



CITY OF WEST LINN PARKS & RECREATION

Activities

**SUMMER
2019**

Class Registration

Events Guide

Senior Programs

Park Information

**City of West Linn
Parks and Recreation
Department**

22500 Salamo Rd., #1100
West Linn, OR 97068

Phone: 503-557-4700
Fax: 503-656-4106



City of West Linn Parks & Recreation

Parks and Recreation Mission Statement

To provide life enhancing experiences and to promote a healthy community. This is accomplished by providing safe, attractive, and well maintained parks, facilities, trails and open spaces, as well as, creative and challenging recreation programs for the leisure time enjoyment of West Linn citizens of all ages.

Thank You West Linn/Wilsonville School District

Many of our activities are made possible because of cooperative use of School District facilities. We extend our appreciation to the District, School Board members, school staff and administrative staff for their support of the West Linn Parks and Recreation Department.

General Information

Online Registration available at
www.westlinnoregon.gov

Here's How To Register

City Residents: Register online beginning March 23. Walk-in, phone-in or mail in registration begins March 25. Walk-in or phone in registration 7:30 am-5:30 pm Monday-Thursday and 7:30 am-4:30 pm on Friday (City Hall is closed every other Friday) at the Parks & Recreation Department. Please bring proof that you live in-city. If you prefer not to register in person, phone-in or mail-in registrations will also be accepted.

Out-of-City: Online, walk-in and mail-in registration begins March 28.

Cancellations

- The Parks & Recreation Department reserves the right to cancel any class or activity due to weather, facility considerations, or insufficient enrollment.
- If schools are closed due to inclement weather, classes are not held.

Refund Policy

- 100% refund if City of West Linn cancels class.
- 100% minus a \$10 processing fee, if you request a refund prior to the first class unless otherwise stated in class description.
- In lieu of a refund, you may request a credit and the \$10 fee will be waived. All credits are non-refundable.
- After a class has begun, credits will be issued on a prorated basis.

West Linn Residency — West Linn residents receive a discounted rate for classes. Most programs have a Non-West Linn resident fee of \$5 per class. You are a “resident” if you own or rent property inside the city limits of West Linn. If you are not sure if you reside in city limits, call 503-557-4700.

Scholarships — Scholarships are available to West Linn residents who need financial assistance. For information on receiving a scholarship or donating to the fund, call 503-557-4700.

Special Accommodations — In compliance with the Americans With Disabilities Act, if you have a disability or need an accommodation please include a note with your registration.



Scan and Explore — Use your mobile device to scan the QR code on the left to go directly to West Linn Parks & Recreation's Facebook page. Once there, you can bookmark for future use. You will need to download a QR scanner application for your mobile device.

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL	2900 Borland Rd
BOLTON SCHOOL	5933 Holmes St
CEDAR OAK SCHOOL	4515 Cedaroak Dr
CITY HALL	22500 Salamo Rd
FLOURISH PILATES	1785 Willamette Falls Dr, Ste. 8
HAMMERLE PARK	1505 Lewis St
HARMONY ROAD MUSIC CENTER	17300 SE 82nd Dr, Clackamas
MARYLHURST HEIGHTS PARK	1800 Valley View Dr
MARY S. YOUNG PARK	19900 Highway 43
MCLEAN HOUSE	5350 River St.
ROBINWOOD PARK	3600 Fairview Way
ROSEMONT RIDGE MIDDLE SCHOOL	20001 Salamo Rd
STAFFORD SCHOOL	19875 Stafford Rd
SUNSET FIRE HALL	2215 Long St
SUNSET SCHOOL	2351 Oxford St
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK	3456 Parker Rd
THE YOGA STUDIO	2008 Willamette Falls Dr, Suite A
TRILLIUM CREEK SCHOOL	1025 Rosemont Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL	1403 12th St

Register for classes early!!

All of our classes have minimums and maximums and we do not want you to miss out on one of our great classes. So, please sign up early to avoid cancellations.

City of West Linn Parks & Recreation

West Linn Sports Associations

Willamette United Soccer Inc 5 years & up

Club Administrator-503-638-9777
Website: www.willamettesoccer.com

Boys Lacrosse Grade School & up

Mark Flood-503-650-6343
Website: www.westlinnlax.com

Recreation Basketball 1st-8th Grade Middle School Recreation Basketball

Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

Website: www.westlinnselectbasketball.org
Winter Season-Select Teams grade 4-8

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

No experience necessary! The only thing required is a commitment to have fun. Skiers and support personnel such as Boat Drivers, Boat riders/spotters, actors for shore routines, announcers and sound system personnel, and costume designers are just some of the needed persons.

Website: www.portlandwaterspectacular.com



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City of West Linn Parks & Recreation Department

22500 Salamo Road #1100, West Linn, OR 97068

Phone: 503-557-4700 | Fax: 503-656-4106

Advisory Board

Stacy Epsteen, Scott Etheridge, Vicky Handy,
John Linman, Steve Gulgren, Steve Miesen
and Sarah Silvernail

Office Hours:

Monday-Thursday 7:30 am-5:30 pm

Open every other Friday 7:30 am-4:30 pm

Call for dates of closure

Youth Programs & Summer Camps

Half-Day Mini Camps for Ages 4-6

LED BY PARKS AND RECREATION STAFF — CAMPERS MUST BE 4-6 YEARS OF AGE DURING CAMP SESSION



Shorty Sporty Camps

These mini-camps are designed as an introduction to different sports activities. Fun, exercise and learning are emphasized for encouraging the development of new skills in a non-competitive environment. Please wear sunscreen, bring a water bottle and snack.

Max 24 (Camper to staff ratio is 8:1)

FEE: IC \$54 / OC \$59, *Week of July 1-3: IC \$33 / OC \$38, Daily Drop-In Fee: \$15

All Sessions 9 am-12 pm

June 17-21	Multi Sport	Tanner Creek Park	6410.301
June 24-28	Multi Sport	Hammerle Park	6411.301
*July 1-3	Basketball	Tanner Creek Park	6412.301
July 8-12	Multi Sport	Robinwood Park	6413.301
July 15-19	Soccer	Tanner Creek Park	6414.301
July 22-26	Multi Sport	Robinwood Park	6415.301
July 29-Aug 2	Soccer	Hammerle Park	6416.301
Aug. 5-9	Multi Sport	Robinwood Park	6417.301
Aug. 12-16	Soccer	Tanner Creek Park	6418.301
Aug. 19-23	Multi Sport	Hammerle Park	6419.301

Mini Campers

This “mini” version of Fun in the Sun Camp is offered Monday through Friday, half-days, and is based on the traditional day camp model where youngsters play and interact outdoors with other children their age. Our activities are designed to enhance the physical, social and emotional well being of the child. Activities are related to a weekly theme and include: games, arts & crafts, stories and special visitors. Please wear sunscreen and bring a water bottle and snack.

Max 24 (Camper to staff ratio is 8:1)

FEES: IC \$54 / OC \$59, *Week of July 1-3: IC \$33/OC \$38, Daily Drop-In Fee: \$15

All Sessions 12:30-3:30 pm

June 17-21	Fun On The Farm	Tanner Creek Park	6420.301
June 24-28	Calling All Artists	Hammerle Park	6421.301
*July 1-3	Party In The USA	Tanner Creek Park	6422.301
July 8-12	Under The Sea	Robinwood Park	6423.301
July 15-19	Alphabet Food	Tanner Creek Park	6424.301
July 22-26	Music Makers	Robinwood Park	6425.301
July 29-Aug. 2	Under The Big Tops	Hammerle Park	6426.301
Aug. 5-9	It's A Bug's Life	Robinwood Park	6427.301
Aug. 12-16	Aloha Summer	Tanner Creek Park	6428.301
Aug. 19-23	Galaxy Voyage	Hammerle Park	6429.301

Register for Both Sessions, Stay & Play During Lunch

FEE: IC \$108 / OC \$113, *Week of July 1-3: \$66/\$71

June 17-21	6430.301	July 15-19	6434.301	August 12-16	6438.301
June 24-28	6431.301	July 22-26	6435.301	August 19-23	6439.301
*July 1-3	6432.301	July 29-August 2	6436.301		
July 8-12	6433.301	August 5-9	6437.301		

Safety Town

Ages 4-6 (must be this age during camp session)

Safety Town is a 1 week day camp for children ages 4-6. The children learn how to handle many hazardous and potentially dangerous situations. Guest speakers include a Trauma Nurse from Legacy Emanuel Hospital, Tualatin Valley Fire & Rescue, West Linn Police Department, First Student and more. Additionally, children will learn how to wait for and ride the school bus safely, poison awareness, stranger danger, and how to call 911. The program includes a t-shirt, daily snack and craft.

Please bring your child's helmet to camp each day.

*On Friday families are invited to a complimentary Bike Rodeo and barbeque activity from 11 am - 12 pm.

Min 20 Max 48

FEE: IC \$65 / OC \$70

August 19-23 M-F 9-11 am 5000.301

August 19-23 M-F 12-2 pm 5001.301

Sunset Firehall



Manners Matter

Learn the importance of being polite in all situations. Set the table, practice proper greetings and handshake. Learn the polite way to enter a conversation and to write thank you notes. Learn the importance of being a polite host/hostess and guest. Practice good manners throughout the week and share about those experiences at class.

Manners Matter ages 5-7 years

Min 6 Max 8

FEE: IC \$60/OC \$65

8/3 & 8/10 Sa 9-10:30 am 6110.301

WL Adult Community Center-Maple Room

Manners Matter ages 8-10 years

Min 6 Max 8

FEE: IC \$60/OC \$65

8/3 & 8/10 Sa 10:45 am-12:15 pm 6111.301

WL Adult Community Center-Maple Room

"I didn't know other kids' moms made them be polite at their house too!"

Amanda age 6

"I didn't think this class was going to be fun...but it is!!"

Jeffrey age 9

"My Grandma really liked her thank you note. She put it on her fridge."

Emma age 5

Youth Programs & Summer Camps

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas



Hello Music

Ages 2-4

Hello Music is a joyful introductory musical experience for you and your child. You will share creative activities that introduce movement, finger plays, singing, rhythm, keyboard activities and basic musical concepts. Materials included.

FEE: IC \$85 / OC \$90

7/29-8/7 M&W 10:30-11:15 am 5500.301

7/30-8/8 T&Th 10:30-11:15 am 5501.301

Music Time

Ages 4-6

Music Time is an age-appropriate musical experience for the beginning student. You and your child

will be introduced to singing, movement, note and rhythm reading, finger readiness and piano activities. Parents participate in class. Materials Included.

FEE: IC \$85 / OC \$90

7/29-8/7 M&W 11:15 am-12 pm 5502.301

7/30-8/8 T&Th 4:15-5 pm 5503.301

Young Musician Intro

Ages 6-8

Young Musician students learn age-appropriate music concepts through singing, ear training, note reading, keyboard solo and ensemble playing, rhythm ensemble and creative activities. Students will experience solo and ensemble performance. Parents participate in class. Materials included.

FEE: IC \$85 / OC \$90

7/29-8/7 M&W 5-5:45 pm 5504.301

Keyboard Prep Intro

Ages 8-11

Keyboard Prep is an exciting introduction to piano playing for the older beginner. Sessions include ear training, solfege singing, note reading, solo and ensemble playing—a great class for continuing study. Students will experience solo and ensemble performance.

Parents participate in class.

FEE: IC \$85 / OC \$90

7/30-8/8 T&Th 5-5:45 pm 5505.301

Jr. Music Camp

Ages 4-6

Junior Music Camp is an activity-oriented musical experience for four to six year old learners.

Camps meet two hours daily for one week and are led by a certified Harmony Road teacher. No previous musical experience required.

Your child will explore a different theme each day through music and craft activities. Themes include “Hall of the Mountain King”, “The Nutcracker”, Teddy Bears, “Peter and The Wolf”; “Carnival of The Animals”. Parents are invited to attend a short program on the last day of camp. Materials and snack included.

FEE: IC \$120 / OC \$125

8/5-8/9 M-F 12:30-2:30 pm 5506.301

Keyboard Orchestra Early Ensemble Class

Ages 5-8

Students will expand their reading skills and experience orchestration on the keyboard. Playing in ensemble enhances listening skill

and encourages team work. The song material in this collection involves singing, movement, rhythm and keyboard ensemble activities. Students will perform finished ensembles at the last class of the session. Sight reading & basic piano skills are required. Parents or helpers are encouraged to take part in ensemble playing.

FEE: IC \$100 / OC \$105

7/29-8/7 M&W 6-7 pm 5507.301

Keyboard Orchestra Intermediate Ensemble Class

Ages 5-11

The focus of this class is keyboard performance and solfege singing, sight reading, rhythm and response, and orchestration. Students will experience and learn about “boogie,” “rag” and orchestral selections scanning several centuries. Students will perform finished ensembles at the last class of the session. Knowledge of chords and experience with ensemble preferred. Parents or helpers are encouraged to take part in ensemble playing.

FEE: IC \$100 / OC \$105

7/30-8/8 T&Th 6-7 pm 5508.301

Chess Wizards

Ages 5-14

Join us this summer for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy and puzzle folder. Unleash your brain power and spend part of your vacation with Chess Wizards! Chess Wizards has been teaching the game of chess since 2002. Our interactive curriculum makes learning fun

for new and seasoned players alike. Our camps are led by our most experienced instructors, and provides our students with a memorable camp experience while challenging their minds! www.chesswizards.com

FEE: IC \$195 / OC \$200

6/24-6/28 M-F 9 am-12 pm 6250.301

Rosemont Ridge Middle School, RM A102

8/12-8/16 M-F 9 am-12 pm 6251.301

Sunset Firehall



Summer Chess Camp!

Corbin Yu

Ages 7-12

Whether you are a beginner or seasoned player, you are invited to join Coach Corbin for a fun-filled and stimulating week of chess.

Corbin Yu earned the National Master title at the 2013 World Open and was a 3-time Oregon High School State Champion. During the week, he will introduce and guide students through key chess concepts. In doing so, students will develop a strong problem solving mentality. Coach Corbin will give personalized advice as they hone their skills against each other over

the board, culminating in a camp tournament at the end of each week. Exciting Chess variants such as bughouse, progressive, and cylindrical chess will help students approach the game from fresh perspectives. Their fast pace and abstract problem solving are very popular with students. All skill levels welcome.

