

Activities

**FALL/HOLIDAY
2014**

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 August 29, 2014. Walk-in, phone-in or mail in registration begins September 2, 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 and walk-in registration begins September 4.

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.

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.

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL2900 Borland Rd
BOLTON SCHOOL5933 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
ROBINWOOD PARK3600 Fairview Way
ROSEMONT RIDGE MIDDLE SCHOOL	20001 Salamo Rd
SACHI WELLNESS2008 Willamette Falls Dr, Suite A
STAFFORD SCHOOL	19875 Stafford Rd
STUMPTOWN CAKES2375 Falcon Drive
SUNSET FIRE HALL	2215 Long Street
SUNSET SCHOOL2351 Oxford Street
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK	3456 Parker Rd
TRILLIUM CREEK SCHOOL1025 Rosemont Rd
WEST LINN HIGH SCHOOL5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL	1403 12th Street

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

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.westlinsoftball.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,
Todd Jones, Don Kingsborough, John Linman,
Sarah Silvernail, and Rob Waibel

Office Hours:

Monday-Friday 8 am-5 pm
Closed Legal Holidays

Toddler & Youth Programs

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas

Class fees are for the first 8 weeks of a 20 week semester.

Continuing weeks are payable to Harmony Road Music Center.

Toddler Tunes 1

Ages 20 Months-3

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. Parents participate in class. \$17.50 Materials Fee payable to Harmony Road at First Class.

NOTE: Toddler Tunes is an OPEN ENROLLMENT CLASS. Students can join any time during the 18 week semester. Tuition for the remaining weeks of the semester is payable to Harmony Road Music Center of Oregon.

FEE: IC \$216 / OC \$221

5000.101 F 10-10:30 am 9/12-2/23

Toddler Tunes 2

Ages 20 Months-3

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. Parents participate in class. \$17.50 Materials Fee payable to Harmony Road at First Class.

NOTE: Toddler Tunes is an OPEN ENROLLMENT CLASS. Students can join any time during the 18 week semester. Tuition for the remaining weeks of the semester is payable to Harmony Road Music Center of

FEE: IC \$216 / OC \$221

5001.101 T 10-10:30 am 9/9-1/22

5002.101 S 9:30-10 am 9/13-1/24

Music In Me

Ages 3-5

The MIM and MMIM classes are dynamic and creative music 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 and are guided in follow-up activities. Music In Me is open enrollment. \$25 Materials fee payable to Harmony Road at first class.

FEE: IC \$264 / OC \$269

5003.101 M 3:45-4:30 pm 9/8-1/5

5004.101 T 11:15 am-12 pm 9/9-1/6

5005.101 T 3:45-4:30 pm 9/9-1/6

5006.101 F 10:30-11:15 am 9/12-1/9

5010.101 S 9:15-10 am 9/13-1/10

More Music In Me

Ages 3-5

The MIM and MMIM classes are dynamic and creative music 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 and are guided in follow-up activities. More Music In Me is Open Enrollment through week 8. \$25 Materials fee payable to Harmony Road at first class.

FEE: IC \$264 / OC \$269

5007.101 T 10:30-11:15 am 9/6-1/6

5008.101 F 11:15 am-12 pm 9/12-1/9



Harmony Road 1

Ages 4½-6

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series of 4 semesters that provide your child with a strong musical foundation. Parents participate in class. Late enrollments accepted through 3rd week. \$50 Materials fee payable to Harmony Road at first class.

FEE: IC \$375 / OC \$380

6250.101 T 3:45-4:40 pm 9/2-1/27

6251.101 Th 5:30-6:25 pm 9/4-1/29

6260.101 S 11-11:55 am 9/6-1/31

Young Musician 1

Ages 6-7

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series 4 semesters that provide your child with a strong musical foundation. Parents participate in class. Late enrollments accepted through 3rd week. \$50 Materials fee payable to Harmony Road at first class.

FEE: IC \$375 / OC \$380

6252.101 T 6-6:55 pm 9/2-1/27

6253.101 S 9:30-10:25 am 9/6-1/31

Keyboard Prep 1

Ages 8-11

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series of 3 semesters that provide your child with a strong musical foundation. Parents participate in class. Late enrollments accepted through 3rd week. \$50 Materials fee payable to Harmony Road at first class.

FEE: IC \$375 / OC \$380

6254.101 T 6:45-7:40 pm 9/2-1/27

6255.101 Th 6:30-7:25 pm 9/4-1/29

Parent Orientation For parents of beginning students

This class is intended for parents or any participating adult of new/prospective student of Harmony Road Music Center. You will learn how or comprehensive musicianship program will provide music education for the family. For adults only. No childcare provided.

FEE: FREE

6259.101 T 6:30-7:30 pm 9/30

6260.101 F 1:30-2:30 pm 10/3

6261.101 T 6:30-7:30 pm 10/14

Mad Science Presents:

Mad Science Mondays!

Ages 4-5 — Parent Participation Required

FEE: IC \$84/OC \$89

6610.101 Mondays 10:30-11:15 am 10/6-11/10
Sunset Firehall

October 6: Worms

Learn about the world of worms. Find out what they eat for lunch and discover why we see them when it rains!

October 13: Eye To Eye

Use telescopes and binoculars to see the world in different ways. Learn the different parts of the eye and discover how eyes to their job.

October 20: Space Frontiers

Explore the last frontier with an exciting look at planets, moons and starts ... to boldly go where bright young minds love to go... take a trip to the moon...

October 27: Keep In Touch

Experiment with the sense of touch and find out how much you can learn about something just by touching. Your fingertips can tell you amazing things!

November 3: Magnetic Attraction

Experiment to determine if different objects are magnetic or not. Through different activities the preschoolers will be introduced to the invisible magnetic field around magnets.

November 10: Lights On

Discover the rainbow hidden inside white light! Use light to help you see shadows and colors.

Young Rembrandts Drawing

Ages 6-10

Experience the colorful magic of the Young Rembrandts classroom. We'll draw *all new* exciting lessons each week while we enhance the creative and critical thinking skills today's student needs, such as, Fine Motor Skills, increased attention to details and discipline, persistence and patience. In each lesson, students will use markers or colored pencils to complete a new drawing using core art skills and have fun.

