

Activities

**WINTER/SPRING
2015**

Class Registration

Events Guide

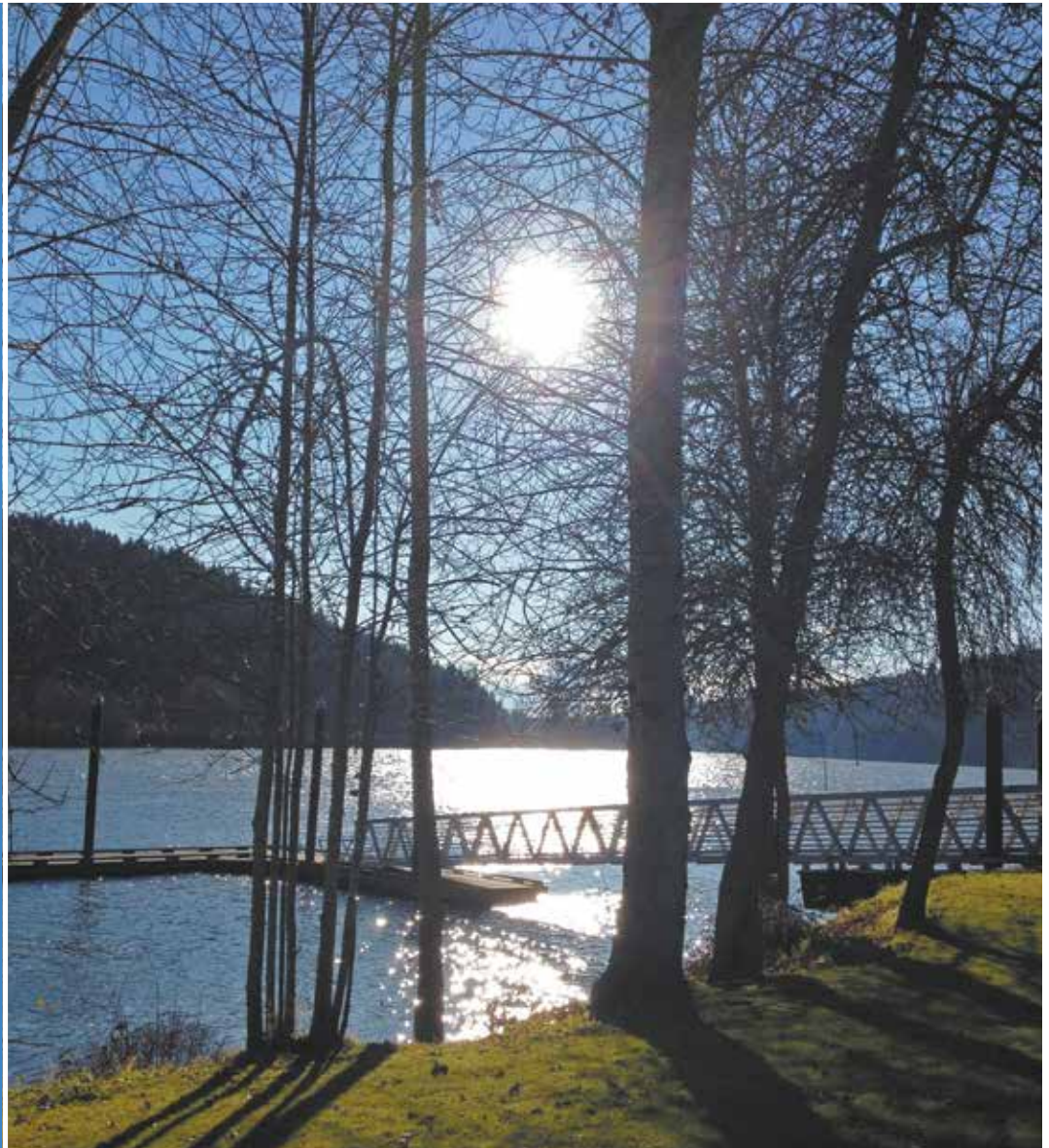
Senior Programs

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 24, 2014. Walk-in, phone-in or mail in registration also begins December 24th, 8 am-5 pm at the Parks & Recreation Department. Please bring proof that you live in-city. If you prefer not to register in person, phone-in or mail-in registrations will also be accepted.

Out-of-City – Online December 29th and walk-in registration begins December 31.

Cancellations

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

Refund Policy

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

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

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

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



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

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL	2900 Borland Rd
BOLTON SCHOOL	5933 Holmes St
CEDAR OAK SCHOOL	4515 Cedaroak Dr
CITY HALL	22500 Salamo Rd
FLOURISH PILATES	1785 Willamette Falls Dr, Ste. 8
HAMMERLE PARK	1505 Lewis St
HARMONY ROAD MUSIC CENTER	17300 SE 82nd Dr, Clackamas
HAPPY TRAILS RIDING CENTER	20560 Fernview Rd
MARYLHURST HEIGHTS PARK	1800 Valley View Dr.
MARY S YOUNG PARK	19900 Highway 43
ONE TAEKWONDO ACADEMY	5656 Hood St., Suite 111
PLAY BOUTIQUE	464 First Street, Lake Oswego
ROBINWOOD PARK	3600 Fairview Way
ROSEMONT RIDGE MIDDLE SCHOOL	20001 Salamo Rd
SACHI WELLNESS	2008 Willamette Falls Dr, Suite A
STAFFORD SCHOOL	19875 Stafford Rd
STUMPTOWN CAKES is now THE CAKE ROOM	2375 Falcon Drive
SUNSET FIRE HALL	2215 Long Street
SUNSET SCHOOL	2351 Oxford Street
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK	3456 Parker Rd
TRILLIUM CREEK SCHOOL	1025 Rosemont Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL	1403 12th Street

Register for classes early!!

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

City of West Linn Parks & Recreation

West Linn Sports Associations

Willamette United Soccer Inc 5 years & up

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

Boys Lacrosse Grade School & up

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

Recreation Basketball 1st-8th Grade

Middle School Recreation Basketball

Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

Website: www.wlhoops.com
Winter Season-Select Teams grade 4-8

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

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

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, Vicky Handy,
Steve Millage, Don Kingsborough, John Linman,
Sarah Silvernail and Rob Waibel

Office Hours:

Monday-Friday 8 am-5 pm
Closed Legal Holidays

Presented by

Harmony Road Music Center

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

Toddler Tunes Intro Class

Ages 20 months to 3 years

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

5025.201 T 10-10:30 am 1/6-1/27
5026.201 S 9:30-10 am 1/10-1/31

Toddler Tunes

FEE: IC \$216 / OC \$221

5027.201 T 10-10:30 am 2/3-6/9
5028.201 F 10-10:30 am 2/6-6/12
5029.201 Sa 9:30-10 am 2/7-6/13

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 \$80 / OC \$85

5030.201 F 10:30-11:15 am 1/9-1/30

Music In Me

Ages 3-5

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 participate in class time and are guided in follow-up activities.

FEE: IC \$264 / OC \$269

5031.201 T 10:30-11:15 am 2/3-5/26
5032.201 T 3:45-4:30 pm 2/3-5/26
5033.201 F 11:15 am-12 pm 2/6-5/29

More Music In Me

Ages 4-5

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 participate in class time and are guided in follow-up activities.

FEE: IC \$264 / OC \$269

5034.201 M 3:30-4:15 pm 2/2-6/1
5035.201 T 10:30-11:15 am 2/3-5/26
5036.201 F 10:30-11:15 am 2/6-5/29

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 \$80 / OC \$85

5037.201 Th 5-5:45 pm 1/8-1/29
5038.201 F 11:15 am-12 pm 1/9-1/30

Harmony Road 1

Ages 4 1/2-6

Students learn basic music and 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 time and are guided in follow-up activities.

FEE: IC \$375 / OC \$380

6125.201 M 3:30-4:25 pm 2/2-6/29
6126.201 T 10:30-11:15 am 2/3-5/26
6127.201 F 10:30-11:15 am 2/6-5/29

Young Musician Primer

Ages 6-7

This primer class introduces your student to music concepts through singing, ear training, note reading, piano solo and ensemble playing. This program gives your child a strong readiness for our Young Musician series. Parents participate in class.

FEE: IC \$80 / OC \$85

6128.201 M 4:30-5:15 pm 1/5-1/26
6129.201 Th 5:45-6:30 pm 1/8-1/29

Young Musician 1

Ages 6-7

Students learn basic music and piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. Parents participate in class time and are guided in follow-up activities.

FEE: IC \$375 / OC \$380

6130.201 M 4:30-5:25 pm 2/2-6/29
6131.201 Th 5-5:55 pm 2/5-6/26

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 \$80/OC \$85

6132.201 M 5:30-6:15 pm 1/5-1/26
6133.201 Th 5:30-6:15 pm 1/8-1/29

Piano Street for ages 12 through Adult is on page 15.

Keyboard Prep 1

Ages 8-11

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

FEE: IC \$375 / OC \$380

\$50 Materials fee payable to the instructor.

6134.201 M 5:30-6:25 pm 2/2-6/29
6135.201 Th 6-6:55 pm 2/5-6/25

Free Parent Orientation for Parents of Beginning Students

This class is intended for parents or any participating adult of new/prospective students of Harmony Road Music Center. You will learn how our comprehensive musician-ship program will provide music education for the family.

6139.201 T 6:30-7:30 pm 2/24
6140.201 F 2-3 pm 2/27

NEW — Manners Matter

Debbie Spellecy

Good manners are so much more than Please and Thank you. Manners Matter teaches the importance of being polite in all situations and why it is important for everyone. During class children will be taught to set the table using plates, glasses, utensils and napkins. They will practice proper greetings and handshake. Also, the polite way to enter a conversation and to write thank you notes. Children will learn the importance of being a polite host/hostess and/or guest...and so much more. This class will reinforce all the good lessons taught at home about good manners. Children will be asked to practice their good manners

throughout the week and share about those experiences at class.

Manners Matter ages 5-7 years

Min 6 Max 8

FEE: IC \$60/OC \$65

1000.201 S 9:15-10:45 am 2/7 & 2/14
1002.201 S 9:15-10:45 am 4/4 & 4/11
West Linn Adult Community Center

Manners Matter ages 8-10 years

Min 6 Max 8

FEE: IC \$60/OC \$65

1001.201 S 11 am-12:30 pm 2/7 & 2/14
1003.201 S 11 am-12:30 pm 4/4 & 4/11
West Linn Adult Community Center

About the Instructor: Debbie Spellecy previously taught this popular course on manners through Spokane Parks and Recreation.

Indoor Family Play

For families or caregivers of newborn children to age 5 years

Indoor play group includes snack, arts & crafts, music, circle time and open play. Fun social opportunity for families of young children!

Min 6 Max 12

FEE: IC \$10/OC \$15(This is a Prorated Fee for families joining in January)

5050.201 M 6:30-7:30 pm 1/19-5/25

(No class on holidays or school breaks)

Sunset Fire Hall-Upstairs

About the Instructor: Margarita Kiker is a volunteer facilitator for indoor play group. She is a mother and an enthusiastic organizer!

Presented by

P.L.A.Y. Boutique

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

Toddler Early Learning Experience

Ages 1-2

Join us 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.

FEE: IC \$195 /OC \$200

5000.201 W 9 am-12 pm 2/4-2/25

5001.201 W 9 am-12 pm 3/4-3/25

5002.201 W 9 am-12 pm 4/8-4/29

5003.201 W 9 am-12 pm 5/6-5/27

Hooked on Phonics Reading Enrichment

Ages 3-9

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.