Min 6 Max 18

FEE: IC \$240 / OC \$245

7/8-7/12 M-F 9 am-12 pm 6150.301

Rosemont Ridge Middle School, RM A102

8/5-8/9 M-F 9 am-12 pm 6151.301

West Linn High School, RM A101

Youth Programs & Summer Camps

Fun in the Sun Day Camps for Ages 6-12

LED BY PARKS AND RECREATION STAFF-MUST BE 6-12 YEARS OF AGE DURING CAMP SESSION

Do you want your child to have fun enriching opportunities that will support continued learning and personal growth over the summer months? Fun in the Sun is an exciting recreation day camp offered in West Linn parks. This summer, we are offering one-week sessions of camp at Willamette Park. Register early, as space is limited.

FUN IN THE SUN is a traditional day camp program designed to provide active & diverse activities for youth. Our trained staff works daily to offer enrichment activities in the areas of: arts, games, social & cultural activities and nature study. The campers will take varied weekly field trips to local attractions and host onsite presenters and new activities each week. (Camper to staff ratio 10:1)

WHAT TO BRING TO CAMP:

Sack lunch, water bottles, sunscreen, appropriate clothing and towel for water games.

REGISTRATION FEES:

IC \$110/OC \$115, *week of July 1-3: IC \$66/OC \$71, Daily Drop-In Fee is \$30

*Multiple child discount \$20, must register for the same camp and same week.

DAILY DROP-IN AVAILABLE on a first come first serve basis on site and if space is available. No Drop-In on Field Trip Days.

YOU MUST REGISTER FOR THE FULL WEEK TO GO ON THE FIELD TRIP.

CAMP SESSIONS:

All sessions 9 am-3 pm

ALL CAMPS MEET IN WILLAMETTE PARK

June 17-21	6400.301	*Field Trip Smith & Bybee Wetland
June 24-28	6401.301	* Field Trip Zoo
*July 1-3	6402.301	* Field Trip John's Incredible Pizza
July 8-12	6403.301	* Field Trip End Of The Oregon Trail
July 15-19	6404.301	* Field Trip Oaks Park



July 22-26	6405.301	* Field Trip OMSI
July 29-Aug. 2	6406.301	* Field Trip Lake Theater
Aug. 5-9	6407.301	* Field Trip Ultrazone
Aug. 12-16	6408.301	* Field Trip John's Incredible Pizza
Aug. 19-23	6409.301	* Field Trip Sky High Sports



West Linn Public Library

Summer Reading Program

6/25 Creature Feature presents Live Reptiles!
 7/02 Come Alive! Inspiring Kid's Creativity and Desire to Read with the Zaniac
 7/09 Presto the Magician Magic and Comedy
 7/16 Museum of Natural and Cultural History presents Our Place in Space
 7/23 Oregon Coast Aquarium presents What about Whales?
 7/30 History is Child's Play: Willamette Meteorite, Facilitated by the West Linn Historical Society.

Tuesdays at Willamette Park, 11 am and 1 pm

Youth Programs & Summer Camps



SUMMER CAMPS

Y Fit Kids

Ages 7-12
This camp will focus on increasing speed and agility through fitness, games and drills.
FEE: IC \$155 / OC \$160
6/17-6/21 M-F 9 am-12 pm 6300.301
8/12-8/16 M-F 9 am-12 pm 6301.301
Marylhurst Heights Park

Lego Jr. - Galaxy Voyage

Ages 4-6
5,4,3,2,1 Blast off! Travel through space while we explore the galaxy.
FEE: IC \$155 / OC \$160
6/17-6/21 M-F 9 am-12 pm 6302.301
Sunset Firehall, Downstairs

Lego Engineering Core Concepts

Ages 7-12
Not just any Legos! Student Engineers will build machines with motors, cars and robots that move, and experiment with simple machines.
FEE: IC \$220 / OC \$225
6/17-6/21 M-F 8:30 am-2:30 pm 6303.301
Sunset Firehall, Upstairs

Baking

Ages 7-12
Students will explore different baking methods with sweet and savory recipes. Cookies, cakes and pies, Oh my!
FEE: IC \$220 / OC \$225
6/24-6/28 M-F 8:30 am-2:30 pm 6304.301
Sunset Firehall, Downstairs

Y Breakfast

Ages 7-12
Breakfast is the most important meal of the day! Students will explore different recipes that will help start their day off right.
FEE: IC \$130 / OC \$135
7/1-7/3 M-W 8:30 am-2:30 pm 6305.301
Sunset Firehall, Downstairs

Star Wars

Ages 7-12
Join us as we travel to a galaxy far, far away! Participants begin the week as Padawans who are preparing to begin their Jedi training. Throughout the week, these Padawans are challenged through daily Star Wars themed crafts, games and other activities.
FEE: IC \$220 / OC \$225
7/8-7/12 M-F 8:30 am-2:30 pm 6306.301
Rosemont Ridge Middle School, RM B102

DIY Toys

Ages 7-12
Students will design and put together their own toys to play with at home; games, play dough and sock puppets to name a few. Their creativity will lead to hours of fun.
FEE: IC \$220 / OC \$225
7/8-7/12 M-F 8:30 am-2:30 pm 6307.301
Rosemont Ridge Middle School, RM B104

Y Chef Around The World

Ages 7-12
No passport required to take this culinary journey around the world. Our chefs will learn about creating recipes, nutrition and using cooking utensils all while cooking new and exciting cuisine from all around the world.
FEE: IC \$220 / OC \$225
7/15-7/19 M-F 8:30 am-2:30 pm 6308.301
Sunset Firehall, Downstairs

Coding with Legos

Ages 7-12
Explore the building blocks of coding with legos! Campers will build various projects such as robots, cats and guitars then they will create unique code to make their projects come to life!
FEE: IC \$220 / OC \$225
7/22-7/26 M-F 8:30 am-2:30 pm 6309.301
Rosemont Ridge Middle School, RM A104

Lego Jr. - Into The Wild

Ages 4-6
One of the wonderful parts about childhood is discovering all the amazing animals that live on the planet. We will learn about animals and their habitat through building models of animals with Legos, while learning about what makes these animals special and unique.
FEE: IC \$155 / OC \$160
7/22-7/26 M-F 9 am-12 pm 6310.301
Rosemont Ridge Middle School, RM A104

Acting

Ages 7-12
Whether you're a Drama Queen or King of Comedy, this camp is a mix of dramatic, comedic and improvisational acting. Our instructors have an extensive background in teaching the fundamentals of acting. Who knows, maybe a star will be born. Maybe that star is you!
FEE: IC \$220 / OC \$225
7/29-8/2 M-F 8:30 am-2:30 pm 6311.301
Sunset Firehall, Upstairs

Storybook Y Chef

Ages 4-6
Campers will bring favorite childhood books to life with games, crafts and food. After reading the story they will create a recipe inspired by the book.
FEE: IC \$155 / OC \$160
7/29-8/2 M-F 9 am-12 pm 6312.301
Sunset Firehall, Downstairs

Chefs In Training

Ages 7-12
Become a chef extraordinaire! This camp will teach children how to make quick, yummy foods

that can be enjoyed by the whole family. Campers will receive lessons in cooking safety, cooking techniques, preparing food and more. No previous cooking experience required.
FEE: IC \$220 / OC \$225
8/5-8/9 M-F 8:30 am-2:30 pm 6313.301
Sunset Firehall, Downstairs

Stop Motion Animation

Ages 7-12
Animation is not only fun to watch, it's fun to make! With stop motion animation, everything around you can come alive! In this camp we'll explore the basics of animation and work together to develop stories, build props and characters, animate them and create their very own animate shore film!
FEE: IC \$220 / OC \$225
8/5-8/9 M-F 8:30 am-2:30 pm 6314.301
West Linn High School

Invent It, Build It

Ages 7-12
This camp will rev up that inventive spirit! Each day we'll have a new design challenge to solve. Some are just for fun and others tackle real world problems. Kids will design, test and tweak their inventions while working through the scientific method. Sample challenges include a confetti launcher, a car that can be powered without a motor, or a speedy emergency shelter. The sky's the limit with a little creativity!
FEE: IC \$220 / OC \$225
8/12-8/16 M-F 8:30 am-2:30 pm 6315.301
Sunset Firehall, Downstairs



Youth Programs & Summer Camps

Sciensational Workshops for Kids, Inc.

www.sciensational.net

Make it and Take it Home

Ages 6-11

In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Build a working electric motor. Make your own sharpie pen T-shirt and learn some cool chemistry (student supplies a 100% cotton T-shirt). Make your own bubbling blobs and explore the properties of a density tube. Make silly putty—glowing goo—green flubber and other cool projects. By the way...we will make ice cream in our own amazing, different, Sciensational way!

FEE: IC \$176 / OC \$181

7/8-7/12 M-F 9am-12pm 6100.301

Rosemont Ridge Middle School

Prospectors Mystery Rock

Ages 6-11

You are going to be a Prospector (you know those people who were always looking for gold). In this workshop you will get to excavate for valuable gems, fascinating rocks, and some ancient fossils. All are yours to keep. What hidden wonders will you find? The identities of the 10 specimens found in your Mystery Rock have been kept a secret from you. You will experience the thrill of discovery, much as prospectors did. You will be able to identify each one. Your specimens are in a hard clay material the same as prospectors



found. You will have to get them out without breaking or scratching them. That's not that easy. You will get an excavation tool, specimen brush, log book, sorting trays and labels. You will, as a Prospector, record the color, both wet and dry texture, and its ability to float for each of the 10 specimens you dig out. Make an educated guess with our help to whether each one is a rock, gem, or fossil. See how good you are. You will learn from us the exact name and classification. We give you hands-on science... Prospectors style—fun—educational—exciting!

FEE: IC \$176 / OC \$181

7/8-7/12 M-F 1-4pm 6101.301

Rosemont Ridge Middle School

Follow Me Robot

Ages 7-12

How would you like to build a robot that has four built-in microphones? It will detect the sound source and in turn it will move and turn accordingly. It is your own robot to build and take home. Wow! It starts flashing and plays Do-Re-Me. Make it move the way you want it to move. It is so smart. It will move in its own routine if it does not get a signal in 1 minute. It will go to sleep if you do not issue any commands in 90 seconds. However, you can wake it up. Learn about the

different gears and sensors as you build it. Get to build other robots working in groups. Join in our Sumo wrestling and obstacle course events with what you have built. See everything happening as you build. That's the Sciensational way!

FEE: IC \$176 / OC \$181

7/22-7/26 M-F 9am-12pm 6102.301

Rosemont Ridge Middle School

Brick Building With Lights and Sound

Ages 7-12

How about becoming an architect and electronics scientist. Combine everything into one. Make endless combinations of brick construction and electronics. Invent anything and make it work all by doing it the Sciensational Way!! How about building your own light post with color effects. Build and design your own brick tower, light it up, play music, and turn on your LED'S. Build your own brick bridge with melody and sound. Construct a brick mammal, a three level house, and light house. Put in overhead lights. Now it is your time to design, think, and use your inventors' skills. The sky is the limit! All of this you take home. STEam your way to the future!

FEE: IC \$176 / OC \$181

7/22-7/26 M-F 1-4pm 6103.301

Rosemont Ridge Middle School

Chemical Magic—Magical Microscope—Rocks & Minerals

Ages 6-11

Learn to make batteries from fruits or potatoes. Make a fantastic crystal tree. Work with invisible ink. See the happy and sad balls. Work with our powerful magnets. Look at our prepared slides using our microscopes. Learn about the different types of rocks and minerals from our interesting rock and mineral collection. Be a chemical detective. Make glob from glue. Use paper chromatography to separate colors. Make dirty pennies turn clean and clean pennies turn green. Everything will be explained to you so you can go home having learned some interesting science. Hands-on science is the best way to learn. Do it the Sciensational way!

FEE: IC \$176 / OC \$181

8/12-8/16 M-F 9am-12pm 6104.301

West Linn High School

Egyptian Dig

Ages 6-11

Buried Treasure Digs—Children discover the amazing science of Archaeology as they uncover ancient artifacts. In doing this, we will learn about Egyptian life. We will excavate with tools like a real archaeologist uses. We will find the following artifacts as we excavate a scarab (what's that?), hieroglyphic tablet, ankh symbol and a jackal. You will learn about this and even take home a booklet. The artifacts are yours to keep. We will wet the sand that we dig into and create one of two sand sculptures for display. You can make a pyramid as well as a sphinx. Let's go back in time with a hands on archaeological experience!

FEE: IC \$176 / OC \$181

8/12-8/16 M-F 1-4pm 6105.301

West Linn High School

Youth Programs & Summer Camps



Imagination Academy

Ages 5-8
Discover, create and play! All aboard the imagination train as your Jr. Mad Scientist takes a journey around the world of science. Join the fun as we make our own inventions while exploring the world of inventors, learn to cast fossils in the domain of the dinosaurs, explore the vastness of space and create a comet, watch the pull of gravity with parachutes and feel the heaviness of the air pressure all around us!
FEE: IC \$189 / OC \$194
7/8-7/12 M-F 9am-12pm 6275.301
West Linn High School, RM A104

Creative Contraptions! The Inventor's Camp

Ages 8-12
Creative Contraption Warning! This camp will take junior inventors on a journey of discovery from the real-life inventions of da Vinci, Edison and the Wright brothers to Isaac Asimov's dreams of future inventions. Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all...their mind. With a little bit of ingenuity, they'll construct catapults and forts and then lay siege, fabricate innovative flying contraptions, design their own gizmo prototypes and will even assemble a working light saber to take home.
FEE: IC \$189 / OC \$194
7/8-7/12 M-F 1-4pm 6276.301
West Linn High School, RM A104

Radical Robotics

Ages 8-13
Spend the week exploring the wonderful world of automation. From the very basics of robotics to the complexity of building TWO of your own robots! With all of the cool stuff you take home, including the two robots that you build yourself, you'll continue your exploration of the science of robotics long after your week with our Mad Scientist is over.
FEE: IC \$384 / OC \$389
7/22-7/26 M-F 9am-4pm 6277.301
Rosemont Ridge Middle School, RM A102

Rockets & The Science of Flight

Ages 5-8
Space, rockets, planes and flight...a little bit of everything for a rockin' good time! Our most popular camp, younger campers have a blast learning the hows and whys of aerodynamics by studying all things that fly: planes, kites, hot air balloons, helicopters and of course rockets.
FEE: IC \$189 / OC \$194
8/12-8/16 M-F 9am-12pm 6278.301
McLean House

Rocket Lab

Ages 8-12
3...2...1...Blast Off! This camp is rockets, rockets and more rockets! Build and launch a rocket everyday as you learn all about, you guessed it, rockets! Your child is in for an action-packed week focused entirely on rockets and the physics of rocket flight! Campers will learn the importance of teamwork in launching rockets and will have the opportunity to try their hand at each role!
FEE: IC \$189 / OC \$194
8/12-8/16 M-F 1-4pm 6279.301
McLean House