FEE: IC \$115/OC \$120

6150.101 Tu 4-5 pm 9/30-12/16
No Class 11/11 & 11/25

Adult Community Center, Classroom

Olympic Saber Fencing

Wheelchair Fencing Available

Ages 8 and up

Olympic saber fencing is the modern version of an old sport. Students will learn tactics and strategies necessary to compete successfully. All equipment provided. Closed toed, tightly fitting athletic shoes required. Taught by PDX Fencing Instructors Charles Randall and Hector de La Torre.

www.pdxfencing.com

FEE: IC \$90 / OC \$95

6700.101 Sa 9-10:15 am 9/20-10/11
6701.101 Sa 9-10:15 am 10/18-11/8
6702.101 Sa 9-10:15 am 11/15-12/13

No Class 11/29

PDX Fencing, 5645 SW Arctic Dr.
Beaverton 97005

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

6175.101 W 6-7:30 pm 9/24-11/26

Adult Community Center

Talk With Me

Ages 18 Months-3 Years

Parents/Caregivers come and learn techniques to foster speech-language development in your toddlers everyday play. Connect with other parents of same-aged kids. Taught by nationally certified speech-language pathologists passionate about parent education. Each class will have a different technique for parents followed by a hands-on craft/activity giving parents the opportunity to practice the communication technique with their toddler. Kids will leave each week with something they made.

FEE: IC \$60/OC \$65

6001.101 F 9-10 am 11/7-12/5

No Class 11/28

Sunset Firehall, Downstairs

Youth Programs

Dance Classes

Presented by

Miss Kathleen Van De Veere

View her website at www.misskathleen.net



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: IC \$56 / OC \$61

6900.101 M 2:45-3:30 pm 9/15-10/20

6901.101 M 2:45-3:30 pm 11/3-12/15

No Class 11/24

6902.101 M 2:45-3:30 pm 1/12-2/16

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: IC \$56 / OC \$61

6903.101 M 3:30-4:15 pm 9/15-10/20

6904.101 M 3:30-4:15 pm 11/3-12/15

No Class 11/24

6905.101 M 3:30-4:15 pm 1/12-2/16

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: IC \$56 / OC \$61

6906.101 M 4:15-5 pm 9/15-10/20

6907.101 M 4:15-5 pm 11/3-12/15

No Class 11/24

6908.101 M 4:15-5 pm 1/12-2/16

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: IC \$56 / OC \$61

6909.101 M 2:45-3:30 pm 9/15-10/20

6910.101 M 2:45-3:30 pm 11/3-12/15

No Class 11/24

6911.101 M 2:45-3:30 pm 1/12-2/16

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: IC \$56 / OC \$61

6912.101 M 3:30-4:15 pm 9/15-10/20

6913.101 M 3:30-4:15 pm 11/3-12/15

No Class 11/24

6914.101 M 3:30-4:15 pm 1/12-2/16

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: IC \$56 / OC \$61

6915.101 M 4:15-5 pm 9/15-10/20

6916.101 M 4:15-5 pm 11/3-12/15

No Class 11/24

6917.101 M 4:15-5 pm 1/12-2/16

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: IC \$64 / OC \$69

6918.101 M 5-6 pm 9/15-10/20

6919.101 M 5-6 pm 11/3-12/15

No Class 11/24

6920.101 M 5-6 pm 1/12-2/16

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: IC \$64 / OC \$69

6921.101 M 6-7 pm 9/15-10/20

6922.101 M 6-7 pm 11/3-12/15

No Class 11/24

6923.101 M 6-7 pm 1/12-2/16

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: IC \$36 / OC \$41

6924.101 T 3:30-4 pm 9/16-10/21

6925.101 T 3:30-4 pm 11/4-12/16

No Class 11/25

6926.101 T 3:30-4 pm 1/13-2/17

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 specialty!

FEE: IC \$56 / OC \$61

6927.101 T 4-4:45 pm 9/16-10/21

6928.101 T 4-4:45 pm 11/4-12/16

No Class 11/25

6929.101 T 4-4:45 pm 1/13-2/17

Tuesdays with Miss Rosemary at the Sunset Firehall Starting September 23rd!

Miss Rosemary will be doing Ballet Placements for returning dancers.

FEE: IC \$47 / OC \$52 Session 1

FEE: IC \$56 / OC \$61 Session 2 & 3

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: IC \$56 / OC \$61

6930.101 T 3:30-4:15 pm 9/23-10/21

6931.101 T 3:30-4:15 pm 11/4-12/16

No Class 11/25

6932.101 T 3:30-4:15 pm 1/13-2/17

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: IC \$56 / OC \$61

6933.101 T 4:15-5 pm 9/23-10/21

6934.101 T 4:15-5 pm 11/4-12/16

No Class 11/25

6935.101 T 4:15-5 pm 1/13-2/17

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: IC \$56 / OC \$61

6936.101 T 5-5:45 pm 9/23-10/21

6937.101 T 5-5:45 pm 11/4-12/16

No Class 11/25

6938.101 T 5-5:45 pm 1/13-2/17

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: IC \$56 / OC \$61
 6939.101 T 5:45-6:30 pm 9/23-10/21
 6940.101 T 5:45-6:30 pm 11/4-12/16
 No Class 11/25
 6941.101 T 5:45-6:30 pm 1/13-2/17

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: IC \$56 / OC \$61
 6942.101 W 5:15-6 pm 9/17-10/22
 6943.101 W 5:15-6 pm 11/5-12/17
 No Class 11/26
 6944.101 W 5:15-6 pm 1/14-2/18

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: IC \$56 / OC \$61
 6945.101 W 6-6:45 pm 9/17-10/22
 6946.101 W 6-6:45 pm 11/5-12/17
 No Class 11/26
 6947.101 W 6-6:45 pm 1/14-2/18

Wednesdays with Miss Ellen at the Adult Community Center

Rock, Jazz and Blues Voice class

Ages 10 and up
 Miss Ellen is a well known blues singer in the Portland area. Explore your voice with different singing styles. Perfect for both experienced skilled singers and new singers.