Ages 3-5

FEE: IC \$125 /OC \$130

6000.201 M & W 2-2:30 pm 2/2-2/25

6001.201 T & Th 4-4:30 pm 2/3-2/2

6002.201 M & W 2-2:30 pm 3/2-3/25

6003.201 T & Th 4-4:30 pm 3/3-3/26

6004.201 M & W 2-2:30 pm 4/6/29

6005.201 T & Th 4-4:30 pm 4/7-4/30

6006.201 M & W 2-2:30 pm 5/4-5/27

6007.201 T & Th 4-4:30 pm 5/5-5/28

Ages 5-9

FEE: IC \$125/\$130

6008.201 W 4-5 pm 2/4-2/25

6009.201 W 4-5 pm 3/4-3/25

6010.201 W 4-5 pm 4/8-4/29

6011.201 W 4-5 pm 5/6-5/27

Art from the Heart-Spring Fling

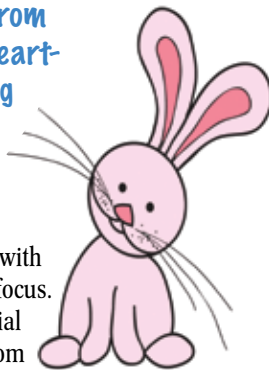
All Ages

Fun, family events with an art focus.

A special visit from the Easter Bunny. 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.

FEE: IC \$14 /OC \$19

6012.201 S 11 am-1 pm 4/4



NEW The Corner Musikgarten

Holly Sorensen

www.musikgarten.org



Family Music for Babies and Toddlers up to age 3

These weekly classes are action filled for babies and toddlers full of energy and on the move. Together you will explore and learn through music and movement. Immerse your child in a musical atmosphere while you play, sing, dance, move, listen and play simple instruments. All activities build the natural connection your child has to music as well as the opportunity to build relationships with other children, moms, dads and families. 20% Discount for additional siblings.

FEE: IC \$150/OC \$155

\$40 Materials fee payable to the instructor.

5200.201 M 9-9:45 am 1/26-5/11

No Class 2/16 & 3/23

5201.201 T 5-5:45 pm 1/27-5/12

No Class 3/24

5202.201 Th 9-9:45 am 1/29-5/14

No Class 3/26

The Corner, 1889 Willamette Falls Drive

Music for Pre-Schoolers

Ages 3-5

Celebrate your pre-schooler's growing independence and love of creativity. This class is developed to build attention and self-expression, activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling. This class will nurture your child's ability to use language and participate in dramatic play within a musical context. A parent or caregiver stays and participates with the child throughout the class.

FEE: IC \$150/OC \$155

\$40 Materials fee payable to the instructor.

5203.201 M 10-10:45 am 1/26-5/11

No Class 2/16 & 3/23

5204.201 T 6-6:45 pm 1/27-5/12

No Class 3/24

5205.201 Th 10-10:45 am 1/29-5/14

No Class 3/26

The Corner, 1889 Willamette Falls Drive

Girl's Choir

Girls in grades 4-8
Wednesdays 5-6 pm

The West Linn Corner Children's Choir

Boys and Girls in grades K-3
Wednesdays 4-4:45 pm

Call Holly Sorensen
for more information
701-412-1467

Young Rembrandts Winter Session

Ages 5-12

Our Elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can-and should-learn to draw. We provide all materials and

teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

FEE: IC \$115 /OC \$120

6150.201 T 4-5 pm 1/13-3/17

6151.201 T 4-5 pm 3/31-6/2

Adult Community Center, Classroom



Enrichment Classes

Presented by
The YMCA

Evening Enrichment Classes

Jump Rope Club

Ages 7-12
Participants will learn basic jumps, tricks and routines on both long and short ropes. This great fitness activity can also be a ton of fun!

FEE: IC \$79 /OC \$84
6052.201 Th 6-7 pm 1/22-3/12
Rosemont Ridge Middle School

Get Moving

Ages 4-6
No more cabin fever! Bring the little ones to class for active games, dance and movement. This pre-school PE Style class teaches healthy habits of fitness in a fun and age appropriate manner.

FEE: IC \$79 /OC \$84
6053.201 Th 6-7 pm 1/22-3/12
Rosemont Ridge Middle School, RM A102

Y Chef Goes Scientific

Ages 7-12
Students will do hands on science experiments with common kitchen items. Projects may include making quicksand, a homemade lava lamp and an orange peel lamp. My hypothesis is: fun will be had by all.

FEE: IC \$79 /OC \$84
6054.201 Th 6-7 pm 4/9-5/28
Rosemont Ridge Middle School, RM A101

Jr. Y Chef

Ages 4-6
Students will learn basic recipes, kitchen safety and techniques. They will bring home a recipe book to cook the recipes they learn with their families.

FEE: IC \$79 /OC \$84
6055.201 Th 6-7 pm 4/9-5/28
Rosemont Ridge Middle School, RM A102

No School Classes

Y Chefs Hit the Books

Ages 7-12
During this fun filled day students will explore new recipes through some of our favorite children's books. Have you really ever tried Green Eggs and Ham or had tea cakes with a Mad Hatter? Maybe we will even explore what it would be like if it did rain meatballs. Each student will make a recipe book and crafts to bring home.

FEE: IC \$43 /OC \$48
6050.201 M 8:30 am-2:30 pm 2/16
Adult Community Center

Y Chefs Baking Day

Ages 7-12
Students will learn baking skills through simple recipes. Cookies, cakes and pies oh my! Each student will make a recipe book and crafts to bring home.

FEE: IC \$43 /OC \$48
6051.201 M 8:30 am-2:30 pm 4/6
Sunset Firehall

Spring Break Camps

Lego Engineering Custom Creations

Ages 7-12
You're a master Lego builder and need to be challenged! This camp expands on our Lego Engineering camp by turning you into the engineer. Instead of simply following the instructions to build a project, you'll have to build and test your own designs. We'll give you the challenges and help you create your own original engineering project.

FEE: IC \$167 /OC \$172
6056.201 M-F 8:30 am-2:30 pm 3/23-3/27
Sunset Firehall

Lego Jr.

Ages 4-6
Don't let the term "Jr." fool you. This is serious Lego-making business. We have a huge collection of Legos in store to help us create all kinds of great projects, and to test the kids' imaginations.

FEE: IC \$107 /OC \$112
6057.201 M-F 9 am-12 pm 3/23-3/27
Sunset Firehall

Exciting Chess Classes!

Ages 7-13
Interested in the ultimate strategy game? Whether you are a beginner or seasoned player, join Coach Corbin for a fun and stimulating afternoon of chess. Corbin Yu earned the National Master title at the World Open last summer and was a 3-time Oregon High School State Champion. He will lead group instruction on a large demonstration board covering tactics and strategy throughout the opening, middle-game and endgame. Free play periods give students a chance to test what they've learned with similarly skilled opponents while Coach Corbin gives each player personalized advice on his/her games. Exciting Chess variants such as bughouse, progressive, and cylindrical chess will help students approach the game from fresh perspectives. Their fast pace and abstract problem solving are very popular with students. All skill levels welcome.

Min 4 Max 16
FEE: IC \$150 /OC \$155
6175.201 W 6-7:30 pm 1/21-3/11
6176.201 W 6-7:30 pm 4/1-5/27
Adult Community Center



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 8 Max 20
FEE: IC \$69 /OC \$73
6300.201 Th 5:30-8 pm 2/19
6301.201 Th 5:30-8 pm 3/12
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 8 Max 12
FEE: IC \$99 /OC \$104
6302.201 Th 5:30-8:45 pm 2/5 & 2/12
6303.201 T 5:30-8:45 pm 3/10 & 3/17
Adult Community Center, Classroom

Mad Science



Newton's Neighborhood

Ages 6-12
Take a tour of Newton's Neighborhood and experience firsthand how awesome introductory physics can be! Let Sir Isaac Newton be your guide and start learning about how motion can lead to so much Mad Science fun!

FEE: IC \$38/OC \$43
6075.201 M 9 am-12 pm 1/19
Adult Community Center

Chemistry Fun

Ages 6-12
See why chemicals have all the fun! We'll explore, create and play with the most entertaining and useful molecule known to science called polymers. The day won't be over until you have experienced the explosive power of acids and bases!

FEE: IC \$38/OC \$43
6076.201 M 1-4 pm 1/19
Adult Community Center

MLK Full Day Camp

Ages 6-12
Sign up for both half day camps, Newton's Neighborhood and Chemistry Fun to make it a full day camp. Bring your lunch and get a discounted price for signing up for a full day of Mad Science fun!

FEE: IC \$67/OC \$72
6077.201 M 9 am-4 pm 1/19
Adult Community Center

Sense-ible Science

Ages 6-12
Let the Mad Scientist take you on an adventure of your senses as you experience optical illusions and the wonderful properties of sound. Find out how to trick your eyes into seeing the impossible and see the effects of sound using plasma and distort your voice using sophisticated machinery!

FEE: IC \$38/OC \$43
6078.201 M 9 am-12 pm 2/16
Adult Community Center, Classroom

Fascinating Earth

Ages 6-12
Investigate the invisible power of magnetic fields and learn about the largest magnet that is planet Earth. Put magnets to the test and recreate the motion of the ocean right in our Mad Science lab in this inescapably fun camp!

FEE: IC \$38/OC \$43
6079.201 M 1-4 pm 2/16
Adult Community Center, Classroom

Presidents Day Full Day Camp

Ages 6-12
Sign up for both Sense-ible Science and Fascinating Earth to make it a full day camp. Bring your lunch and get a discounted price for signing up for a full day of Mad Science fun!

FEE: IC \$67/OC \$72
6080.201 M 9 am-4 pm 2/16
Adult Community Center, Classroom

Spring Break Camps

Holy Rocket Ship Batman!

Ages 6-12
After this three day camp you will feel like a full-fledged Rocket Scientist! Each day is filled with exciting space travel activities. Build your own rocket, explore the forces of flight with some fantastic fliers and learn how astronauts live in space. Day 1 Prepare to Launch, Day 2 May the Force Be With You, Day 3 Living in Space.

FEE: IC \$38/OC \$43
6081.201 M 9 am-12 pm 3/23
6082.201 T 9 am-12 pm 3/24
6083.201 W 9 am-12 pm 3/25
FEE: IC \$103/OC \$108
6084.201 M-W 9 am-12 pm 3/23-3/25
Rosemont Ridge Middle School

Building Blocks of Science

Ages 6-12
Get out your magnifying glass to explore the smallest building blocks of our universe. Delve into the world of light; where does it come from and how does it work? Then end your learning that Chemistry is everywhere and in everything! Day 1 Atoms & Molecules, Oh My!, Day 2 Science Ablaze!, Day 3 Crazy Chemistry!

FEE: IC \$38/OC \$43
6085.201 M 9 am-12 pm 3/23
6086.201 T 9 am-12 pm 3/24
6087.201 W 9 am-12 pm 3/25
FEE: IC \$103/OC \$108
6088.201 M-W 9 am-12 pm 3/23-3/25
Rosemont Ridge Middle School

New Park Facility Reservation Process



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

Introduction to Taekwondo Frenel Ostin

Students attend exciting Taekwondo classes with their peers to ensure a better learning experience. Students will learn the basic Taekwondo techniques along with focus, respect and family values.