Play-Well TEKnologies

Intro to STEM with LEGO®

Ages 5-7
Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, Treehouses and Beam Bridges. Design and build as never before and explore your craziest ideas in a supportive environment.
FEE: IC \$156 / OC \$161
7/8-7/12 M-F 9am-12pm 6000.301
Rosemont Ridge Middle School, RM A102

STEM Challenge

Ages 7-11
Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as: Gear Cars, Gondolas, Merry-Go-Rounds and Scissor Lifts. Design and build as never before and explore

your craziest ideas in a supportive environment.
FEE: IC \$156 / OC \$161
7/8-7/12 M-F 1-4pm 6001.301
STEM Challenge + Harry Potter with LEGO®
Ages 6-10
Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! In this challenge based program, build projects inspired by cool machines close to home, such as Gear Cars, Gondolas, Merry-Go-Rounds and Scissor Lifts. Then travel to Hogwarts School of Wizardry. Hop on your Broomstick, play Quidditch and duel the evil Lord Voldemort. Engineering and Wizardry are the focus of this new full-day themed camp for LEGO® fanatics!
FEE: IC \$312 / OC \$317
7/29-8/2 M-F 9am-4pm 6002.301
Rosemont Ridge Middle School, RM B102

Code To The Future codetothefuture.com

Minescratch Video Game Design

Ages 7-12
Come and learn how to speak the language of computers! Campers will dive into the exciting world of computer programming through a block-based programming tool called "Scratch" that makes it simple for anyone to learn programming! With Scratch, the possibilities to create are endless! Throughout the camp, new programmers create projects like an "epic space battle game" or a "choose your own adventure story!"
Min 12 Max 24
FEE: IC \$156 / OC \$161
7/15-7/19 M-F 9am-12pm 6200.301
Rosemont Ridge Middle School, RM A104
8/19-8/23 M-F 9am-12pm 6201.301
McLean House

Minecraft Modding Camp

Ages 9-14
Why just play Minecraft when you can create Minecraft? In this camp designed for quick learners or those with some coding experience, campers will immerse themselves in the language of computers through Minecraft! Using Java, a professional text-based coding language, campers will learn to create Minecraft mods like "craft a sword out of mushy bananas" or "spawn a flying golden cow!" This camp helps kids to make the full transition from players to creators and open up a whole new world of Minecraft!
Min 10 Max 12
FEE: IC \$221 / OC \$226
7/15-7/19 M-F 1-4pm 6202.301
Rosemont Ridge Middle School, RM A104
8/19-8/23 M-F 1-4pm 6203.301
McLean House

A-WOL Aerial Dance Collective

All Camps Located At Mary S. Young Park, Shelter

Instructor Experience: All instructors have experience with rigging outdoors from the trees, aerial safety, and knowledge in each apparatus they teach. A-WOL has been providing aerial instruction for the past ten years and continues to see both adult and youth programs growing. A-WOL has multiple teacher trainings and rigging workshops.

Dress Code: Leggings/fitted pants that allow movement, leotard or fitted t-shirts/tank tops, sports bra. Avoid loose or baggy clothing, skirts, crop tops, clothing with zippers, and jewelry (no midriff or bare legs) students who are dressed inappropriately will be asked to observe class. Be sure you have clean bodies, hands, and feet as well as deodorant if needed. Please help us keep our silks clean!

Tiny Fly Aerial Playground in the Park

Ages 4-6

Get comfortable upside-down, sideways, and backwards! This class will create a fun and safe environment for students to develop body awareness, basic aerial skills, and locomotion patterns founded on play and imagination. This week long class will have students swinging from the trees with A-WOL Dance Collective in the beautiful Mary S Young Park in West Linn, OR. Bring water and snacks each day. The week will end with a small performance for students to show off what they have learned to family and friends. Photos and video encouraged!

FEE: IC \$160 / OC \$165

7/8-7/12 M-F 11 am-12:30 pm 6500.301

7/29-8/2 M-F 10-11:30 am 6501.301



Youth Fly Aerial Playground in the Park

Ages 7-11

Flip your summer upside down! Spend the week learning to climb, invert, and fly on multiple aerial apparatus. During camp students will learn fun new aerial tricks, develop tumbling and dance skills, and utilize their creativity and expression. This adventure in the trees of Mary S Young Park with A-WOL Dance Collective is sure to make the summer memorable. Bring water and snacks each day. The week will end with a small performance for students to show off what they have learned to family and friends. Photos and video encouraged!

FEE: IC \$300 / OC \$305

7/8-7/12 M-F 1-4 pm 6502.301

7/15-7/19 M-F 10 am-1 pm 6503.301

7/29-8/2 M-F 10 am-1 pm 6504.301

8/5-8/9 M-F 10 am-1 pm 6505.301

Teen Fly Aerial Playground in the Park

Ages 12-17

Take your summer up to the next level! Learn to climb, invert, and fly on multiple aerial apparatus in the trees of Mary S Young Park. This camp will teach students aerial tricks and transitions, develop tumbling and dance skills, as well as utilize their creativity and expression. This week with A-WOL Dance Collective is sure to make the summer memorable. Bring water and snacks each day. The week will end with a small performance for students to show off what they have learned to family and friends. Photos and video encouraged!

FEE: IC \$300 / OC \$305, *Week of 7/22-7/25 \$240/\$245

7/8-7/12 M-F 10 am-1 pm 6506.301

7/15-7/19 M-F 1-4 pm 6507.301

*7/22-7/25 M-Th 10 am-1 pm 6508.301

8/5-8/9 M-F 1-4 pm 6509.301



Margarita Kiker's Cheer Camp!

Come enjoy a fun cheer camp, your child will learn basic tumbling, jumps, stunting, cheer motions, dancing and perform a high skilled routine on Friday. Cheer T-shirt and Pom Poms included.

Sunset Firehall, Upstairs

4-5 years

FEE: IC \$50 / OC \$55

7/8-7/12 M-F 9:30-10:30 am 6550.301

6-8 years

FEE: IC \$50 / OC \$55

7/8-7/12 M-F 10:45-11:45 am 6551.301

9-12 years

FEE: IC \$80 / OC \$85

7/8-7/12 M-F 12-2:30 pm 6552.301

Youth Programs & Summer Camps



Van De Veere Productions Summer Camps

View website at www.misskathleen.net
All Dance classes at Sunset Fire Hall

Tiny Singers Broadway Hits Song & Dance Camp

Ages 5-8
Are you a ham!? Love to perform? This camp is for you! At VDV, we love our musicals! This class is great for the little ones! Learn proper vocal warm ups and learn staging and choreography from Broadway's best shows. One of our most popular camps! New songs in each camp! Sign up for all of them! Comfortable Clothes/Dancewear.

Instructor, Miss Christine
FEE: IC \$80 / OC \$85
7/22-7/26 M-F 11 am-12 pm 6600.301

Hip Hop & Play Dance Camp

Ages 5-8
Get your groove on this summer. This camp is great for new dancers to the studio and dancers who have been in hip hop and play and beginning hip hop! So much fun to dance to your favorite songs! Miss Christine will teach the best new moves out there! Any dancewear.

Instructor, Miss Christine.
FEE: IC \$80 / \$85
7/22-7/26 M-F 12-1 pm 6601.301

Tap Dance Camp Beginning/Intermediate

Ages 8 And Up
Come and work on your tap dancing skills this summer with Miss Christine! Center techniques, across the floor and combos!

Instructor is Miss Christine.
FEE: IC \$80 / OC \$85
7/22-7/26 M-F 1-2 pm 6602.301

Beginning Hip Hop Camps

Ages 6-10
Get your groove on this summer. This camp is great for new dancers to the studio and dancers who have been in hip hop and play and beginning hip hop! So much fun to dance to your favorite songs! Miss Christine will teach the best new moves out there! Any dancewear.

Instructor, Miss Christine.
FEE: IC \$80 / OC \$85
7/22-7/26 M-F 2-3 pm 6603.301

Tiny Tutus Ballet Camp

Ages 3-5
Tiny tutus Disney ballet...learn to dance like a Disney princess! Your little one will find the turns, twirls and jumps in this class to be just what they need to become their very own Disney princess! Comprised of center and across the floor work, your child will learn the basics of ballet in a fun and exciting class. And, with a small dance at the end they will get to show you all they have learned! A great camp for beginning dancers!

Leotard and tights requested, with ballet shoes.
Instructor, Miss Kathleen.
IC \$60 / OC \$65
8/19-8/23 M-F 3:30-4 pm 6604.301

Broadway Hits Song & Dance

Ages 6-8
Are you a ham!? Love to perform? This camp is for you! At VDV, we love our musical theater! Come and sing the hits of Broadway including Annie, Hairspray, Newsies and more! Learn proper vocal warm ups and learn staging and choreography

from Broadway's best shows. One of our most popular camps! New songs in each camp! Sign up for all of them!

Comfortable clothes/dancewear.
Instructor, Miss Kathleen.
FEE: IC \$70 / OC \$75
8/19-8/23 M-F 4-4:45 pm 6605.301

Broadway Hits Song & Dance

Ages 9-14
Are you a ham!? Love to perform? This camp is for you! At VDV, we love our musical theater! Come and sing the hits of Broadway including Annie, Hairspray, Newsies and more! Learn proper vocal warm ups and learn staging and choreography from Broadway's best shows. One of our most popular camps! New songs in each camp! Sign up for all of them! Comfortable clothes/dancewear.

Instructor, Miss Kathleen.
FEE: IC \$70 / OC \$75
8/19-8/23 M-F 4:45-5:30 pm 6606.301

Dance Technique Boot Camp-Turns, Tricks & Technique Jazz Dance Camps Beginning/Intermediate

Ages 7-12
Keep your skills up this summer and stay busy stretching and mastering your jazz skills. This is for intermediate and advanced dancers only. Double turners and up! Head across the floor and work your turns, leaps and new floor tricks! Sign up now!

Dancewear and dance paws.
Instructor, Miss Kathleen.
FEE: IC \$80 / OC \$85
8/19-8/23 M-F 5:30-6:30 pm 6607.301

Dance Technique Boot Camp-Turns, Tricks & Technique Jazz Dance Camps Intermediate/Advanced

Ages 12 & Up
Keep your skills up this summer and stay busy stretching and mastering your jazz skills. This is for intermediate and advanced dancers only. Double turners and up! Head across the floor and

work your turns, leaps and new floor tricks! Sign up now! Dancewear and dance paws.

Instructor, Miss Kathleen.
FEE: IC \$80 / OC \$85
8/19-8/23 M-F 6:30-7:30 pm 6608.301

Improv & Contemporary Dance Intermediate/Advanced

Ages 12 & Up
More Improv this summer and combos with Miss Kathleen! Come and work your Improv skills dancers! Dancewear and dance paws. Instructor, Miss Kathleen.

FEE: IC \$80 / OC \$85
8/19-8/23 M-F 7:30-8:30 pm 6609.301

Michelle Chandler Smith Dance Intensive VDV Style 3 DAY INTENSIVE

Ages 9 And Up
Come and join us for our 3 day dance intensive! This dance intensive features special guest teacher, Michelle Chandler Smith from Seattle. Classes will be held in jazz, lyrical, and contemporary techniques. Combos and across the floor. This camp is geared towards our serious dancers! Not to be missed! Space is limited! 12 hours of class total.

FEE: IC \$150 / OC \$155
8/7-8/8 W & Th 11 am-3:30 pm
8/9 F 11 am-1 pm 6610.301
30 minute lunch break scheduled on Aug 7 and 8.

Tiny Tutus Ballet Camp

Ages 4-6
Tiny tutus ballet...learn to dance like a princess! Your little one will find the turns, twirls and jumps in this class to be just what they need to become their very own princess! Comprised of center and across the floor work, your child will learn the basics of ballet in a fun and exciting class. And, with a small dance at the end they will get to show you all they have learned! A great camp for beginning dancers!
Leotard and tights requested, with

Youth Programs & Summer Camps

ballet shoes.

Instructor, Miss Sara

IC \$60 / OC \$65

7/15-7/19 M-F 10:30-11 am 6611.301

Beginning Jazz Dance Camp

Ages 7-12

Come and learn and work on skills with Miss Sara. This is a great camp for new and beginning dancers. Work on leaps, turns, and flexibility! Refine the basics and work combos and skills across the floor! Any dancewear.

Instructor, Miss Sara

FEE: IC \$80 / OC \$85

7/15-7/19 M-F 11 am-12 pm 6612.301

Beginning Hip Hop Camps

Ages 6-10

Get your groove on this summer. This camp is great for new dancers to the studio and dancers who have been in hip hop and play and beginning hip hop! So much fun to dance to your favorite songs! Miss Sara will teach the best new moves out there!

Any dancewear.

Instructor, Miss Sara

FEE: IC \$80 / OC \$85

7/15-7/29 M-F 12-1 pm 6613.301

Turns, Leaps And Tricks Intermediate/Advanced

Ages 11 and up

This camp is perfect for the dancer with some experience and older dancers! Miss Sara will work you out this summer with some great new combos and choreography. Join us!

Any dancewear.

Instructor, Miss Sara

FEE: IC \$80 / OC \$85

7/15-7/19 M-F 1-2 pm 6614.301

Contemporary & Improv Camp Intermediate/Advanced

Ages 7-12

Join Miss Sara for this amazing camp full of great combos and improv. Come dance your heart out and perfect your skills and technique! Any dancewear.

Instructor, Miss Sara

FEE: IC \$80 / OC \$85

7/15-7/19 M-F 2-3 pm 6615.301

Tiny Tutus Ballet Camp

Ages 3-5

Tiny tutus ballet...learn to dance like a princess!

Your little one will find the turns, twirls and jumps in this class to be just what they need to become their very own princess! Comprised of center and across the floor work, your child will learn the basics of ballet in a fun and exciting class. And, with a small dance at the end they will get to show you all they have learned! A great camp for beginning dancers! Leotard and tights requested, with ballet shoes.

Instructor, Miss Kathleen

FEE: IC [icon] / OC \$41

8/14-8/16 W-F 11-11:30 am 6616.301

Disney Ballet Camp

Ages 6-8

Disney ballet...ballet basics for the new dancer!

Perfect for the new ballerina or a dancer who has 1-2 years of experience! This class will be non-stop fun with a full ballet experience; barre, center and across the floor work. Students will learn the fundamentals of ballet and work on mastering their technique, all set to Disney music!

Leotard and tights requested, with pink ballet shoes.

Instructor, Miss Kathleen

FEE: IC \$42 / OC \$47

8/14-8/16 W-F 11:30 am-12:15 pm 6617.301

Beginning Dance Camp

Ages 7-12

Come and learn and work on skills with Miss Kathleen is a great camp for new and beginning dancers. Work on leaps, turns, and flexibility! Refine the basics and work combos and skills across the floor! Any dancewear.