FEE: IC \$56 / OC \$61
 6948.101 W 7:45-8:30 pm 11/5-12/17
 No Class 11/26

Song Writing I

Ages 11 and up
 Explore your song writing skills! Miss Ellen makes it easy and will help your singer work the outline for their own songs. Not to be missed! Open to all serious singers! Space is limited!

FEE: IC \$56 / OC \$61
 6949.101 W 8:30-9:15 pm 11/5-12/17
 No Class 11/26

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: IC \$56 / OC \$61
 6950.101 Th 2-2:45 pm 9/18-10/23
 6951.101 Th 2-2:45 pm 11/6-12/18
 No Class 11/27
 6952.101 Th 2-2:45 pm 1/15-2/19

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: IC \$56 / OC \$61
 6953.101 Th 2:45-3:30 pm 9/18-10/23
 6954.101 Th 2:45-3:30 pm 11/6-12/18
 No Class 11/27
 6955.101 Th 2:45-3:30 pm 1/15-2/19

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: IC \$56 / OC \$61
 6956.101 Th 3:30-4:15 pm 9/18-10/23
 6957.101 Th 3:30-4:15 pm 11/6-12/18
 No Class 11/27
 6958.101 Th 3:30-4:15 pm 1/15-2/19

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: IC \$56 / OC \$61
 6959.101 Th 4:15-5 pm 9/18-10/23
 6960.101 Th 4:15-5 pm 11/6-12/18
 No Class 11/27
 6961.101 Th 4:15-5 pm 1/15-2/19

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: IC \$56 / OC \$61
 6962.101 Th 5-5:45pm 9/18-10/23
 6963.101 Th 5-5:45 pm 11/6-12/18
 No Class 11/27
 6964.101 Th 5-5:45 pm 1/15-2/19

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: IC \$56 / OC \$61
 6965.101 Th 5:45-6:30 pm 9/18-10/23
 6966.101 Th 5:45-6:30 pm 11/6-12/18
 No Class 11/27
 6967.101 Th 5:45-6:30 pm 1/15-2/19

Then downstairs in the 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: IC \$56 / OC \$61
 6968.101 Th 6:30-7:15 pm 9/18-10/23
 6969.101 Th 6:30-7:15 pm 11/6-12/18
 No Class 11/27
 6970.101 Th 6:30-7:15 pm 1/15-2/19

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: IC \$56 / OC \$61

6971.101 Th 7:15-8 pm 9/18-10/23
 6972.101 Th 7:15-8 pm 11/6-12/18
 No Class 11/27
 6973.101 Th 7:15-8 pm 1/15-2/19

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: IC \$56 / OC \$61
 6974.101 Th 8-8:45 pm 9/18-10/23
 6975.101 Th 8-8:45 pm 11/6-12/18
 No Class 11/27
 6976.101 Th 8-8:45pm 1/15-2/19

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: IC \$56 / OC \$61
 6977.101 F 3:30-4:15 pm 9/25-10/23
 6978.101 F 3:30-4:15 pm 11/7-12/19
 No Class 11/28
 6979.101 F 3:30-4:15 pm 1/16-2/20

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: IC \$36 / OC \$41
 6980.101 F 6-6:30 pm 9/25-10/23
 6981.101 F 6-6:30 pm 11/7-12/19
 No Class 11/28
 6982.101 F 6-6:30 pm 1/16-2/20

Youth Programs



No School Days Classes

Fall Y Chef

Ages 7-12
As the weather starts to turn colder we also change the foods we eat. This class will focus on some of those cold weather comfort foods and Fall classics. Students will learn simple recipes that are tasty and fun to make. Each student will make a recipe book to bring home.
FEE: IC \$87/OC \$92
6600.101 Th & F 8:30 am-2:30 pm 10/9 & 10/10
Sunset Firehall, Downstairs

Winter Break Mini-Camps

Holiday Y Chef

Ages 7-12
The holidays are filled with wonderful eats and treats. During this session students will learn simple recipes that warm the heart and the stomach. Participants will also bring home a recipe book and crafts.
FEE: IC \$87/OC \$92
6605.101 M & Tu 8:30 am-2:30 pm 12/22 & 12/23
Sunset Firehall, Downstairs

Lego Engineering

Ages 7-12
Not just any Lego's. Our student engineers will build and experiment with the simple machines and motors and then test their creations.
FEE: IC \$87/OC \$92
6606.101 M & Tu 8:30 am-2:30 pm 12/29 & 12/30
Sunset Firehall, Downstairs

Evening Enrichment Classes

Young Picassos

Ages 7-12
Stir your imagination as you explore different textures, colors and shapes. Build self-confidence and develop an appreciation for art through hands-on experience.
FEE: IC \$79/OC \$84
6601.101 W 6-7 pm 9/24-11/19
No Class 10/8
West Linn High School, RM A104

Messy Art

Ages 4-6
Does your child like to make a mess? Muddles and jumbles are transformed into works of art. Develop fine motor skill and enhance creative development with these fun projects.
FEE: IC \$79/OC \$84
6602.101 W 6-7 pm 9/24-11/19
No Class 10/8
West Linn High School, RM A102

Lego Engineering

Ages 7-12
We don't simply free play with Legos, but teach the kids about motors, pulleys, gears and the science of building machines and toys. Plus the staff develops fun free build challenges to tap into kids' creativity and problem solving skills. The Lego engineering classes use battery powered motors to make moving projects.
FEE: IC \$79/OC \$84
6603.101 Th 6-7 pm 9/25-11/20
No Class 10/9
West Linn High School, RM A102

Lego Jr.

Ages 4-6
Don't let the term "Jr." fool you! This is serious Lego building business. Kids will create exciting projects and stretch their imaginations with our giant Lego collection.
FEE: IC \$79/OC \$84
6604.101 Th 6-7 pm 9/25-11/20
No Class 10/9
West Linn High School, RM A101



Lego Jr.

Ages 4-6
This class uses traditional Legos, stories, pictures, and real world connections to challenge beginning builders in a fun, hands-on experience that helps develop creativity, fine motor skills, teamwork, and imagination.

