is served, usually a book is read and a short clip from a PBS program. Kids leave with a book free of charge. For more information call AEYC at 789-1235 <http://www.ktoo.org/index.cfm>

DIPAC: Open to the public from May - September from 10:00am to 6:00 p.m. weekdays and 10:00 a.m. to 5:00 p.m. weekends. During winter months please call 463-4810 to make an appointment. This hatchery, located just across the highway from the hospital, at 2697 Channel Drive has an outdoor viewing window where you can see the Salmon. There is also a large indoor saltwater aquarium. It's worth a visit. <http://www.dipac.net>

Wee Fishie Shoppe: Juneau's Zoo always has interesting animals to look at and can be a fun little trip for kids. 789-0728 <http://www.weefishie.com>



Gastineau Humane Society: Located at 7505 Glacier Highway. Viewing hours are Monday -Friday 3:00pm - 6:00pm, Saturdays 2:00pm - 5:00pm, and closed on Sunday. 789-0260 <http://www.ghspets.org/>

Swampy Acres: Horse farm located at 10400 Glacier Hwy. 789-7253

Home Depot Kids Workshops: The first Saturday of each month between 9:00 and 12:00. Designed for kids 5-12, these free workshops teach do-it-yourself skills and tool safety, while instilling a sense of accomplishment. 463-5034 <http://www.homedepot.com>

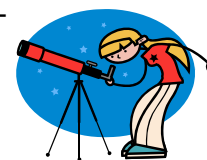


The Canvas Community Art Studio & Gallery: Offers classes and open shop time for a fee. Occasional classes are appropriate for young children. For classes and events call 586-1750 <http://www.canvasarts.org>

Juneau Nursery School Co-op: Parent-run nursery school program located in the basement of the Northern Lights United Church at 400 11th Street in Juneau. This parent run co-op is for children between the ages of 20 months and 3 years from 9:30 to 12:00 each weekday morning from early September to the end of May. In addition to the Nursery room, child will have access to a fenced outdoor playground, an indoor climbing room, and a large open space indoors for games and other activities. Contact Kari Robinson at 789-5222 for more information.

Mount Roberts Tramway: Located at 490 South Franklin is opened May through September, Monday - Friday 8:00am - 9:00pm, Saturday and Sunday 9:00am - 9:00pm. Tickets are \$24.95 for adults, \$13.50 for child 6 - 12 years and Free for 5 years and under. Tickets allow all day unlimited rides and include viewing of Seeing Day-light and the Juneau Raptor Center's live Bald Eagle exhibit. Allow a minimum of one hour for a complete tramway experience. For more information please call 463-3412. <http://www.goldbelttours.com/>

Marie Drake Planetarium: Every Tuesday at 6:00 p.m. come and "See the Stars". The Planetarium, located on Glacier Highway in the Marie Drake Middle School complex is a unique Juneau resource. It models the sky anytime, even when the weather is miserable. It has a 30 foot dome ceiling and is equipped with many projectors in addition to the stars and planets. Programs are presented throughout the year by the Friends of the Marie Drake Planetarium. 586-6862 <http://www.mariedrakeplanetarium.org>



Mendenhall Glacier Visitor Center: Located 13 miles from downtown off of Mendenhall Loop Rd. Summer hours are May - September from 8:00 am - 7:30 pm Sunday - Sunday. Admission is \$3.00 per person. Winter hours are October - April 10:00 am - 4:00 pm Thursday - Sunday. Admission is free. The Mendenhall Glacier Visitor Center offers special events throughout the year. These events include: Fall Festival and an Earth Day Celebration. These events include activities for everyone, from videos, scavenger hunts, activity tables and guided hikes. Forest Service staff will periodically present programs for children on Saturdays. The programs are from 11:00 to 12:00 and are designed for children ages 4-6. Each one-hour program is a great opportunity to explore the environment, learning about wildlife, glaciers, plants and more. During the summer (May-September), programs meet in the Pavilion. The rest of the year, we meet inside the visitor center. These programs are free to the public. Check with the visitor center for dates and topics 789-0097.
<http://www.fs.fed.us/r10/tongass/districts/mendenhall/visitorinfo.html>

Alaska State Museum: Located at 395 Whittier Street. Free admission the first Friday of every month, Oct - April, from 4:30 until 7pm. Summer hours are 8:30am to 5:30pm daily, May - September. Winter hours are 10:00 am to 4:00pm Tuesday through Saturday from September - May. Admission Summer \$5.00 and Winter \$3.00. Those 18 and under are admitted free. An annual pass with access to both museums is available for \$15. 465-2901 <http://www.museums.state.ak.us/asm/asmhome.html>

Juneau Douglas City Museum: Located at 155 S. Seward St. Summer hours are 9:00am to 5:00pm Week-days and 10:00am to 5:00pm Weekends. Summer admission is \$4.00 for adults and 18 and under free. Winter hours are Tuesday – Saturday 12:00 to 4:00pm. Free winter admission for all. 586-3572 <http://www.juneau.org/parkrec/museum/>

Bus Ride: Take a ride on a bus, and have toddler sized adventure. For routes and fares call 586-3185. <http://www.juneau.org/capitaltransit/index.php>



Savikko Park (Sandy Beach): Located at the very end of Douglas Hwy, on Third Street. This beach has it all; historic trails, long shallow beach, a climbing structure, infant and regular swings, play structure, and covered shelters. This park also includes two restrooms and drinking fountains. The water at Sandy Beach is shallow and toddlers could have fun playing in the water, either in the summer or with boots in the fall-spring time.
<http://www.juneau.org/parkrec/facilities/douglas.php>

Cope Park: Located at Capital and Calhoun Streets. Within this park are a large climbing structure, tot swings, regular swings, tennis courts, ball field, covered shelter, picnic tables and grills, a summer rest room and a drinking fountain. The tennis area is good for kicking balls, riding toddler sized scooters etc.
<http://www.juneau.org/parkrec/facilities/downtown.php>

Twin Lakes Project Playground: Located off of Old Glacier Highway, just past Hospital Drive. It has grassy hills to roll down and a great place to bring bikes and trikes. There are regular and tot swings, picnic tables, the Planet Walk, a summer rest room, drinking fountains, picnic shelter, and fishing pier.
<http://www.juneau.org/parkrec/facilities/lemon.php>



Riverside Rotary Park: Off Riverside Drive, located on a lake with walking path around the lake. There is a climbing structure, a sand box, regular and infant swings, lots of benches, portable rest room, drinking fountain, and ducks to feed. <http://www.juneau.org/parkrec/facilities/valley.php>

Auke Bay Recreation (Auke Rec.): This beautiful beach located about a mile past the ferry terminal has a clean, rocky beach. Good place to throw rocks, have a picnic (there are covered picnic tables) and view wildlife: eagles, harbor porpoises, and the occasional whale.

Since times and meeting places may vary or change over time for some events, please call them directly for more details or check their website.