Instructor, Miss Kathleen

FEE: IC \$42 / OC \$47

8/14-8/16 W-F 12:15-1:30 pm 6618.301

Broadway Hits Song & Dance Camp

Ages 7-13

Are you a ham!?! Love to perform? This camp is for you! At VDV, we love our musical theater! Come and sing the hits of Broadway! Learn proper vocal warm ups and learn staging and choreography from Broadway's best shows. One of our most popular camps! New songs in each camp! Sign up for all of them! Comfortable clothes/ Dancewear.

Instructor, Miss Kathleen

FEE: IC [icon] / OC \$47

8/14-8/16 W-F 1:30-2:15 pm 6619.301

Miss Kathleen's Technique Boot Camp

Ages 9 and up

Get back in shape dancers! This camp is all stretching, all conditioning and all skills in center and across the floor! We will cover turns, leaps and tricks. This camp is designed for our intermediate and advanced dancers. Work on your technique this summer and

get ready for our fall program! Be ready to work it! Boot camp is BACK!

Instructor, Miss Kathleen

FEE: IC \$90 / OC \$95

8/14-8/16 W-F 2:15-4 pm 6620.301

Tumbling

Join Miss Jeanna this summer for an amazing 3 day camp full of tumbling skills. Great for the returning tumbler or a new student. Work on some skills and build your confidence and technique through great tumbling skills. Please have hair pulled up and back, wear dance clothes or tight tank top and booty shorts. Bare feet is requested.

FEE: IC \$48 / OC \$53

Ages 4-6

6/24-6/26 M-W [icon] am

6621.301

Ages 6-9

6/24-6/26 M-W 11 am-12

pm 6622.301

Ages 10 & up

6/24-6/26 M-W 12-1 pm

6623.301

6:00PM  **JUNE 14th**

DADDY
daughter
DANCE

REACH FOR THE STARS

DINNER ■ PHOTO BOOTH ■ CRAFT ■ DJ

Adult Community Center
1180 Rosemont RD

This annual event provides a most unforgettable evening for girls and their fathers, male relatives, or guardians. Special hosts: the West Linn Old Time Fair Ambassadors.

DANCE TICKETS
\$20 per person

Couples will be treated to a buffet dinner, professional deejay, craft activity, and keepsake photo.

westlinnoregon.gov/parksrec
503.557.4700




Youth Sports

Presented by

Kidz Love Soccer

All classes located at: Tanner Creek Park-No Class 5/26 or 7/4

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!"™



Mommy/Daddy & Me

Ages 2-3.5

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

Min 5 Max 20

FEE: IC \$99 / OC \$104 (8 weeks)

4/3-5/22 W 6-6:30 pm 7103.201

4/6-6/1 Sa 9-9:30 am 7104.201

No class 5/25

6/19-8/7 W 6-6:30 pm 7200.301

FEE: IC \$89 / OC \$94 (7 weeks)

7/13-8/24 Sa 9-9:30 am 7207.301

Tanner Creek Park

Tot & Pre Soccer

Ages 3.5-5

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Min 5 Max 24

FEE: IC \$99 / OC \$104 (8 weeks)

4/3-5/22 W 5:15-5:50 pm 7106.201

4/6-6/1 Sa 9:40-10:15 am 7107.201

No class 5/25

6/19-8/7 W 5:15-5:50 pm 7204.301

FEE: IC \$89 / OC \$94 (7 weeks)

7/13-8/24 Sa 9:40-10:15 am 7208.301

Tanner Creek Park

Soccer 1: Techniques & Teamwork

Ages 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

FEE: IC \$99 / OC \$104 (8 weeks)

4/3-5/22 W 4:30-5:15 pm 7109.201

4/6-6/1 Sa 10:15-11 am 7110.201

No class 5/25

6/19-8/7 W 4:30-5:15 pm 7205.301

FEE: IC \$89 / OC \$94 (7 weeks)

7/13-8/24 Sa 10:15-11 am 7209.301

Tanner Creek Park

Soccer 2: Skillz & Scrimmages

Ages 7-10

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! All participants receive a Kidz Love Soccer jersey!

Min 5 Max 24

FEE: IC \$99 / OC \$104 (8 weeks)

4/3-5/22 W 3:45-4:30 pm 7112.201

4/6-6/1 Sa 11-11:45 am 7113.201

No class 5/25

6/19-8/7 W 3:45-4:30 pm 7206.301

FEE: IC \$89 / OC \$94 (7 weeks)

7/13-8/24 Sa 11-11:45 am 7210.301

Tanner Creek Park

Sudy Soccer

Ages 6-12 years

Program focus is building cooperation, self-esteem, and leadership skills through soccer. Players will engage in a fun and friendly environment where everyone feels welcomed and learning basic to advanced skills. Teaching basics of the game and cooperative and sportsmanship skills through fair play, games, and competition. You will improve individual and team skills including: Skill drills (dribbling and passing), heading, defense and offense, shooting ranging from beginner to advanced levels. Besides learning new skills, campers make new friends, and be the best you can be! Play relay games, tag games, compete in fun competitions! All skill levels welcome (groups are split by ability/grade level) please bring snack, lunch, sun screen, and water. Come out to play and join the fun! Participants will receive a T shirt and diploma.

FEE: IC \$105 / OC \$115

8/19-8/23 M-F 9 am-1 pm 7050.301

Mary S. Young, Soccer Fields

Junior's Co-Ed Basketball & Agility Clinic

Ages 8-10

This class is for athletes of all levels looking to work on speed and agility, as well as basketball skills and coordination. First half of clinic will focus on dynamic warm-up and agility. The 2nd half will blend focused basketball skill development and concepts.

Brian Corso is a local West Linn resident who has been an athlete and coach at various levels to include youth US National teams, Division 1 college, and professional. Brian holds a Masters Degree in Exercise Science and a Bachelors Degree in Kinesiology/Health, Nutrition and Fitness.

FEE: IC \$115 / OC \$120 (6 week session)
6/18-7/30 Tu 4:45-6 pm 7020.301
No class on 7/2
Willamette School, Gymnasium



Mother Son Spectacular

MAY 10TH 6- 8:30PM

CARNIVAL PARTY

Per person fee: IC \$20/OC \$25 class# 3200.101
register online at westlinnoregon.gov/parksrec

GAMES | PRIZES | FOOD

WEST LINN ADULT COMMUNITY CENTER AIM AND WIN!
1180 ROSEMONT RD
503.557.4700

BEST WEEK EVER!



JK JORDAN KENT
SKILL CAMPS

PRESENTED BY:

 PacificSource
HEALTHY LIFE

MARK YOUR CALENDAR WEST LINN!

Join University of Oregon Hall of Famer and former NFL player Jordan Kent this summer in West Linn! Affordable multi-sport camps offering sport instruction, life skills, nutrition education, agility training, games, and more!

**2 WEEKS OF CAMPS:
JULY 8-11 & AUGUST 5-8**

REGISTER AT JORDANKENTCAMPS.COM

YOUTH SPORTS SKILL-BASED PROGRAMS



Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.



SUMMER 2019 SKYHAWKS SPORTS ACADEMY PROGRAMS ARE AVAILABLE IN WEST LINN!

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

Programs are available at multiple locations throughout your area in a wide variety of sports, including: flag football, basketball, baseball, track & field, cheerleading, and multi-sport programs!

Space is limited! Register Today!



**SPACE IS LIMITED!
REGISTER TODAY»**

Online:
www.skyhawks.com

Phone:
800.804.3509

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Coyle Outside

A partner program providing classes to encourage students to practice skills and think critically in the outdoors.

For information and class details contact Coyle Outside: 541-760-0774

All classes meet at Mary S. Young Park under the picnic shelter.

Intro to Wilderness Survival

Ages 5-8

Learn the basics of thriving in the wild! Campers build confidence, communication skills and good judgement, through fun scenarios on their own or in teams. Skills taught/practiced include shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage and knots and primitive skills. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks and lunch.

FEE: IC \$230 /OC \$235

6/24-6/28 M-F 9 am-1 pm 6807.301

Fish Hunters Camp!

Ages 8-13

In this 5 day camp we explore local fishing holes and lots of "angles" on fishing! From Rod and reel to fly fishing, tackle, cleaning fish, bait and primitive fishing methods we cover it all and then some. Poles and tackle provided. Bring appropriate clothing, snacks and lunch.

FEE: IC \$230 /OC \$235

6/17-6/21 M-F 9 am-1 pm 6805.301

Ninja Warrior Parkour

Ages 9-14

Learn to jump, vault, tumble, bounce and spin your way under over and through whatever obstacles and features you come across. Campers build strength, timing, balance, flexibility and explosiveness as instructors take participants through a challenging and fun progression of skills and exercises. Instructors incorporate obstacle courses, martial art

forms, acrobatic movements and props to learn and choreograph key parkour and free running movements. The week ends with a final showcasing of skills. Learn from expert instructors who travel internationally to teach and compete in parkour and movement classes and events. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch.

FEE: IC \$355 /OC \$360

7/8-7/12 M-F 9 am-4 pm 6802.301

Intermediate Wilderness Survival

Full day of building survival skills and testing yourself against survival scenarios! Skills taught/practiced include shelters, fire building, wilderness medicine, teamwork, traps, orienteering, cordage and knots and primitive skills. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks and lunch.

FEE: IC \$315 /OC \$320

Ages 8-10

7/15-7/19 M-F 9 am-4 pm 6803.301

Ages 8-12

8/19-8/23 M-F 9 am-4 pm 6806.301

Girls Earth Skills Camp

Ages 9-14

Work in teams to build communication and leadership skills, and work independently to build focus, self-esteem and self-sufficiency by practicing an array of wilderness skills, such as shelter construction, fire building, tool and knife use, knots and ropes,

navigation and plant identification. Instructors make it both fun and challenging with creative team scenarios to problem solve in small groups. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch.

FEE: IC \$315 /OC \$320

6/17-6/21 M-F 9 am-4 pm 6808.301

Poppin With Bobby

Ages 9-13

Campers build coordination, timing and develop their own style of Pop n' Lock dance completing the week with a choreographed group performance created by participants. Pop n' Lock is a street form created in the 70's that Michael Jackson brought to the mainstream which has come into its own over the past decade as one of the most popular contemporary styles of Hip Hop. Bobby takes participants through progressions, fun music ever present, as they discover, as well as master new abilities, and movements. Super fun skill building camp that encourages fun, creativity, and mutual

support. Play fun games, make new friends and earn a skills certificate. Bring appropriate clothing, snacks and lunch.

FEE: IC \$255 /OC \$260

7/29-8/2 M-F 9 am-4 pm 6810.301

Advanced Wilderness Survival

Ages 9-14

This camp goes in depth into critical survival skills and cool scenarios that are both challenging and fun. Participants work on their own and in teams to problem solve and master the basics of shelter, fire, tool use and knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation and more (we can't cover all of it in one week!) Campers build confidence, leadership skills, common sense and responsibility while having a blast with new friends. We play survival themed games and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks and lunch.

FEE: IC \$315 /OC \$320

8/5-8/9 M-F 9 am-4 pm 6809.301



Outdoor Adventures



Paddle Sports Camps

Ages 8-18

West Linn Parks and Recreation is excited to partner with eNRG Kayaking again this year for its paddling day camp program. ACA Certified instructors will oversee the camps, and instruct youth on river safety, and proper paddling techniques in canoes, kayaks and stand up paddle boards while incorporating fun games to ensure an exciting day for campers.

Three-Day Camps:

Ages: Campers age 8 through 18 will be accepted, and kids will be divided up based on age, experience and ability level.

Day One: Introduction to boats/gear and the river. Learn basic boating skills with a fun, recreational paddle around the confluence of the Tualatin and Willamette River. This flat water section of river is a great place to be introduced to paddling and we will spend a lot of time with games, and basics. Kids might get the opportunity to paddle across the river which is almost 1/4 mile wide.

Day Two: A short river history and hydrology lesson will be followed by a paddle upriver towards the Narrows. This flat water section of river is also a great place to be introduced to paddling, and campers will get a chance to take a small hike on the islands only accessible by boat while eating lunch on the unique rocks formations.

Day Three: This day will pull together all the lessons gained from the past two days and paddle towards Willamette Falls. Campers will learn about river ecology and participate in a small river stewardship cleanup along the way viewing the ski jumping area of the Willamette River. They will also get a chance to view the upstream side of the Willamette Falls Locks from a distance while exploring a new section of river.

Camp includes certified instructors, and all equipment. Campers must bring water, sunscreen, and sack lunch. Campers will meet our instructors at Willamette Park at the confluence of the Willamette and Tualatin River, and is run out of our white 18 foot enclosed Canoe/ Kayak trailer.

FEE: IC \$225 / OC \$230

6/24-6/26	M-W	10 am-3 pm	7201.301
7/8-7/10	M-W	10 am-3 pm	7202.301
7/22-7/24	M-W	10 am-3 pm	7203.301

Willamette Park

NW Discoveries

All trips are for adults and 11-18 year olds that are accompanied by adults; unless otherwise noted. Trips go rain or shine. Meet location directions and equipment lists also available on website: www.nwdiscoveries.com

Touring Kayak, Beginning Lesson

Learn how to use touring kayaks. The first half will include discussion on kayak equipment, steering strokes, paddling in a straight line, bracing and rescues. The second half will be a tour on a local waterway in which we will have the chance to become proficient in our skills. We use very stable solo and tandem kayaks that have big cockpits. This class is a great introduction for beginners to the sport of kayak touring and sea kayaking. Cost includes kayak equipment and guide. FEE: IC \$50/OC \$55

5/19	Su	3:30-6:30 pm	2103.201
7/6	Sa	8:30-11:30 am	2100.301

Meet location is Tualatin Community Park, SW Tualatin Road
(Boat ramp next to train trestle and baseball diamond.)

Canoe, Beginning Lesson

In this class there is no partner need. You will learn to efficiently propel your canoe along our waterways. Canoe lessons teach basic forward, backward and steering strokes. This class will prepare you for other tours. Cost includes canoe equipment and instructor.

FEE: IC \$50 / OC \$55

7/6	Sa	12-3 pm	2102.301
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Meet location is Tualatin Community Park, SW Tualatin Road
(Boat ramp next to train trestle and baseball diamond.)

Canoe, Long Tour & Lesson, Beginning

Explore our local waterways around Rock island in the Willamette River in touring kayaks. These very stable, large cockpit and responsive kayaks will allow you to quickly become proficient paddlers. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour. Cost includes kayak equipment and guide.

