

Activities

**WINTER/SPRING
2012**

Class Registration

Events Guide

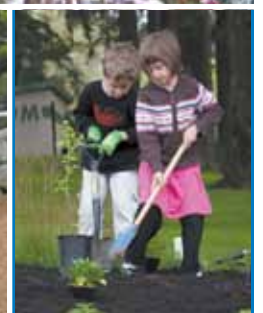
Senior Programs

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-Online December 23, 2011. Walk-in, phone-in or mail in registration begins December 27, 2011, 8 am-5 pm at the Parks & Recreation Department.

- We ask that you 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 registration online will begin on December 27, 2011, and walk-in and mail will begin December 30, 2011.

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 \$5.00 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.

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
HAPPY TRAILS RIDING CENTER	20560 Fernview Rd
MARY S YOUNG PARK	19900 Highway 43
ONCE UPON A HORSE	22262 SW Stafford Rd, Tualatin
PLAY BOUTIQUE	464 First St, Lake Oswego
ROSEMONT RIDGE MIDDLE SCHOOL	20001 Salamo Rd
SACHI WELLNESS	2008 Willamette Falls Dr, Suite A
STAFFORD SCHOOL	19875 Stafford Rd
SUNSET FIRE HALL	2215 Long St
SUNSET PARK	4665 Bittner St
SUNSET SCHOOL	2351 Oxford Street
TANNER CREEK PARK	3456 Parker Rd
TILTON'S GYMNASTICS	2122 SW Borland Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE CHRISTIAN CHURCH	3153 S Brandywine Dr
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
Fall Season

Boys Lacrosse Grade School & up

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

Mini-Hooper Basketball 1st-3rd Grade

Parks & Recreation Department
Website: www.westlinnoregon.gov
Register Sept. & Oct. Season Nov. & Dec.

West Linn Youth Basketball 4th-8th grade

Website: www.wlhoops.com
Winter Season-Recreation & AAU Teams

West Linn Baseball Association 6-15 years

Website: www.westlinnbaseball.org
Spring Season

West Linn Girls Lacrosse 3rd-8th grade

Candace Scott
E-mail: hockeyscotts@aol.com
Website: www.westlinngirlslax.com
Spring Season

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org
Fall Season

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org
Spring Season

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

Roger Shepherd, Lorie Griffith
Vicky Handy, Todd Jones, Don Kingsborough
John Linman, Amy Murphy

Office Hours:

Monday-Friday 8 am-5 pm
Closed Legal Holidays

Toddler/Youth

Presented by Harmony Road Music Center

17300 SE 82nd Drive, Clackamas • www.harmonyroadoregon.com

NOTE: The fee & dates listed are for the first 4 or 6 weeks of an ongoing course, excluding Toddler Tunes Intro, Hello Music, Musictime, Young Musician Primer and Keyboard Prep Primer. Tuition for the remaining weeks of the course is payable to Harmony Road Music Center of Oregon. No additional materials fees are assessed for the course.

Toddler Tunes Intro Class

Ages 20 months-3

This introductory class is a joyful musical experience for you and your child. You will share movement, singing, musical games, finger plays and keyboard activities. This session gives your child a strong readiness for our Toddler Tunes Series. Parents participate in class.

FEE: IC \$65/OC \$70

5600.201 W 10-10:30 am 1/4-1/25

Toddler Tunes 1

Ages 20 months-3

Toddler Tunes is a joyful, first music experience for your toddler. You and your child will share movement, singing and musical games, finger plays, and keyboard activities.

FEE: IC \$60/OC \$65

\$17.50 Materials fee payable to the instructor

5601.201 Tu 10-10:30 am 1/31-3/6

5602.201 W 10-10:30 am 2/1-3/7

5603.201 Sa 9:30-10 am 2/4-3/10

Toddler Tunes 2

Ages 20 months-3

Toddler Tunes 2 is a joyful, first music experience for your toddler that has completed Toddler Tunes 1. You and your child will share movement, singing and musical games, finger plays, and keyboard activities.

FEE: IC \$60/OC \$65

\$17.50 Materials fee payable to the instructor

5604.201 F 10-11 am 2/3-3/9

Hello Music

Ages 3-4

Hello music offers an introduction to solfege singing, movement rhythm, keyboard playing and creative activities. This program gives your child a strong readiness for our Music In Me Series. Parents participate in class.

FEE: IC \$70/OC \$75

5605.201 W 10:45-11:30 am 1/4-1/25

5606.201 Sa 11:15 am-12 pm 1/7-1/28

Music In Me

Ages 3-4 1/2

The Music In Me classes are dynamic and creative readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. Parents share in class time and are guided in follow-up activities. Parents participate in class.

FEE: IC \$60/OC \$65

\$25 Materials fee payable to the instructor

5607.201 Tu 10:30-11:15 am 1/31-2/21

5608.201 W 10:30-11:15 am 2/1-2/22

5609.201 F 10:30-11:15 am 2/3-2/24

5610.201 Sa 9:30-10 am 2/4-2/25

More Music In Me

Ages 3-4 1/2

The More Music In Me classes are dynamic and creative readiness programs for older preschoolers. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. Parents share in class time and are guided in follow-up activities. Parents participate in class.

FEE: IC \$60/OC \$65

\$25 Materials fee payable to the instructor

5611.201 Tu 11:15 am-12 pm 1/31-2/21

5612.201 W 11:30 am-12:15 pm 2/1-2/22

5613.201 F 11:15 am-12 pm 2/3-2/24

5614.201 Sa 10:15-11 am 2/4-2/25

Musictime

Ages 4-5

Musictime is an introduction to solfege singing, movement rhythm, keyboard playing and creative activities. This program gives your child a strong readiness for our Harmony Road Series. Parents participate in class.

FEE: IC \$70/OC \$75

6600.201 W 11:30 am-12:15 pm 1/4-1/25

6601.201 Sa 12-12:45 pm 1/7-1/28

Harmony Road 1

Ages 4 1/2-6

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series that provides your child with a strong musical foundation. Parents participate in class.

FEE: IC \$72/OC \$77

\$50 Materials fee payable to the instructor

6602.201 Th 4:30-5:25 pm 2/2-2/23

6603.201 Sa 11:15 am-12:10 pm 2/4-2/25

Young Musician Primer

Ages 6-7

Young Musician students learn basic music and piano skills through singing, ear training, note reading, keyboard solo and ensemble performances, rhythm and keyboard activities. This class is the first of a series that provides your child with a strong musical foundation. Parents participate in class.

FEE: IC \$72/OC \$77

\$50 Materials fee payable to the instructor

6604.201 M 4:30-5:15 pm 1/2-1/23

Young Musician 1

Ages 6-7

Young Musician students learn basic music and piano skills through singing, ear training, note reading, keyboard solo and ensemble performances, rhythm and keyboard activities. This class is the first of a series that provides your child with a strong musical foundation. Parents participate in class.

FEE: IC \$72/OC \$77

\$50 Materials fee payable to the instructor

6605.201 M 4:30-5:25 pm 1/30-2/20

6606.201 Tu 4:30-5:25 pm 1/31-2/21

FREE Parent-Child Community Play Group

W. Hays

Adults and caretakers with children birth- age 5

Playgroups provide opportunities for parents to learn from each other, share common experiences and concerns, develop lasting friendships, and form new support networks. Playgroups are free to all families no matter the income level. Playgroups are parent/child interactive in a casual, relaxed setting, which are semi-structured and open to drop-ins. Snack is provided. No minimum and up to 30 children E-mail: wendyhay@co.Clackamas.Or.Us or call 503-655-8601.

FEE: Free-No registration required

W 10-11:30 am Year-round except holidays

Sunset Fire Hall

*More classes for older children,
teens and adults on page 12*

Presented by
P.L.A.Y. Boutique

464 First St, Lake Oswego, www.playboutique.com

Mommy & Me Preschool

Ages 15 mos-3

Join us at the PLAY Boutique for a fun- filled, learning experience using plenty of imagination, games, songs and activities. Children are engaged in a specific theme each day while parents are away. Every PLAY Date includes an ABC Music & Me lesson! Offered Mondays & Fridays.

FEE: IC \$75/OC \$80

5000.201	M	9 am-12:30 pm	1/9-1/30
5001.201	F	9 am-12:30 pm	1/6-1/27
5002.201	M	9 am-12:30 pm	2/6-2/27
5003.201	F	9 am-12:30 pm	2/3-2/24
5004.201	M	9 am-12:30 pm	3/5-3/26
5005.201	F	9 am-12:30 pm	3/2-3/23
5006.201	M	9 am-12:30 pm	4/2-4/23
5007.201	F	9 am-12:30 pm	4/6-4/27
5008.201	F	9 am-12:30 pm	5/4-5/25

Stay & PLAY

Ages Birth-12

Children play in our creative and educational environment. Plenty of fun, energy burning, learning activities. Parents take a break, read a magazine, check out the internet, or chat with friends. Max 20

FEE: IC \$24/OC \$29

6200.201	W	3:30-6:30 pm	1/4-1/25
6201.201	W	3:30-6:30 pm	2/1-2/22
6202.201	W	3:30-6:30 pm	3/7-3/28
6203.201	W	3:30-6:30 pm	4/4-4/25
6204.201	W	3:30-6:30 pm	5/2-5/23

Art From The Heart- Easter Holiday Fun

Ages 1-7

Fun, family events with an art focus. Photos with the Easter Bunny and unique, child focused art projects for kids to make and then give as gifts to family members and loved ones. Refreshments and treats for everyone. Parent participation required. Max 5

FEE: IC \$15/OC \$20

6210.201	Sa	11 am-1 pm	4/7
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FUNDamentals of Music & Movement

Parent & Me Ages birth-3

Social exercise while learning and developing a love for music and movement. Kids have a blast moving and grooving to some great music by Aaron Nigel Smith who has collaborated with Ziggy Marley on B is for Bob, a Bob Marley Children's CD. He is a member of the cast of PBS Kids Emmy Award winning show Between the Lions and is also featured on other music projects for children. Aaron tours and performs regularly. His FUNDamentals for Music and Movement program is used in schools across the country and now at PLAY Boutique.

FEE: IC \$60/OC \$65

5009.201	Th	9:45 am-12:30 pm	1/5-1/26
5010.201	Th	9:45 am-12:30 pm	2/2-2/23
5011.201	Th	9:45 am-12:30 pm	3/1-3/22
5012.201	Th	9:45 am-12:30 pm	4/5-4/26
5013.201	Th	9:45 am-12:30 pm	5/3-5/24

Hooked On Phonics Reading Enrichment

Ages 3-8

Hooked on Phonics (HOP) is an extremely visual tool that allows you to measure your child's learning progress. The HOP program is designed to help your child learn the letter names and sounds, combine the letter sounds to read words, practice reading those words in stories and books, understand the meaning of stories and books, and enjoy learning to read. The program includes all related materials and personal attention of a tutorial instructor. Max 5

FEE: IC \$75/OC \$80

6205.201	W	4:10-5:10 pm	1/4-1/25
6206.201	W	4:10-5:10 pm	2/1-2/22
6207.201	W	4:10-5:10 pm	3/7-3/28
6208.201	W	4:10-5:10 pm	4/4-4/25
6209.201	W	4:10-5:10 pm	5/2-5/23

Presented by
Once Upon A Horse

22262 SW Stafford Rd, Tualatin

"DRESS UP" Mom and Me & Pony Makes Three!

Ages 2-4

Same 'ole class with a new twist... Cowgirls and cowboys choose from our selection of "western wear" and play the part. You will be offered a variety of choices from hats and bandanna's to vests and boots and an assortment of jeans, our very own "loaning library". We will keep your "dud's" safe till we see you again! We will brush and saddle and take a lead line ride.

FEE: IC \$85/OC \$90

6150.201	Sa	10-11:30 am	1/21
6151.201	Sa	10-11:30 am	2/11
6152.201	Sa	10-11:30 am	4/14
6153.201	Sa	10-11:30 am	5/12

*NEW CLASS Intro to Natural Horsemanship

Ages 7 & up

We are offering a 4 week series of classes which will teach the "natural horsemanship technique".

This includes working with the horses on the ground and understanding the principles and how they translate when actually riding the horse.

- The first session will be ground training, learning about how to safely move about and lead these large wonderful animals.
- The second session will be a review and include leading and saddling, mounting and dismounting.
- The third session will again be a review and introduce riding independently at the walk.
- The fourth session again a review and an introduction to trotting on the lunge-line, (optional).