Ages 7-12

FEE: IC \$72/OC \$77

6400.201	M & W	4:30-5:10 pm	1/12-1/28
6401.201	M & W	6-6:40 pm	1/12-1/28
6402.201	T & Th	5:15-5:55 pm	1/13-1/29
6403.201	Sa	10:15-11 am	1/17-1/31
6404.201	M & W	4:30-5:10 pm	2/2--2/18
6405.201	M & W	6-6:40 pm	2/2-2/18
6406.201	T & Th	5:15-5:55 pm	2/3-2/19
6407.201	Sa	10:15-11 am	2/7-2/21
6408.201	M & W	4:30-5:10 pm	2/23-3/11
6409.201	M & W	6-6:40 pm	2/23-3/11
6410.201	T & Th	5:15-5:55 pm	2/24-3/12
6411.201	Sa	10:15-11 am	2/28-3/14
6412.201	M & W	4:30-5:10 pm	3/16-4/8

No Class 3/23 & 3/25

6413.201	M & W	6-6:40 pm	3/16-4/8
No Class 3/23 & 3/25			
6414.201	T & Th	5:15-5:55 pm	3/17-4/9
No Class 3/24 & 3/26			
6415.201	Sa	10:15-11 am	3/21-4/11
No Class 3/28			
6416.201	M & W	4:30-5:10 pm	4/13-4/29
6417.201	M & W	6-6:40 pm	4/13-4/29
6418.201	T & Th	5:15-5:55 pm	4/14-4/30
6419.201	Sa	10:15-11 am	4/18-5/20
6420.201	M & W	4:30-5:10 pm	5/4-5/20
6421.201	M & W	6-6:40 pm	5/4-5/20
6422.201	T & Th	5:15-5:55 pm	5/5-5/21
6423.201	Sa	10:15-11 am	5/9-5/23

Ages 12 & up

FEE: IC \$72/OC \$77

6424.201	M & W	7:30-8:10 pm	1/12-1/28
6425.201	T & Th	7:30-8:10 pm	1/13-1/29
6426.201	M & W	7:30-8:10 pm	2/2-2/18
6427.201	T & Th	7:30-8:10 pm	2/3-2/19
6428.201	M & W	7:30-8:10 pm	2/23-3/11
6429.201	T & Th	7:30-8:10 pm	2/24-3/12
6430.201	M & W	7:30-8:10 pm	3/16-4/8
No Class 3/23 & 3/25			
6431.201	T & Th	7:30-8:10 pm	3/17-4/9
No Class 3/24 & 3/26			
6432.201	M & W	7:30-8:10 pm	5/4-5/20
6433.201	T & Th	7:30-8:10 pm	5/5-5/21
6434.201	M & W	7:30-8:10 pm	5/4-5/20
6435.201	T & Th	7:30-8:10 pm	5/5-5/21

Thank you to all sponsors, supporters and partners who made the Holiday Tree Lighting, Ugly Sweater Holiday Dash & Holiday Parade successful!



A Very Special Thank You to:

Advantis Credit Union, Dragonfly Greetings & Gifts, Eventurous Events, Morton's Tree and Landscape Maintenance, Inc., National Charity League, Starbucks Coffee, Toyota of Gladstone, Tualatin Valley Fire & Rescue, West Linn Tiding's, West Linn City Council and Old Time Fair Court

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!"™

All classes located at: Willamette Primary School, Field

Mommy/Daddy & Me

Ages 2-3.5

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

Min 5 Max 20

FEE: IC \$75/OC \$80

7100.201 Sa 9-9:30 am 2/7-3/21

FEE: IC \$84/OC \$89

7101.201 Sa 9-9:30 am 4/11-6/6

No class 5/23

Tot-Soccer

Ages 3.5-4

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

Min 5 Max 24

FEE: IC \$75/OC \$80

7102.201 Sa 9:40-10:15 am 2/7-3/21

FEE: IC \$84/OC \$89

7103.201 Sa 9:40-10:10 am 4/11-6/6

No Class on 5/23

Pre-Soccer

Ages 4-5

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 environ-

ment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey! Min 5 Max 24

FEE: IC \$75/OC \$80

7104.201 Sa 9:40-10:15 am 2/7-3/21

FEE: IC \$84/OC \$89

7105.201 Sa 10:10-10:45 am 4/11-6/6

No Class on 5/23

Soccer 1 Techniques & Teamwork

Ages 5-6

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

Min 5 Max 24

FEE: IC \$75/OC \$80

7106.201 Sa 10:15-11 am 2/7-3/21

FEE: IC \$84/OC \$89

7107.201 Sa 10:45-11:30 am 4/11-6/6

No Class on 5/23



Soccer 2 Skillz & Scrimmages

Ages 7-10

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

FEE: IC \$75/OC \$80

7108.201 Sa 11-11:45 am 2/7-3/21

FEE: IC \$84/OC \$89

7109.201 Sa 11:30 am-12:15 pm 4/11-6/6

No Class on 5/23



Presented by
Miss Kathleen
Van De Veere

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.

RECITAL is May 16 & 17, 2015- Canby Performing Arts Center at Canby High School

Mondays with Miss Kathleen
at the Sunset Firehall Upstairs

Ballet/Tap

Intermediate—Ages 5-8

Perfect for your dancer who has been in class before. Work on building skills and perfecting technique! Then tap your way across the floor!

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6902.101 M	2:45-3:30 pm	1/12-2/16
6903.201 M	2:45-3:30 pm	3/2-4/6
No Class 3/23		
6904.201 M	2:45-3:30 pm	4/13-5/11

Jazz 3
Single and Double Pirouettes

Ages 8 and up

This is an intermediate level class for dancers with experience and knowledge of jazz technique. Work on more complex turns, leaps and combos. WERK!

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6905.101 M	3:30-4:15 pm	1/12-2/16
6906.201 M	3:30-4:15 pm	3/2-4/6
No Class 3/23		
6907.201 M	3:30-4:15 pm	4/13-5/11

Jazz 4
Double/Triple Turns, All Leaps

Ages 11 and up

For the advanced intermediate level dancer with double pirouettes. Work more floor work and push yourself to new heights! It's all about technique and turn out!

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6908.101 M	4:15-5 pm	1/12-2/16
6909.201 M	4:15-5 pm	3/2-4/6
No Class 3/23		
6910.201 M	4:15-5 pm	4/13-5/11

Mondays with Miss Jeanna at the
Sunset Firehall, Downstairs

Tumbling for Dancers

Ages 6-9

We welcome Miss Jeanna for tumbling skills such as handstands, cartwheels, limbers, and rolls. Dancers will build strength and flexibility to prepare them for more different skills.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6911.101 M	2:45-3:30 pm	1/12-2/16
6912.201 M	2:45-3:30 pm	3/2-4/6
No Class 3/23		
6913.201 M	2:45-3:30 pm	4/13-5/11

Tumbling for Dancers

Ages 5-8

We welcome Miss Jeanna for tumbling skills such as handstands, cartwheels, limbers, and rolls. Dancers will build strength and flexibility to prepare them for more different skills.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6914.101 M	3:30-4:15 pm	1/12-2/16
6915.201 M	3:30-4:15 pm	3/2-4/6
No Class 3/23		
6916.201 M	3:30-4:15 pm	4/13-5/11

Tumbling for Dancers

Ages 9-11

We welcome Miss Jeanna for tumbling skills such as handstands, cartwheels, limbers, and rolls. Dancers will build strength and flexibility to prepare them for more different skills.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6917.101 M	4:15-5 pm	1/12-2/16
6918.201 M	4:15-5 pm	3/2-4/6
No Class 3/23		
6919.201 M	4:15-5 pm	4/13-5/11

Tumbling for Dancers Level II

Ages 11 and up

Miss Jeanna will focus on advanced skills such as aerials, handsprings, and back tucks through strength and flexibility drills. Dancers will perfect and add variations to their flexibility poses and other tumbling skills.

FEE: 1st Session IC \$64/OC \$69
 2nd & 3rd Session IC \$52/OC \$57

6920.101 M	5-6 pm	1/12-2/16
6921.201 M	5-6 pm	3/2-4/6
No Class 3/23		
6922.201 M	5-6 pm	4/13-5/11

Tumbling Level I/II

Ages 11 and up

Miss Jeanna will focus on intermediate to advanced tumbling skills such as handstand variations and walkovers. There will also be focus on strength and drills for aerials and handsprings.

FEE: 1st Session IC \$64/OC \$69
 2nd & 3rd Session IC \$52/OC \$57

6923.101 M	6-7 pm	1/12-2/16
6924.201 M	6-7 pm	3/2-4/6
No Class 3/23		
6925.201 M	6-7 pm	4/13-5/11

Tuesdays with Miss Kathleen
at the Adult Community Center

**Creative Movement/
 Pre Ballet**

Ages 3-5

Perfect for your little dancer. Join Miss Kathleen for pre-ballet skills, dance games, and darling dances. Your dancer will hop, skip and leap to class! Ballet attire, pink tights and pink leather ballet shoes please! Your best first introduction to dance.

FEE: 1st Session IC \$36/OC \$41
 2nd & 3rd Session IC \$30/OC \$35

6926.101 T	3:30-4 pm	1/13-2/17
6927.201 T	3:30-4 pm	3/3-4/7
No Class 3/24		
6928.201 T	3:30-4 pm	4/14-5/12

Musical Theater

Ages 7-13

Miss Kathleen's most popular class! Learn Broadway singing techniques, acting games, and several popular show tunes! Do you love to sing, dance and act? This class is for you! Miss

Kathleen's speciality!

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6929.101 T	4-4:45 pm	1/13-2/17
6930.201 T	4-4:45 pm	3/3-4/7
No Class 3/24		
6931.201 T	4-4:45 pm	4/14-5/12

Tuesdays with Miss Rosemary
at the Sunset Firehall Upstairs
Miss Rosemary will be doing Ballet Placements for returning dancers.

Ballet 2

Ages 8 and up

This class is for the advanced beginner. Dancer should have a basic knowledge of ballet skills. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6932.101 T	3:30-4:15 pm	1/13-2/17
6933.201 T	3:30-4:15 pm	3/3-4/7
No Class 3/24		
6934.201 T	3:30-4:15 pm	4/14-5/12

Ballet 3

Ages 9 and up

This is an intermediate level ballet class for dancers still working on terminology and technique. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6935.101 T	4:15-5 pm	1/13-2/17
6936.201 T	4:15-5 pm	3/3-4/7
No Class 3/24		
6937.201 T	4:15-5 pm	4/14-5/12

Ballet 4

Ages 11 and up

An advanced intermediate level ballet class for dancers with an expansive knowledge of terms and technique. Continue to perfect your skills. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
 2nd & 3rd Session IC \$47/OC \$52

6938.101 T	5-5:45 pm	1/13-2/17
6939.201 T	5-5:45 pm	3/3-4/7
No Class 3/24		
6940.201 T	5-5:45 pm	4/14-5/12

Ballet 5

Ages 12 and up

Our top level advanced ballet class for serious dancers. Work at the barre, center and across the floor skills. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6941.101 T 5:45-6:30 pm 1/13-2/17
6942.201 T 5:45-6:30 pm 3/3-4/7
No Class 3/26
6943.201 T 5:45-6:30 pm 4/14-5/12

Wednesdays with Miss Kathleen at the Sunset Firehall Upstairs

Ballet 5

Ages 12 and up

Our top level advanced ballet class for serious dancers. Work at the barre, center and across the floor skills. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6944.101 W 5:15-6 pm 1/14-2/18
6945.201 W 5:15-6 pm 3/4-4/8
No Class 3/25
6946.201 W 5:15-6 pm 4/15-5/13

Jazz 5 Triple/Quad Turns

Advanced — Ages 11 and up

Our top level jazz class for dancers with multi turns, all splits, switch leaps and advanced floor work. WERK! Keep perfecting your technique!

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6947.101 W 6-6:45 pm 1/14-2/18
6948.201 W 6-6:45 pm 3/4-4/8
No Class 3/25
6949.201 W 6-6:45 pm 4/15-5/13

Thursdays with Miss Sara/Aphyna at the Sunset Firehall Upstairs

Beginning Ballet/Tap

Ages 4-6

Your first dance class! A perfect combination of ballet and tap dance. Begin every class with stretches and ballet technique, then

switch shoes and learn exciting tap terms and skills.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6952.101 Th 2-2:45 pm 1/15-2/19
6953.201 Th 2-2:45 pm 3/5-4/9
No Class 3/26
6954.201 Th 2-2:45 pm 4/16-5/14

Jazz 1

Beginning — Ages 4-7

Great for the beginner! Learn proper stretches, and then dance across the floor. Learn the secrets to great turns and leaps. Dance to your favorite songs!