FEE: IC \$69 / OC \$74

7/27	Sa	2-6 pm	2101.301
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Meet location is Willamette Park, West Linn



EARTH DAY WORK DAY



April 20, 2019

The West Linn community coming together for a day of service and environmental learning. Volunteers from the various park work locations are invited to attend an appreciation lunch at Mary S. Young Park served from 12-1 pm.

A list of events and opportunities available online www.westlinnoregon.gov/parksrec



IF MONEY YOU WANT



WORK YOU MUST

Did you know West Linn Parks and Recreation provides great summer employment opportunities?

Applications will be available March 26

Positions include: Seasonal Park Attendant, Spray Park Attendant, Recreation Site Supervisor, Recreation Attendant and Volunteer Safety Town Leader.

www.westlinnoregon.gov

Calling All Instructors!

Are you interested in teaching a class for Parks & Recreation?

West Linn Parks & Recreation Department is looking for qualified contract instructors. We are excited about the possibility of working together to reach our common goals and to serve our community.

If you have a skill you would like to share with the West Linn Community, we want to hear from you!

Please review and /or download Our Instructors Handbook to explore your opportunities working with the City of West Linn Parks & Recreation Department.

<http://westlinnoregon.gov/parksrec>

West Linn Parks & Recreation
503-557-4700 for more information.



Historic Willamette District

Saturday, July 13, 2019

5:00 p.m. Social, food, beverages & face painting

6:30 p.m. Interactive Juggling with kids and performance

8:00 p.m. Music & Dancing with "My Happy Pill"

Join your West Linn neighbors at a unique community street dance at 13th & Willamette Falls Drive in the Historic Willamette District. Event activities include music, face painting, bouncy house, cotton candy, dancing, food booths, hay bale seating, and a beer garden.

Bring your chair and enjoy the unique street dance!



Bob Ross Oil Painting

J. Stubb

Ages: 12 years to 99

Easy to follow, step-by-step instruction on the “wet on wet” method of oil painting. Each student will start with a blank canvas and leave at the end of the class with a finished masterpiece all their own.

Min 2 Max 15

FEE: IC \$58/OC \$63 (includes ALL supplies)

6/13	Th	5:30-9 pm	Arizona Morning	1045.301
6/22	Sa	10 am-2 pm	Magnolia Blossoms	1046.301
7/18	Th	5:30-9 pm	Clear Montana Skies	1047.301
7/27	Sa	10 am-2 pm	Crater Lake	1048.301
8/15	Th	5:30-9 pm	Gladiolas	1049.301
8/24	Sa	10 am-2 pm	After the Rain	1050.301

Adult Community Center, Classroom

About the Instructor: Judy has been painting with the ‘wet on wet’ technique for over 20 years and has been a certified Bob Ross Instructor for 10 years. She has taught at many Michael’s stores and 6 parks and recreation facilities as well as private lessons and ‘painting parties’. She also teaches at Valley Christian Church and the Woodburn Art Center. Judy is experienced in teaching ADD, ADHD, and students with mild dementia symptoms. Many of her paintings are proudly displayed in homes across the United States. View paintings at, www.wetpaints.net



Arizona Morning



Magnolia Blossoms



Clear Montana Skies



Crater Lake



Gladiolas



After the Rain



MORNINGS ARE HARD...

Pancakes Help!

Join the **City of West Linn** and celebrate the historic **WEST LINN OLD TIME FAIR** with this fun run in your PJ's and **FREE** pancake breakfast at the finish!

PJ's to Pancakes

SUNDAY, JULY 21th 2019

WILLAMETTE PARK

7:00 am: Packet pickup at Willamette Park begins

8:00 am: Kids 1 mile Run - \$5 pre registration

\$10 day of the event

8:15 am: 5K Run - \$10 pre registration

\$15 day of the event

Register online at www.westlinnoregon.gov or

at the Fair Friday or Saturday



For information call West Linn Parks and Recreation at 503-557-4700



Cooking with Surja Tjahaja

18-Adult

All cooking classes meet at West Linn Adult Community Center.

My Favorite Street Food

The winter class highlight of Portland Asian Street Food was so well received that we had to open new classes to accommodate the demand. If you think “Street Food” is delicious and easy to prepare, I agree. The truth is that I grew up eating those fabulous street foods while living in several countries in Asia. So I think you would love the selections of menu I am offering this Summer, which is the list of my personal favorite dishes. **You will be the only one who will know how to make and have this menu at your home**, because I can not find it in any restaurants in Portland. So whether you want to open your own food cart/restaurant or just to share your cooking with a few lucky people, you’d want to taste this Summer menu.

Martabak (Beef Curry Pancake) and Acar (Cucumber Pickles)

As a child, I would wait for the sun to set when the sound of spatula banging on the frypan sure to make me run outside my home to get the Martabak vendor to make me a meal. Its my favorite street food. You will learn how to make the curry ground beef, egg, and onions, sandwiched between crispy eggroll sheets fried in olive oil and butter. We will also learn how to make the cucumber pickles that is usually served with this dish. Perfect for an appetizer, or July 4th picnic meal, or snack with your favorite movie flicks at home. So easy to make in advance and just heat up when the guests showed up.

6/30 Su 10 am-1:30 pm

1010.301

Osaka Style Okonomiyaki

This is a favorite of mine when living in Japan. Until today people would make this dish on their dinner table together with their love ones as its romantic to cook this simple dish together. However, you can also come in for lunch and have the chef cook it for you at the bar. It’s a perfect summer dish with its savory flavor. This Osaka style pancake has vegetables and seafood in it, its served with a special sauce. You can have Okonomiyaki party at your home with each making their own or serve it to your favorite friends and family.

7/21 Su 10 am-1:30 pm

1011.301

Mie Kangkung Goreng

I love noodles, but this is my favorite. Only found in the street where my grandmother lived and boy I can’t wait to visit her just for the experience of having this noodle dish. It is so delicious, that I can have two portions (leave me no room dinner). The inclusion of Kangkung also known as Oon Choy or Hollow Spinach and also goes by the name Water Spinach can be found in your local Asian Market and its quality is peak in the Summer. The dish is cooked with pork and Indonesian sweet soy sauce pan fry with spices. If you or people you love are into noodles, then you need to learn about this dish as its just awesome.

8/18 Su 10 am-1:30 pm

1012.301

FEE: IC \$40/OC \$45 per person per class.

MATERIALS FEE: \$10 (payable directly to instructor at class).

Due to ordering time for specialty items, class registration closes 10 days prior to scheduled class.

Every class has a minimum of 3 students.

Mindfulness Meditation: A Way to Health and Happiness

Ages 15 and older

Actively develop a healthy mind & body, and remove stress with comfortable meditation postures. Good for all health conditions, pain management, and open to all abilities.

FEE: IC \$110/OC \$115 Drop-in Fee: \$12 per class to instructor

6/10-8/19 M 7-8:30 pm 1066.301

Adult Community Center-Oak/Pine Room

ABOUT THE INSTRUCTOR: Surja Tjahaja holds a MBA degree from USC. He has practiced meditation for the past XX years and is especially interested in how meditation promotes neuroplasticity of the brain and healing. A graduate of the Chaplaincy Program at the Sati Center for Buddhist Studies in California, Mr. Tjahaja has served as a volunteer chaplain at Laguna Honda Hospital and Rehabilitation Center in San Francisco. He currently teaches weekly meditation classes open to people of all ages and health conditions through the Parks and Recreation Departments of Lake Oswego and West Linn.



WEST LINN OLD TIME FAIR Friday, Saturday & Sunday July 19-21 Willamette Park, West Linn



Lumberjack Show
Carnival
Parade
Raffle Drawings
Live Music
Bingo

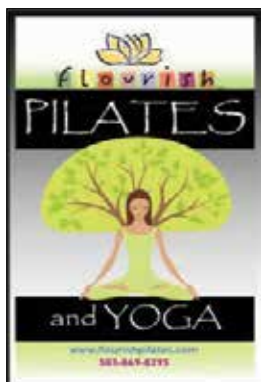
Water Ski Show
Exhibitor Booths
Food Booths
Mutt & Pet Show
Car Show
Recycle Regatta

Pancake Breakfast
Horseshoe Tournament
Pie Eating Contest
Beer Garden
FIREWORKS Friday Night
Demonstrations

DISCOVER ALL THAT IS OFFERED AT WWW.WESTLINNOREGON.GOV/PARKSREC



Adult Sports



Pilates Mat & Reformer Classes

Instructor: Flourish Pilates (Clare Baxter & Staff)

Address & facility location:

1785 Willamette Falls Drive, Suite #9 West Linn, OR 97068

www.Flourishpilates.com

Phone: 503-869-8295 • e-mail: clare@flourishpilates.com

Clare Baxter is the owner of FLOURISH PILATES studio in West Linn (www.flourishpilates.com) since 2007. Clare has been teaching since 1999, and is a certified STOTT PILATES instructor, AFAA fitness instructor, and has additional specialized training in Pilates for; Pregnancy, Scoliosis, Herniated/bulging discs, Whiplash, Sacroiliac Joint Dysfunction, Cervical Spine and Shoulder Stability, Osteoporosis, and Osteoarthritis.

Spring term starts Monday April 29th and ends Saturday Aug. 17th for 14 weeks of class, spanning 16 weeks.

There's no class/charge Monday May 27th, July 22. Tuesday June 11th and July 23. Wed. July 17, June 12. Thursday June 14 and July 18. Friday June 15th and July 19th. Saturday May 18th and July 20th.

PILATES MAT CLASSES

in a small group of up to 8 people

Healthy Back Mat Pilates

Improve strength, flexibility & tone with balls, rings, rollers, & bands! Combines Yoga stretches with the strength training benefits of the Pilates. Some exercises are performed standing to increase balance and functional fitness. Benefit from strength & toning in this challenging and safe workout. Combat the effects of sitting in a small group and prevent injury.

FEE: IC \$301 / OC \$306 (14 sessions)

4/29-8/12 M 6-7 pm 2040.301

No class 5/27 & 7/22

Beginner Pilates Reformer & Spring-Wall

Exercise on the Pilates Reformer machine with a small group of up to 6 people. Get back into fitness gently with the Pilates Spring-wall and stretch, lengthen and strengthen muscles at the same time. Gain core strength and tone your entire body! Increase flexibility, improve posture, and prevent injury by balancing out the body.

FEE: IC \$490 / OC \$495 (14 sessions)

4/30-8/13 T 9:30-10:30 am 2041.301

No class 6/11 & 7/23

5/1-8/14 W 6-7 pm 2042.301

No class 6/12 & 7/17

5/4-8/17 S 9-10 am 2043.301

No class 5/18 & 7/20

Ballet Barre! & Pilates Reformer

Improve your posture & lift your BOOTY with Ballet Barre and and tone up with the Reformer. This great workout works the hips, gluts, arms, abs and legs. This is a fluid workout, safe for the non-dancer. By strengthening the hips and gluts, we can also prevent many back issues. Combat the effects of sitting in a small group.

FEE: IC \$490 / OC \$495 (14 sessions)

5/2-8/15 Th 9:30-10:30 am 2044.301

No class 6/13 & 7/18

Pi-Yo (Pilates/Yoga)

Reformer combines the beneficial stretching of Yoga with the strength training benefits of the Pilates Reformer machine and Spring-wall. Perform traditional Yoga moves on the Pilates Reformer. Benefit from more strength & toning, with movements that involve more coordination and stamina.

FEE: IC \$490 / OC \$495 (14 sessions)

5/3-8/16 F 9:30-10:30 am 2045.301

No class 6/14 & 7/19

Therapeutic Pilates/Gentle-Paced Spring-Wall/Reformer

This is for the client that wants to ease back into fitness. With a doctor's approval, it is appropriate for many back issues. Exercises are mostly performed in neutral spine, and are easy on the joints.

FEE: IC \$490 / OC \$495 (14 sessions)

4/30-8/13 T 11:30 am-12:30 pm 2046.301

No class 6/11 & 7/23

5/2-8/15 Th 11:30 am-12:30 pm 2047.301

No class 6/13 & 7/18





PARENT & CHILD

Mommy and Me Classes

for boys and girls ages 4-14

Double the fun and Mom gets her workout too. Exercises are performed standing and on the mat and use Resist-a-balls, rings, rollers, weighted balls, bands, and the BOSU balance trainer. Gain strength and flexibility and postural awareness at any age. Learn how to stretch and strengthen muscles to prevent back pain. Develop a strong core and increase self-awareness and confidence.

FEE: IC \$490 / OC \$495 (14 sessions)

*Cost is for parent/guardian, and child to attend

5/1-8/14 W 5:15-6 pm 7126.301

No class 6/12 & 7/17

THE MANY BENEFITS OF PILATES FOR KIDS:

Improved Mental Concentration-this can transfer into all aspects of your child's life, resulting in better school performance, sports and extra curricular activities

Increased Flexibility-the positions and exercises taught in Pilates help maintain your child's muscles and tendons limber, which is ideal for dancers and gymnasts.

Improved Posture-as your child learns to maintain neutral spine he or she will integrate this into everyday life resulting in better posture at home and in school

Improvement in Sports-your child will learn to efficiently transfer energy from the back and shoulders into the arms, as well as increase leg power. This is especially great for baseball and soccer.

Enhanced Self Confidence and awareness from the inside-out :)

Adopt-A-Park Program

The West Linn Adopt-A-Park program's purpose is to provide valuable volunteer support for the neighborhood parks. Adopted parks build community and often become the focal point of neighborhood activities. Adopt-A-Park benefits both the Parks & Recreation Department and the adopting group.

Adopt-A-Park involvement means a group or neighbors getting involved together to care for their park as well as find ways to meet those needs. The Parks & Recreation Department makes every effort to support Adopt-A-Park projects. Adopted parks can be very active with many projects and events or limited to only a few activities.

Any family/group/team/Neighborhood Association in the community is welcome to adopt or discuss adopting a park with Parks & Recreation Department staff. The adoption can involve ambitious fund-raising, maintenance and/or can be limited simply to upkeep of a flower bed or area of the park.

If you are interested in adopting a park, please contact the Assistant Parks & Recreation Director, Ken Warner, at 503-742-6047 or kwerner@westlinnoregon.gov.



Adult & Family Fitness

Fitness Classes at the Adult Community Center

The West Linn Adult Community Center offers Fitness classes open to all ages. Join one of these exciting classes. Register for classes at the Adult Community Center or call for details, 503-557-4704.

Core Strength

Jacquelyn Rodgers

Resistance weight training program helps to build core strength in a safe manner. Yoga and Pilates moves build a strong core and healthy back. Please bring small hand-held weights, yoga mat, towel and water.

FEE: \$44/2 classes/week, \$66/3 classes/week, \$5 drop in.

Tuesday, Thursday and Friday 8-8:30 am.