Example lesson topics: Types of Transportation; Design a space station, Caterpillar Metamorphosis; The Ancient Pyramids; Lego Car Derby; Art Imitation.
FEE: IC \$44/OC \$49
6607.101 M & Tu 9 am-12 pm 12/29 & 12/30
Sunset Firehall, Upstairs



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 \$74
6300.101 W 5:30-8 pm 10/1
6301.101 W 5:30-8 pm 11/19
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
6302.101 W 5:30-8:45 pm 10/15 & 10/22
6303.101 W 5:30-8:45 pm 11/5 & 11/12
Adult Community Center, Classroom

Mini-Hooper's 1st & 2nd grade Basketball League

Registration deadline is September 26, 2014

This league introduces young players to the sport of basketball, with an emphasis on participation, good sportsmanship, and skill development. Each team will practice one night per week, and will play games on Saturdays throughout the season. League designed boys 1st, boys 2nd, girls 1st, and girls 2nd (grades combined if necessary)

Coaches will coach and act as on the court officials. Games will be played on modified 8-1/2 foot hoops, smaller basketball courts and have some modified rules.

The Mini Hooper's Basketball season is late October, November & December

- Practice days during the week will vary for each team in the program.
- All teams will play games on Saturdays
- All practices and games will be located in local schools
- Practices begin the week of October 20
- Games November 1-December 13

Teams for this program will be set up randomly. One buddy request per player allowed. Both buddy requests must match to be considered.

PROGRAM FEE: \$80

Registration fee includes team T-shirt/uniform to keep!

Deadline: When program is FULL or September 26, 2014

Registration forms available online:

www.westlinnoregon.gov/parksrec or at our office

Sorry, No online or phone registration for this program!

This program is dependent on volunteer coaches! Basketball coaching experience is desirable, but not necessary. The only requirement is knowledge of basketball, a good attitude and the will to coach.

Background checks performed on all coaches.

If interested in coaching or for further information contact West Linn Parks & Recreation at 503-557-4700.

Presented by

Kidz Love Soccer

All classes located at: Willamette Primary School, Field

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

Mommy/Daddy & Me

Ages 2-3.5

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

Min 5 Max 20

FEE: IC \$64/OC \$69

7100.101 Sa 9-9:30 am 9/20-10/25

FEE: IC \$55/OC \$60

7101.101 Sa 9-9:30 am 11/8-12/13

No class 11/29

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 \$64/OC \$69

7102.101 Sa 9:40-10:10 am 9/20-10/25

FEE: IC \$55/OC \$60

7103.101 Sa 9:40-10:15 am 11/8-12/13

No class 11/29

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 environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Min 5 Max 24

FEE: IC \$64/OC \$69

7104.101 Sa 10:10-10:45 am 9/20-10/25

FEE: IC \$55/OC \$60

7105.101 Sa 9:40-10:15 am 11/8-12/13

No class 11/29

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 \$64/OC \$69

7106.101 Sa 10:45-11:30 am 9/20-10/25

FEE: IC \$55/OC \$60

7107.101 Sa 10:15-11 am 11/8-12/13

No class 11/29

Soccer 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 \$64/OC \$69

7108.101 Sa 11:30-12:15 pm 9/20-10/25

FEE: IC \$55/OC \$60

7109.101 Sa 11-11:45 pm 11/8-12/13

No class 11/29

West Linn Parks and Recreation Department (WLPRD) has teamed up with West Linn Youth Basketball Association and will now be offering a recreational basketball program for all youth in grades 3rd-8th. The intent of this collaboration is to carry on a quality recreational-level youth basketball program under one organization.

West Linn's new basketball program will offer leagues for boys and girls: **Junior Hoopers** (grades 3 and 4) and **Senior Hoopers** (grades 5-8). The Hooper's program will emphasize age-appropriate skill development and techniques, while encouraging teamwork and sportsmanship in a fun environment.

The competitive-level select basketball program, serving the West Linn High School area, will continue to be run by West Linn Youth Basketball www.wlhoops.com

Junior Hoopers League

Girls 3 & Girls 4; Boys 3 & Boys 4

Junior Hoopers will have one weeknight practice starting in November with Saturday games beginning in December. Third grade teams will play with smaller ball and some modified rules. One buddy request per player is allowed. Both players' buddy requests must match in order to be considered. Volunteer coaches may request practice day/time and we will try to meet the request. Jersey included. Register by selecting your player's 2014-15 grade level.

Senior Hoopers League

Girls 5, Girls 6, Girls 7 & Girls 8;

Boys 5, Boys 6, Boys 7 & Boys 8

Senior Hoopers will have one weeknight practice starting in November with Saturday games beginning in December. Teams will be formed following player skills assessments in late October. Volunteer coaches may request practice day/time and we will try to meet the request. Jersey included. Register by selecting your player's 2014-15 grade level.

*Player skills assessment is a brief series of drills and scrimmage observed by the league coordinators and coaches. The purpose of player assessments is to help form well-balanced teams within each division. Players not attending the skills assessment will be randomly assigned to a team.

Recreation Basketball

Grades 3rd through 8th



- Practice days during the week will vary for each team in the program.
- All teams will play games on Saturdays.
- All practices will be located in local schools
- Practices begin in November, Mondays-Fridays
- Games December-February (no games during winter break)
- Games played home and away with neighboring leagues

Registration FEE \$100 per player and includes jersey to keep.

Registration Deadline: October 29

Player Assessment Dates: TBA

Registration form available at www.westlinnoregon.gov/parksrec or at our office

Sorry, No online or phone registration for this program!

WLPRD depends on volunteers to run successful programs. Volunteer coaches are needed for all Hoopers leagues. Volunteers will be provided basic information and skills training necessary to successfully instruct program participants. If interested in coaching please complete Coaches Application at our website and return to kwerner@westlinnoregon.gov or contact Ken Warner 503-557-4700 for more details

West Linn Academy of Kempo Karate

At Sunset Fire Hall,

2215 Long Street

For ages 6-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:	Once per week	Twice per 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.