FEE: 1st Session IC \$56 / OC \$61
2nd & 3rd Session IC \$47 / OC \$52

6955.101 Th 2:45-3:30 pm 1/15-2/19
6956.201 Th 2:45-3:30 pm 3/5-4/9
No Class 3/26
6957.201 Th 2:45-3:30 pm 4/16-5/14

Jazz 2 Single Pirouettes

Ages 6-9

Perfect for the returning dancer or the advanced beginner. Work your single and double turns. Perfect your skills and improve your balance and flexibility.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6958.101 Th 3:30-4:15 pm 1/15-2/19
6959.201 Th 3:30-4:15 pm 3/5-4/9
No Class 3/26
6960.201 Th 3:30-4:15 pm 4/16-5/14

Lyrical 1

Beginning — Ages 7-12

Express yourself! Explore lyrical techniques and learn to feel the music! Work on improv and beautiful lines as you explore the style of dance.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6961.101 Th 4:15-5 pm 1/15-2/19
6962.201 Th 4:15-5 pm 3/5-4/9
No Class 3/26
6963.201 Th 4:15-5 pm 4/16-5/14

Lyrical 2

Intermediate — Ages 8-14

Express yourself! Explore lyrical techniques and learn to feel the music! Work on improv and beautiful lines as you explore the style of dance.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6964.101 Th 5-5:45 pm 1/15-2/19
6965.201 Th 5-5:45 pm 3/5-4/9
No Class 3/26
6966.201 Th 5-5:45 pm 4/16-5/14

Lyrical 3

Advanced — Ages 11 and up

Express yourself! Explore lyrical techniques and learn to feel the music! Work on improv and beautiful lines as you explore the style of dance.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6967.101 Th 5:45-6:30 pm 1/15-2/19
6968.201 Th 5:45-6:30 pm 3/5-4/9
No Class 3/26
6969.201 Th 5:45-6:30 pm 4/16-5/14

Then downstairs of the Sunset Firehall

Hip Hop 1

Beginning — Ages 7-12

Get funky! Kick this beat! This is a high energy class with warm ups and conditioning. Then learn the fresh funky moves from your favorite music videos. Get down!!

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6970.101 Th 6:30-7:15 pm 1/15-2/19
6971.201 Th 6:30-7:15 pm 3/5-4/9
No Class 3/26
6972.201 Th 6:30-7:15 pm 4/16-5/14

Hip Hop 2

Intermediate — Ages 10 and up

Get funky! Kick this beat! This is a high energy class with warm ups and conditioning. Then learn the fresh funky moves from your favorite music videos. Get down!!

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6973.101 Th 7:15-8 pm 1/15-2/19
6974.201 Th 7:15-8 pm 3/5-4/9
No Class 3/26
6975.201 Th 7:15-8 pm 4/16-5/14

Ballet 2/3

Ages 11 and up

This is an intermediate level ballet class for dancers still working on terminology and technique. Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6976.101 Th 8-8:45 pm 1/15-2/19
6977.201 Th 8-8:45 pm 3/5-4/9
No Class 3/26
6978.201 Th 8-8:45 pm 4/16-5/14

Fridays with Miss Rosemary at the Sunset Firehall, Upstairs

Ballet 1

Ages 7-10

This class is for the beginner. Dancer will learn basic knowledge of ballet skills. Work on balance, posture and poise. Become your most graceful self! Dress code is black leotard, ballet pink tights, pink ballet shoes and hair in buns. Ballet skirt is optional.

FEE: 1st Session IC \$56/OC \$61
2nd & 3rd Session IC \$47/OC \$52

6979.101 F 3:30-4:15 pm 1/16-2/20
6980.201 F 3:30-4:15 pm 3/6-4/10
No Class 3/27
6981.201 F 3:30-4:15 pm 4/17-5/15

Pointe/Pre Pointe

Ages 11 and up

This is a 30 minute pointe and pre pointe class for serious ballet dancers, level 4 or 5 with pointe experience or permission by instructor. Learn safe pointe warm ups, skills at the barre and some center work.

FEE: 1st Session IC \$36/OC \$41
2nd & 3rd Session IC \$30/OC \$35

6982.101 F 6-6:30 pm 1/16-2/20
6983.201 F 6-6:30 pm 3/6-4/10
No Class 3/27
6984.201 F 6-6:30 pm 4/17-5/15

SAVE THE DATE
2015 Daddy Daughter Dance
Friday, June 19, 2015, 6-8:30 pm
Adult Community Center

Youth/Teen/All Ages

The Cake Room L. Foster

The Cake Room Open Studio

Ages 12 and up

Open studio time is for anyone who has basic decorating knowledge and wants to use our professional cake decorating molds, cutters, texture mats, punches and more to create cake or cupcake toppers or design elements to add to their own cake later. Great for those who make just a few cakes a year and do not want to buy expensive equipment or want to try a certain tool out before buying one. Instruction will be provided to show how to use tools and equipment.

Students are required to take basic airbrushing, printing in edible images, or sugar/isomalt classes with me before they can use that equipment.

All attendees will receive limited assistance during open studio times.

Those who seek more detailed instruction please check out our other class offerings.

Students bring your own fondant and other mediums to work with, however, commercial made fondant, gumpaste, modeling chocolate and other cake decorating food items are available for purchase. Call Leslie for availability, Tues-Sun 10am-5pm 503-781-7505.

Arrive 20 Minutes Early for required 15 minute orientation before class.

You only have to attend orientation once. After orientation you may arrive at any time during the Open Studio date/time you registered for.

FEE: 1 Hour Session IC \$15/OC \$20 , 2 Hour Session IC \$25/OC \$30

6800.201	T	6:30-7:30 pm	1/20	6823.201	T	6:30-8:30 pm	4/21
6801.201	T	6:30-8:30 pm	1/20	6824.201	T	6:30-7:30 pm	4/28
6802.201	T	6:30-7:30 pm	1/27	6825.201	T	6:30-8:30 pm	4/28
6803.201	T	6:30-8:30 pm	1/27	6826.201	T	6:30-7:30 pm	5/5
6804.201	T	6:30-7:30 pm	2/3	6827.201	T	6:30-8:30 pm	5/5
6805.201	T	6:30-8:30 pm	2/3	6828.201	T	6:30-7:30 pm	5/12
6806.201	T	6:30-7:30 pm	2/10	6829.201	T	6:30-8:30 pm	5/12
6807.201	T	6:30-8:30 pm	2/10	6830.201	T	6:30-7:30 pm	5/19
6808.201	T	6:30-7:30 pm	2/17	6831.201	T	6:30-8:30 pm	5/19
6809.201	T	6:30-8:30 pm	2/17	6832.201	T	6:30-7:30 pm	5/26
6810.201	T	6:30-7:30 pm	2/24	6833.201	T	6:30-8:30 pm	5/26
6811.201	T	6:30-8:30 pm	2/24				
6812.201	T	6:30-7:30 pm	3/3				
6813.201	T	6:30-8:30 pm	3/3				
6814.201	T	6:30-7:30 pm	3/10				
6838.201	T	6:30-8:30 pm	3/10				
6839.201	T	6:30-7:30 pm	3/17				
6815.201	T	6:30-8:30 pm	3/17				
6816.201	T	6:30-7:30 pm	3/24				
6817.201	T	6:30-8:30 pm	3/24				
6818.201	T	6:30-7:30 pm	3/31				
6819.201	T	6:30-8:30 pm	3/31				
6820.201	T	6:30-7:30 pm	4/7				
6821.201	T	6:30-8:30 pm	4/7				
6822.201	T	6:30-7:30 pm	4/21				

Basic Airbrush Techniques

Ages 12 and up

This is a demonstration class with a little hands-on work to familiarize students with the airbrush equipment and how to make a basic designs with the airbrush.

This class is required for those wishing to use the airbrush during Open Studio.

FEE: IC \$8.50/OC \$13.50

6834.201 W 6:30-7:30 pm 2/18

INFORMATIONAL OPEN HOUSE OLD TIME FAIR COURT

For all prospective princesses and parents to have questions answered about the application and selection process.

Thursday, January 15, 2015

6 - 7 pm

West Linn Adult Community Center

1180 Rosemont Road

All girls currently in the 8th grade within the West Linn Wilsonville School District are encouraged to apply. Private and home schooled students included.

☞ *Meet Queen McKenna Wright, 2014 court members and their parents*

☞ *Application packets and schedule*

☞ *Refreshments*

CITY OF
**West
Linn**

Application packets are available at City Hall or online at <http://westlinnoregon.gov/oldtimefair>



Edible Images in Cake Decorating

Ages 12 and up

Students will be shown basic techniques on how to use our edible images software, printer and cutter. This class is required for those wishing to use this equipment during Open Studio.

FEE: IC \$20/OC \$25

6835.201 W 6:30-8:30 pm 3/18

American vs. Italian, Swiss and French Meringue Buttercreams

Ages 10 and up

We will make a batch of American Decorators Buttercream and a batch of Italian Meringue Buttercream then touch, smell and taste the differences between them and talk about their applications in cake decorating. We will also see

the differences in spreading and piping of both buttercreams.

FEE: IC \$45/OC \$50

6836.201 W 6:30-8:30 pm 4/22

Introduction to Edible Paper

Ages 14 and up

Students will use edible paper, cutters, scissors and punches in class to create design elements which they will take home to use on their own cake. Two sheets provided to each student in class. Extra sheets available for purchase.

Students will be shown basic techniques on how to use our edible images software, printer and cutter. This class is required for those wishing to use this equipment during Open Studio.

FEE: IC \$15/OC \$20

6837.201 W 6:30-7:30 pm 5/6

NEW! Acting Classes

A new acting class waits for you!!!

Have you always wanted to take an acting class, but never had the nerve?

Make your wish a reality!

Learn Basic Acting Lessons in a safe environment. Warm-Ups, Improvisation, Skits.

About the Instructor: Teacher, Pat Amore Hand is founder of West Linn's "Antique Roadshow Players" and holds a Master's in Theatre Arts and performing arts background experience. She invites you to come join the fun!

Acting Basics for Teens

Ages 12-15 years

Min 6 Max 12

FEE: IC \$99/OC \$104

6100.201 W 4-5 pm 1/14-2/25

Bolton Primary School-Stage

Acting Basics for Adults

Min 6 Max 12

FEE: IC \$99/OC \$104

1002.201 W 5-6 pm 1/14-2/25

Bolton Primary School-Stage

Drivers Education

offered through a partnership with Oregon Drivers Training Institute

**January 8-March 19th, Thursdays, 4:30-7:30 pm
at West Linn High School room B104**

Behind the wheel lessons are scheduled outside of class time and will take longer to complete.

Registration information is now available online, web address below.

Registration is on a first-come, first-serve basis.

Classes are ODOT approved and a certificate of completion is issued if student meets all requirements.

The program consists of 33 hours of classroom instruction, 6-hours of driving and 6-hours of observations.

Seating is limited and pre-registration is required.

FEE for non licensed driver, under 18 is IC \$340/OC \$345

- PERMIT NUMBER REQUIRED AT TIME OF REGISTRATION
- There is a mandatory parent meeting held the first class session in WLHS Forum
- The above schedule is for classroom time only. All class sessions are mandatory
- We recommend 10 hours of driving prior to behind-the-wheel lessons
- Last day to register is Friday before class or when class is full
- BRING A PHOTOCOPY OF PERMIT TO THE FIRST CLASS.




**Register here: <http://www.oregondrivertraining.com>
or contact Oregon Driver Training Institute at 503-225-0770 for further questions.**


Winter Dance

Friday, January 23, 2015 • 7 - 9 pm
West Linn Adult Community Center

Fee: \$5/person * Professional DJ Entertainment* Refreshments



This event is programmed for the enjoyment of older teens - adult who have a diagnosis of cognitive or physical disabilities. Friends and family members are invited to participate.



Sponsored by West Linn Parks and Recreation and supported by volunteers from National Charity League. Call 503-557-4700 for information.

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)

Crocus in Snow	1040.201	Th	5:30-9 pm	1/15
Cabin by the Pond	1041.201	S	10 am-2 pm	1/24
Fisherman's Paradise	1042.201	Th	5:30-9 pm	2/19
Windy Waves	1043.201	S	10 am-2 pm	2/28
Desert Hues	1044.201	Th	5:30-9 pm	3/12
Tulips in Basket	1045.201	S	10 am-2 pm	3/28

Adult Community Center, Classroom

About the Instructor: Judy has been painting with the 'wet on wet' technique for over 20 years and has been a certified Bob Ross Instructor for 10 years. She has taught at many Michael's stores and 6 parks and recreation facilities as well as private lessons and 'painting parties'. She also teaches at Valley Christian Church and 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



Crocus in Snow



Cabin by the Pond



Fisherman's Paradise



Windy Waves



Desert Hues



Tulips in Basket

Springtime Dance!