Session I: 5/7-6/28, No class 5/21, 5/23, 7/4

Session II: 7/2-8/23, No class 8/23

Fitness with Janey

Janey Rose

What a great way to kick off summer months! Come join us for 30 minutes of stretching, strength building, cardio activity, increase your balance and FUN! Whether you are active now or wanting to put a skip in your step and become more active, this is the perfect way to get yourself going! The online fitness classes are led by coach Janey Rose. She is a nutrition, health and fitness coach. Her intent is to be of service to people and help influence others into a healthier lifestyle! A West Linn resident of 25 years, she leads in workouts that are different, fun and adaptable for all fitness levels. The workouts are not intense. Need to modify? Janey will help you!

FEE: \$80 full term or \$6 drop in

Tuesdays and Thursdays, 9-9:30 am

Session I: 5/7-6/27

Session II: 7/2-8/29

Nia-Music and Movement

Maria Milner

Nia is music and movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Its practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way.

FEE: \$8 drop in or pay for monthly term at \$6 a class.

Tuesday, Thursday, 11:15 am-12 pm.

Qigong

Lyndalea Ruffner

All Qigong classes offered at the West Linn Adult Community Center (WLACC) at this time are two hour classes held on Mondays and Wednesdays from 10 am to noon. Self-massage, breathing exercises, immune boosting techniques and One Thousand Hands Buddha Meditation are practiced during the first hour of class. The second hour is devoted to learning new Qigong/Tai Chi forms. These forms change from time to time and are selected by the instructor based on the needs and interests of the students. Classes are taught by Master Qigong Teacher, Lyndalea Ruffner, who is certified by the Ling Gui International Healing Qigong School.

Min 5 Max 20

FEE: \$65 for 1/x a week or \$120 for 2/x a week or \$8.50 drop in

Mondays and/or Wednesdays 10 am-12 pm.

Session I: 5/20-7/10

No class on 5/27

Session II: 7/29-9/18

Staying Alive with Strength and Balance

Jacquelyn Rodgers

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises.

Tuesday, Thursday and Friday 8:30-9:30 am

FEE: \$77/2 classes/week or \$119/3 classes/week. \$6 drop in.

Session I: 5/7-6/28, No class 5/21, 5/23, 7/4

Session II: 7/2-8/23, No class 8/23

T'ai Chi

Sharon V. Miller.

Relieve Chronic Pain and Inflammation. Strengthen Your Immune System. Restore Strength and Vitality. Alleviate Anxiety and Depression. Improve Your Balance. Stimulate Your Brain! This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous, harmonious and synergistic sequence at slow speed—beneficial for any age or physical shape. Non-competitive.

FEE: \$56 for 8 classes

Tuesdays 11 am-12 pm

6/4-7/23

Gentle Yoga-Life Enhancing Mindfulness and Stretching

Kristen Fein

This yoga class is focused on gentle stretching beneficial for reducing anxiety, improved flexibility and ease of movement. Exercise may be performed seated in a chair or on a mat.

FEE: \$40/month or \$12 drop in

Thursdays, 11 am-12:15 pm.

Gentle Yoga and Strength

Tiffany Carlson

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind.

FEE: \$65 for 16 classes or \$6.50 drop in.

Tuesday & Thursday 10-11 am

Session I: 4/30-6/20

Session II: 6/25-8/15

Adult & Family Fitness/Adult Sports

T'ai Chi Beginning

S.V. Miller

Begin your weekend with renewed energy and reduced stress! Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape.

Min 7 Max 20

FEE: IC \$72 / OC \$77 (8 sessions)

4/13-6/8 Sa 9:15-10:15 am 2017.201

No class 5/25

Sunset Fire Hall Upstairs

T'ai Chi Advanced

S.V. Miller

This class is for the experienced Taiji Player. The class focuses on a continuing, deeper study of the 24-Movement Yang-Style Form and offers an introduction to other Taiji Forms. Enrollment requires Instructor's permission.

Min 7 Max 20

FEE: IC \$108 / OC \$113 8 sessions

4/13-6/8 Sa 10:15-11:45 am 2019.201

No class 5/25

Sunset Fire Hall Upstairs

Yoga Basics with Liisa



Refresh and stretch your body, and quiet the mind, through basic yoga postures. Emphasis on breath, balance, strength and tension release. Props are provided, helping students practice comfortably. Slower-paced, and great for beginners and intermediate students.

FEE: IC \$81 / OC \$86 (9 weeks)

Drop in rate for classes is \$12

4/3-5/29 W 6-7:15 pm 2022.201

4/4-5/30 Th 9:15-10:15 am 2023.201

FEE: IC \$27 / OC \$32 (3 weeks)

6/4-6/25 Tu 9:15-10:15 am 2050.301

No class 6/18

6/5-6/26 W 6-7:15 pm 2051.301

No class 6/19

6/6-6/27 Th 9:15-10:15 am 2052.301

No class 6/20

7/11-8/1 Th 9:15-10:15 am 2053.301

No class 7/25

FEE: IC \$36 / OC \$51 (4 weeks)

7/2-7/30 Tu 9:15-10:15 am 2055.301

No class 7/23

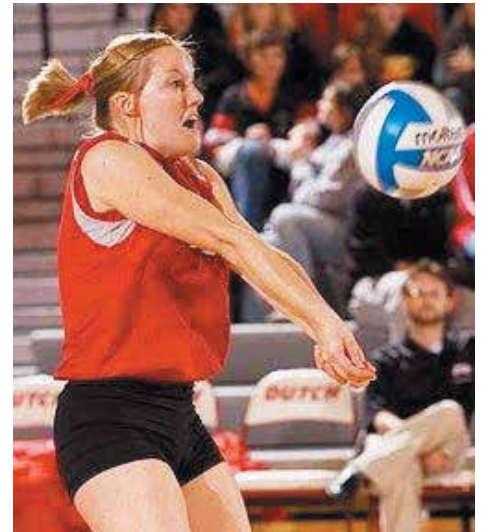
7/3-7/31 W 6-7:15 pm 2056.301

No class 7/24

LOCATION:

The Yoga Studio, 2nd Floor Handris Realty Building,
2008 Willamette Falls Dr., West Linn

Instructor Statement: Yoga has been a part of my life for nearly 20 years, and my practice has helped me grow stronger, more flexible and happier, both on and off the mat. My hope is that you leave my classes feeling refreshed, nourished and balanced.



Adult Recreational Co-ed Volleyball, Open Gym

Over 18 years of age

- New teams created weekly, usually two nets, with teams rotating in round robin play.
- Nets are at men's height.
- Class leader provides some training, skills & rules are taught & practiced.
- On-going program each Monday.

Min 4 Max 28

FEE: \$2 per person per night, pay at door.

No online registration

Mondays, through June 10, 8-10 pm

Willamette Primary School, gym

For information contact David Nepom

503-305-5366 or

dnepom@gmail.com

Power Volleyball, Open Gym

This open gym program is designed for the experienced volleyball player. Players with previous team experience and knowledge of the rules will enjoy this competitive open gym program. This program is not for the beginning player (see Rec Volleyball program) (2 courts, AA and A).

On-going program each Tuesday,

\$2 per person/per night

Tuesdays, through June 11, 8-10 pm

No gym available on 3/26, 4/23, 5/21 & 5/28

Athey Creek Gymnasium.

For further information, contact Steve Young

503-750-6151 or sytees@hotmail.com

Adult Programs

Voice-Overs... Now is YOUR Time!

L. Foster

A One-time 2-Hour Program for Adults

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos!

Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Min 4 Max 40

FEE: IC \$35/OC \$40

6/25 T 6:30-8:30 pm 1020.301

West Linn Adult Community Center, Classroom

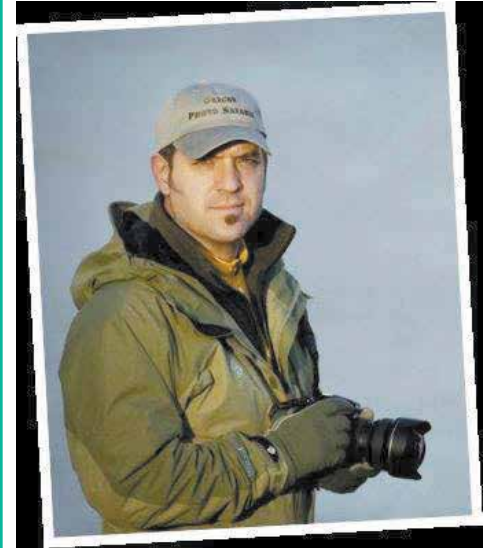


Photography Instruction

Instructor: Dwon Guvenir, Craftsman Photographer

www.oregonphotosafaris.com

16-Adult



Photography Basic

This is the first 2 hour introduction of the Advanced Photography class, an overview of how modern digital and film cameras function to create art. It's a great place to start if you're not really sure you want to take the time to develop your skills as a photographer. This course is not a prerequisite for the Advanced Photography course. Bring camera and manual.

Min 5 Max 20

FEE: IC \$50/OC \$55

7/29 M 7-9 pm 1055.301

West Linn High School, Classroom A101

Photography Advanced

Craftsman Photographer Dwon Guvenir will teach you the skills necessary to be in complete control of your photography, both the tech and the art of photography. This class brings students of all levels up to the "advanced" level. No prerequisite. Bring camera and manual.

Min 5 Max 20

FEE: IC \$115/OC \$120

7/29-7/31 M-W 7-9 pm 1056.301

West Linn High School, Classroom A101



Parenting the Love and Logic Way™

D. Scott

A six session parenting program designed by the Love and Logic Institute.

Learn how to:

- Avoid un-winnable power struggles and arguments.
- Stay calm when your kids do incredibly upsetting things.
- Set enforceable limits, avoid enabling and begin empowering
- Help your kids learn from mistakes rather than repeating them.
- Raise kids who are family members rather than dictators.
- ... and much more!

This parenting program is designed to give you practical skills that can be used immediately!

Min 3 Max 20

FEE: Individuals-IC \$50/OC \$55, Couples-IC \$75/OC \$80

7/27-8/31 S 9:30-10:30 am 6700.301

Adult Community Center-Hemlock Room

West Linn



2019

City of Hills, Trees & Rivers
**Star Spangled
 4th of July Celebration**
 1100 12th Street, Willamette Park

Live Music
 Food & Beverages
 Color Guard Presentation
 & National Anthem
 Local Dignitaries
Fireworks at Dusk

*Thank you to our sustaining sponsors
 who make this free event possible!*

For more information contact
 Alice Richmond at 503-723-0101
 Or visit us online at
www.wlfcoevents.weebly.com
www.facebook.com/wlfcoevents

CLACKAMAS COMMUNITY BAND



Hammerle Park Performance

July 10 at 7:00 pm

Lawn Chairs and/or Blankets Recommended

Also Performing
 at the
 West Linn Old Time Fair
 Saturday, July 20th
 3:30-4:30 pm
 Willamette Park Stage



West Linn's Premiere Concert Event!



Presented by **Advantis**
 credit union

Music in the Park Concert Series

Tanner Creek Park Thursdays, July 25 – August 29 6:30 – 8:30 pm
www.westlinnoregon.gov/musicinthepark

July 25 – Sister Mercy
 Award winning Blues group
 August 1 – Grand Illusion
 Tribute to Styx
 August 8 – Stump City Soul
 Powerhouse 10 piece band

August 15 – Ants in the Kitchen
 featuring La Rhonda Steele
 August 22 - Girls Can't Help it
 Journey Tribute
 August 29 – Collective Nation
 Playing the hits & dance tunes

Bring your chairs & picnic basket or try our local food, snack & beverage vendors.

Events and Volunteer Opportunities

Opportunities to Get Involved

There are many options to volunteer with the Parks & Recreation Department. Below are a few opportunities. You can find more at: www.westlinnoregon.gov/parksrec or by calling 503-557-4700.

Adult Community Center Bus Drivers, Reception, Kitchen, Gift shop-Volunteer for Senior Adult Programs at the West Linn Adult Community Center. Call Tiffany or Dawn at 503-557-4704

Park Volunteer Work Parties Join your neighbors to return the parks to their native habitat by the removal of invasive plants.

Mary S Young Park-Join us at the beloved Mary S. Young Park to remove ivy the first Saturday of the month. Volunteers have worked continuously for 10 years to remove ivy and other non-native vegetation, plant native plants and trees, build trails, etc. You will get a good workout and feel good about contributing to the health of this beautiful forest. Tools are provided. Work gloves and sturdy footwear recommended. Activities include: Invasive Plant Removal. School or organization work parties can be scheduled with Dave Kleinke by calling 503-799-1777 or email: msypvolunteercoordinator@gmail.com.

Burnside Park-Help restore a beautiful nature park that has become overrun by English Ivy and other invasive. Tools, gloves, and instructions will be provided. Please dress for the weather and wear sturdy shoes. All individuals and groups are encouraged to sign up. The native trees and plants need your help. Activities include: Invasive plant removal and litter pickup. Volunteers meet every 3rd Saturday of the month, 9am-Noon at 5785 River Street, groups contact person Steve 503-722-9581 or email smiesen@hotmail.com

Maddax Woods Parks Families are welcome to help the Friends of Maddax Woods clean the trails and garden areas in the park. Make this a monthly tradition! All ages and ability levels are needed. We have tools and gloves and provide donated refreshments. Activities include: Invasive plant removal, litter cleanup, maintenance, trail blazing and path paving. Meet the 3rd Saturday of the Month, 9am-1pm.

Register for Park Volunteer work at Mary S Young, Burnside and Maddax Woods work parties at www.solveoregon.org

Friends of the McLean House The Friends are sponsoring several work days to maintain and beautify the grounds and house. Contact McLean Park and House www.mcleanhouse.org or 503-655-4268.



Arbor Week West Linn, Oregon Tree City USA April 7-13, 2019

Events tentatively scheduled include:

- Kick off Arbor Week April 6 with a Pollinator Project at Mary S. Young Park
- Native Tree Giveaway at City Hall (limited quantity, first-come, first-serve)
- Outdoor Education & Nature Exploration Sessions
- Volunteer Plantings- Various Locations

The activities will mark West Linn once again the Tree City USA award from the National Arbor Day Foundation. West Linn has won the award every year and is now at 25 years. To qualify for the award, West Linn has a tree ordinance governing removal and care, a street tree program, and observes Arbor Day.

Contact Parks and Recreation Department at 503-557-4700 for more details or to set up an event for your group.

~ Annual Plant Sale ~

May 9 & 10, 9 am-3 pm

West Linn Adult Community Center



Select from a variety of hanging baskets, perennials and vegetable starts.