FEE: IC \$300/OC \$305

6154.201	Su	1-4 pm	1/22-2/12
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Pony Pizza Play

Ages 5-11

An introductory class which includes grooming to ride and then learning a skill set that will be in place for that trail ride in your future. We will learn the basics of whoa and go, neck reining, direct reining and a balanced seat. Then a well deserved pizza break and back to practicing. A carrot feed at the end of the session is a nice way to leave our horses happy.

Min 5 Max 10

FEE: IC \$75/OC \$80

6155.201	Su	1-4 pm	1/15
6156.201	Su	1-4 pm	2/26
6157.201	Su	1-4 pm	3/18
6158.201	Su	1-4 pm	4/22
6159.201	Su	1-4 pm	5/20

SPRING BREAK at the New Barn

Ages 5-11

Spring is here and we are ready to celebrate. We now include a trail riding option (weather depending) and/or the indoor and outdoor arena. We have a new improved garden patch to mulch and plant and Jean Pierre the new black rabbit along with our wonderful cats Daisy and Mae. The horses are ready for our "curry combs" and a good grooming after the winter mud and all the shedding. We will ride and rope. All rides are lessons and we have options: a ground course in Natural horsemanship and/or English or Western styles of riding. Bareback riding is also an option. If you are a returning student we will pick up where we left off, with a review and then add something new! Hope you can join us in welcoming Spring! Wear long pants and close toed shoes. Bring lunch Monday-Wednesday and on Thursday we will host a "pizza party"!

FEE: IC \$395 / OC \$400

6250.201	M-Th	10 am-3 pm	3/26-3/29
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Take a Bite Out of Science!

Ages 6-10

The most important rule in Mad Science is to "have fun!" Here's your chance to get up close and personal with the type of science that we encounter in our everyday lives. Find out how nutrition, chemistry and energy work together to keep us healthy and happy! We will explore a new topic each week and each class includes a take-home science project. The topics covered are Mission Nutrition, Energy Burst, Tantalizing Taste, Harnessing Heat, Kitchen Chemistry and Mix It Up. Min 10 Max 20

FEE: IC \$79/OC \$84

6900.201 Tu 4-5 pm 2/28-4/1
Sunset Firehall

Junior Space Cadets

Ages 5-10

Calling all cosmonauts! Here's your chance to fly through the galaxy with the greatest of ease! Travel to the farthest corner of the universe and walk around on undiscovered planets without the hassle of putting on a space suit!

*Living In Space

Imagine waking up on a space station orbiting 240 miles above the Earth. What would you eat for breakfast? What kind of pajamas would you wear? Spend a day in the life of an astronaut and learn how living in space can be quite a challenging mission!

*Suns & Stars

For centuries astronomers have studied the skies to learn about the stars: how they twinkle, how far away they are and how they appear to move across the night sky. Find out what scientists are talking about in this fun-filled stellar exploration.

You may even get to create a galaxy or two!

*Space Phenomena

It's a bird, it's a plane, it's a meteorite! Space Phenomena like comets, asteroids and meteorites can produce very dramatic effects. Join the Mad Scientist and recreate some of these effects right in your classroom!

*Planets & Moons

Take your place in the grand orbit of our solar system! Circle the sun and weave through rocky planets and gas giants while creating solar and lunar eclipses. This class will have our junior space cadets shooting for the moon!

*Atmosphere & Beyond

Slip off your moon boots and take a break from outer space! Focus your attention on the very planet we call home. Discover what makes our air so special!

*Great Gravity

What goes up must come down... unless you're in space! Gravity affects everything we do on earth from the games we play to when we work. Explore the ups and downs and ins and outs of this invisible force in this inescapably fun class!

FEE: IC \$79/OC \$84

6901.201 Tu 4-5 pm 4/24-5/29

Young Rembrandts Drawing

Ages 6-10

Experience the colorful magic of the Young Rembrandts classroom. We'll draw many exciting lessons while we enhance the creative and critical thinking skills today's students need, both, in the classroom and in the life-long learning process. Our lessons vary every week and each class students will complete a new drawing each week. Min 6 Max 15

FEE: IC \$100/OC \$105

6000.201 Tu 4-5 pm 1/10-3/13

6001.201 Tu 4-5 pm 4/10-6/12

Adult Community Center, Classroom

Play-Well TEKologies



Pre-Engineering with LEGO®

Ages 5-6

Have your child become a Play-Well Engineer! Students will build cities, bridges and motorized cars/planes and explore the many possibilities with the LEGO system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them. Min 8 Max 17

FEE: IC \$139/OC \$144

6162.201 M-F 9 am-12 pm 3/26-3/30
Sunset Firehall

Engineering Fun with LEGO®

Ages 7-12

Students will learn principles and methods of engineering, architecture and science with the LEGO system. We do this in the context of fun filled engineering and architectural projects that both the children and our instructors enjoy!

FEE: IC \$139/OC \$144

6160.201 W 4:30-6 pm 2/1-3/21

Willamette Christian Church

FEE: IC \$139/OC \$144

6161.201 M-F 1-4 pm 3/26-3/30

Sunset Firehall

Creative Expression Through Art

A. Rose

Ages 7-12

This class is for ALL! Allow your imagination and creativity to become expressive as you create an original piece of art with crafts materials. You will have a choice to do either:

Memory card design where you get to design your own memory cards through drawing or clip art design OR Ice cream stick designing, holiday cards where you get to make a candy dish or picture frame.

FEE: IC \$25/OC \$30

6005.201 Th 4:30-6 pm 2/23

FEE: IC \$37/OC \$42

6006.201 Tu & Th 4:30-6 pm 3/27 & 3/29
Sunset Firehall, Downstairs

Study Hall

Ages 7-12

Do your kids need a little help with math or reading? Do you find it more difficult for them to learn from you? Designed for kids in second through sixth grade, this class is made for those who would benefit from a little extra homework help, but don't quite need a private tutor. Small group sizes of 4-6 kids allows the instructor to facilitate academic instruction to individual students in a group setting. Students bring their books, assignments, and whatever they are working on in school. Our instructor guides them through their tasks and helps them along the way.

Max 4

FEE: IC \$75/OC \$80

6211.201 Tu 4:10-5:10 pm 1/10-1/31

6212.201 Tu 4:10-5:10 pm 2/7-2/28

6213.201 Tu 4:10-5:10 pm 3/6-3/20

* Prorated

6214.201 Tu 4:10-5:10 pm 4/3-4/24

6215.201 Tu 4:10-5:10 pm 5/1-5/22

P.L.A.Y. Boutique, 464 First St, Lake Oswego

Tiny Hawks & Mini-Hawks Multi Sport

Ages 3.5-4 and 4-6

An introductory program for young children, Mini-Hawks helps children explore soccer, basketball and baseball in a day-program setting. No pressure, just lots of fun while these young athletes participate in all three sports through unique games. Our Mini-Hawks coaching staff is trained to meet the special needs of young children. We are committed to helping children start off on the right foot, as they take their first

steps into athletics. Participant-to-coach ratio is approximately 8:1.

Mini Hawks Ages 4-6

FEE: IC \$45/OC \$50 (5 weeks)
7113.201 Tu 3-4 pm 1/17-2/14
7114.201 Tu 3-4 pm 2/21-3/20

Willamette Christian Church
(Across street from City Hall)

Tiny Hawks Ages 3.5-4

FEE: IC \$35/OC \$45 (5 weeks)
7115.201 Tu 2-2:45 pm 1/17-2/14
7116.201 Tu 2-2:45 pm 2/21-3/20

Willamette Christian Church
(Across street from City Hall)

Kidz Love Soccer

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!"™

FEE: IC \$70/OC \$75 (8 weeks) Sa 4/14-6/9 *No Class 5/26
Tanner Creek Park

Mommy/Daddy & Me Soccer Ages 2-3.5 7117.201 9-9:30 am

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

Tot-soccer Ages 3.5-4 7118.201 9:40-10:10 am

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. Shin guards are required after the first meeting. Min 5 Max 24

Pre-soccer Ages 4-5 7119.201 10:10-10:45 am

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. Min 5 Max 24

Soccer 1 Ages 5-6.9 7020.201 10:45-11:30 am

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. Min 5 Max 24

Soccer Skillz & Scrimmages Ages 7-10 7121.201 11:30am-12:15 pm

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! Shin guards are required. All participants receive a Kidz Love Soccer jersey. Min 5 Max 24

Spring Hoopers Basketball League

Kindergarten-2nd grade

This is a co-ed, introductory youth basketball league for kids in kindergarten through 2nd grade.

- Begins Saturday, February 4 and ends Saturday, March 3, a total of 5 weeks.
- Games and practices scheduled at Sunset Primary School.
- Registration Deadline: January 20
- The first week will be time for practices and organization with your team. The remaining four weeks, each team will have a 30 minute practice. The practice will be immediately followed by a game against another team in the same league.
- Teams for this program will be set up randomly. Divisions may be mixed based on registration numbers. (Ideally 4 teams/40 players per division)
- Times will vary between 8 am-6pm each Saturday
- All games are played on 8' hoops (K) 8 1/2 "hoops (1ST & 2ND).
- Games will have 8 five minute running clock periods.
- Players will rotate at the end of each period.
- No score is kept.
- Each player is matched up with

their opponent and will wear a color-coordinated wristband to teach the concept of man-to-man defense.

- No stealing off the dribble or out of another player's hands.
- Coaches will serve as refs on the court. Coaches will be liberal in enforcing violations such as double dribbles, traveling, etc.
- No free throws-inbound all fouls from the nearest point of contact.

All of our coaches are volunteering their time. They will appreciate your support throughout the season.

FEE: IC \$45/OC \$50
Saturdays, 2/5-3/12 (6 weeks)
7110.201 Kindergarten Players
7111.201 First Grade Players
7112.201 Second Grade Players

We need parent volunteer coaches!

This program is dependent on parent volunteers to coach teams! Coaching experience is preferred, but not necessary. The only requirement is a good attitude. Background checks performed for all coaches. If interested, or for further information, please call Ken Warner at 503-557-4700, drop a note in with registration, or email kwarnar@westlinnoregon.gov

Winter/Spring Intro to Acrobatics & Tumbling Gymnastics

L.Tilton

Through a partnership with Tilton's Gymnastics, young gymnasts learn the basics of tumbling and acrobatics and progress at their own pace in these floor-only classes. Front rolls, back rolls, crabwalks, cartwheels, handsprings, front walkovers, back walkovers and flip flops are just some of the skills students learn in this positive program of progression. Young gymnasts are required to complete a one month intro before moving into additional classes. Once the Intro class is completed, the instructor

places your child into the Teacher Approval series (directly through Tilton's Acrobatics and Tumbling). Min 1 Max 5

FEE: IC \$56/OC \$61

Ages 4-6

6100.201 W 3:30-4:30 pm 1/4-1/25
6101.201 W 3:30-4:30 pm 2/8-2/29
6102.201 W 3:30-4:30 pm 4/4-4/25
6103.201 W 3:30-4:30 pm 5/9-5/30

Ages 7-14

6104.201 M 7-8 pm 1/2-1/23
6105.201 M 7-8 pm 2/6-2/27
6106.201 M 7-8 pm 4/9-4/30
6107.201 M 7-8 pm 5/7-5/28

Tilton's 2122 SW Borland Rd., West Linn

DRIVER EDUCATION

For City of West Linn held at West Linn High School

WINTER & SPRING TERMS 2012

Partnering with Clackamas Community College

33 Classroom Hours

6 Hours Behind-the-Wheel Driving

6 Hours Behind-the-Wheel Observation

Text Books Provided at no extra cost

Potential Insurance Discount

State of Oregon-ODOT Approved Certificate

*Classroom sessions meet for 3 hours; once per week for 11 weeks
Behind-The-Wheel (BTW) labs meet for 2 hours; once per week for 6 weeks.*

Mondays, 4:15-7:15 pm, January 9-March 19, 2012

***except holidays 1/16 & 2/20 held on Wednesdays 1/18 & 2/22**

Wednesdays 4:15-7:15 pm, April 3-June 12, 2012

Classroom Sessions at West Linn High School, Room A106

**Behind-The-Wheel Session opportunities listed on Registration form
and will depart from West Linn High School**

Please make sure you are able to attend all of your classes before registering.

Attendance is mandatory.

If you miss a class, you will have to pay an additional fee for a make-up class.

BOOKS: The required text will be provided. Bring a DMV manual (free at DMV) with you to all classes.

IF YOU HAVE TO DROP THE COURSE: A \$40 drop fee will be assessed. To obtain a full refund (minus the drop fee), you must call Parks & Recreation and complete the appropriate paper work prior to the first day of class. If we have not received your drop form before the first day of classroom, you will forfeit your entire fee.