Seasonal Dance Party

This is a social event with particular consideration to the enjoyment of individuals, teen-young adult, with physical or mental disabilities. Friends and family are encouraged to attend!

Friday,
 March 20, 2015
 7- 9 pm
West Linn Adult Community Center
1180 Rosemont Rd
West Linn

Admission Fee: \$5 pp
 Includes: Professional deejay entertainment and refreshments.

Information available through
 West Linn Parks & Recreation
 503-557-4700

www.westlinnoregon.gov




Ukelele and Guitar Instruction B. Price

Teen-Adult

Beginning Ukulele 1

This easy to play, inexpensive, instrument is growing ever popular. A great way to have fun with family and friends! In this popular class you will quickly learn tuning, simple chords, and tons of songs. Tenor, Soprano, or concert GCEA tuning only. Please provide your own ukulele.

Min 5 Max 20

FEE: IC \$52/OC \$57 Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.
6700.201 M 6:30-7:15 pm 1/26-2/23
No class 2/16

Rosemont Ridge Middle School, B106

Beginning Ukulele 2

This class picks up where PART 1 left off. More great songs, strumming, and chords. Tenor, Soprano, or concert GCEA tuning only.

Min 5 Max 20

FEE: IC \$52/OC \$57
6703.201 M 6:30-7:15 pm 3/2-3/30
No class 3/23

Rosemont Ridge Middle School, B106

Beginning Guitar 1

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.

Min 5 Max 20

FEE: IC \$52/OC \$57

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 optional for younger students. Students will be able to continue their class by



Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.

6701.201 M 7:15-8 pm 1/26-2/23
No class 2/16

Rosemont Ridge Middle School, B106

Beginning Guitar 2

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.

Min 5 Max 20

FEE: IC \$52/OC \$57
Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.
6704.201 M 7:15-8 pm 3/2-3/30
No class 3/23

Rosemont Ridge Middle School, B106

enrolling for additional 6 weeks sessions. Fee for subsequent 6 weeks periods is \$96.00. No additional material fee is required until students graduate from Book 1.

FEE: IC \$121/OC \$126
6136.201 M 11-11:45 am 1/5-2/9

FEE: IC \$192 / OC \$197

6137.201 M 11-11:45 pm 2/16-6/22

6138.201 Th 7-7:45 pm 2/19-6/19

Harmony Road Music Center

Cooking with Surja Tjahaja

Ages 15-Adult — Min 3 Max 12

This always admired instructor is revisiting some of his most popular recipes. Let them become your signature dishes too.

Korean Table Top Barbecue

This popular dish found in Portland restaurant scene at a high price and in food carts at lower quality. You can make it at home cheaply with highest quality and get to share the fun with your family & friends. We will learn the A to Z of making different authentic marinades for beef, chicken, and spicy pork. We will barbecue them on a table top, perfect for winter feast.

FEE: IC \$35/OC \$40 per person

Materials fee: \$12 payable to instructor

1017.201 Su 10 am-1:30 pm 1/25
West Linn Adult Community Center

Jap Jae and Kim Chi (Vegan version available)

These are some of the most popular dishes in Korea. Jap Jae is yam noodle stir fry with vegetables and tree ear mushrooms. Kim Chi is a staple with

folklore story tells how a mother of a groom would test the future bride acceptability on how well she makes this pickled cabbage. We will learn how to make these dishes authentically, so that you can proudly share it with any Korean friends or just with your friends and family. Great lunch food to take to work or for a picnic in the spring.

FEE: IC \$35/OC \$40 per person

Materials fee: \$5 payable to instructor

1018.201 Su 10 am-1:30 pm 2/22
West Linn Adult Community Center

Tempura Kakiage

My favorite Tempura dish, which is a mix of vegetables and shrimp. We will learn the secret of how top Japanese restaurants make this incredibly simple dish. We will learn how to mix the oil for deep frying, the batter mix, method of frying, and the awesome daikon/ginger dipping sauce. You will impress any Japanese friends and bring joy to your family & friends. A great party dish as well as a wonderful left over that will morph into another dish called Tendon (perfect for lunch to take to the office and make everyone want to be your friend). Come hungry and we will have what we make for lunch.

FEE: IC \$35/OC \$40 per person

Materials fee: \$8 payable to instructor

1019.201 Su 10-1:30 pm 3/22
West Linn Adult Community Center



Meditation for Health & Happiness

All Ages

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

Min 6 Max 30

FEE: IC \$63/OC \$68 Drop-in: \$10 per class

1066.201 T 7-8:30 pm 1/20-3/17

Rosemont Ridge Middle School, D104

One-Day Meditation Retreat

Ages 15 and Older

Open to all, but especially aimed at those with previous meditation experience. The purpose is to engage in non-religious mindfulness practice and allow the time needed to open up the intuitive side of the mind to promote positive changes in the brain. Practice includes alternating sitting, walking, guided and self-directed meditation sessions throughout the day, ending with a group discussion.

Min 12 Max 30

FEE: IC \$25/OC \$30

1065.201 S 9 am-6:30 pm 1/17

Adult Community Center

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

Take Care of West Linn Day

May 16, 2015, 9 am-12 pm

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

The Parks & Recreation Department'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:

- Natural Area cleanups
- Park plantings
- Invasive species removal
- Park improvement projects
- Trail maintenance
- Community landscape projects
- Tree planting
- And many others

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 May 1, 2015 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 kwarnar@westlinnoregon.gov to set up a group project or find out more details.

Volunteer Opportunities

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 Tiffany 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 Groups and individual volunteers meet the 2nd Saturday of the month from 9 am - noon for native restoration work. Meet at the covered picnic shelter. To register for upcoming work parties visit the SOLVE website volunteer registration at www.solve.org/get-involved/event-registration. Or to schedule your school or organization work party at another time contact Quintin Bauer at 503-844-9571 x 321 or quintin@solveoregon.org. Volunteers also meet Monday & Wednesday 8:30 am - 12 pm to build and maintain trails. Meeting location on Monday & Wednesday is near the tool shed in gravel parking lot. Workers head out promptly at 8:30 am. For information on volunteering to perform trail work contact John Linman, linmanjo@hotmail.com or 503-636-0134.

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

Take Care of West Linn Day, May 16, 2015, 9 am-12 pm our 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, planning and promoting your project. Additionally they will help obtain additional volunteers, and to recognize the effort of your volunteers. Contact Ken Warner at 503-557-4700 or email kwarn@westlinnoregon.gov to set up group project or for details.



Volunteers at Mary S. Young Park from La Salle High School

Old Time Fair July 17-19, 2015

The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2015 Old Time Fair. The volunteer planning committee is working hard to make the 2015 Fair the biggest and best in years. Call 503-557-4700 for information.

Friends of McLean House

The Friends are sponsoring several work days to maintain and beautify the grounds and house during the next several months and are seeking volunteers to assist our endeavors. The Friends encourage volunteers with special skills (painting, carpentry, record keeping, event coordinating, catering to contact McLean Park and House 503-655-4268. Volunteers are requested to bring work shoes, gloves, and layered clothing. Contact: Telephone 503-655- 4268, www.mcleanhouse.org,

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: <http://westlinnoregon.gov/parksrec/contract-instructor-handbook>. For more information call 503-557-4700.

NW Discoveries

All trips are for adults and 11-18 year olds that are accompanied by adults; unless otherwise noted. Meet location directions and equipment lists also 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 Hood's 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 waterproof hiking boots and proper equipment.

FEE IC \$69/OC \$74

2100.201 Su 8:25 am-5:05 pm 1/25
Meet Location: Gateway Max Station, (at NE 99th 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

2102.201 Sa 8:25 am-5:05 pm 1/17
Meet Location: Gateway Max Station, (at NE 99th & NE Pacific St), Portland, OR 97220

Canoe Lesson

Beginning-No partners needed

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

2103.201 Su 4 pm-6:30 pm 7/12
Tualatin River-Meet Location: Tualatin Community Park; Exit # 289 off I-5

Canoe Long Tour (5 hrs)

Intermediate-No partners needed

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.

FEE: IC \$58/OC \$63

2104.201 Su 8:30 am-1:30 pm 5/17
Sauvie Island Meet Location: Sauvie Island Bridge off Hwy 30

Touring Kayak Lesson

Beginning

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

2105.201 Su 3-6 pm 5/17
Tualatin River-Meet Location: Tualatin Community Park; Exit # 289 off I-5
2106.201 Sa 2-5 pm 7/18
Meet location is Clackamette Park, 2089 Clackamette Dr., Oregon City

Touring Kayak Long Tour & Lesson

(no transit)

Explore our local waterways at a leisurely pace in touring kayaks. These stable 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 \$58/OC \$63

2107.201 Sa 8:30 am-1 pm 5/9

Touring Kayak Moving Water Combined Lesson and Tour

Intermediate

Let the current propel you down the river and the gentle rapids provide you the thrill. We will introduce techniques for maneuvering in moving water with eddy turns and ferries. Kayaks used are very stable with large cockpits. You do not need to roll your kayaks. You will feel more comfortable if you have taken one of our touring kayak lesson/tours. Cost includes boat equipment and guide. Trips go rain or shine.

FEE IC \$58/OC \$63

2108.201 Sa 8:30 am-12 pm 7/18
Location Clack & Carver River's
Meet at Riverside Park, 17298 SE Water Ave, Clackamas 97015

Touring Kayak Short Tour and Lesson (3 hrs)

Beginning

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

2109.201 Sa 5:30-8:30 pm 7/18
Meet location: Clackamette Park, Oregon City





Kettlebell Fitness

Kettlebell Orientation Workshop

Required prior to attending classes
Learn how to safely and properly execute Kettlebell fundamental exercises. Participants are required to be either barefoot or in flat sneakers. Wristbands are not required but recommended.

Min 3 Max 10

FEE: IC \$40/OC \$45

2170.201	S	10-11:30 am	1/3
2171.201	S	10-11:30 am	1/31
2172.201	S	10-11:30 am	2/28

West Linn Adult Community Center

Kettlebell Mornings

This class requires attendance to Kettlebell Orientation Workshop. See dates above.

Focus on Kettlebell basics, efficient and functional Kettlebell increases flexibility, strengthens your core, abs, back and glutes!

Min 3 Max 10

FEE: IC \$30/OC \$35 Drop-in \$10 per class

2075.201	W	9-9:45 am	1/7-1/28
2076.201	W	9-9:45 am	2/4-2/25
2077.201	W	9-9:45 am	3/4-3/25

West Linn Adult Community Center

Kettlebell Evenings

This class requires attendance to Kettlebell Orientation Workshop.

Focus on Kettlebell basics, efficient and functional Kettlebell increases flexibility, strengthens your core, abs, back and glutes!

Min 3 Max 10

FEE: IC \$35/OC \$35 Drop-in \$10 per class

2080.201	W	5-5:45 pm	1/7-1/28
2081.201	W	5-5:45 pm	2/4-2/25
2082.201	W	5-5:45 pm	3/4-3/25

West Linn Adult Community Center

About the Instructor: Janet Duback is a certified Primal Move, as well as, HKC certified Kettlebell coach who has been teaching Kettlebell for over 4 years and specializes in assessing for dysfunctional movement. She is nationally certified for FMS functional movement screening and is a RRCA running coach.

Adult Open Gym Basketball 35+

Age 35 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

\$3 Drop in per night In City

\$5 Drop in Out of City

Tuesdays 8:30-10 pm 1/6-6/16

Gym not available 11/11

Willamette School, Gymnasium

Adult Recreational Co-ed Volleyball Open Gym

Age 18 and over

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

No online registration

Mondays 8-10 pm 1/5-6/15

Except 1/19,1/26,2/16,3/23 and 5/25

Willamette Primary School, gym

For further information, contact David Nepom 503-657-3106 or dnepom@gmail.com

Power Volleyball, Open Gym

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

(2 courts, AA and A). On-going program each Tuesday,

\$2.00 per person/per night

Tuesdays 8-10 pm 1/6-6/16

Except 3/10, 3/24 and 5/19

Athey Creek Gymnasium

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

West Linn Academy of Kempo Karate

At Sunset Fire Hall, 2215 Long Street

For ages 6 through Adult

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.