Proceeds benefit programs at the West Linn Adult Community Center

Mothers Day Tea



Tuesday May 7th, Noon
Adult Community Center

Advance tickets will be available early-April for this delightful annual event celebrating mothers and other wonderful women who bring joy to our lives.

City of West Linn

Event Partnership Opportunities!

Would you like to increase your business or organization visibility, support local events, or just be more involved in your community?

The City of West Linn hosts numerous events throughout the year.



Daddy Daughter Dance
Mother Son Spectacular
Movies in the Park
Street Dance
Old Time Fair
Music in the Park
Earth Day, Work Day
Safety Town



Contact Ken Warner for more details
503-742-6047 or kwarnar@westlinnoregon.gov

West Linn Adult Community Center



The West Linn Adult Community Center is open to any adult 50 years and better in the West Linn and surrounding area. The Center affords assistance to eligible adults in maintaining an independent lifestyle through City staff, service agencies and volunteer staff.

The Center also provides social, recreational, health and educational services and programs.

Services

Congregate Meals Lunch is served at noon on Mondays, Wednesdays and Fridays. Lunch price is \$5.

Senior Law Project Every 2nd Monday of the month, an attorney is available by appointment. Please call the front desk to schedule. 503-557-4704

In cooperation with the Oregon City Pioneer Center, the citizens of West Linn are able to receive social service support. Some of the services available are:

Meals on Wheels Volunteers deliver meals four days a week, Tuesday through Friday, around noon. Arrangements can be made for frozen meals for weekends and Mondays. Special meals are provided for diabetics and those needing low cholesterol and low sodium meals. Basic eligibility requirements are that a person be age 60 or older, homebound or unable to get to a meal site; or disabled of any age referred by Medicaid.

Call 503-657-8287

Transportation A lift-equipped bus is available to pick up West Linn residents. Call

in a minimum of two days in advance of the day you need a ride or a week early. Pick-ups begin around 9:30 am. Let them know if you require use of the lift. A minimum donation per round trip ride of \$2.00 is suggested.

Call 503-657-8287

Transportation Reaching People (TRP)

A program managed by the Clackamas County Social Services. It provides transportation for elderly, disabled, or rural Clackamas County residents for medical appointments, shopping, and personal errands. A four working day notice is required for a ride. Donations are greatly appreciated and needed for TRP's continued operation. Volunteers in their personal cars provide this service.

Please call 503-655-8208 to register and schedule your ride.

Information and Assistance If you are looking for current information on opportunities and services available within our community you can contact us at 503-557-4704. The City of West Linn contracts with the Pioneer Community Center in Oregon City for client services, Meals on Wheels and in house assessments.

Call 503-657-8287

**Open Monday-Friday,
9 am-3 pm**

Closed all legal Holidays and when Schools are closed due to inclement weather

Scheduled Closures

This Session:

May 27, Memorial Day

July 4, Independence Day

**The Adult Community Center is
located at**

1180 Rosemont Road

(west of Salamo,
just past Rosemont Ridge Middle School)

503-557-4704

Health and Wellness Programs provided at/or through the West Linn Adult Community Center are:

Foot Clinic Foot Care is provided by a visiting nurse for \$30. Clinics are held every 1st Wednesday and Friday and 3rd Wednesday of every month. Call to schedule appointment at the Adult Community Center.

Home Medical Equipment Medical equipment available for loan at no cost include: canes, crutches, and walkers. Please note: we do not always have items available. It is best to call ahead of time. We no longer accept or loan wheel chairs. Donations of medical equipment in good condition are greatly appreciated. Call the Center at 503-557-4704 to request an item.

Elder Mediation Every last Thursday of the month by appointment. Please schedule your appointment at the ACC front desk. Elder Mediation is a professionally facilitated conversation where mediators help families create plans for workable solutions. Elder Mediation deals with practical issues such as which tasks need to be done next and who will do them. Mediation is a process where everyone gets to have a voice and the mediator will help create an action plan for health care decisions, family issues around a will and much more.

Upcoming Presentations & Special Events

Join us for various presentations on health and senior living topics. Some talks may get scheduled after the printing time of this brochure. Please call or stop in at the ACC front desk for up to date information. Please RSVP for any below presentation. 503-557-4704.

April 29th at 1 pm

Fall Prevention Health Talk

Why are falls a problem? What contributes to falls? How does our balance system work? What types of exercises can help? Victoria Bryson, PT, DPT, CSCS and Clinic Director at Therapeutic Associates West Linn Physical Therapy will be presenting an educational talk on predicting and preventing falls.

May 9th at 1 pm

Advanced Directives Talk

Join us for this conversation about the importance of assigning a Health Care Representative and clarifying your wishes in the case of end-of-life issues. Presented by Christine Kennedy MSN, RN BC-HWC has received training by Oregon Health Decision in the use of the Key Conversation process and is a Board Certified Health and Wellness Coach.

May 16th at 1 pm

What To Do With The Stuff Your Kids Don't Want

How should we handle our excess stuff now that downsizing has become a necessity? Regina Ford with the Move Makers will be bringing us an entertaining, interactive and informative talk on what to do with all our excess "stuff" and how to downsize with ease. This class will have take home handouts for with resources and a move checklist. You don't want to miss this class!

Every fourth Thursday, 12-1 pm

Caregivers Support Group

Are you the primary caregiver for your spouse or aging parent? Are you in desperate need of tips on how to stay healthy and sane, while caring for a loved one? If you said yes, please join us as we share our stories, support one another and talk about the fears, frustrations and concerns regarding the future. This support group is for anyone who is feeling alone, unsure or confused about what to do for their loved one. Together, we can share strength, generate love and enjoy brief moments of laughter, while trying to provide care for someone we love. (Jenn Fifer, from home Instead senior care, will be facilitating a support group for anyone caring for, or dealing with a Senior-related issue.)

A light lunch will be provided. Please let us know if you can attend and plan to eat lunch 503-557-4704.

Tuesday, May 7th at noon

Annual Mother's Day Tea

Advance tickets for \$15 each will be available early April for this delightful, annual event celebrating mothers and other wonderful women who bring joy to our lives.

Thursday, May 9th and Friday, May 10th from 9 am-3 pm

Annual Plant Sale

Select from a variety of hanging baskets, perennials and vegetable starts.

Please join us
in celebrating our independence
DAY PICNIC
BBQ
Tuesday, July 2nd from 4-6 PM
The West Linn Adult Community Center
1180 Rosemont Rd
Please RSVP (503) 557-4704
Happy 4th of July!

West Linn Adult Community Center

Ongoing Activities

Unless a fee is specified, there is no charge.



Adult Coloring (art meditation)

Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or borrow one from us. Coloring pencils will be provided.

Thursday, 1-3 pm

Aerobics Class

Come join this group morning video exercise class. What a great way to start your day!

Monday, Wednesday and Friday 10-11 am

Book Club

This monthly gathering is designed to be able to hold lively, well balanced book discussions. Call the Center for the name of current titles.

Every 2nd Wednesday, 1-2 pm

Bus Trips

Our frequent bus trips go to interesting locations around the area. Call 503-557-4704, stop in, or check online for schedule.

Caregivers Support Group

This support group is for anyone who is feeling alone, unsure or confused about what to do for their loved one. Together, we can share strength, generate love and enjoy brief moments of laughter, while trying to provide care for someone we love. A light lunch will be provided. Please call 503-557-4704 if you will attend and plan to eat lunch.

Every fourth Thursday, 12-1 pm

Computer Use and Instruction

The computers are available for individual use on your own or you can schedule a one on one session geared to your level of knowledge.

Tuesday, Thursday and Friday mornings by appointment. Call 503-557-4704.

Core Strength

Resistance weight training program helps to build core strength in a safe manner. Yoga and Pilates moves build a strong core and healthy back. Please bring small hand-held weights, yoga mat, towel and water. Taught by Jacquelyn Rodgers Tuesday, Thursday and Friday 8-8:30 am.

Session 1: 5/7-6/28,
No class 5/21, 5/23 & 7/4
Session 2: 7/2-8/23
No class 8/23
\$44/2 classes/week,
\$66/3 classes/week
\$5 drop in

Curtain Call

Are you a theatre buff? Do you enjoy stage productions? If so, call or stop by the ACC for titles and dates of upcoming shows for the Lakewood Center for Arts in Lake Oswego.

Drama Group: Age-Cured Hams

A drama group focusing on funny. Volunteers for sets, costuming, and performance night always needed. Mondays 1-3 pm, except holidays

Fitness with Janey

What a great way to kick off summer months! Come join us for 30 minutes of stretching, strength building, cardio activity, increase your balance and FUN! Whether you are active now or wanting to put a skip in your step and become more active, this is the perfect way to get yourself going! The online fitness classes are led by coach Janey Rose. She is a nutrition, health and fitness coach. Her intent is to be of service to people and help influence others into a healthier lifestyle! A West Linn resident of 25 years, she leads in workouts that are different, fun and adaptable for all fitness levels. The workouts are not intense. Need to modify? Janey will help you!

Tuesdays and Thursdays, 9am-9:30am. Term dates: 5/7-6/27 and 7/2-8/29. \$80 full term or \$6 drop in.

Garden Appreciation Group

A weekly gathering to view videos on gardens and plantings. We share our own problems and successes. A master gardener is available for special advice. Wednesday 11 am-12 pm.

Honoring Our Memories Writing Group

Our "Honoring Our Memories" class is designed to encourage writing as a celebration of life. Through this celebration we leave stories that impact beliefs, life lessons, hopes and dreams for our loved ones. It's fun and free! Tuesday 10 am-12 pm

West Linn Adult Community Center

Knitting and Crocheting Group

Do you enjoy good conversation while working on a project? Bring your knitting and/or crocheting and join this fun Thursday morning group. Any knowledge level is welcome. Thurs 10 am-12 pm

Marimba Ensemble

Gather together once each week and learn and perform repetitive patterns and parts on the various Instruments in our ensemble. 3 student minimum.

Thursdays, 12:30-1:30pm.
Class terms are monthly.

January, 5 sessions for \$70;
February, 4 sessions for \$56;
March, 3 sessions for \$42
No class March 28
April, 2 sessions for \$28
No class April 11 and 28

Memory Café

The challenges of living with memory loss can sever connection at a time when it's needed most. Memory Café gatherings are one way people with memory loss and their companions can come together to make new friendships, support one another and feel accepted in a safe community setting. We need volunteers to provide normalcy for those experiencing memory loss. Visit, make new friends and enjoy the conversation.

Every 2nd Wednesday 1:30-3 pm

Monthly Monday Matinee

Enjoy your favorite film in our "theater" with popcorn and drinks. For upcoming movie picks and future suggestions, please stop in or call 503-557-5704.

Every 2nd Monday, 1 pm

Nia-Music & Movement

Taught by Maria Milner, Nia is music and movement as medicine: an invitation to self-

healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Its practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way. Tuesday/Thursday, 11:15 am-12 pm \$8 drop in or pay for monthly term at \$6/class

Qigong

All Qigong classes offered at the West Linn Adult Community Center (WLACC) at this time are two hour classes held on Mondays and Wednesdays from 10 am to noon. Self-massage, breathing exercises, immune boosting techniques and One Thousand Hands Buddha Meditation are practiced during the first hour of class. The second hour is devoted to learning new Qigong/Tai Chi forms. These forms change from time to time and are selected by the instructor based on the needs and interests of the students. Classes are taught by Master Qigong Teacher, Lyndalea Ruffner, who is certified by the Ling Gui International Healing Qigong School.

Min 5 Max 20

Monday/Wednesday 10 am-12 pm

Session I: 5/20-7/10

No class 5/27

Session II: 7/29-9/18

\$65 1x/week or \$120 for 2x/week
\$8.50 drop in.

Reading

Do you have a favorite author? Then come enjoy our great lending library. No check out-no return date or late fees. We have an expansive list of authors and always accept current books for donation.

Share Singers

We travel to assisted living facilities and share conversations and sing-along's with residents. Some Thursdays. Please call for schedule.

Staying Alive with Strength and Balance

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. Taught by Jacquelyn Rodgers Tuesday, Thursday and Friday 8:30-9:30 am

Session I: 5/7-6/28

No class 5/21, 5/23 & 7/4

Session II: 7/2-8/23

No class 8/23

\$77/2 classes/week or

\$119/3 classes/week.

\$6 drop in.

T'ai Chi

Relieve Chronic Pain and Inflammation. Strengthen Your Immune System.

Restore Strength and Vitality.

Alleviate Anxiety and

Depression. Improve Your

Balance. Stimulate Your Brain!

This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous, harmonious and synergistic sequence at slow speed—beneficial for any age or physical shape. Non-competitive. Taught by Sharon V. Miller.

Tuesdays 11 am-12 pm.

6/4-7/23, \$56 for 8 classes

Tai Chi (self lead)

A calming form of exercise that is believed to be effective for a wide range of health problems including: headaches, high blood pressure, arthritis, back pain and others. It helps to restore natural circulation and relieves tension in muscles. This class in an open floor, self-led class.

Monday 8:45-9:30 am.

Walking Group

We have a very friendly group of morning walkers, and they would love to have you join them. Walkers are at all levels, so you won't be left behind. Join

them at the Adult Community Center in fair weather and if rain is falling they take advantage of the cover at the Oregon City Shopping Center.

Monday, Wednesday and Friday 8:30-9:30 am.

West Linn Uke Jam

Come join others who enjoy playing the Ukulele. Your skill level is unimportant, just bring your Ukulele, and your willingness to join in, learn and have fun!

Tuesdays 2-3:30 pm

Woodworking

The group ranges from novice to expert carvers. Join us! Bring your own tools and supplies.

Mondays 9 am-12 pm.

Gentle Yoga-Life Enhancing Mindfulness and Stretching

This yoga class is focused on gentle stretching beneficial for reducing anxiety, improved flexibility and ease of movement. Exercise may be performed seated in a chair or on a mat. Taught by Kristen Fein.

Thursdays, 11 am-12:15 pm.

\$40/month or \$12 drop in.

Gentle Yoga and Strength

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. Taught by Tiffany Carlson.

Tuesday & Thursday 10-11 am.

Session I: 4/30-6/20

Session II: 6/25-8/15

\$65/16 classes or \$6.50 drop in.

We always encourage suggestions of new activities. Call the Center at 503-557-4704 and we'll see what we can do!!

Park Facility Reservations

The West Linn Parks system has park facilities available on a first come first served basis. However, if you are anticipating a large group, you may wish to make a reservation. Reservable parks all have onsite restroom facilities.

Picnic Area & Field Reservations

Reservation applications for picnic areas and ball fields/court areas may be submitted 6 months prior to your event date for reservations between March 1st-October 31st. Applications for ball fields and courts will be approved as soon as the City has coordinated with local youth sports organizations for in-season use.