CLASS FEE:

\$350 under 18 with their instructional permit

\$450 for 18yrs and over or a licensed driver (licensed now or before the end of class)

Please BRING form to our office, with copy of permit/license

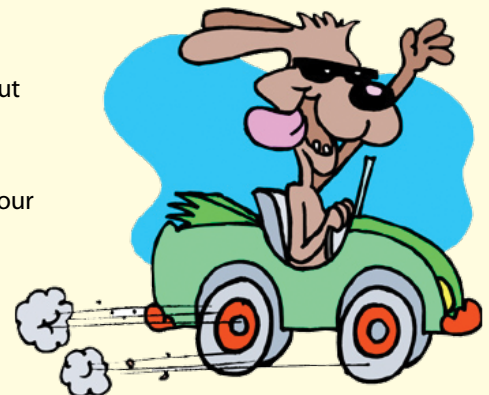
Please make sure you have included all requested information.

QUESTIONS? Call West Linn Parks & Recreation Office at 503-557-4700 or check out our website at <http://westlinnoregon.gov/parksrec>

TO REGISTER:

Please complete the Driver Education registration form at our office or located on our website www.westlinnoregon.gov/parksrec

Your payment will be processed upon receipt of your registration and we will email you a confirmation. Behind the Wheel schedules will be confirmed the week prior to your first class. (BTW is scheduled once we've received the majority of applications in order to ensure all students have drive partners, a car and an instructor available for the time.)





American Red Cross

When I'm In Charge

Ages 8-11
 Help prepare your children **ages 8-11** for situations that may occur when they are home without your direct supervision. This American Red Cross course includes role-playing, safe responses to phone calls or visitors, getting along with siblings, and simple first aid techniques. Gun and internet safety topics are also included. Parents are encouraged to attend the last half-hour of the class.

Min 6 Max 20

FEE: IC \$34/OC \$39

6500.201	W	5:30-8 pm	2/1
6501.201	W	5:30-8 pm	3/7
6502.201	W	5:30-8 pm	4/18
6503.201	W	5:30-8 pm	5/9

Adult Community Center, Classroom

Babysitters Training

Ages 11-15

This American Red Cross Babysitting class is available to youth ages 11-15 years. Topics include: accident prevention, handling emergencies, first aid and child development, positive supervision and the rights and responsibilities of a "good" babysitter. Includes a full color, illustrated handbook filled with great information and resources for class and on the job. **Bring pencil and paper.** Min 6 Max 12

FEE: IC \$59/OC \$64

6504.201	W	5:30-8:45 pm	2/15 & 2/22
6505.201	W	5:30-8:45 pm	3/14 & 3/21
6506.201	W	5:30-8:45 pm	5/16 & 5/23

Adult Community Center, Classroom

Mark your calendars and invite your friends to our next scheduled dance.

St. Patrick's Day Dance

March 17, 2012 ~7-9 pm

\$5 per person



West Linn Adult Community Center
1180 Rosemont Road, West Linn OR 97068

These dances are open to teen-young adult age individuals.

As always, they are planned to be of particular fun to those who have a diagnosis of physical or cognitive disabilities.

Presented by: West Linn Parks and Recreation
 503-557-4700

SAT Prep PDX

A challenging, successful class for college-bound students

Small groups of motivated students learn

- SAT tricks & strategies
- SAT vocabulary & reading
- SAT writing & grammar
- SAT math



Five weeks of 2-hour classes

For more information please go to web address: www.satpreppdx.com or email: satpreppdx@comcast.net

Min 3 Max 12

FEE: IC \$330/OC \$335

(fee includes \$30 for course workbook, materials, practice tests)

4000.201 Th 6:30-8:30 pm 2/9-3/8
 (course ends before March 10th SAT)

Rosemont Ridge Middle School, A103

4001.201 Tu 6:30-8:30 pm 3/20-4/24
 (no class March 27th, course ends before May 5th SAT)

Rosemont Ridge middle School, A105

4002.201 Tu 6:30-8:30 pm 5/1-5/29
 (course ends before June 2nd SAT)

Rosemont Ridge middle School, B102

Sponsored By: Brian Grant Foundation, WCC, City of West Linn, West Linn Police



789JAM.com
facebook.com/789JAM

6TH -9TH GRADE DANCE PARTY

Date: Jan. 13, Feb. 17, Apr. 27 & May 18

Time: 7:30pm - 10pm

Place: 3153 S. Brandywine Dr. West Linn



Presented by

Miss Kathleen Van De Veere

Miss Kathleen Van De Veere of Van De Veere productions now in her 12th year!

More information at www.misskathleen.net

All dancers are invited to perform in the dance recital in May TBA 2012.

Costumes are \$60 per class.

Due to an upcoming performance, the first session listed is open to everyone. You must take the 1st class to enroll in the 2nd and 3rd classes.

FEE: IC \$58/OC \$63 (6 Week Class)

FEE: IC \$48/OC \$53 (5 Week Class)

Mondays with Miss Kathleen Sunset Firehall

Ballet/Tap Combo

Intermediate Level

Ages 7-9

Join Miss Kathleen to improve your ballet skills and your tap footwork. This class is designed for the intermediate young dancer with experience. Get ready to learn some new things this year!

6802.101	M	2:45-3:30 pm	1/2-2/6
6803.201	M	2:45-3:30 pm	2/20-3/19
6804.201	M	2:45-3:30 pm	4/2-5/7

Jazz I/II

Beginning/Intermediate

Ages 7-13

This jazz class will improve your leaps and turns. We will be working lots of technique! Great for dancers working on single and double turns, illusions and more!

6805.101	M	3:30-4:15 pm	1/2-2/6
6806.201	M	3:30-4:15 pm	2/20-3/19
6807.201	M	3:30-4:15 pm	4/2-5/7

Lyrical Class

Advanced

Ages 11 and up

For the advanced dancer, this lyrical class will work you passion, extension and control. Work more advanced choreography this year! Double and triple turns required.

6808.101	M	7:15-8 pm	1/2-2/6
6809.201	M	7:15-8 pm	2/20-3/19
6810.201	M	7:15-8 pm	4/2-5/7

Mondays with Miss Becky Burkeen Downstairs Firehall

NEW CLASS

Hip Hop and Play

Ages 5-7

A great new class for younger dancers who love hip hop! Join Miss Becky for some funky fresh moves and fun dance games! Our first class offered for this age group! Work on cool floor work and dance to your favorite songs!

6811.101	M	4-4:45 pm	1/2-2/6
6812.201	M	4-4:45 pm	2/20-3/19
6813.201	M	4-4:45 pm	4/2-5/7

Hip Hop

Beginning

Ages 8-13

Miss Becky once again offers Beginning Hip Hop! Join with a friend! Learn the secrets to the moves in your favorite videos! Learn to pop, lock and shake your groove thang! BOYS WELCOME!!!

6814.101	M	4:45-5:30 pm	1/2-2/6
6815.201	M	4:45-5:30 pm	2/20-3/19
6816.201	M	4:45-5:30 pm	4/2-5/7

Cheerleading Class

Ages 8-13

G-O TEAM! As a former Blazer dancer, Miss Becky knows what it takes to be a great cheerleader! Learn the secrets to great kicks and cheer leaps. Learn chants, stunts and a halftime routine!

6817.101	M	5:30-6:15 pm	1/2-2/6
6818.201	M	5:30-6:15 pm	2/20-3/19
6819.201	M	5:30-6:15 pm	4/2-5/7

Intermediate

Hip Hop

Ages 10-15

If you have had a hip hop class before, this class is for you! Miss Becky will challenge you on more advanced routines and across the floor combos! Work on some cool floor work and more! We would love to see you again this year!

6820.101	M	6:15-7 pm	1/2-2/6
6821.201	M	6:15-7 pm	2/20-3/19
6822.201	M	6:15-7 pm	4/2-5/7

Tuesdays

with Miss Kathleen Sunset Firehall

Ballet/Tap Combo

Beginning

Ages 4-6

Welcome! Join Miss Kathleen for an introduction to ballet and tap dancing. Start with ballet stretching, technique and dance and turn across the floor. Then put on those tap shoes to shuffle to the music!

6823.101	Tu	2:45-3:30 pm	1/3-2/7
6824.201	Tu	2:45-3:30 pm	2/21-3/20
6825.201	Tu	2:45-3:30 pm	4/3-5/8

Musical Theater Class

Beg/Intermediate

Ages 7-13

Love Broadway? Miss Kathleen's most popular class! Musical Theater! Learn how to sing and dance your way through the musicals like Wicked, Grease, Legally Blonde, Hairspray and more! Work on your singing voice too!!

6826.101	Tu	3:30-4:15 pm	1/3-2/7
6827.201	Tu	3:30-4:15 pm	2/21-3/20
6828.201	Tu	3:30-4:15 pm	4/3-5/8

Ballet II/III

Intermediate/Advanced

Ages 9-15

This intermediate class is suited for dancers with double turns and intermediate level foot work. Work still in center, than travel across the floor with jumping combos. Focus is a must. Hair pulled back and no baggy clothes please.

6829.101	Tu	4:15-5 pm	1/3-2/7
6830.201	Tu	4:15-5 pm	2/21-3/20
6831.201	Tu	4:15-5 pm	4/3-5/8

Jazz II/III

Intermediate/Advanced

Ages 9-15

This jazz class is right for those dancers with double turns, Russian leaps, illusions, pique and double pique turns and dancers working towards more advanced skills. Be ready to pump up the difficulty!

6832.101	Tu	5:45-6:30 pm	1/3-2/7
6833.201	Tu	5:45-6:30 pm	2/21-3/20
6834.201	Tu	5:45-6:30 pm	4/3-5/8

Tuesdays

with Miss Kathleen

Adult Community Center

Advanced

Musical Theater

Ages 9-18

Miss Kathleen's again offers Broadway training at a more advanced level. Singers will sing harmony and work their advanced dance technique with their favorite Broadway songs! Solo singers and big personality required!

6835.101	Tu	6:45-7:30 pm	1/3-2/7
6836.201	Tu	6:45-7:30 pm	2/21-3/20
6837.201	Tu	6:45-7:30 pm	4/3-5/8

Advanced

Tap Dance

Ages 9-18

This tap class is fast paced and great for dancers with time steps, advanced rhythms, and dancers working on pullbacks and wings. Be ready for more advanced footwork this year!

6838.101	Tu	7:30-8:15 pm	1/3-2/7
6839.201	Tu	7:30-8:15 pm	2/21-3/20
6840.201	Tu	7:30-8:15 pm	4/3-5/8

Wednesdays

with Miss Kathleen

Adult Community Center

Ballet/Tap Combo-

Beginning/Intermediate

Ages 5-7

Join Miss Kathleen to improve your ballet skills and your tap footwork. This class is designed for the beginner/intermediate young dancer with experience. Get ready to learn some new things this year!

6841.101	W	3-3:45 pm	1/4-2/8
6842.201	W	3-3:45 pm	2/22-3/21
6843.201	W	3-3:45 pm	4/4-5/9

Ballet III/IV

Advanced Only

Ages 11 and up

Our most advanced level of ballet. Dancers should have all basic skills mastered, understand turn out, and have triple turns. Advanced combos across the floor and work your control! Hair pulled back and no baggy clothes please.

6844.101	W	5:15-6 pm	1/4-2/8
6845.201	W	5:15-6 pm	2/22-3/21
6846.201	W	5:15-6 pm	4/4-5/9

Jazz III/IV

Advanced Only

Ages 11 and up

Got great a great switch leap, triple and quad turns? This class is for you! Work jazz at the advanced level and master sassy choreography! More floor work this year! Back rolls and fish flops! For the advanced dancer only.

6847.101	W	6-6:45 pm	1/4-2/8
6848.201	W	6-6:45 pm	2/22-3/21
6849.201	W	6-6:45 pm	4/4-5/9

Thursdays

with Miss Sarah Zemp

Adult Community Center

Princess Ballet/Creative Movement

Ages 3-4

Our first class for the little ones! This creative movement class will combine some basic ballet steps with fun games and music. Join Miss Sarah for your child's first introduction to dance! Learn simple stretches and twirl across the floor.

6850.101	Th	3:30-4:15 pm	1/5-2/9
6851.201	Th	3:30-4:15 pm	2/23-3/22
6852.201	Th	3:30-4:15 pm	4/5-5/10

Intro To Ballet

Ages 5-7

Miss Sarah offers this Introduction to Ballet class for dancers serious about Ballet. Work skills in the center, than travel across the floor with ballet walks, and turns. Learn the basic ballet vocabulary and proper placement. Hair pulled up and no baggy clothes please.