FEE:	1x/week	2x/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.

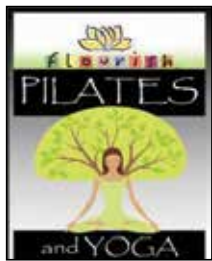
Classes are held 6:45-7:45 pm

7110.201	Jan	One day a week
7111.201	Jan	Two days a week
7112.201	Feb	One day a week
7113.201	Feb	Two days a week
7114.201	Mar	One day a week
7115.201	Mar	Two days a week
7116.201	April	One day a week
7117.201	April	Two days a week
7118.201	May	One day a week
7119.201	May	Two days a week



Adult/Family Fitness & Wellness

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
 503-869-8295 E-MAIL: clare@flourishpilates.com

INSTRUCTOR: FLOURISH PILATES
 (Clare Baxter & Staff)

Clare Baxter is the owner of FLOURISH PILATES studio in West Linn (www.flourishpilates.com) since 2007. Clare has been teaching since 1999, and is a certified STOTT PILATES instructor, AFAA fitness instructor, and has additional specialized training in Pilates for: Pregnancy, Scoliosis, Herniated/bulging discs, Whiplash, Sacroiliac Joint Dysfunction, Cervical Spine and Shoulder Stability, Osteoporosis, and Osteoarthritis. Clare and her certified Instructors provide personal training and small group classes. Classes are located at FLOURISH PILATES in the Willamette area at 1785 Willamette Falls Drive.

Pilates Mat with Props

Improve strength, flexibility & tone with balls, rings, rollers, & bands!

FEE: IC \$273/OC \$278 (14 sessions)
 2033.201 M 5:30-6:30 pm 1/26-4/27
 No class 2/16

Pilates Mat for a Healthy Back

Improve strength, flexibility & tone in neutral spine and improve your posture and decrease risk of back injury. Strong Abs=Strong Back.

FEE: IC \$273/OC \$278 (14 sessions)
 2034.201 W 10-11 am 1/21-4/29
 No class 3/25

Introduction to Pilates Reformer & Spring-Wall

Exercise on the Pilates Reformer machine with beginners in a small group of up to 5 people. Get back into fitness gently with the Pilates Spring-wall and stretch, lengthen and strengthen muscles at the same time. Gain core strength and tone your entire body! Increase flexibility, improve posture, and prevent injury by balancing out the body.

FEE: IC \$462/OC \$467 (14 sessions)
 2035.201 T 10:30-11:30 am 1/20-4/28
 No class 3/24
 2036.201 T 6-7 pm 1/20-4/28
 No class 3/24
 2037.201 F 9:30-10:30 am 1/23-5/1
 No class 3/27

Pilates Reformer & Spring-wall

Exercises involve more coordination, strength, and experience practicing Pilates than the Intro to Reformer or Mat classes.

Work in a small group of up to 5 people. Lengthen and strengthen tight muscles, prevent injury, and balance out the body with weight training using the Pilates Reformer and Pilates Spring-wall to increase tone and strength gradually.

FEE: IC \$462/OC \$467 (14 sessions)
 2038.201 M 6:30-7:30 pm 1/26-4/27
 No class 2/16
 2039.201 T 9:30-10:30 am 1/20-4/28
 No class 3/24
 2040.201 Th 9:30-10:30 am 1/22-4/30
 No class 3/26
 2041.201 Th 6-7 pm 1/22-4/30
 No class 3/26

Pi-Yo (Pilates/Yoga) Beg/Int. Reformer/Spring-Wall

Combines the beneficial stretching of Yoga with the strength training benefits of the Pilates Reformer machine and Spring-wall.

FEE: IC \$462/OC \$467 (14 sessions)
 2042.201 W 6-7 pm 1/21-4/29
 No class 3/25
 2043.201 S 10:30-11:30 am 1/17-5/2
 No class 2/14 & 3/28

Ballet Barre! & Pilates Reformer

Improve your posture & lift your BOOTY with Ballet Barre and and tone up with the Reformer.

This great workout works the hips, gluts, arms, abs, and legs. This is a fluid workout, safe for the non-dancer. By strengthening the hips and gluts, we can also prevent many back issues. Combat the effects of sitting in a small group.

FEE: IC \$462/OC \$467 (14 sessions)
 2044.201 S 9:30-10:30 am 1/17-5/2
 No class 2/14 & 3/28
 2045.201 M 10-11 am 1/26-4/27
 No class 2/16

Pilates Reformer for Tennis & Golf

Work in a small group of up to 5 people. Lengthen and strengthen tight muscles, prevent injury, and balance out the body with weight

Yoga, Beginning I

D. Rohrbacker
 Mindfulness is now seen as key to effective, healthy living. Yoga is all about mindfulness. This course will bring a mindful approach the moving and thinking. We build strength and flexibility while reducing stress. We do this through movement and easy meditation techniques, appropriate for all levels of ability. The course is led by a registered Yoga Teacher with more than 15 years teaching experience. Bring a mat and/or blanket, comfortable clothing, an empty stomach and a positive frame of mind.

FEE: IC \$64/OC \$69 (8 sessions)
 2000.201 M 7:30-9 pm 1/12-3/16
 No Class 1/19 and 2/16
 2001.201 M 7:30-9 pm 3/30-5/18
 Willamette Primary School, Cafeteria

training using the Pilates Reformer to increase tone and strength gradually. Perform sport-specific movements to strengthen the stabilizing muscles of the shoulder girdle and improve your swing and strengthen your abdominals and back.

FEE: IC \$462/OC \$467 (14 sessions)
 2046.201 M 11 am-12 pm 1/26-4/27
 No class 2/16

Pilates Reformer for Horse Back Riders

Work in a small group of up to 5 people. Lengthen and strengthen tight muscles, prevent injury, and balance out the body with weight training using the Pilates Reformer to increase tone and strength gradually. Perform sport-specific movements to strengthen the stabilizing muscles of the hips and back to enhance your riding ability.

FEE: IC \$462/OC \$467 (14 sessions)
 2047.201 Th 12-1 pm 1/22-4/30
 No class 3/26

Yoga II

D. Rohrbacker
 Yoga II is an active practice built around a series of poses strung together in a flow known as Vinyasas. A more aerobic class than Yoga I, offered on Monday. Yoga II addresses endurance as well as strength and flexibility. Taken together yoga I & II can offer the best approach to total well being. There is also a Pranayama meditation component, one of the few offered in the area. This course is led by a registered Yoga Teacher with more than 15 years teaching experience. Bring a Mat and/or blanket, comfortable clothes, an empty stomach and a positive frame of mind.

FEE: IC \$80/OC \$85 (10 sessions)
 2002.201 W 7:30-9 pm 1/14-3/18
 FEE: IC \$72/OC \$77 (9 sessions)
 2003.201 W 7:30-9 pm 4/1-5/27
 Willamette Primary School, Cafeteria

Adult/Family Fitness & Wellness



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-to drop in for most classes

Your First Yoga Class is FREE

Do you have questions about yoga? What is it all about? Why do so many people practice yoga? Who can do yoga? How do I find a class that is appropriate for me? This one night class is designed to answer your questions and introduce a few basic concepts that will help you navigate any class. Wear loose and comfortable clothes.

FREE Thursday, January 8 7-8 pm

Yoga Level 2

This class is designed for the

yoga student with some experience. Special attention is given to postural alignment, Core strength, and pose breakdowns while incorporating twists, inversions, and balance work.

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

2006.201	Tu	9-10:15 am	1/20-3/17
2007.201	Th	9-10:15 am	1/22-3/19
2008.201	Tu	9-10:15 am	3/31-5/26
2009.201	Th	9-10:15 am	4/2-5/28

Mindful Movement

Breathwork, visualization, meditation, and flexibility. These are all components of this gentle

T'ai Chi

S.V. Miller

Beginning T'ai Chi

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 \$72/OC \$77 (7 weeks)

2023.201	Tu	6:30-7:30 pm	4/7-5/26
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No Class 5/12

Rosemont Ridge, Commons

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

2024.201	W	6-7 pm	1/21-3/11
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2025.201	W	6-7 pm	4/8-5/27
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Rosemont Ridge, Commons

5/12 class location TBA

2026.201	Sa	9:15-10:15 am	1/24-3/14
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2027.201	Sa	9:15-10:15 am	4/11-6/6
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No class 5/23

Sunset Fire Hall Upstairs

Intermediate T'ai Chi

S.V. Miller

Enhance the flow; continue improving your good health and skill. This class is for the T'ai Chi Player who has attended at least one full session of the entire Form, is conversant about the basic Principles, and is competent with the basic footwork (Bow and Arrow Step, Crouching Tiger Stance, Crouch Step, Joining the Branches Stance). Enrollment requires Instructor's permission.

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

2028.201	W	7-8 pm	1/21-3/11
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2029.201	W	7-8 pm	4/8-5/27
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Rosemont Ridge, Commons

Advanced T'ai Chi

S.V. Miller

T'ai Chi Ch'uan 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. This class is for the self-motivated T'ai Chi Player who can perform

movement yoga class that is designed to awaken the sense of a balanced well-being.

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

2010.201	W	9:30-10:45 am	1/21-3/18
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2011.201	W	9:30-10:45 am	4/1-5/27
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All Levels Yoga: Discovering your roots

This class focuses on beginning to intermediate student with emphasis on breath, balance, and strength which all 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 \$81/OC \$86 (9 weeks)

2012.201	W	6-7:30 pm	1/21-3/18
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2013.201	W	6-7:30 pm	4/1-5/27
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Gentle, Nurturing Yoga (prenatal welcome)

Everything about this class will have you feeling released from all tension, help you become fully

present, and have you refreshed with an inspired perspective on life. Prenatal students wishing to participate will gain techniques helpful in labor, birth, and motherhood.

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

2014.201	Su	8:45-9:45 am	1/18-3/15
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2015.201	M	6:30-7:45 pm	1/19-3/16
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2016.201	M	6:30-7:45 pm	3/30-5/25
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FEE: IC \$72/OC \$77 (8 weeks)

2017.201	Su	8:45-9:45 am	3/29-5/24
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No class 4/12 or 5/10

Saturday Morning Yoga

Open to all levels. Start your weekend with an invigorating dance of movement and breath work. The instructor will help student tailor the poses to their experience and ability.

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

2018.201	Sa	9:30-10:45 am	1/17-3/21
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FEE: IC \$72/OC \$77 (8 weeks)

2019.201	Sa	9:30-10:45 am	4/4-5/30
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No class 5/23

Belly Dance Beginning

Learn basic torso and traveling movements in a fun and supportive environment. Build core strength and awareness. Bring water and wear close-fitting clothing. Bare feet or socks.

FEE: IC \$108/OC \$113 (9 weeks)

2021.201	F	12-1:30 pm	1/16-3/13
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2022.201	F	12-1:30 pm	4/3-5/29
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NEW CLASS! Nia

Tony Buscemi

New instructor Tony is Black Belt trained in Nia. Nia is a mind, body, body and spirit practice that teaches students to become aware of body sensation, monitor physical activity, seek pleasure in movement over pain. The practice is a whole body integrated conditioning program.

FEE: IC \$90/OC \$95 \$10 drop in

2004.201	F	9:30-10:30 am	1/9-3/13
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2005.201	F	9:30-10:30 am	3/20-5/22
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Sunset Fire Hall, Upstairs

Adult Classes

Dance with Dave & Jody Crandell

Age 16-Adult — Partners Required — No Partner Rotation — Min 8 Max 24

All classes at West Linn Adult Community Center MPR 1 & 2



Beginning Waltz

A popular Ball Room favorite!

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

1021.201 Th 7-8 pm 1/22-2/12

Beginning Night Club 2 Step

Not to be confused with Country Western 2 Step. This is a slow dance done to romantic ballads.

Min 8 Max 24

FEE: IC \$45/OC \$50

1022.201 Th 7-8 pm 2/19-3/12

Beginning Lindy Hop Swing

A triple rhythm swing dance. Fun and easy to learn!