7110.101	Sept	One day a week
7111.101	Sept	Two days a week
7112.101	Oct	One day a week
7113.101	Oct	Two days a week
7114.101	Nov	One day a week
7115.101	Nov	Two days a week
7116.101	Dec	One day a week
7117.101	Dec	Two days a week

**Try a FREE class
the first Tuesday or Thursday
of the month!**

Drivers Education

offered through a partnership with Oregon Drivers Training Institute

Fall Schedule: Classroom sessions Thursdays, Sept. 11-Nov. 20 4:30-7:30 pm

Classroom Location: 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.**

FALL BARN DANCE



Happy Trails Riding Center

20560 Fernview Road, West Linn, OR 97068
503-675-3005

Saturday, September 13, 2014, 7-9 pm

Hosted by Happy Trails Riding Center, this autumn tradition is planned for the particular enjoyment of teens and young adults with cognitive and physical disabilities. Family and friends are welcome to attend. A \$5.00 admission is for professional deeJay service and refreshment.

Additional information is available at
West Linn Parks and Recreation 503-557-4700.
For all events: www.westlinnoregon.gov/parksrec

Horseback Riding and Pumpkin Carving Camp

Ages: all ages (participants are grouped by age)

A 2-hour horseback riding (HBR) and pumpkin carving camp designed for individuals with disabilities or special needs at Happy Trails Riding Center. Activities include a 45 minute horseback ride and pumpkin carving. Please bring a sack lunch. Parents and physical therapists are welcome to participate (not required). Riders are assisted until ready to ride independently. Prerequisite: Please wear closed-toe shoes with heel. Riders must weigh less than 200 lbs. Helmets provided. Must self toilet. To learn about Happy Trails Riding Center visit: www.happytrailsridingcenter.org

Min 1 Max 4

FEE: IC \$60/OC \$65

6120.101 S 11 am-1 pm 10/25

Happy Trails Riding Center

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.

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

Min 2 Max 15

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

1040.101	Th	5:30- 9 pm	9/11	River's Peace
1042.101	Th	5:30- 9 pm	10/9	Haven in the Valley
1044.101	Th	5:30- 9 pm	11/13	Double Oval Stream
1046.101	Th	5:30- 9 pm	12/11	Winter's Lace

Adult Community Center, Classroom

1043.101	S	10 am-2 pm	9/27	Cliffside
1045.101	S	10 am- 2 pm	10/25	Autumn Palette
1047.101	S	10 am- 2 pm	11/22	Christmas Candle
1049.101	S	10 am- 2 pm	12/27	Cypress Paradise

Sunset Fire Hall, Downstairs



River's Peace



Haven in the Valley



Double Oval Stream



Winter's Lace



Cliffside



Autumn Palette



Christmas Candle



Cypress Paradise

EXPERIENCE HAUNTED WEST LINN'S TEMPORAL TRAIL OF WONDERS
AT MARY S. YOUNG PARK

BARON SAMEDI'S MIDNIGHT TRAVELING CIRCUS

FRIDAY, OCTOBER 24TH 7-10 PM &
SATURDAY, OCTOBER 25TH 7- 10:30 PM

Children under 8 years visit the enchanting Children's Candy Carnival 7-9:30 pm
Advance tickets online www.westlinnoregon.gov/parksrec



HAUNTED TRAIL

Online Price \$8

6750.101 Friday 7-8 pm

6751.101 Friday 8-9 pm

6752.101 Friday 9-10 pm

6753.101 Saturday 7-8 pm

6754.101 Saturday 8-9 pm

6755.101 Saturday 9-10:30 pm

ENCHANTED TRAIL

Online Price \$4

6756.101 Friday 7-9:30 pm

6757.101 Saturday 7-9:30 pm

Children under 4 years are free.

Admission includes:

Games/Activities and a walk
through the Enchanted
Children's Candy Carnival Trail.

Volunteers Needed: Actors, make-up artists, costumers and responsible adults for security.

Teen/Adult/All Ages

Study Skills for Success

Ages 14-18

Tap into your natural learning abilities to take charge of your education. You can learn practical techniques, time management, goal setting, study and test-taking, memorization, reading comprehension and writing organization to develop your own style of learning to help you excel in the classroom, and for the rest of your life. Taught by nationally certified speech-language/cognitive therapists.

FEE: IC \$150/OC \$155

6000.101 W 6:30-8:30 pm 9/24-10/29

West Linn High School RM A106

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. \$25 Materials fee payable to Harmony Road at first class.

FEE: IC \$288 / OC \$293

6256.101 M 10-10:45 am 9/8-1/26

6257.101 T 6-6:45 pm 9/9-1/27

6258.101 W 10-10:45 am 9/10-1/28

Harmony Road Music 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 \$91/OC \$103 Drop-in \$10

1065.101 T 7-8:30 pm 9/16-12/16

No class 11/11

Rosemont Ridge Middle School, Room C104

The Annual Holiday Parade in Historic Old Willamette

2014 Theme

FOR KIDS FROM 1 TO 92

Saturday, December 6th, 2014 — Parade Begins at 10am



Registration opens at 9am at 10th Street and Upper Willamette Falls Drive
Visit with Santa immediately following the parade at the Willamette Fire Station
Where donations of non-perishable food and new unwrapped toys will be gratefully accepted.

For registration and parade details please contact West Linn Parks and Recreation

503-557-4700 www.westlinnoregon.gov

Kettlebell Fitness

Teen- Adult

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 4 Max 10

FEE: IC \$40/OC \$45

2170.101	S	10-11:30 am	9/27
2171.101	S	12- 1:30 pm	10/25
2072.101	S	12- 1:30 pm	11/29
2073.101	S	12- 1:30 pm	12/27

Sunset Fire Hall

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 4 Max 10

FEE: IC \$28/OC \$33 Drop-in \$10 per class

2075.101	W	9-10 am	10/1-10/22
2076.101	W	9-10 am	11/5- 11/26
2077.101	W	9-10 am	12/3- 12/24

West Linn Adult Community Center

Kettlebell Evenings

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 4 Max 10

FEE: IC \$28/OC \$33 Drop-in \$10 per class

2080.101 W 4:45- 5:45 pm 10/1- 10/22

2081.101 W 4:45- 5:45 pm 11/5- 11/26

2082.101 W 4:45- 5:45 pm 12/3- 12/24

West Linn Adult Community Center

About the Instructor: Janet DuBack

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.