6853.101	Th	4:15-5 pm	1/5-2/9
6854.201	Th	4:15-5 pm	2/23-3/22
6855.201	Th	4:15-5 pm	4/5-5/10

Ballet I/II

Beginning/Intermediate

Ages 8-12

Miss Sarah shares her knowledge of ballet for this class. Work all skills center and travel across the floor. This class is designed for dancers working on single and double ballet pirouettes. Work posture and control. Hair pulled back and no baggy clothes please.

6856.101	Th	5-5:45 pm	1/5-2/9
6857.201	Th	5-5:45 pm	2/23-3/22
6858.201	Th	5-5:45 pm	4/5-5/10

Lyrical

Beginning/Intermediate

Ages 8-12

Lyrical! Miss Sarah offers this NEW class! Great for the dancer who loves to feel the music and the story behind the lyrics. Express yourself in lyrical and learn to dance like your favorite dancer on So You Think You Can Dance! Lyrical combines the grace of ballet and the fire from jazz dance!

6859.101	Th	5:45-6:30 pm	1/5-2/9
6860.201	Th	5:45-6:30 pm	2/23-3/22
6861.201	Th	5:45-6:30 pm	4/5-5/10



Youth/Teen/All Ages/Adult

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas
www.harmonyroadoregon.com

NOTE: The fee & dates listed are for the first 4 or 6 weeks of an ongoing course, excluding Keyboard Prep Primer.. Tuition for the remaining weeks of the course is payable to Harmony Road Music Center of Oregon. No additional materials fees are assessed for the course.

Keyboard Prep Primer

Ages 8-11

This primer class is an exciting introduction to piano playing. Sessions include ear training, solfege singing, note reading, composing, solo and ensemble playing. It is a great preparation for our Keyboard Prep series. Parents participate in class.

FEE: IC \$70/OC \$75

6607.201 M 6-6:45 pm 1/2-1/23

Keyboard Prep 1

Ages 8-11

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series that provides your child with a strong musical foundation. Parents participate in class.

FEE: IC \$72/OC \$77

\$50 Materials fee payable to the instructor

6608.201 M 6-6:55 pm 1/30-2/20

6609.201 W 4:30- 5:25 pm 2/1-2/22

Piano Street for Teens/Adults

Ages 12 & up

Our Piano Street program is a unique and motivating experience designed specifically for teen & adult beginners. Students are introduced to many musical concepts through ear training, note reading, use of chords, solo/ensemble playing and composing. Parent participation in class is option for younger students.

FEE: IC \$90/OC \$95

\$20 Materials fee payable to the instructor

6610.201 W 7:15-8 pm 1/11-2/15

More classes for younger children, on page 4

Beginning Guitar Part 1

B. Price, 16- Adult

This fun and popular class is designed for the beginner. Quickly learn basic chords and simple strumming patterns known to all guitar players. EZ songs, how to tune, basic techniques, etc.

Please provide your own guitar.

Min 5 Max 20

FEE: IC \$60/OC \$65

+\$5 Material fee payable to instructor

6700.201 Tu 7:15- 7:55 pm 1/17- 2/14

West Linn Adult Community Center

Beginning Guitar Part 2

B. Price, 16- Adult

Continuation of PART 1. This class really moves you forward with more chords, strumming, and simple songs. Provides a good foundation for all styles: Rock, country, Jazz, folk, worship, alternative, etc. Please provide your own guitar.

Min 5 Max 20

FEE: IC \$60/OC \$65

+\$5 Material fee payable to instructor

6701.201 Tu 7:15- 7:55 pm 2/21- 3/20

West Linn Adult Community Center

Beginning Ukulele Part 1

B. Price, 16- Adult

This easy to play, inexpensive, "take anywhere" instrument is growing ever popular. A great way to have fun with family and friends. In this class you will quickly learn tuning, simple chords, and tons of songs. Soprano, concert, and tenor GCEA tunings.

Please provide your own ukulele.

Min 8 Max 20

FEE: IC \$60/OC \$65

+\$5 Material fee payable to instructor

6702.201 Tu 6:30- 7:10 pm 1/17- 2/14

West Linn Adult Community Center

Beginning Ukulele Part 2

B. Price, 16- Adult

Continuation of PART 1. More chords, strumming, and songs. Soon you'll be able to play hundreds of your favorite songs and current hits like Soul Sister, White Sandy Beach, Somewhere Over The Rainbow.

Suprano, concert, and tenor GCEA tunings. Please provide your own ukulele.

Min 5 Max 20

FEE: IC \$60/OC \$65

+\$5 Material fee payable to instructor

6703.201 Tu 6:30- 7:10 pm 2/21- 3/20

West Linn Adult Community Center



West Linn Academy of Kempo Karate

At Sunset Fire Hall, 2215 Long Street

For ages 6 through Adult

FEE:	Once/week	Twice/ week
1 individual	\$50	\$60
2 family members	\$70	\$80
3 or more	\$85	\$95

Classes start the first Tuesday or Thursday of the month from 6:45-7:45 pm

7100.201	Jan	One day a week
7101.201	Jan	Two days a week
7102.201	Feb	One day a week
7103.201	Feb	Two days a week
7104.201	Mar	One day a week
7105.201	Mar	Two days a week
7106.201	Apr	One day a week
7107.201	Apr	Two days a week
7108.201	May	One day a week
7109.201	May	Two days a week

Build your family members confidence, self-esteem and Physical fitness through Martial Arts. You will benefit from the caring instruction of a 35 year veteran of the Martial Arts. Enroll your child and realize your own potential, you both will enjoy the physical exercise and strength Karate promotes. Do something FUN and rewarding with your Child. For more details, call 503-723-3301. No class held on Holidays. About the Instructor: Shihan Kurt Van Sickle is a 5th Degree Black belt and West Coast Representative of the Sei Kosho Shorei Kai (Kosho Ryu Kempo). He has been teaching in the area since 1977.

NW Discoveries

All trips are for adults and 11-18 year olds that are accompanied by adults unless otherwise noted. Meet location directions and wquipment lists available on website: www.nwdiscoveries.com

Snowshoe Lesson and Tour

Beg. & Int.

Join this fast growing sport of hiking on top of the snow. The day will start with a short introduction to snowshoeing before we start our tour. The group will start off together then in the afternoon, typically we split into slower and faster paced groups. Trips will take advantage of Mt Hoods weather patterns and either snowshoe the east or west side depending on the best conditions. Guides will be with you at all times to ensure your safety and satisfaction. Bring waterprrof hiking boots and proper equipment.

FEE: IC \$69/OC \$74

2029.101 Su 8:25 am-5:05 pm 1/22

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220



Cross Country Ski Lesson and Tour

Beg. & Int.

Take up cross country skiing to keep yourself in shape as you explore the wonders of the winter landscape. This is an introductory class that starts with 2 hours of instruction focusing on techniques for flat terrain and small hills. Then you go on a nice tour to enjoy the crystal paradise. Cost includes transportation and guide. A stop will be made en route to rent ski equipment, cost not included, usually under \$12.

FEE: IC \$62/OC \$67

2031.101 Sa 8:25 am-5:05 pm 1/28

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220

Canoe beginning lesson

No partners needed-Beg.

Take a canoe lesson, so that you can learn to efficiently propel your canoe along our waterways. Canoe lessons teach basic forward, backward and steering strokes. This lesson prepares you for our tours. Cost includes canoe equipment and instructor. Lessons go rain or shine.

FEE: IC \$42/OC \$47

2019.201 Su 5-7:30 pm 5/20

Tualatin River, Tualatin Community Park
8515 Tualatin Road, Tualatin

Canoe Long Tour

Beg/int.

These trips allow you more time to explore our surrounding waterways. Some of these tours include shuttles to allow you to paddle with the flow. Canoe tour participants should have canoed at least once before. Individual instruction is provided upon request as we tour. Cost includes canoe equipment and guide Trips go rain or shine. All trips are for adults and 11-18 year olds that are accompanied by adults.

FEE: IC \$58/OC \$63

2020.201 Su 8:30 am -12:30 pm 5/20

Tualatin River-Tualatin Community Park-8515 Tualatin Road, Tualatin OR

2021.201 Su 8:30 am -12:30 pm 6/10

Gilbert River Boat Ramp,
Reeder Rd., Sauvie Island

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. Trips go rain or shine.

FEE: IC \$42/OC \$47

2022.201 Su 1:30-4:30 pm 5/20

2023.201 Su 4-7 pm 6/10

Tualatin River, Tualatin Community Park
8515 Tualatin Road, Tualatin

Touring Kayak Short Tour and Lesson

Beg. (3 hrs)

Explore our local waterways 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. Trips go rain or shine.

FEE: IC \$42/OC \$47

2024.201 Sa 2-5 pm 5/5

Willamette Park, West Linn

Equipment to Bring for paddling trips (a complete equipment list is available on the web at <http://nwdiscoveries.com/>):
Wear footwear and clothes that can get wet, bring along a spare change of dry clothes, shoes and towel. Bring drinking water, a snack to keep your energy up, sunglasses with strap, sunscreen, shade hat, a jacket or sweater, rain gear, paddling gloves (ex. bicycle gloves) if tender hands, synthetic underwear if weather is bad, and heavy duty garbage bags to keep things dry. If trip goes over meal time, bring a packable meal. Leave all valuables at home.

Teen/Adult Sports



Adult Open Gym Basketball

Age 16 and over

- * Teams developed throughout the night
- * Games played up to 5 on 5 and first to 15 points
- * Winners stay and an entire new group of 5 players next. Winners limited to 3 games in a row.

For more information contact West Linn Parks and Recreation 503-557-4700

FEE: IC \$15/OC \$20 (11 weeks) or \$2 drop in per night
 2006.201 Tu 8:30-10 pm 1/3-3/20
 Willamette School, Gymnasium
 School not available February 28
 Register online now www.westlinnoregon.gov/parksrec
REGISTER NOW!

2012 End of Winter Dodgeball Tourney

16 years and older

The winter is coming to an end so why not play Dodgeball? Teams will pay 6-on-6 coed with a maximum of 10 on your roster. All teams must start each game with 2 female players. Limited number of teams accepted, so register early! Winning team will receive custom made t-shirts as proof that they are a force to be reckoned with on the court. Guaranteed 3 games per team.

FEE: \$80 per team
 Saturday 12 pm until done March 10, 2012
 Sunset School, Gymnasium

Adult Recreational Co-ed Volleyball

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 provide some training
 Skills & rules are taught & practiced.
 On-going program each Monday.
 Min 4 Max 28
 FEE: \$1.00 per person per night, pay at door.
 No online registration
 Mondays 8-10 pm Sept 13-June 6, 2011
 No program these dates: Jan. 17, Feb. 21, April 18 and May 30
 Willamette Primary School gym

For information contact David Nepom 503-657-3106 or dnpom@aol.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.


(2 courts, AA and A).

On-going program each Tuesday,

FEE: \$2.00 per person/per night
 Tuesdays 8:30-10 pm
 January 3- June 19
 Except no play on Feb. 22, March 22, May 24, and June 14
 Athey Creek Gymnasium

For further information, contact Steve Young 503-750-6151 or sytees@hotmail.com

Teen Co-ed Volleyball



Tuesday Nights

7 - 8:30 pm

Willamette School Gym

On-line registration #4005.201
April 3rd-May 29th
FEE: \$10 (9 weeks) Or \$2 nightly at the door

Adult/Family Fitness & Wellness



Zumba J. Runyan

Experienced instructor Jeannine Runyan presents Zumba! Ditch the Workout & Join the Party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Every class feels like a party! Come join me and you'll see what I mean. You don't even have to know how to dance. Just move your body and follow my lead. It's easy!