Min 8 Max 24

FEE: IC \$45/OC \$50

1023.201 Th 7-8:15 pm 3/19-4/9

Beginning Tango

One of the most fun dances! Very Easy to learn!

Min 8 Max 24

FEE: IC \$45/OC \$50

1024.201 Th 7-8 pm 4/16-5/7

Beginning Rumba

A fun and easy Latin dance!

FEE: IC \$45/OC \$50

1025.201 Th 7-8 pm 5/14-6/4

Adult Dance Intermediate Level

A different dance each session for the more experienced dancer. This class is beyond the beginning level. Call 503-637-6295/email jivehop@netzero.com for more information. Call 503-637-6295/email jivehop@netzero.com for more information.

FEE: IC \$45/OC \$50

Session 1
1026.201 Th 8:15-9:15 pm 1/22-2/12

Session 2
1027.201 Th 8:15-9:15 pm 2/19-3/12

Session 3
1028.201 Th 8:15-9:30 pm 3/19-4/9

Session 4
1029.201 Th 8:15-9:15 pm 4/16-5/7

Session 5
1030.201 Th 8:15-9:15 pm 5/14-6/4

YOU'RE ON THE AIR-

How to Really Make It in Voice-Overs!

A One-time 2 Hour Program for Adults

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! 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! Bill Sleeper will discuss the voice-over business as a whole, the numerous opportunities, the incredible income potential, and will discuss the all-important "demo" and how to have it produced. You'll step up to the mic

and do some practice recording, and best of all, you'll hear the results!

Min 4 Max 40

FEE: IC \$35/OC \$40

1005.201 T 6:30-8:30 pm 4/28

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!

Gentle Stretch and Guided Meditation

Ages 16 +

This class teaches mind/body stress reduction by using gentle stretches to physically open and release stress from muscles, and body mapping & awareness techniques to mentally guide relaxation. While in a relaxed state, guided visualization is then used to release stress from the mind, and the class concludes with a short, resting meditation. This class is for ages 16+ and requires a yoga mat and a small pillow/blanket.

Min 4 Max 15

FEE: IC \$40/OC \$45 (Drop-in \$10)

Tuesday Classes

1080.201 Tu 6:30-7:40 pm 1/13-2/10

1082.201 Tu 6:30-7:40 pm 2/17-3/17

1084.201 Tu 6:30-7:40 pm 3/31-4/28

1086.201 Tu 6:30-7:40 pm 5/5-6/2

Thursday Classes

1081.201 Th 6:30-7:40 pm 1/15-2/12

1083.201 Th 6:30-7:40 pm 2/19-3/19

1085.201 Th 6:30-7:40 pm 4/2-4/30

1087.201 Th 6:30-7:40 pm 5/7-6/4

Trillium Creek Primary School, Porch

About the Instructor: Julie Dale is Wellness Director at Motivated Zen, where she teaches life balance, awareness, and motivation through meaningful experiences and adventures in the classroom and natural outdoor settings. Julie has a B.S. in Psychology, has completed a post-baccalaureate Speech & Language Pathology program, and is currently a M.S. graduate student in Clinical Mental Health Counseling. Her focus is on motivation; spirituality, physiology, neuropsychology, sports psychology, and in teaching mind/body connection, stress management, and wellness through meditation and exercise.

Financial Fitness

R. Dougall

Introduction to Financial Management- Six Steps to Financial Success

This class is designed to give a brief introductory overview to six financial aspects of a person's life. This is a great course for those unfamiliar with financial management, or can be a great refresher course for those wanting to review their current financial position. Class fee covers cost of 20 page workbook.

Min 6 Max 20

FEE: IC \$7.50/OC \$12.50 per household

1500.201 Th 7-8:15 pm 1/15

1501.201 W 7-8:15 pm 2/18

West Linn High School, A105

The Complete Financial Management Workshop

This is an in depth course covering 6 financial topics.

- Risk Management
- Cash Management
- Investment Concepts
- Tax Management
- Retirement Planning
- Estate Conservation

The course provides a structured outline covering many topics people should know to be financial sound and successful. This course could include those just starting out and want to learn more than the intro course or those that have a good understanding of financial principals. Class fee includes a 160 page workbook.

Min 6 Max 20

FEE: IC \$49/OC \$54 per household

1502.201 Tu 7-8:15 pm 3/10-3/24

West Linn High School, A105

Clock Repair

R. Alexander

Fascinated with clocks and time keeping? Learn what makes them tick. Acquire the skills to restore that family heirloom or maintain your growing clock collection. Bring your spring or weight driven clock and a group of clock enthusiasts will teach you the fundamental skills to make it run. Classes are in a workshop hands-on environment perfect for the novice hobbyist or the budding collector.

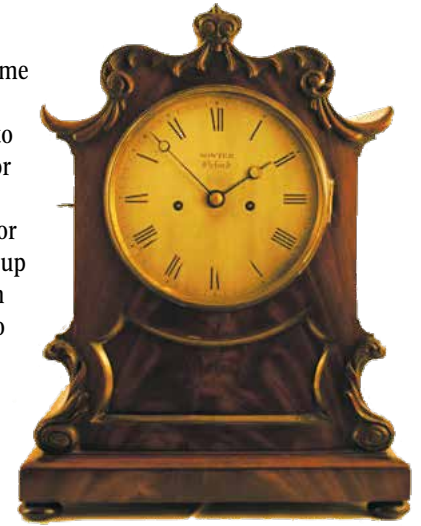
Min 8 Max 25

FEE: IC \$60/OC \$65 (12 weeks)

1505.201 Tu 7-10 pm 1/13-4/7

No class 3/24

Stafford Primary School Cafeteria/Commons



Photography

with Dwon Guvenir

Visit instructor's website: www.oregonphotosafaris.com

Age 16-Adult — Min 5 Max 20

Photography Basic

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

FEE: IC \$35/OC \$40

1050.201 M 7-9 pm 1/26

1052.201 M 7-9 pm 4/27

West Linn High School A101

Photography Advanced

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

FEE: IC \$100/OC \$105

1051.201 M, Tu, W 7-9 pm 1/26, 1/27, 1/28

1053.201 M, Tu, W 7-9 pm 4/27, 4/28, 4/29

West Linn High School

Parenting Strategies for Children who Struggle Behaviorally

This program provides tools and guidance to caregivers and parents to better interact and discipline, in a positive and uplifting manner, children who struggle behaviorally. The increasing numbers of developmental disorders are increasing faster than the resources to parents.

Optional onsite childcare available \$5 per child payable at class.

Min 6 Max 24

FEE: IC \$48/OC \$53

1128.201 M 6-8:15 pm 2/23-3/16

Trillium Creek Primary School, Porch

About the Instructor: With a background in private and institutional childcare and as a personal support worker for Clackamas County, Aja Ruble has more than 10,000 hours working with children. Her first-hand experience with children who struggle behaviorally is a much needed resource for parents and caregivers.

The West Linn Adult Community Center

Photo by Expressions of Eden



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, 9 am-3 pm

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

Scheduled Closures This Session:

Martin Luther King, Jr. Day—January 19th

President's Day—February 16th

Memorial Day—May 25th

**The Adult Community Center is located at
1180 Rosemont Road**

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

503-557-4704

Congregate Meals

Meals are served at noon Mondays, Wednesdays, and Fridays

Attendees are asked for a meal donation of \$4.

The main dish for our potlucks, 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. Call 503-657-8287.

Transportation A lift-equipped bus is available to pick up West Linn residents. Call in a minimum of two days in advance of the day you need a ride or a week early. Pick-ups begin around 9:30 am. Let them know if you require use of the lift. A minimum donation per round trip ride of \$2.00 is suggested. Call 503-657-8287.

Transportation Reaching People (TRP) A program managed by the Clackamas County Social Services. It provides transportation for elderly, disabled, or rural Clackamas County residents for medical appointments, shopping, and personal errands. A four working day notice is required for a ride. Donations are greatly appreciated and needed for TRP's continued operation. Volunteers in their personal cars provide this service. Please call 503-655-8208 to register and schedule your ride.

Information and Assistance If you are looking for current information on opportunities and services available within our community you can contact us at 503-557-4704. The City of West Linn contracts with the Pioneer Community Center in Oregon City for client services, Meals on Wheels and in house assessments. For these providers call 503-657-8287.

Health and Wellness Programs

Foot Clinic Foot Care is provided by a visiting nurse for \$25. Clinics are held every 1st Wednesday and Friday of every month. Call to schedule appointment at the Adult Community Center.

Home Medical Equipment Medical equipment available for loan at no cost include: canes, crutches, walkers, wheelchairs, bedside commodes and bath/shower seats. Please note: we do not always have items available. It is best to call ahead of time. Donations of medical equipment in good condition 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 in West Linn. Services are provided at a reduced fee of \$40 for WLACC members. To schedule your appointment, call the Adult Center at 503-557-4704.

Annual Plant Sale

**Thursday & Friday, May 7th & 8th 10 am-3 pm
at the Adult Community Center**

**Purchase your hanging baskets,
vegetable starts and perennials (as available).**

**Proceeds benefit programs at the
Adult Community Center.**

The West Linn Adult Community Center

Presentations and Activities from Local Experts

Join us for various presentations on health and senior living topics.

Super Brain Yoga

A presentation by Heart to Heart Healing's Liza Burney

Thursday, January 8th at 1 pm
Please RSVP at the front desk

Super brain yoga is a simple, fast, and effective technique used to fuel and sustain the healthy brain which we all need to enjoy a life spanning from infancy into the golden years. The benefits of SuperBrain Yoga touch on the lives of many, both personally and professionally. Physicians, nurses and other health professionals use SuperBrain Yoga to improve health while educators and therapists use it as an intervention to

support student success. Whether young or old, all stages and ages can use SuperBrain Yoga as a simple and effective technique to enhance wellbeing.

Senior Fitness Standards

A presentation brought to you by Dr. Vermillion

Wednesday, January 14th at 1pm
Please RSVP at the front desk

Helping to delay physical frailty and improving functional mobility as we age can make an enormous impact in quality of life. Dr. Vermillion, from Revive Injury and Wellness in West Linn, will be speaking on this important topic that you'll not want to miss.

Managing chronic pain

with Dr. Farley M.D.

Thursday, February 5th at 2 pm
Please RSVP at the front desk

Many current methods of dealing with pain is with high end medications—many of which have significant side effects and involve injections, surgery etc.. Dr. Farley will be speaking about a highly effective, non-invasive technology that is helping many seniors reduce their pain by 50-100%. How to find elder care resources that meet your needs-- by Lion-Heart Healthcare.

Eldercare Resources

Lionheart Staff

Wednesday, February 11th at 1 pm
Please RSVP at the front desk

Lionheart's RN will clearly explain what elder care and chronic disease resources are available in the community, how to determine which resources might be beneficial and how to choose the right care provider to meet your needs.

We'll have more presentations scheduled through the spring season. Feel free to call the front desk or stop in to see what is currently happening. 503-557-4704

The West Linn Adult Community Center Gift Shop

"the best little Gift Shop in West Linn"



Open Monday through Friday
from 9 am to 3 pm

1180 Rosemont Road • 503-557-4704

Mothers Day Tea



Monday May 4, Noon
Adult Community Center

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

The West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

HEALTH

Foot Clinic (by appointment) 1st Wednesday and Friday, 9 am-2:30 pm, \$25 Fee
Medical Equipment Loan Program. Call Center for items available.