Ugly Holiday Sweater Dash

Saturday, December 6 2014
In Historic Willamette District
of West Linn

Runners, walkers and families are invited to come out before the Holiday Parade for the family-friendly, Ugly Holiday Sweater Dash.

Wear your best holiday sweater for this event.

5 K Run 9:00 a.m. 1 Mile Dash—9:30 a.m.

Registration and information at www.westlinnoregon.gov/parksrec
Check in location : 1817 Willamette Falls Drive



Teen/Adult/All Ages

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



Canoe — Beginning Lesson

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

2201.301 Sa 1:30-4 pm 10/4

Willamette R. Rock Is.-Willamette Park, 1900 Volpp St.

Tualatin River-Meet Location: Tualatin Community Park;

Exit # 289 off I-5

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 \$46/OC \$51

2004.101 Sa 8:30 am-12:30 pm 10/4

Meet Location is Willamette Park, West Linn



North Santiam River Rafting

Adult & ages 9 and up with accompanying adult

Only an hour and a half from Portland, the clear and pristine North Santiam river trip comes packed with fun rapids and beautiful mountain scenery. Our guides will teach you about the environment and how to be safe on the water. A delicious riverside lunch is provided. Come experience an incredible forest and captivating Cascade mountain river! All rafting gear is included. For detailed information contact Cascadia Expeditions at 503-395-7122 or info@cascadiaexpeditions.com

[com](http://www.cascadiaexpeditions.com)

FEE: IC \$89/OC \$94

2213.301 Sa 10 am-4 pm 9/13

2214.301 Sa 10 am-4 pm 10/11

Meets at Packsaddle Park, Highway 22 East (34 Miles from Salem) ends near Mehama.

Lighting of the Woods Tour Maddax Woods each evening 4-9 pm November 15-December 31

Maddax Woods

5785 River Street, November 15, 3-8 pm
Conifers with lights and live native plants for sale.
For questions call Sally at 503-722-2137.

Adult Male Advanced Futsal

with Marcio Jungerman

The Advanced Male Open Play Futsal program will be played with 5 players on each team, without goalies. We use a smaller, low bounce ball. Scoring is only allowed from within the penalty area or goalie area. Very little physical contact is permitted. No slide tackling and aggressive play is allowed. The objective is to develop and improve on: passing, ball control, dribbling and overall accuracy. The goals are approximately 4 x 6 feet. Teams are created each night of play and subs come in every 5 minutes mixing the teams. Each player must bring a White and Dark t-shirt or jersey to play (NO Grey). This is an ADVANCED program and prior futsal experience is advised. However, prior high level soccer experience will be helpful. Maximum 16 players per night, call Marcio at 503-803-2676 for availability. This is an advanced program and prior futsal experience is required.

FEE: IC \$45/OC \$50 Drop in fee \$5

W 8:30-10 pm 9/17-11/5

Willamette School, Gym

Over 35 Open Gym Basketball

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.

\$3 Drop in per night In City - \$5 Drop in Out of City

Tuesdays 8:30-10 pm

September 16-December 30

Willamette School, Gymnasium (Gym not available Nov. 11)

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

Adult Open Gym Recreational Co-ed Volleyball

Over 18 years of age,

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

Min 4 Max 28

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

Mondays 8-10 pm

September 15-December 29

No online registration

For information contact David Nepom 503-305-5366 or

dnepom@gmail.com

Willamette Primary School, gym

Power Volleyball Open Gym

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

\$2 per person/per night

Tuesdays 8-10 pm

Athey Creek Gymnasium.

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

WEST LINN PARKS & RECREATION

Holiday Bazaar

Saturday November 15, 2014 ~ 9 am-4 pm
Adult Community Center, 1180 Rosemont Rd.

JOIN US FOR OUR 6TH ANNUAL HOLIDAY BAZAAR

With over 25 Vendors featuring handcrafted gifts, jewelry, woodworks, paintings and sweets.

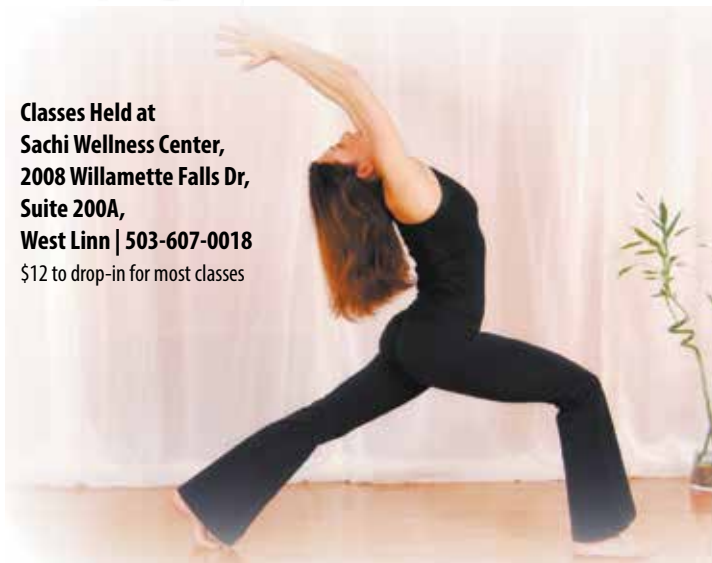
Free entry. For more information call West Linn Parks and Recreation at 503-557-4700.

Adult Fitness



Health and Well-Being
for the Entire Family

Classes Held at
Sachi Wellness Center,
2008 Willamette Falls Dr,
Suite 200A,
West Linn | 503-607-0018
\$12 to drop-in for most classes



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 \$72/OC \$77 (8 weeks)
2013.101 Tu 9-10:15 am 9/9-10/28
2014.101 Th 9-10:15 am 9/11-10/30
FEE: IC \$63/OC \$68 (7 weeks)
2015.101 Tu 9-10:15 am 11/4-12/16
FEE: IC \$54/OC \$59 (6 weeks)
2016.101 Th 9-10:15 am 11/6-12/18
No class 11/27

Mindful Movement

A gentle, grounding movement session that incorporates yoga-like postures plus dynamic and corrective flexibility exercises. The final 15 minutes of each class will include guided visualization/meditation and breathwork.