Min 3 Max 30

FEE: IC \$64/OC \$69 Drop in fee \$10 / class

2003.201	Sa	8-9 am	1/7-2/25
2004.201	Sa	8-9 am	3/3-4/21
2005.201	Sa	8-9am	4/28-6/16

Nia C. Kaplan

The Love Your Body Workout, Nia is blissful, inspirational and packed with power. Uninhibited dance, martial and healing arts movements choreographed to the sounds of world music. Whole-body, expressive and grounded, Nia is adaptable for any level of fitness. Awaken. Experience. Move. Be Moved. No shoes required. Min 1 Max 30

FEE: IC \$112/OC \$117 (7 weeks)

Drop-in rate: \$10

2000.201	M & F	9:15- 10:25 am	1/2-2/17
2001.201	M & F	9:15-10:25 am	2/20-4/6

FEE: IC \$120/OC \$125 (7 ½ weeks)

Drop-in rate: \$10

2002.201	M & F	9:15- 10:25 am	4/9-5/28
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Sunset Fire Hall



Stroller Strides

Stroller Strides is the nations' largest fitness program for moms that they can do with their little ones in tow! Classes offer a total body workout combining cardiovascular, strength, core and flexibility training. All classes are 60 minutes long. We utilize the resistance tubing, environment and the stroller. Classes are for all levels of exercise from beginning to advanced levels of fitness. We also offer play groups, Moms' Night Out and other community events. First week of class is free to first time participants. 8 weeks For more information contact Trisha Highland at trishahighland@strollerstrides.net or 503.830.6018. You can also check us out on the internet at www.strollerstrides.com

FEE: IC \$112/OC \$117 (8 weeks)

5500.201	Tu & Th	9:30-10:30 am	4/3-5/24
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Tanner Creek Shelter

A Course in Yoga

R. Lundberg

This course is a must do for anyone interested in yoga!!! The class is a movement course aimed at helping to enhance the yoga practice of students at any level. Alignment and detailed instruction are key elements in helping each student reach their yogic potential. Classes build upon each other creating a strong foundation for further study of yoga. All levels are welcome, just bring a great attitude and be willing to try something new. Rachel Lundberg is an experienced yoga teacher and is registered with the National Yoga Alliance. Her training is Iyengar-based which is designed to help all students reach their potential in yoga through the use of props and correct adjustment.

Min 8 Max 20

FEE: IC \$100/OC \$105 (10 weeks)

\$12 drop-in rate

2017.201	Th	7:45- 9 pm	1/12- 3/22
			*No class 3/15
2018.201	Th	7:45- 9 pm	4/5- 6/7

Sunset Fire Hall, Upstairs

Yoga, Beginning I

D.Rohrbacker

Rediscover the joy of movement. Increase strength, flexibility and energy while reducing stress. This class introduces the student to Hatha Yoga and breath meditation by a National Yoga Alliance registered Yoga teacher. Bring a mat and/or blanket, comfortable clothing, and empty stomach, and a positive frame of mind.

FEE: IC \$60/OC \$65 (9 weeks)

2015.201	M	7:30- 9 pm	1/9-3/05
2016.201	M	7:30- 9 pm	3/12-5/14

Willamette Primary School, Cafeteria

except 1/16 & 2/20 at Adult Community Center

T'ai Chi Beginning

S.V. Miller

Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed-beneficial for any age or physical shape. Min 5 Max 20

FEE: IC \$48/OC \$53 (8 classes)

2007.201	W	6-7 pm	1/18-3/7
2009.201	W	7-8 pm	1/18-3/7
Adult Community Center			
2008.201	W	6-7 pm	4/4-5/23
2010.201	W	7-8 pm	4/4-5/23
Adult Community Center			
2011.201	Sa	9:15-10:15 am	1/28-3/10
2012.201	Sa	9:15-10:15 am	4/7-6/2

*No class 5/26

Sunset Fire Hall Upstairs

T'ai Chi Advanced

S.V. Miller

T'ai Chi is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. The 32-Movement Yang Style Sword Form will also be included. This class is for the experienced and self-motivated T'ai Chi player who can perform the 24-Movement Yang Style Form solo.

Min 5 Max 20

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

2013.201	Sa	10:15-11:45 am	1/28- 3/10
2014.201	Sa	10:15-11:45 am	4/7- 6/2

*No class 5/26

Sunset Fire Hall Upstairs

Get Involved

Volunteer Opportunities

Take Care of West Linn Day, May 19, 2012, 9 am-12 pm

Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying a project, planning your project, promoting your project to obtain additional volunteers, and recognizing the effort of your volunteers. Contact Ken Warner at 503-557-4700 or email kwarn@westlinnoregon.gov to set-up a group project or for more details.

789JAM on the Hill Dances and events for 6th-9th grades

Contact Sarah Donnelly 503-656-2328 or sarahdonnelly@willamettechurch.com to be added to volunteer e-mail list for upcoming events.

Teen Advisory Committee Members Sought West Linn middle & high school students sought to serve as advisors to the Parks and Recreation Department for teen programs, activities, and events. Applications available on web site www.westlinnoregon.gov/parksrec. For more information contact Terri at 503-557-4700

2012 Old Time Fair, July 20-22, 2012

The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2012 Old Time Fair. The volunteer planning committee is working hard to make the 2012 Fair the biggest and best in years. Call 503-557-4700 for information



Food Pantry Helpers Wanted The West Linn Food Pantry provides food boxes for families in the West Linn area. The pantry is open from 3-7 pm on Thursdays at 1683 Willamette Falls Dr., West Linn, OR 97068. Phone: 503-880-8140

Bus Drivers Needed Volunteer Drivers with current C.D.L. needed to drive 18 passenger bus for Senior Adult Programs at the West Linn Adult Community Center. Call Lynn 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, the reintroducing of appropriate native plants, and the restoration of streambeds, the flora and fauna.

Mary S Young Park volunteers meet second Saturday at 9 am at the shelter, 19900 Willamette Dr/Hwy 43, group contact Lorie 503-699-0050

Burnside and Maddax Woods Parks volunteers meet every 3rd Saturday, 9 am-Noon 5785 River Street, group contact person Steve 503-722-9581 or email smiesen@hotmail.com

Take Care of West Linn Day

May 19, 2012, 9 am-12 pm

Appreciation Barbecue
at Mary S Young Park, 12-1:30 pm

All registered volunteers welcome!

The Parks & Recreation Advisory Board's mission for Take Care of West Linn Day is to promote the value of volunteerism and community pride by making available opportunities for community members to participate in projects to give back to their community and maintain the high quality of life in West Linn. Our goal is to facilitate a large number of events throughout the City led by community organizations. We will also promote opportunities for individuals to join one of these events and provide an after-event to recognize volunteers.

The types of projects organizations may choose to organize include:

- Area cleanups
- Invasive species removal
- School improvement projects
- Community food drive

- Children's book drive
- Trail maintenance
- Community landscape projects
- Tree planting
- Pet food drive
- And many others

In 2011 we had 19 different projects, located at 16 different sites, accomplished by 19 local groups.

Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying a project, planning your project, promoting your project to obtain additional volunteers, and recognizing the effort of your volunteers.

Please let us know by March 15, 2012 if your organization is interested in participating in Take Care of West Linn Day in some form. Contact Ken Warner at 503-557-4700 or email kwarn@westlinnoregon.gov to set up a group project or find more details.

Sincerely,

Roger Shepherd, Chair
West Linn Parks and Recreation Advisory Board

A Very Special Thank You to:

Cedar Oak Daisy Troop 45618
Dragonfly Greetings and Gifts
Lil' Cooperstown Bar & Grill
National Charity League
Rhino Lacrosse
Starbucks Coffee Company
Tanner Spring Assisted Living
The Kids' Dentist- Dr. Yip
Toyota of Gladstone
Tualatin Valley Fire & Rescue
Van De Veere Productions
West Linn Community Chorus
West Linn Food Pantry
West Linn City Council
West Linn Old Time Fair Court
West Linn Tidings
Willamette Main Street



The City of West Linn Parks and Recreation sincerely thanks all sponsors, supporters and partners who helped to make the Holiday Tree Lighting, Puddle Scuttle, Ugly Sweater Holiday Dash & Holiday Parade successful.

Robinwood Station

is a

City of West Linn
Community Center,

operated by the
volunteer,

not-for-profit,

Friends of the

Robinwood Station.

It is now available

for your event,

group or meeting!

It is located at

3706 Cedaroak Drive.

Call Randall

at 503-789-3763

or Tony

at 503-675-1773

for booking.

Pilates Mat & Reformer Classes and Personal Training



For more information please visit

www.flourishpilates.com

and www.pilatesmommy.com

All classes are located at Flourish Pilates,

1785 Willamette Falls Drive, Suite 8, West Linn

Clare Baxter has owned FLOURISH PILATES studio in West Linn since 2007. She 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. Certified Instructors provide personal training and small group classes.

Pilates Mat with Props

Improve core strength, flexibility & tone with the ring, roller, & bands!

FEE: IC \$165/OC \$170 (11 sessions)

INSTRUCTOR: Misty

2032.201 M 5:30 -6:30 pm 1/9-3/19

2033.201 Tu 6:30 -7:30 pm 1/10-3/20

INSTRUCTOR: Scottie

2034.201 W 9:15-10:15 am 1/11-3/21

Pilates on the Ball/Bosu

Get on the ball and improve strength, flexibility, toning, & balance!

FEE: IC \$165/OC \$170 (11 sessions)

INSTRUCTOR: Clare

2035.201 Sa 9:15-10:15 am 1/14-3/24

Pi-Yo (Pilates & Yoga)

Stretch tight muscles and strengthen your abdominals with this format!

FEE: IC \$165/OC \$170 (11 sessions)

INSTRUCTOR: Jessica

2036.201 Tu 9-10 am 1/10-3/20

2037.201 Th 6:30 -7:30 pm 1/12-3/22

Beg/Int. Reformer & Wall-Unit

Work your entire body on the unique PILATES REFORMER machine and balance out the body with weight training...Pilates Style! Standing Wall-Unit is used too.

FEE: IC \$330/OC \$335 (11 sessions)

INSTRUCTOR: Clare

2038.201 M 6:30-7:30 pm 1/9-3/19

2039.201 W* 6:30-7:30 pm 1/11-3/21

*Thursdays at 6:30 from 2/9 -3/22

2040.201 Th 10-11 am 1/12-3/22

2041.201 Sa 10:30- 11:30 am 1/14-3/24

Gentle-Paced Beg/Int. Reformer & Wall-Unit

Get back into fitness gently and at a slower pace. Work your entire body on the unique PILATES REFORMER machine and balance out the body with weight training...Pilates Style! Standing Wall-Unit is used too.

FEE: IC \$330/OC \$335 (11 sessions)

INSTRUCTOR: Clare

2042.201 Tu 11:30 am-12:30pm 1/10-3/20

Pilates Cardio Jumpboard Reformer & Athletic Conditioning!

FEE: IC \$330/OC \$335 (11 sessions)

INSTRUCTOR: Rachel

2043.201 F 9:15-10:15 am 1/13-3/23

Beg/Int. Abs & Gluts Reformer

For the athletic Pilates student who practices often.

FEE: IC \$330/OC \$335 (11 sessions)

INSTRUCTOR: Rachel

2044.201 M 9:15-10:15 am 1/9-3/19

2045.201 Sa 9:15-10:15 am 1/14-3/24



Health and Well-Being
for the Entire Family

Classes Held at Sachi Wellness Center,
2008 Willamette Falls Dr, Suite 200 A, West Linn, 503-607-0018

\$12.00 to drop in for most classes

Yoga Level 1

The yoga experience begins by opening to the grace and beauty of our lives. By learning core and peripheral strength with flexibility, we then turn to our breath and focus by using inquiry and exploration to unfold our moment-to-moment experiences. This class includes beginning poses, stretching, breath work, and meditation techniques.

FEE: IC \$99/OC \$104 (11 weeks)

2046.201 W 9:30-10:45 am 1/11-3/21

FEE: IC \$90/OC \$95 (10 weeks)

2047.201 W 9:30-10:45 am 4/11-6/13

Yoga Level 2

This class is designed for the yoga student with some experience. Special attention is given to postural alignment, core strength, and poses breakdowns while incorporating twists, inversions, and balance work.

FEE: IC \$99/OC \$104 (11 weeks)

2048.201 Tu 9-10:15 am 1/10-3/20

2049.201 Th 9-10:15 am 1/12-3/22

FEE: IC \$90/OC \$95 (10 weeks)

2050.201 Tu 9-10:15 am 4/10-6/12

2051.201 Th 9-10:15 am 4/12-6/21

Vinyasa Yoga

The word Vinyasa means "breath-synchronized movement." In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale. This technique is sometimes also called Flow because of the smooth way that the poses run together and become like a dance. This class is suitable for all levels.

FEE: IC \$99/OC \$104 (11 weeks)

2052.201 M 9-10 am 1/9-3/19

FEE: IC \$90/OC \$95 (10 weeks)

2053.201 M 9-10 am 4/9-6/11

Stretch & Awareness

Taught by a physical therapist/yoga instructor, this class is perfect for the student that wants to go deeper into flexibility and personal awareness. This excellent instructor will guide you through the process of yoga and the benefits of knowing how to use your strength and couple it with flexibility to balance your lifestyle.