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

This 6 acre park offers the following amenities: picnic shelter, 2 small softball/baseball fields, tennis court, sand volleyball court, playground, water spray park, horseshoe pit, water and power. This park offers a picnic area, with a shelter with many shade trees as well as open turf areas.

Mary S. Young Park 19900 Hwy. 43

Located on Highway 43 in West Linn. This scenic park is part of the West Linn Park System. It features athletic fields, walking & running trails, a Covered shelter, off leash dog run area, open views of the Willamette River and wildlife viewing.

Marylhurst Heights Park 1800 Valley View Dr.

Located off of Valley View Drive, this 7+ acre park offers 2 small shelters, play structure, water spray park, a labyrinth, open field area and restrooms.

Tanner Creek Park 3456 Parker Rd.

This park offers a shelter, water spray park, play structure, open field area, basketball court, tennis court, restrooms and a skate park.

Willamette Park 1100 12th St.

Located at 12th & Volpp Street where the Tualatin River meets the Willamette River, this 15 acre park offers the following amenities: 3 picnic shelters, stage, baseball field, 3 softball fields, 2 volleyball courts, horseshoe pits, river access including boat ramp and docks, playground, water spray park, water and power.

Parks & Open Spaces

Benski Park

1.68 acres located on Carriage Way. This attractive park offers play equipment, basketball pad, and turf areas for picnics, games, etc.

Burnside Park

10 acres located on the Willamette River with access from the end of Holmes Street, Buck Street and Edgewater Court. This natural area has hiking trails, river access and wildlife viewing.

Camassia Natural Area

22.5 acres owned and maintained by the Nature Conservancy. This nature area offers unique and rare plant species, wildlife viewing and hiking trails.

Cedaroak Boat Ramp

16.5 acres located at the end of Elmran Avenue. This boat ramp facility also offers river access, hiking trails, restroom, fishing and wildlife viewing.

Cedar Island

14 acre island in the Willamette River. Boat access from the river and Cedaroak Boat Ramp. Pedestrian access from Mary S. Young State Park, by bridge, during spring, summer, and fall. Activities include fishing from platforms, hiking trails and wildlife viewing.

Douglas Park

This 2 acre park has walking trails, open turf area, basketball court and play structure.

Fields Bridge Park

19.8 acres located on the banks of the Tualatin River at 821 Willamette Falls Drive. Contains beautiful open space with river access, walking/running trails, community gardens, basketball court, baseball fields, playground, Willamette Meteorite Interpretive Trail and restrooms.

Hammerle Park

5.81 acres located on Highway 43 at Lewis Street. Facilities include picnicking, a covered shelter, play equipment, restroom, athletic field, tennis court and a water spray park.

Ibach Nature Park

1.2 acres with access from the western edge of Sahallie Illahee Park. The park offers hiking trails and wildlife viewing.

Maddax Woods

Located at 5785 River St., this 7 acre park offers pathways and trails through the peaceful woods. Complete with picnic tables, natural areas, wildlife viewing and river access.

Mary S. Young Park

Located on Highway 43. The 126 acres park offers you a peaceful place to walk or sit by the Willamette River. This quiet, forested park is great for urban birders. There are also many walking/running trails, sports fields, a restroom, shelter and an off leash dog area.

Marylhurst Heights Park

This 7 + acre park has walking paths, open turf area, playground, labyrinth, restrooms, shelters and water spray park

Midhill Park

A full 7 acres, this nature oriented park offers picnic tables, play structure, nature paths and trails, open turf area and restroom.

North Willamette Park

7 acre park with open space and trails is located at the end of either Rosemarie Drive or Matheny Drive, 2 playground areas, tennis court, basketball courts, trails, small turf area and restroom.

West Linn Parks & Open Spaces

Palomino Park

.5 acre located on Palomino Way offers play equipment, basketball pad and turf areas for picnicking, games, etc.

Robinwood Park

15 acres of park land, with 7 acres currently developed. Access from Fairview Way. This park currently offers an open field area, basketball pad, play equipment, restrooms, water spray park and skate area.

Sahallie Illahee Park

4.26 acres with access from Horton Road and Nelco Circle. This park offers play equipment, basketball pad, turf area for picnicking and games, hiking trails and wildlife viewing.

Skyline Ridge Park

2.5 acres located at the corner of Troon Drive and Stonehaven Drive. Facilities at this site include tennis courts, basketball pad, play equipment, and turf areas for picnicking, games, etc.

Sunburst Park

6.5 acres has access from Derby Street, Suncrest Drive, and Bellevue Terrace. This park offers play equipment, a basketball pad, and turf areas for picnicking, games, etc.

Sunset Park

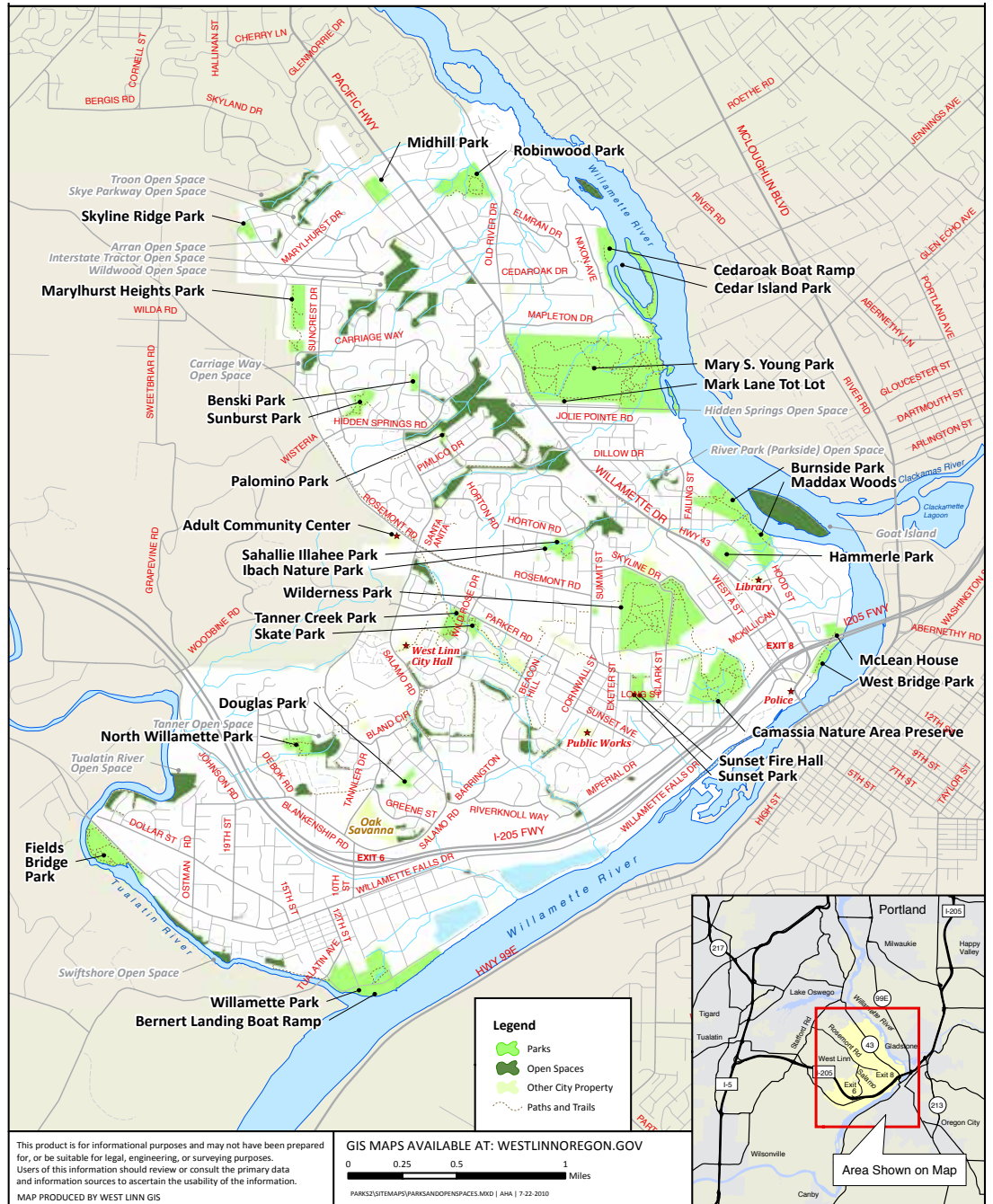
2.44 acres located at the corner of Long Street and Bittner Street. Sunset Park is being planned for redevelopment.

Swiftshore Open Space

3.5 acres located at the end of Swiftshore Drive. Offers river access, paths, picnic table and a small turf area.

Tanner Creek Park

10 acres located on Parker Road. The park offers play structures, a shelter, water spray park, basketball court, tennis court, restrooms and a skate park. The shelter is available for reservations with a limited capacity of 50 people.



The White Oak Savanna

20 acres located at 2425 Tannler Drive. The upper portion covered with White Oaks that are currently receiving work in the area of preservation and restoration. This natural area includes trails and benches from key viewpoints.

Wilderness Park

51.4 acres with access from Clark Street, Skyline Drive, and Windsor Terrace. This large nature area offers numerous hiking trails and wildlife viewing.

Willamette Park/Bernert Landing Boat Ramp

22.5 acres located at 12th & Volpp on the banks of the Tualatin and Willamette Rivers. This park offers river access, riverfront picnicking areas, 3 covered shelters, play equipment, restroom, athletic fields, volleyball courts, 5 horseshoe pits, water spray park, boat ramp, wildlife viewing and an outdoor stage.

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

The City of West Linn may be able to meet your needs utilizing the Community Rooms located at Sunset Fire Hall, the West Linn Adult Community Center or the Historic McLean House.

For Sunset Fire Hall call 503-557-4700.

For the Adult Community Center call 503-557-4704.

For McLean Park and House contact the coordinator for a private tour by calling 503-655-4268.

The Robinwood Station

3706 Cedaroak Drive

a block down the hill from Hwy43/Willamette Drive.



Robinwood Station is a West Linn Community Center, operated by the Friends of the Robinwood Station. The station can accommodate two separate events as it has a bay about 35' x 40', a board room, dining room and kitchen. The Station is located at 3706 Cedaroak Drive just over one block east of Hwy 43 and the TriMet 35 bus. Robinwood Station accepts new reservations 3 months in advance. Call Randall at 503-789-3763 or email Forsfeed@gmail.com

The West Linn Adult Community Center

1180 Rosemont Road



This is a facility with multiple meeting rooms that can be arranged via collapsible walls to accommodate many group sizes, large conference room, 2 classrooms, full kitchen and open lounge area with gas fireplace. amenities available include round, square, and rectangular tables, table cloths in black & white, kitchen accessories, flatware, glassware, chairs, a plumbed coffee machine and a piano.

Sunset Fire Hall

2215 Long Street



This is a two story facility with the downstairs having the kitchen and meeting/eating area that is 20' x 40'. Upstairs is a 40' x 60' wood floor ballroom perfect for get togethers. Amenities include a refrigerator, stovetop with single oven, round and rectangular tables and chairs.

McLean House

5350 River Street



The beautiful 1927 McLean House sits on 2.5 acres of park. The house and grounds have been lovingly restored. It is the site of weddings, family and corporate celebrations, as well as small events and business meetings. The house has a large living room with a piano, a sunroom, a formal dining room and modern kitchen on the first floor. Folding tables and chairs are available for your use. There are three rooms on the second floor. The Friends of McLean House and Park manage the property. Consider holding your next special event at this local landmark that's right in your own back yard. You can also visit www.mcleanhouse.org or call 503-655-4268 for further information.

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F _____ DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONDITION, ETC. _____

IF YOU HAVE A DISABILITY AND REQUIRE AN ACCOMMODATION IN ORDER TO PARTICIPATE, PLEASE EXPLAIN HERE

CITY OF WEST LINN RESIDENT? YES NO

CLASS #	ACTIVITY TITLE	START DATE/TIME	\$

TOTAL amount Due \$ _____

Recreation Scholarship Fund:

YES, I would like to contribute ___\$1___\$2___\$5, or other \$_____ to the Recreation Scholarship Fund.

This fund allows children from West Linn to attend recreation programs in our City who otherwise may not be able to participate. Please include this with your payment. Thank you for your donation.

Make Check to: City of West Linn Recreation Program

Mail to:

City of West Linn

22500 Salamo Road, #1100

West Linn, Oregon 97068

Credit card payment may be made by phone, during business hours by calling 503-557-4700.

WAIVER: In participating in Recreation Programs, sponsored by The City of West Linn, I hereby acknowledge that I understand that there are risks of accidents resulting in bodily harm to me arising out of those activities. I understand that Recreation activities are planned with the safety of the participants in mind. I further acknowledge that I have the physical capacity reasonably necessary to engage in Recreation activity for which I have enrolled. In case of emergency, accident or illness, I give my permission to be treated by a professional medical person and admitted to a hospital if necessary. I agree to be the party responsible for all medical expenses which are incurred in my behalf. It is understood and agreed that the City, its Mayor, City Council, Boards, employees, volunteers and agents shall be held harmless against all claims, damages, loss or expenses including attorney's fees arising out of or resulting from my participation in recreation programs. I agree pictures taken may be used for future promotions.

I have read the above waiver and understand the contents

Proud partner of



SIGNATURE (PARENT OR GUARDIAN)



CITY OF West Linn

Parks and Recreation
22500 Salamo Road, #1100
West Linn, OR 97068

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Showing in parks throughout West Linn this summer.
Vote now for your favorites!

7/19 at Old Time Fair
Secondhand Lions



8/2 at Marylhurst Heights Park
**The House With
A Clock In Its Walls**
or
Goosebumps 2



8/16 at Midhill Park
Bumblebee
or
**Ant-Man and
the Wasp**



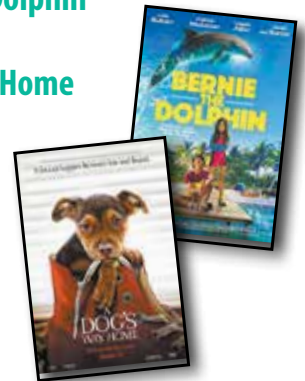
7/26 at Tanner Creek Park
Mary Poppins Returns
or
**Mamma Mia!
Here We Go Again**



8/9 at Mary S. Young Park
Incredibles 2
or
**Ralph Breaks
the Internet**



8/23 at Mary S. Young Park
Bernie The Dolphin
or
A Dog's Way Home



Vote for the movies you want this summer !
Vote online at www.westlinnoregon.gov/parksrec
Results will be announced on the website June 1st, 2019.