FEE: IC \$72/OC \$77 (8 weeks)
2017.101 W 9:30-10:45 am 9/10-10/29
FEE: IC \$63/OC \$68 (7 weeks)
2018.101W 9:30-10:45 am 11/5-12/17

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 \$72/OC \$77 (8 weeks)
2019.101 W 6-7:30 pm 9/10-10/29
FEE: IC \$63/OC \$68 (7 weeks)
2020.101 W 6-7:30 pm 11/5-12/17

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 \$63/OC \$68 (7 weeks)
2021.101 Su 8:45-9:45 am 9/14-10/26
FEE: IC \$54/OC \$59 (6 weeks)
2022.101 Su 8:45-9:45 am 11/2-12/14
No Class 11/30

FEE: IC \$63/OC \$68 (7 weeks)
2023.101 M 6:30-7:45 pm 9/15-10/27
2024.101 M 6:30-7:45 pm 11/3-12/15

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 \$63/OC \$68 (7 weeks)
2030.101 Sa 9:30-10:45 am 9/13-10/25
FEE: IC \$72/OC \$77 (8 weeks)
2031.101 Sa 9:30-10:45 am 11/1-12/20

10 common stretches

Join us for this 2 hour workshop designed to approach common areas of stress and pain. This is not a yoga class. We will go over the dynamics of a stressed muscle or tendon and work towards lengthening these areas. Come with your list of troubled targets—we will try to cover a stretch for everyone. Led by Sarah Colar-chik, massage therapist and yoga instructor.

FEE: IC \$15/OC \$20
2027.101 Tu 6-8 pm 9/23

Belly Dance Basics

Basic belly dance torso movement, steps and rhythms. Fun workout appropriate for all ages and body types.

FEE: IC \$88/OC \$93 (7 weeks)
2028.101 F 12-1:30 pm 9/12-10/24

Belly Dance Beyond Basics

Improve and refine basic techniques while adding challenging new movements and combinations. Recommended at least three sessions at "Basics" level prior to enrolling.

FEE: IC \$88/OC \$93 (7 weeks)
2029.101 F 10:30 am-12 pm 9/12-10/24

T'ai Chi—Beginning

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

Min 5 Max 20
FEE: IC \$72/OC \$77 (eight 60-minute classes)
2000.101 W 6-7 pm 10/1-11/19
Adult Community Center
2001.101 Sa 9:15-10:15 am 10/4-11/22
Sunset Fire Hall Upstairs

T'ai Chi—Intermediate

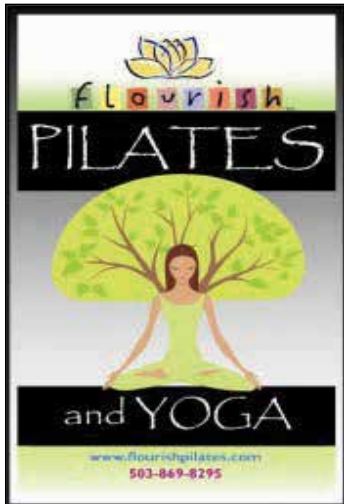
S.V. Miller
Enhance the flow; continue improving your good health and skill. This class is for the T'ai Chi Player who has attended at least one full session of the entire Form, is conversant about the basic Principles, and is competent with the basic footwork (Bow and Arrow Step, Crouching Tiger Stance,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

FEE: IC \$72/OC \$77 (eight 60-minute classes)
2002.101 W 7-8 pm 10/1-11/19
Adult Community Center

T'ai Chi Advanced with Fan Form

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 experienced T'ai Chi Player and will focus on the Yang-Style 36-Movement Fan Form. Enrollment requires Instructor's permission.

Min 5 Max 20
FEE: IC \$108/OC \$113 (eight 90-minute classes)
2003.101 Sa 10:15-11:45 am 10/4-11/22
Sunset Fire Hall Upstairs



Pilates Mat & Reformer Classes & Personal Training

Instructor: Flourish Pilates (Clare Baxter & Staff)

Address & facility location:

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

www.Flourishpilates.com

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

Clare baxter is the owner of Flourish Pilates Studio in West Linn 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.

Pilates Mat With Props

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

FEE: IC \$254/OC \$259 (13 sessions)

2032.101 M 5:30-6:30 pm 9/22-12/15

2033.101 W 10:30-1:30 am 9/17-12/17

No class 11/26

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 \$254/OC \$259 (13 sessions)

2034.101 W 6-7 pm 9/17-12/17

No class 11/26

2035.101 S 10:30-11:30 am 9/20-12/13

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 \$429/OC \$435 (13 sessions)

2036.101 T 10:30-11:30 am 9/16-12/16

No class 11/11

2037.101 T 6-7 pm 9/16-12/16

No class 11/11

2038.101 F 9:30-10:30 am 9/19-12/19

No class 11/28

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 \$429/OC \$435 (13 sessions)

2039.101 M 6:30-7:30 pm

9/22-12/15

2040.101 T 9:30-10:30 am 9/16-12/16

No class 11/11

2041.101 Th 9:30-10:30 am 9/18-12/18

No class 11/27

2042.101 Th 6-7 pm 9/18-12/18

No class 11/27

2043.101 S 10:30-11:30 am 9/20-12/13

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 \$429/OC \$435 (13 sessions)

2044.101 T 5-6 pm 9/16-12/16

No class 11/11

2045.101 W 9:30-10:30 am 9/17-12/17

No class 11/26

2046.101 W 6-7 pm 9/17-12/17

No class 11/26

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 strengthen-

ing the hips and gluts, we can also prevent many back issues. Combat the effects of sitting in a small group.