FEE: IC \$99/OC \$104 (11 weeks)

2054.201 M 6:30-7:30 pm 1/9-3/19

FEE: IC \$90/OC \$95 (10 weeks)

2053.201 M 6:30-7:30 pm 4/9-6/11

All Levels Yoga

This class focuses on beginning to intermediate students with emphasis on breath, balance, and strength, which help to build each student's individual practice. Modifications are offered for the different levels of students, times of life, and personal preference.

FEE: IC \$99/OC \$104 (11 weeks)

2056.201 W 6-7:30 pm 1/11-3/21

FEE: IC \$90/OC \$95 (10 weeks)

2057.201 W 6-7:30 pm 4/11-6/13

Saturday Morning Yoga

Open to all levels. Start your weekend with an invigorating dance of movement and breathwork. The instructor will help students tailor the poses to their

experience and ability.

FEE: IC \$99/OC \$104 (11 weeks)

2058.201 Sa 9-10:15 am 1/14-3/24

FEE: IC \$90/OC \$95 (10 weeks)

2057.201 Sa 9-10:15 am 4/14-6/16

NEW MEDITATION CLASSES!

It is only with the heart that one can see rightly. What is essential is invisible to the eye.

~ The Little Prince

Beg. Meditation for Weight Loss and Healthy Weight Management:

Learn how to use meditation and breathing techniques to shift the internal emotional and thought patterns so that the compulsion to eat is neutralized. By transforming our inner world we can more easily and effortlessly shift our eating habits and allow the body to find it's healthy, balanced weight. Taught by Caren Prentice, Certified Meditation Instructor. 10 weeks

FEE: IC \$80/OC \$85

2060.201 Th 2-3:30 pm 1/18-3/22

*No class 2/16

Int. Meditation for Weight Loss and Healthy Weight Management:

Learn how to use more advanced meditation and breathing techniques to shift emotional, and thought patterns so that the compulsion to eat is neutralized. Open only to those who have taken Beg Meditation for Weight Loss. Taught by Caren Prentice, Certified Meditation Instructor. 10 weeks

FEE: IC \$80/OC \$85

2061.201 Th 2-3:30 pm 4/12-6/14

Meditation to Reduce Stress and Anxiety LEVEL 1:

Learn simple basic techniques that will reduce your blood pressure, relax the body and calm

the mind. These techniques will help you begin to overcome the sensations of being overwhelmed by fear, anxiety, and stress-the primary causes of insomnia, high blood pressure and other stress-related diseases. Taught by Caren Prentice, Certified Meditation Instructor

FEE: IC \$45/OC \$50 (5 weeks)

2063.201 Th 6-7:15 pm 1/12-2/9

2062.201 Th 6-7:15 pm 4/12-5/10

Meditation to Reduce Stress and Anxiety LEVEL 2:

Build on the techniques learned in level 1 and begin working with more intermediate techniques to identify triggers and increase the power of the mind to overcome feelings of fear, stress and anxiety and replace them with feelings of equanimity, harmony and serenity. Taught by Caren Prentice, Certified Meditation Instructor

FEE: IC \$45/OC \$50 (5 weeks)

2064.201 Th 6-7:15 pm 2/23-3/22

2065.201 Th 6-7:15 pm 5/17-6/14

Meditation for Mom's

This class will focus issues specific to mom's and the unique challenges we face raising children from infant through college. You will learn techniques to help you become less stressed, less reactive, less emotional, less worried, and less angry. It will help you sleep better, improve your sense of humor and become the 'mom' you want to be. Taught by Caren Prentice, Certified Meditation Instructor and mother of four.

FEE: IC \$40/OC \$45 (5 weeks)

2066.201 Th 7:30-8:45 pm 1/12-2/9

2067.201 Th 7:30-8:45 pm 2/23-3/22

2068.201 Th 7:30-8:45 pm 4/12-5/10

2069.201 Th 7:30-8:45 pm 5/17-6/14

Adult Classes

Meditation for Health & 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.

Min 6 Max 30

FEE: IC \$35/OC \$40/Drop-in Fee: \$5 per class to instructor (\$10 discount to enroll in 9-week session)

1066.201 M 7-8:30 pm 1/9-3/12

*No class on 1/16, 2/20

Meditation for Health & Happiness Spring Drop In Dates

FEE: IC \$15/OC \$20 Drop-in Fee: \$5 per class to instructor

Rosemont Ridge Middle School

1067.201 M 7-8:30 pm 5/7, 5/14, 5/21

Rosemont Ridge Middle School

Meditation Retreat: A Day Long or Two Days

Ages 15 and Older

Treat yourself to a day-long or two days retreat which will offer an intensive environment to practice meditation. During meditation three conditions are developed that promote the effective use of brain plasticity to induce positive neural changes.

- Concentration: Paying undivided attention to the breath provides the necessary medium for plasticity to take effect in the mind so that beneficial neural changes can occur.
- Mind training: Consciously directing the mind to the breath when it wanders away during meditation, for example, is a phenomenon known to effect changes in the brain. In neuroscience the axiom is "neurons that fire together wire together."
- Rewards: Reaping the benefits of joy, bliss, and peaceful feelings in meditation are the necessary positive reinforcement needed to secrete hormones that biochemically seal the desired changes to become effective.

WHAT TO BRING: A bag lunch and water. Wear a comfortable layered clothing for warmth, your favorite chair (if you like to sit on a chair for mediation), mat, and pillow.

Min 6 Max 30

FEE ONE DAY: IC \$30/OC \$45 - FEE TWO DAYS: IC \$50/OC \$55

1068.201 Sa 8:30 am-6 pm 1/21

Sunset Fire Hall

1069.201 Su 8:30 am-6 pm 1/22

West Linn Adult Community Center

Sweet & Savory Food Walks S. Darzes



shine, and bring all your "sweet & savory teeth!" Each trip, depending on the route, will cover between 1 and 2.5 miles in search of all things delicious. Please arrive no later than 15 minutes prior to departure time.

RESERVATIONS ARE REQUIRED. PLEASE

NOTE: The deadline to register is 4 pm Friday before each scheduled program date. Due to the nature of these programs, no refunds or exchanges will be given. Min 3 Max 10

FEE: IC \$49/OC \$54

St. Patrick's Day Walk

1090.201 Sa 1-4:30 pm 3/17

Meeting Location: Fireplace in Millennium Plaza Park at 200 First Street, Lake Oswego.

Downtown Portland Chocolate

1091.201 Su 1-4:30 pm 4/29

Meeting Location: The hotel lobby of the Benson Hotel located at 309 Southwest Broadway.

Pearl District/West End Chocolate

1092.201 Su 1-4:30 pm 5/13 (Mother's Day)

Meeting Location: The main floor lobby of the Old Armory (now Gerding Theater), located at 128 NW 11th Ave.

NEW! Historic Downtown Vancouver Sweet & Savory:

1093.201 Sa 2-5:30 pm 5/19

Meeting Location: Inside the Vancouver Marketplace Building located at 210 W. Evergreen Blvd. at the corner of Evergreen and Columbia.

Take a personally guided walking food tour as we eat our way through different neighborhoods of the Portland Metro. Learn all about the amazing world of food, some local history, and savor delectable samples as you walk off the extra calories. These programs, along "the most delicious stretches around" are enjoyable, informative, and a must for any food enthusiast-both residents and visitors alike.

Attend one, two, or all four of these unique tours. Wear comfortable shoes, be prepared for rain or

Remarkable Results Through Effective Communication

Ages 18+

We all love it when we encounter people who "speak our language" and with whom we have any easy time communicating. When you learn to identify different communication styles from your own and adjust not what you say, but how you say it, the results are remarkable. You effectively increase the amount of people in the world who will experience you as someone who "speaks their language". This 3-4 hour interactive workshop covers four different styles of communicating, allows each participant to choose the group that best suits them and creates learning through an exciting experiential teaching model. Participants will learn to quickly and easily identify the

communication style of others and how to adjust the delivery of information to them in order to obtain the very best results possible. Min 25 Max 75

FEE: IC \$40/OC \$45

1001.201 W 6:30-9:30 pm 1/18

West Linn Adult Community Center

ABOUT THE INSTRUCTOR: Originally from St. Paul, Minnesota, Marcella began her professional life in sales and marketing. After five years, she changed course and pursued a certification in Early Childhood Development. Through many years of blending skills gained in business, adult and child education and community volunteering, Marcella has developed effective communication and public speaking skills and an inclusive style of leadership. Marcella and her family, which includes her husband and four daughters, moved to West Linn, Oregon in 2007.

NEW CLASSES!

Vegan Cooking with Greens

Ages 14-Adult

Making cooked greens a regular on your dinner table can provide significant protections against cancer and osteoporosis. Come learn all about such calcium-rich greens as collards, kale, and broccoli that you'll find are widely available year round. Watch how they can be turned into savory dishes that are inexpensive, low-fat, gluten-free, cholesterol-free, and vegan. Come hungry, too. Min 5 Max 15

FEE: IC \$29/OC \$34

1002.201 Tu 6-8:30 pm

1/26

West Linn Adult Community Center

Vegan Beans & Whole Grains

Ages 14-Adult

Beans and whole grains are among the most hearty and healthful foods around. Combined with other natural ingredients, these humble staples can provide a world of exciting dishes—including yummy desserts. Come discover the magic in beans and grains and watch how easy it is to use them in preparing inexpensive, low-fat, gluten-free, cholesterol-free, vegan dishes. Come hungry, too.

Min 5 Max 15

FEE: IC \$29/OC \$34

1003.201 Tu 6-8:30 pm

2/16

West Linn Adult Community Center

Vegan Gluten-Free Baking

Ages 14-Adult

Millions of Americans feel better after eliminating gluten---the troublesome protein found primarily in wheat, barley, and rye. Come discover the ease of baking scrumptious cakes, cookies, and breads---all gluten and dairy-free, and made without refined flours, starches, eggs, animal fat, or white sugar, either. These sweet and savory baked goods are more nourishing and tastier than the gluten-filled varieties. Bring your appetite. Min 5 Max 15

FEE: IC \$29/OC \$34

1004.201 Tu 6-8:30 pm

3/1

West Linn Adult Community Center

Cooking with Surja Tjahaja

Ages 15-Adult

Duck a l'Orange

A great dish to spoil or impress your love ones, just in time for the Valentine holiday. We will learn how to make Duck a l'Orange sauce in a very simple and yet would match any top French restaurant cooking. We will observe the classical French methods of cooking and will serve it with julienne vegetables with saffron rice to complete the meal. Do come hungry as we will feast before you get to cook it at the privacy of your home, with lots of dough to save.

Min 3 Max 12

FEE: IC \$30/OC \$35 per person

+Materials fee: \$7 payable to instructor

1006.201 Su 10 am-1:30 pm

2/5

West Linn Adult Community Center

Chicken Scallopini with Marsala Wine and Mushroom Sauce Reduction

Here is a gourmet meal that is sure to beat going to a fancy restaurant and have it at the comfort of your home. We will learn the technique on how to make this incredibly simple and yet can fit into any five star restaurant menu, at the convenience of your home and save you a bundle of money that can be used for other things to pamper your loved ones. Come hungry as we will savor this meal for our lunch before you get to serve it at your home.

Min 3 Max 12

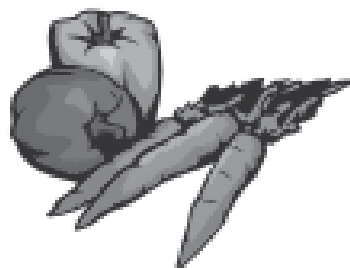
FEE: IC \$30/OC \$35 per person

+Materials fee: \$7 payable to instructor

1007.201 Su 10 am-1:30 pm

3/4

West Linn Adult Community Center



Green Curry Paste

We will learn how to make authentic Thai green curry paste from scratch with exotic ingredients such as coriander, cumin, lemongrass, and galangal. We will use the paste to make a vegetarian meal with coconut milk and serve them with Jasmine rice. Do come hungry as we will enjoy the meal we made together.

FEE: IC \$30/OC \$35 per person

+Materials fee: \$3 payable to instructor

1008.201 Su 10-1:30 pm

5/6

West Linn Adult Community Center

Instructors Wanted

Are you interested in teaching a class for Parks & Recreation? The Parks & Recreation Department is always looking for instructors. We are excited about the possibility of working together to reach our common goals and to serve our community.

The Parks and Recreation Department is dedicated to building strong families through the provision of recreational opportunities. We believe that the benefits of participating in recreational programs, classes, and events are often as important as the activity itself. Please review and /or download Our Instructors Handbook to explore your opportunities working with the City of West Linn Parks & Recreation Department. Call 503-557-4700 for more information. <http://westlinnoregon.gov/parksrec/contract-instructor-handbook>

Adult Classes

YOU'RE ON THE AIR-

How to Really Make It in Voice-Overs!