EXERCISE

Kettlebell class Wednesdays 9-9:45 am, \$7 per class
Nia "Music & Movement" Tues, Thur 11:15 am-12 pm, 6 wk sessions
\$60 for 12 classes, Couples \$100 for 12 classes, \$7 drop-in
Walking Group Mon, Wed, Fri leaves ACC at 8:30 am. No Charge
Video Aerobics Mon, Wed, Fri 10-11 am. No Charge
Tai Chi. Mon 8:30-9:30 am \$2 per month
Core Strength Tues, Thur, Fri, 8-8:30 am-2 or 3x wk option-see write up
Strength & Balance Tues, Thur, Fri, 8:30-9:30 am-2 or 3x wk option-see write up
Yoga Tues & Thurs 10-11 am \$60/8 wks or \$6.50 drop in
Line Dancing Wed 11 am-12 pm \$40/8 wks or \$5 drop in

GAMES (no charge)

Hand & Foot Mon 10 am-12 pm
Whist. Fri 10 am-12 pm
Pinochle Lessons (beginners welcome).... Tues 12:30-3 pm
Bridge Mon 12:30-3 pm and Thurs 10:30-3 pm
Pinochle Wed and Fri 12:30-3 pm
Poker Texas Hold 'Em Fri, 12:45-3 pm (\$5 buy in)

SPECIAL INTEREST (no charge)

Travel Talk Every last Monday of the month 12:30 pm
Woodcarving. Mon 9 am-12 pm
Share Singers Some Thursdays. Please call for schedule
Ukulele Activity. Tue 2-3 pm
Gardening Group Wed 11am-12 pm
Open Painting Studio. Fri 10 am-1 pm
Honoring Our Memories Writing Class. Tue 10 am-12 pm
Knitting and Crocheting Group. Thurs 10 am-12 pm (any level welcome)
Book Club 2 2nd Wed 1-2 pm (call for book titles)
Senior Law Project ½ hour consultation 2nd Monday of each month.
Call center for appointment. No charge.

SPECIAL INTEREST INSTRUCTIONAL CLASSES

Drama Mondays 1-2:30 pm \$55 for 7 classes
Dramatic Writing and Improvisation Wednesdays 1-2 pm \$45 for 8 classes

READING

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

Kettlebell Class

Kettlebell is an efficient exercise that is proven to increase strength, flexibility and aerobic fitness. It's a challenging workout but can be adapted for any fitness level. Janet Duback is a HKC certified kettlebell coach who has been teaching kettlebell for over 4 years and specializes in assessing for dysfunctional movement. She is nationally certified in FMS functional movement screening and is a RRCA running coach. Wednesdays at 9 am, \$7/ class. Please call City Hall for introductory class information 503-557-4700.

Line Dancing

Are you ready to try something new? The Boot Scoot, Electric Slide or the Alibi Waltz!! Country Western Line dancing is so much fun, it doesn't even seem like you're exercising. Beginners welcome-No partner necessary-No experience required. Wednesday 11 am-12 pm \$40/8 weeks or \$5 drop-in

Core Strength

Instructor, Jacquelyn Rodgers, certified through NASM, a yoga instructor, running coach and arthritis certified, will be leading this ½ hour floor exercise and resistance training program to build core strength. Tues, Thur & Fri 8-8:30 am (8 week session) \$40 for 2 classes per week or \$60 for 3 classes per week, \$4 drop-in

Strength & Balance

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. This always popular exercise class is also taught by Jacquelyn Rodgers (see Core Strength for further information). Tues, Thur & Fri 8:30-9:30 am (8 week session) \$70 for 2 classes per week \$108 for 3 classes per week, \$5 drop-in

The West Linn Adult Community Center

Yoga

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

Tues & Thurs 10-11 am

\$60/8 weeks or \$6.50 drop-in

Tai Chi

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

Mon 8:30-9:30 am, \$2 per month

Nia "Music & Movement"

Nia is an invitation to self healing, discovery, joy, and community.

As my students say: "It is a gift of aliveness and pleasure to move and be moved by the soulful music of Nia." We find freedom and form within the movements-taken from the healing arts, martial arts and dance arts. It's about enhancing sensation and awareness-in your own body's way. You will become stronger, more mobile, agile, stable and flexible with each class. And it's "fun!"

Tues & Thurs 11:15 to noon

Six week sessions are \$60/12 classes, Couples are \$100/12 classes, \$7 drop-in

The New session will begin on Thursday, January 22.

Aerobics Class

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

Mon, Wed and Fri 10-11 am. No charge

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.

Mon, Wed and Fri 8:30-9:30 am. No charge

Share Singers

We travel to assisted living facilities and share conversations and sing-along's with residents. Some Thursdays. Please call for schedule. No charge.

West Linn Uke Jam

Come join others who enjoy playing the Ukulele. Your skill level is unimportant, just bring your Ukulele, your willingness to join in and learn, pretend you are on a sunny Hawaiian beach, singing and strumming your Ukulele.

Tues 2-3:30 pm No charge

The Antique Road Show Players—a drama group

Taught by Pat Amore Hand, M.S. in Theater Arts, this class is a fun time of laughter, imagination and creativity. Within all her years of studying acting, this group's enthusiasm is tops. The group invites imagination-No experience necessary. The class explores improvisation, drama games and cold readings. The scene reading mostly consists of improv situations. Please join us...more students will make this class explode! Future possibilities include musical theater workshops and working on scenes from your favorite musicals.

Mon 1-2:30 pm, \$55 for 7 classes

NEW CLASS!

Dramatic Writing and Improvisation

Lead by Pat Amore Hand, write scenes based on your experience or imagination. Learn proper playwrighting skills. Develop characters and build stories. Scenes can be acted out by you or guests.

Wed 1-2 pm, \$45 for 8 classes



Curtain Call

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

Honoring Our Memories

Our "Honoring Our Memories" class is designed to encourage writing as a celebration of life. Through this celebration we leave stories that impact beliefs, life lessons, hopes and dreams for our loved ones. Please come and join us on Tuesday mornings. It's fun and free!

Tues 10 am-12 pm No charge

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.

Wed 11am-12 pm No charge

Travel Talk

Do you love to travel? Join this new group of like-minded people who can share great ideas on traveling on a budget. Bonnie Metcalfe will be sharing her expertise and experiences and invites those interested to do the same.

Every last Monday of the month, 12:30 pm

Woodworking

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

Mon 9 am-12 pm No charge

Computer Use and Instruction

The computers are available for individual use on your own or you can schedule a one-on-one session geared to your level of knowledge. The individual instruction is offered free of charge and by appointment.

Tues, Thurs and Fri mornings. (Call Center for appt.) No charge

Knitting and Crocheting

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

Thurs 10 am-12 pm No charge

Book Club

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

2nd Wed of each month 1-2 pm No charge

Bus Trips

We have regular bus trips that go to various locations around the area. Call the ACC or stop by to see what we have scheduled for the month. 503-557-4704.

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 parks for your convenience, all with restroom facilities, for your group.

Picnic Area & Field Reservations- NEW PROCESS

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

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

Marylhurst Heights Park 1800 Valley View Dr.

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

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, tennis court, basketball hoops, and softball field, water and power.

Tanner Creek Park 3456 Parker Rd.

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

Willamette Park 1100 12th St.

Located at 12th & Volpp Street where the Tualatin River meets the Willamette River, this 15 acre park offers the following amenities: 3 picnic shelters, stage, baseball field, 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 2 acre park has walking trails, open turf area, basketball court and play structure.

Fields Bridge Park

19.8 acres located on the banks of the Tualatin River at 821 Willamette Falls Drive. Contains beautiful open space with river access, 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

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

Mary S. Young Park

Located on Highway 43. The 126 acre 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 and an off leash dog area.

Marylhurst Heights Park

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

Midhill Park

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

North Willamette Park

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

West Linn Parks & Open Spaces

Palomino Park

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

Robinwood Park

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

Sahallie Illahee Park

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

Skyline Ridge Park

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

Sunburst Park

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

Sunset Park

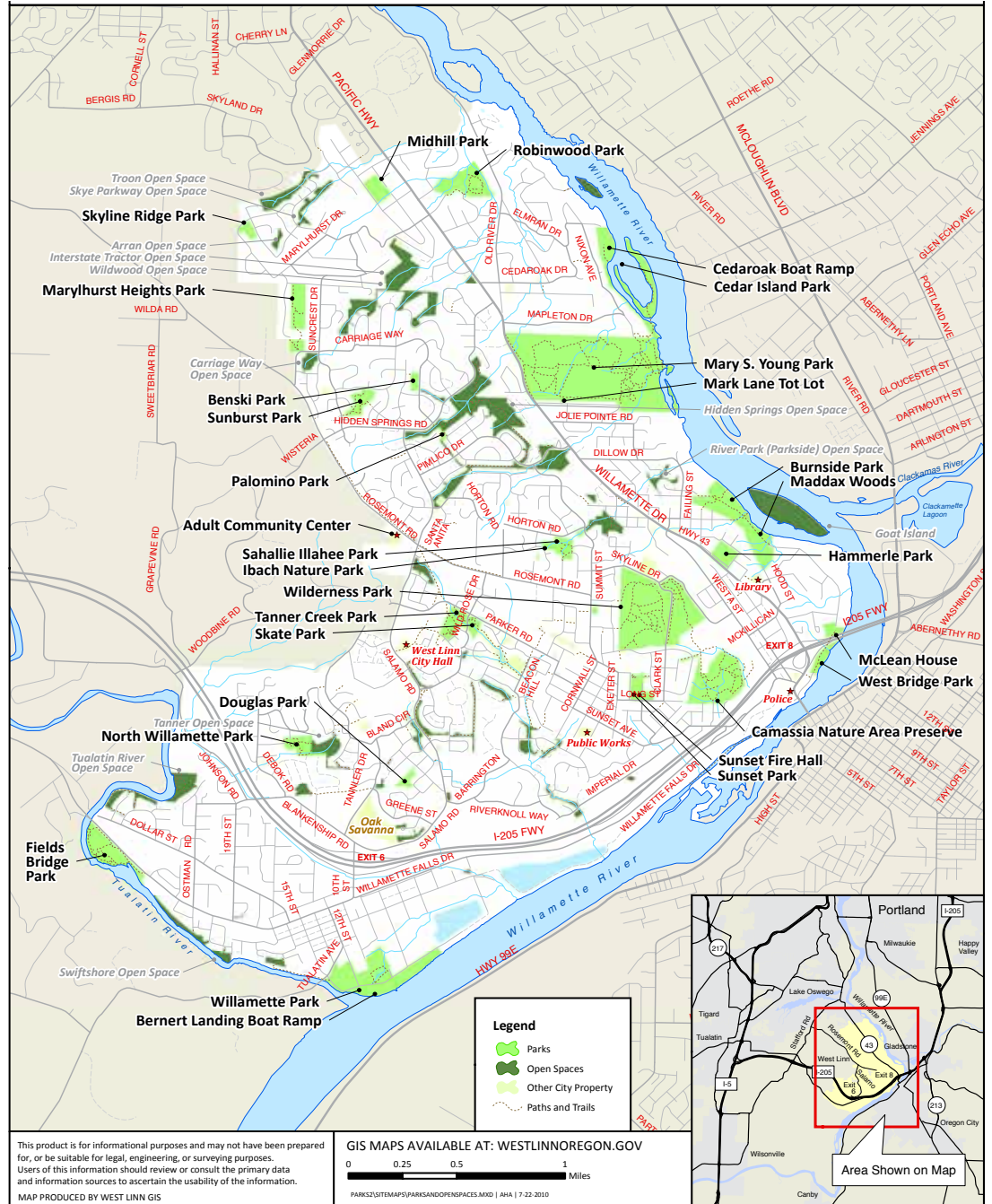
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

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



shelter, water spray park, basketball court, tennis court, restrooms and a skate park. The shelter is available for reservations with a limited capacity of 50 people.

The White Oak Savanna

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. This natural area includes trails and benches from key viewpoints.

Wilderness Park

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

Willamette Park/Bernert Landing Boat Ramp

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

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.

The West Linn Adult Community Center

1180 Rosemont Road



The Adult Community Center is a large, well-equipped facility with several rooms to meet all of your needs! The West Linn Adult Community Center is a one-story, facility. It includes three multi-purpose rooms and a classroom perfect for parties, meetings, or receptions. Surrounded by attractively landscaped grounds, your guests will also enjoy lounging on the open patio next to a tranquil pond. 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.

Sunset Fire Hall

2215 Long Street



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. Amenities include a refrigerator, stovetop with single oven, round and rectangular tables and chairs.

McLean House

5350 River Street



The beautiful 1927 McLean House sits on 2.5 acres of park. The house and 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 5-11, 2015



Events
tentatively scheduled include:

Tree Giveaway at City Hall
(limited quantity, first-come, first-serve)

Tree plantings

**Youth tree planting
projects**

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.