B. Sleeper

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! A One-time 2 Hour Introductory Program.

Min 4 Max 40

FEE: IC \$35/OC \$40

1000.201 Th 7-9 pm 3/15

West Linn Adult Community Center

ABOUT THE INSTRUCTOR: Producer/Coach Bill Sleeper is a graduate of Such A Voice's Master Program, Bill headquarters his voiceover talents in the Portland, Oregon area, and his voice can now be heard on four continents! He's the IVR voice greeting for all 30 locations of Nevada Health Centers and will soon be heard introducing the new audio tour of The Alamo in San Antonio, Texas as the voice of Lt. Col. William Barrett Travis, one of the first commanders to perish in the attack.

Bill's experience, creativity, and engaging personality assures he will be a valued coach and partner, instilling confidence in students as they build the foundation of a successful career!

Clock Repair

A. Pohlpetter

Bring an old spring-wound or weight-driven clock; learn the types of movements, as well as basic through advanced maintenance & repair skills. This specialized field can be a potential career opportunity. 10 weeks

Min 8 Max 25

FEE: IC \$63/OC \$68

1506.201 Tu 7-10 pm 1/17 -3/20

1507.201 Tu 7-10 pm 4/3 -6/5

Athey Creek Middle School, Commons

Screenplay Writing for Beginners

M. Knight

Ages- 18+

This class is designed for individuals with no screenplay writing experience. Many people have ideas for movies, but few ever sit down to write one. Mary Knight teaches this class with encouraging enthusiasm. Intermediate screenplay writers are invited to attend if they need supportive help. Min 4 Max 14

FEE: IC \$125/OC \$130 +Material Fee: \$10 Payable to Instructor at first class

1059.201 Th 1-4 pm 3/22- 4/19

West Linn Adult Community Center

About this Instructor: Mary Knight has directed and produced two shorts and one feature length movie, all on low budgets. She is a full-time filmmaker. She is currently in post-production on a short film and pre-production on a feature film.

How to Make a Movie

M. Knight

Ages 18+

Are you thinking about making a movie? Do you know what it entails? This class gives an overview of various aspects of low-budget filmmaking. Subjects to be covered include casting, directing, budgeting, and location scouting. Technical aspects, such as editing, lighting, and sound, will be discussed briefly. Finding financing will not be a focus of this class.

Min 4 Max 14

FEE: IC \$125/OC \$130 +Material Fee: \$10 Payable to Instructor at first class

1060.201 Sa 1-4 pm 2/18-3/3

Sunset Fire Hall

Dance with Dave & Jody Crandell

Age 16-Adult-Partners required/ No partner rotation

All classes at West Linn Adult Community Center MPR1&2

Beginning Waltz

Learn the elegant Waltz! Great for weddings and social dancing. Min 8 Max 24

FEE: IC \$45/OC \$50 (\$90/couple)

1013.201 Th 8:15 -9:15 pm 1/12- 2/2

Beginning Cha Cha

The most popular of Latin dances! Fun and easy to learn. Min 8 Max 24

FEE: IC \$45/OC \$50

1014.201 Th 8:15 -9:15 pm 2/9- 3/1

Beginning Jitterbug Swing

The most popular and fun swing dance ever! Very easy to learn! No acrobatic moves but you learn some very cool material. Min 8 Max 24

FEE: IC \$45/OC \$50

1015.201 Th 8:15 -9:15 pm 3/8- 3/29

Beginning Swing

Learn the Grand Daddy of all Swing dances! Done to Old Time Rock and Roll, Big Band! Fun and easy to learn. Min 8 Max 24

FEE: IC \$45/OC \$50

1016.201 Th 8:15 -9:15 pm 4/5- 4/26

Ballroom

Learn the basic patterns for a variety of dances including: Fox Trot, Waltz, Swing and Latin.

Min 8 Max 24

FEE: IC \$45/OC \$50

1017.201 Th 8:15 -9:15 pm 5/10- 5/31

Intermediate/Advanced Dance

For the more experienced dancer. This class picks up where the beginning Class leaves off and advances to a more Intermediate level. A different dance style each 4- week session.

Contact 503-637-6295 for class information.

FEE: IC \$45/OC \$50/Drop In Rate \$30 per Couple per Class

Intermediate Level Session 1

1018.201 Th 7- 8 pm 1/12- 2/2

Intermediate Level Session 2

1019.201 Th 7- 8 pm 2/9- 3/1

Intermediate Level Session 3

1020.201 Th 7- 8 pm 3/8- 3/29

Intermediate Level Session 4

1021.201 Th 7- 8 pm 4/5- 4/26

Intermediate Level Session 5

1022.201 Th 7- 8 pm 5/10- 5/31

Bob Ross Oil Painting

J. Stubb

Ages: 12 years to 99

Using a simple, step by step teaching method, Judy takes you from a blank canvas to a completed masterpiece in one class. These classes work for beginners as well as seasoned painters. All supplies are provided; all you need do is show up, have fun, and take your masterpiece home to show it off! Great way to relax and de-stress. Min 2 Max 15

FEE: IC \$48/OC \$ 53 (includes ALL supplies)

1040.201	Th	5:30- 9 pm	1/12
1042.201	Th	5:30- 9 pm	2/9
1044.201	Th	5:30- 9 pm	3/8
1046.201	Th	5:30- 9 pm	4/12
1048.201	Th	5:30- 9 pm	5/10

Adult Community Center, Classroom

1041.201	Sa	8:30 am- 12:30 pm	1/28
1043.201	Sa	10 am- 2 pm	2/25
1045.201	Sa	10 am- 2 pm	3/24
1047.201	Sa	10 am- 2 pm	4/28
1049.201	Sa	10 am- 2 pm	5/26

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 Charbonneau Country Club. 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.



Photography Classes with Dwon Güvenir

Visit instructor's website: www.OregonPhotoSafaris.com

Basic Photography

This is an overview of how modern digital and film cameras function. This class is an overview of how modern digital & film cameras function. This class is the first two hours of the Advanced class. Bring camera and manual. Min 5 Max 20

FEE: IC \$35/OC \$40

1050.201	M	7-9 pm	1/9
1055.201	M	7-9 pm	4/9

West Linn High School, A105

Photography: Advanced

You'll be an "advanced" photographer after this class, learn everything you need to know to be in complete control of your photography and create the images you want. This class is open to photographers of all levels with any camera. Bring camera and manual. Min 5 Max 20

FEE: IC \$100/OC \$105

1051.201	M & Tu	7-9 pm	1/9, 1/10, & 1/17
1056.201	M & Tu	7-9 pm	4/9-4/16

West Linn High School, A105

Photography: Composition

Great images require great composition! Learn how to craft amazing professional quality images utilizing compositional techniques that will transform your images into award winning works of art. Stop taking snapshots and start making art! Advanced Photography is a pre-requisite.

Min 5 Max 20

FEE: IC \$100/OC \$105

1052.201	Su	9 am- 12 pm	1/29
1057.201	Su	9 am - 12 pm	4/29

Capitol Plaza, 9320 SW Barbur Blvd. Ste 175, Portland 97219

Photography: Advanced Lighting

Light is the only element that is always required to create photographic images. It's the most important part of proper exposure, composition, and story-telling. Advanced Photography is a pre-requisite. Min 5 Max 20

FEE: IC \$100/OC \$105

1053.201	Su	1-4 pm	1/29
1058.201	Su	1-4 pm	4/29

Capitol Plaza, 9320 SW Barbur Blvd. Ste 175, Portland 97219 (Capitol Plaza)

Photography: Photoshop

You must bring your own laptop with any version of Adobe Photoshop or Elements. Learn the key elements to unlocking Photoshop. This isn't a class to learn a few tricks, learn the tools that unlock the full potential of Photoshop. This course will teach you how to make perfect prints on your own. Advanced Photography is a pre-requisite. Min 5 Max 20

FEE: IC \$100/OC \$105

1059.201	Su	9 am-	4 pm 5/5
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Capitol Plaza, 9320 SW Barbur Blvd. Ste 175, Portland 97219

The West Linn Adult Community Center

The West Linn Adult Community Center Gift Shop ...
"the best little Gift Shop in West Linn"



Just inside the doors of the West Linn Adult Community Center you'll find our Gift Shop-bursting with treasures! Inside is an array of new and carefully selected donated items such as jewelry, scarves, seasonal and home décor. You'll also find local artisans showcased with their exquisite handcrafted items. Best of all, the Gift Shop is a nonprofit, and all of its proceeds go directly to the volunteer group, Friends of the Adult Community Center. Come visit what one shopper called "the best little Gift Shop in West Linn." Enjoy all we have to offer and help out our West Linn seniors!

Open Monday through Friday from 9-3 pm
1180 Rosemont Road • 503-557-4704

SUPPORT GROUPS

Classes/meetings are held at the Providence Willamette Falls Community Center (PWFCC), 519 15th Street Oregon City.

To register please call 503.574.6595.

Grief: 2nd & 4th Tuesdays 1:30-3 pm. This is an ongoing peer support group for families served by Willamette Falls Hospice. This class is designed to help those who have lost someone close in the past year. Attending the Understanding your Grief class is a pre-requisite. N/C Call Joanne (Smith) Petrie for information 503.655.7581.

Men & Grief: 1st and 3rd Wednesdays 6:30-8 pm. This support group offers a safe place to learn, explore and share your grieving experience. N/C Call John at 503.655.7581 for more information.

Diabetes: 1st Tuesday 12-1 pm. Support and information for patients/families. N/C Call 503.574.6595 for information.

AARP Driver Safety Program Classes: Call Providence Willamette Falls Community Center at 503.574.6595 for date/times and more information.

Children In Grief: Peer support group for children. Meets every 2 weeks at the Dougy Center-Walker House 252 NW Fourth Ave Canby. For meeting times call 503.775.5683 or email Brennan@dougy.org.

Celebrate Arbor Week

by coming to the
Annual Plant Sale
Thursday & Friday May 10th & 11th
10am-3pm
at the Adult Community Center

Perennials and vegetable starts available for purchase while supplies last.

Proceeds benefit programs at the Adult Community Center.



Mother's Day Tea



Advance tickets will be available mid-April and are required for this delightful annual event.

Celebrate mothers and other wonderful women who bring joy to our lives.

Monday, May 14th, at noon

The 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.

Open Monday-Friday, 8 am-3 pm

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

Scheduled Closures This Session:

January 16, Martin Luther King Day
February 20, Presidents Day
May 28, Memorial Day

The Adult Community Center is located at
1180 Rosemont Road
(west of Salamo, just past Rosemont Ridge Middle School)
503-557-4704

Meals At The Center

Meals are served at noon Mondays, Wednesdays, and Fridays. Attendees are asked for a meal donation of \$3.00. The main dish for our potluck, holiday celebrations, and BBQ's are provided by the Center. You are invited to contribute a side dish or dessert on Friday in lieu of donation, if you wish.

Services

In cooperation with the Oregon City Pioneer Center the citizens of West Linn are able to receive social services 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. The price to seniors is on a donation basis. Call 503-657-8287.

Transportation A lift-equipped bus is available to pick up West Linn residents. Call in as late as 9 am of the day you wish to get a ride or a week early. Pick-ups begin around 9:30 am Let them know if you require the lift. A suggested minimum donation per round trip ride of \$1.00 is appreciated. 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. 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 also contracts with the Pioneer Community Center in Oregon City for client services, Meals on Wheels and in house assessments. Call 503-657-8287.

Health and Wellness Programs

Foot Clinic Provided by a visiting nurse \$25 fee. Clinics are held the 2nd Thursday of every month. Call to schedule appointment at the Adult Community Center.

Blood Pressure Checks Complimentary checks are done once a month by a visiting nurse. Come the 1st Wednesday, 11 am-12 pm. No appointment needed.

Home Medical Equipment Medical equipment is available for loan at no cost, includes: walkers, wheelchairs and bath transfer benches. Donations of medical equipment, especially quad canes are greatly appreciated. Call the Center at 503-557-4704 to request an item.

Acupuncture Treatment Chihiro Aber, Lac., MSOM provides healing services to members of the West Linn Adult Community Center the 1st and 3rd Thursday of each month at the Sachi Wellness Center located at 2008 Willamette Falls Drive, Suite A. Services are provided at a reduced fee of \$40/hr for WLACC members. To schedule your appointment call the Adult Center at 503-557-4704.

The West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

See next page for descriptions

HEALTH (no charge unless specified)

Blood Pressure Check	1st Wednesday 11am-12 pm
Foot Clinic (\$25 fee)	2nd Thursday by appointment-9 am-2:30 pm
Medical Equipment Loan Program.	Call Center for details
Acupuncture (\$40)	1st & 3rd Thursday. Call for Appointment
1 hr Massage (\$40)	Thursdays. Call for Appointment

EXERCISE (no charge unless specified)

Walking Group	M, W, & F leaves ACC at 8:30 am
Aerobics	M W & F, 10 am
Tai Chi (\$ 7.00 per month or \$2 drop in)	Monday, 8:30 am
Core Strength-see write up	Tu-F, 8-8:30 am
Strength & Balance-see write up	Tu-F 8:30-9:30 am
Core Strength or Strength & Balance-optional third day per week	
Yoga	Tuesday & Thursday 10 am
“Exercise for All” exercise program	Monday & Wednesday 1 pm

GAMES (no charge unless specified)

Hand & Foot	Monday 10 am
Whist	Friday 10 am
Bridge	Monday 12:30 pm & Thursday 11:30 am
Pinochle	Friday 12:30-3 pm
Poker-Texas Hold 'Em (\$5 buy in).....	Friday, 1-3 pm

SPECIAL INTEREST (no charge unless specified)

Woodcarving	Monday 9 am
Share Singers	Please call for schedule
Gardening Group	Wednesday 11 am
Line Dancing (\$40 per 6 week class).....	Wed 11 am
Oil Painting	Fridays 10 am
Honoring Our Memories Writing Class	Tues 10 am
Book Club	2nd Wednesday 1 pm (call for book titles)
Ukulele Gathering	Tuesdays 2 -3 pm

ADULT LEARNING

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

The West Linn Adult Community Center

Line Dancing

Ready to try something new? The Boot Scoot, Electric Slide or the Alibi Waltz!! Country Western Line dancing, so much fun, it doesn't even seem like you're exercising. Beginners welcome-No partner necessary-No experience required.
Wednesdays 11 am
\$40/6 weeks or \$5/drop-in

"Exercise for All"

**With Exercise Physiologist,
Marilyn Frankel, M.A.**

Improve range of motion and build joint strength in a small group setting with the reassurance that comes through personal consultation and monitored progress. This mostly seated program is designed to benefit those with constricted mobility due to arthritis, osteoporosis or other joint limitations.

Monday & Wednesday 1-2 pm
\$65/8 weeks

Session 1 1/23-3/14
Session 2 3/19-5/09
Session 3 5/15-7/06

Strength & Balance

Improve your strength and balance to conquer those every day activities. Will utilize small hand weights, chairs and floor exercises. This always-popular exercise class is taught by Marilyn Frankel, Exercise Physiologist and Personal Fitness Consultant.
Tuesday-Friday 8:30-9:30 am
(8 week session)

\$60 for 2 classes per week
\$105 for 3 classes per week

Session 1 1/24-3/16
Session 2 3/20-5/11
Session 3 5/15-7/06

Core Strength

Instructor Marilyn Frankel leads this ½ hour floor exercise and resistance weight-training program to build your core strength.

Tuesday-Friday 8-8:30 am
(8 week session)

\$40 for 2 classes per week

Session 1 1/24 - 3/16
Session 2 3/20 - 5/11
Session 3 5/15 - 7/06

Yoga

Tiffany Carlson

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

Tuesday & Thursday 10-11 am
(8 week session)

\$60 or \$6.50/drop-in

Tai Chi

Taught by Members of the Taoist Chi Society

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.

on-going monthly
Monday 8:30-9:30 am
\$7/month (\$2 drop in)

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.
Every MWF at 8:30 am



**Friday morning oil painting
at the West Linn Adult Community Center**

Aerobics Class

Group morning video exercise class. What a great way to start your day! No fee.
MWF 10-11 am

Share Singers

We share conversations and sing-alongs with residents at senior living communities. Please call for schedule.

Woodworking

We range from novice to expert carvers. Join us! No fee.
Mondays at 9 am

Honoring Our Memories

WLACC writing class "Honoring Our Memories" meets every Tuesday from 10-12. This 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. Please come and join us on Tuesday mornings. Its fun and it's free!

Tuesdays 10 am-12 pm

Book Club

A club for holding lively well balanced book discussions. Call the Center for the name of current titles.

1st Wednesday of every month at 1 pm

Let's Talk Gardening

Join our garden group and you will learn all the tips that are needed to have that lovely garden you have only dreamed about. Surely someone in the group can help with almost any gardening problem or question you may have. So stop by and see if they can help you with your questions.
Wednesdays 11 am-12 pm

Curtain Call

Are you a theatre buff? Do you enjoy stage productions? If so, call or stop by the ACC for upcoming shows for the Lakewood Center for Arts.

Computer Classes & Instruction

The computers are available for individuals to use or schedule a one on one computer instruction session individualized for your level of knowledge. Instruction is offered by appointment and is free of charge.

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 in advance. The Parks Department has reservations available at 7 sites in 5 parks for your convenience, all with restroom facilities, for your group.

Picnic Area & Field Reservations

Picnic area and ball fields/court areas are scheduled for the current calendar year only. Applications for picnic areas and ball fields/court areas are accepted starting on March 1st or the first business day after March 1st. Reservations can be scheduled for March 1st through November 1st. Ball fields and court areas scheduled include all areas in West Linn Parks.

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 now part of the West Linn Park System. It features athletic fields, walking trails, a Covered shelter, off leash dog run area, open views of the Willamette River and wildlife viewing.

Sunset Park 4665 Bittner St.

Located at Long and Bittner Streets, this 5.1 acre park offers a rustic setting with many tall firs in the center of the City. Amenities include picnic shelter, playground, spray pad, tennis court, basketball hoops, and softball field, water and power.

Tanner Creek Park 3456 Parker Rd.

Pictured above is the shelter at Tanner Creek Park. This park also offers a 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, 2 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 new 2 acre park has walking trails, open turf area, basketball pad 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, community gardens, basketball court, ball 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, sand volleyball court, horseshoe pit, 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

7 acres in size, with pathways and trails through the peaceful woods. Complete with picnic tables, and river access. Located at the end of River St.

Mary S. Young Park

Located on Highway 43. The 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 sports fields, a restroom, shelter (that can be reserved) and an area for dogs to run unleashed.

Marylhurst Heights Park

This new park now has walking paths, open turf area and parking lot. Further development to come in the near future.

Midhill Park

A full 7 acres, this nature oriented park offers picnic tables, play structure, natural paths and trails, an open turf area and a 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, 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, new restroom, water feature 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

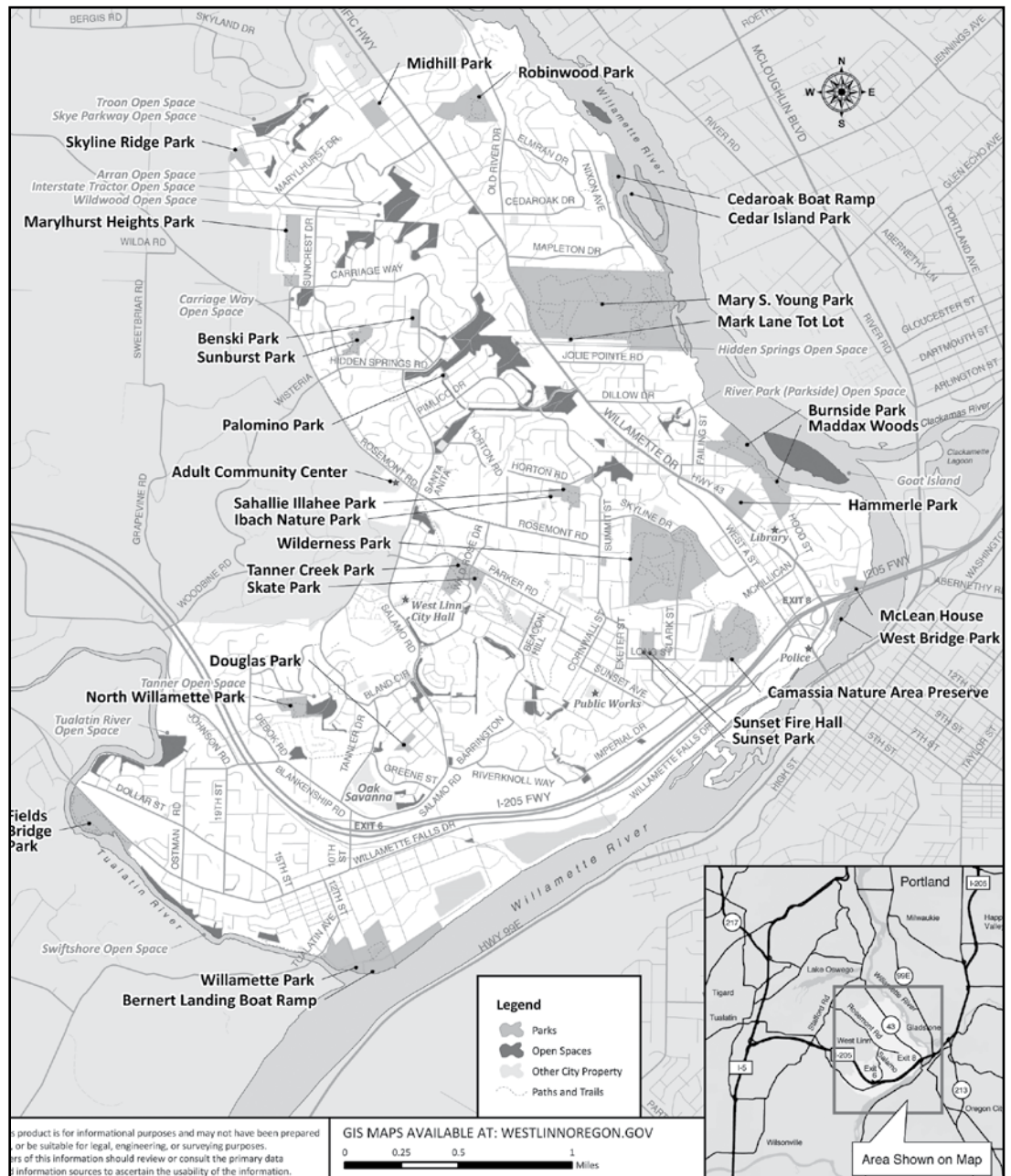
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment, restroom and a spray pad.

Swiftshore Park

4 acres of riverfront park on the Tualatin River at the end of Swiftshore Drive. The park offers river access, fishing, wildlife viewing, and turf area for picnicking, games, etc.

Tanner Creek Park

10 acres located on Parker Road.



The park offers play structures, a gazebo, 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

14 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. Future

plans for this parkland will include pathways and trails for easy access and benches at key viewpoints.

Wilderness Park

51.4 acres with access from Clark Street, Skyline Drive, and Windsor Terrace. This large nature area offers 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.

Facilities

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. The Sunset Fire Hall and Adult Community Center are available through the Parks & Recreation Department at 503-557-4700 for Sunset Fire Hall and 503-557-4704 for the Adult Community Center. For McLean Park and House contact the coordinator for a private tour by calling 503-655-4268.

Sunset Fire Hall

2215 Long St.

This is a two story facility with the downstairs having the kitchen and meeting/eating area. Upstairs is a wood floor ballroom perfect for get togethers. Group capacity 99. No alcohol.



Photo by Expressions of Eden



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, a classroom, 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 baby grand piano.

McLean House 5350 River Street



The beautiful 1927 McLean House sits on 2.5 acres of park. The house and park are currently undergoing a loving restoration. 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

Mail to:
City of West Linn
Recreation Program
22500 Salamo Road, #1100
West Linn, Oregon 97068

503-557-4700
503-656-4106 Fax

VISA	MASTERCARD	\$ AMOUNT TO CHARGE
CHARGE CARD #		EXP. DATE
CARDHOLDER NAME		
CARDHOLDER SIGNATURE		
OFFICE USE ONLY: APPROVAL CODE		

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



SIGNATURE (PARENT OR GUARDIAN) _____



CITY OF
West Linn

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

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Arbor Week

West Linn Oregon, Tree City USA

April 4-8, 2012

Events tentatively scheduled include:

- **Native Tree Giveaway at City Hall**
(limited quantity, first-come, first-serve)
- **Tree Plantings**
- **Youth Tree Plantings**

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 for over a decade. To qualify for the award, West Linn has tree ordinances governing removal and care, a street tree program, and observes Arbor Day.

Please contact our Parks and Recreation Department at 503-557-4700 for further details or to set up an event for your group.