FEE: IC \$429/OC \$435 (13 sessions)

2047.101 S 9:30-10:30 am 9/20-12/13

2048.101 M 9:30-10:30 am 9/22-12/15

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 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 \$429/OC \$435 (13 sessions)

2049.101 W 12-1 pm 9/17-12/17

No class 11/26

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 \$429/OC \$435 (13 sessions)

2050.101 F 12-1 pm 9/19-12/19

No class 11/28



Adult Programs



Beginning Yoga 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 to 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 \$72/OC \$77 (9 weeks)

2005.101 M 7:30-9 pm 9/8-11/3

FEE: IC \$64/OC \$69 (8 weeks)

2006.101 M 7:30-9 pm 11/10-12/29

Willamette Primary School, Cafeteria

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 \$64/OC \$69 (8 weeks)

2007.101 W 7:30-9 pm 9/10-10/29

FEE: C \$56/OC \$61 (7 weeks)

2008.101 W 7:30-9 pm 11/5-12/17

Willamette Primary School, Cafeteria

Motivated Zen

Visit instructor's website: www.motivatedzen.com

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 \$72/OC \$77

1078.101 T & Th 6:30 - 7:45 pm 9/23- 10/30

FEE: IC \$36/OC \$41

1079.101 T 6:30 - 7:45 pm 9/23- 10/30

FEE: IC \$72/OC \$77

1080.101 T & Th 6:30 - 7:45 pm 11/4- 12/18

No class Nov 11 or Nov 27

FEE: IC \$36/OC \$41

1081.101 T 6:30 - 7:45 pm 11/4- 12/18

No class Nov 11

Trillium Creek Primary School, Porch

Zen Walks

Ages 16+

Zen Walks teach a form of moving meditation that encompasses mindfulness techniques while engaging nature and promoting physical and mental wellness. This is an instructor led class through different West Linn parks in which a meditative atmosphere is encouraged as members form a loose group and are guided to notice and interact with natural park features while walking on designated pathways. Sturdy shoes and appropriate moisture wicking clothing is recommended, as well as rain gear if needed. Walks happen rain or shine.

Min 4 Max 20

FEE: IC \$28/OC \$33 Drop-in \$6

1082.101 M 6:30-7:30 pm 9/22 -10/27

See dates and corresponding parks below

9/22 Robinwood Park, meet in parking lot

9/29 Mary S. Young Park, meet in covered shelter (near old restrooms)

10/6 Marylhurst Heights Park, meet in covered shelter B (shelter with solar panels)

10/13 Fields Bridge Park, meet near restrooms

10/20 Maddax Woods, meet in parking lot

10/27 Wilderness Park, meet in lower parking lot



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. Julie is also a professional kayaker, and the founder and Organizer of Kayak Portland, a paddling community of over 1400 members, as well as being a professional musician, performing in and directing music programs throughout the Northwest. She takes great joy in mentoring artists and athletes of all disciplines.

Adult Dance

D. Crandell/16-Adult

Partners required-no partner rotation

Min 8 Max 24

All classes at West Linn Adult Community Center, MPR1&2

Beginning Swing

Beginning Swing at a slow to medium triple rhythm swing is an easy and fun dance to learn.

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

1020.101 Th 7-8 pm 9/18-10/9

Beginning Tango

Everyone should Tango at least once in their lifetime!" Instructor Cal Puzo, Champion Latin Dancer and teacher. Need we say more? One of our most popular dances!

FEE: IC \$45/OC \$50

1021.101 Th 7-8 pm 10/16-11/6

Beginning Jitterbug Swing

The most fun and easy dance there is! No acrobatics here but plenty of cool moves! NO class on November 27th means classes are extended by 15 minutes each week.

FEE: IC \$45/OC \$50

1022.101 Th 7-8:15 pm 11/13-12/4

Beginning Salsa/Rumba

2 great Latin Dances in one session! Salsa for the first 2 weeks and Rumba after the holiday break!

FEE: IC \$45/OC \$50

1023.101 Th 7-8 pm 12/13-1/15



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.

Session 1

FEE: IC \$45/OC \$50

1024.101 Th 8:15-9:15 pm 9/18-10/9

Session 2

FEE: IC \$45/OC \$50

1025.101 Th 8:15-9:15 pm 9/18-10/9

Session 3

NO class on November 27th means classes are extended by 15 minutes each week.

FEE: IC \$45/OC \$50

1026.101 Th 8:15-9:30 pm 11/13-12/4

Session 4

FEE: IC \$45/OC \$50

1027.101 Th 8:15-9:15 pm 12/13-1/15

YOU'RE ON THE AIR-

How to Really Make It in Voice-Overs!

A One-time 2 Hour Program for Adults

B. Sleeper

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

1001.101 T 6:30-8:30 pm 10/21

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!

Acting Basics for Adults

Ages 40+

Instructor Patricia Amore Hand provides instruction in acting basics for adults 40, 50, 60, 70 and over. Learn beginning acting tools in a safe relaxed environment. Enhance expressive and creative skills through improv, skits, scenes, and fun.

About the Instructor: Patricia Amore Hand is a music teacher with a strong theatrical background she has been described as energetic, full of fun, and gracious.

Min 6 Max 12

FEE: IC \$99/OC \$104

1002.101 W 6:30-7:30 pm 10/1-11/19

Rosemont Ridge Middle School

Adult Programs

Entrepreneurial Workshops

L. Krusemark

LeeAnne is an author, speaker, and business owner.

Classes all held at the West Linn Adult Community Center

At Home Study Orientation:

Medical Insurance Billing or Medical Terminology or Notary Public

If you want to learn one of these topics, but don't have the time to attend a semester long in-person class, here's your chance to learn, at your own pace, in your own home. These PRINTED manuals/workbooks guide you through the course when have the time. Choose one course or more for a discounted price.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials FEE: \$99 any one course/

\$159 any two courses, \$199 all three courses

1085.101 T 10-11 am 11/11

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This is not a get rich quick scheme, this is a plan of action to help others learn the path to financial freedom. In this fast paced workshop, you will learn how to:

- get OUT of credit card debt and reduce bad credit
- raise your credit limit AND lower your interest rate
- buy a home even if you have bad credit or are self employed
- and more!

This workshop is not for those already advanced in financial matters nor does it provide any legal advice. A mandatory \$20 materials fee is payable to instructor at the door for printed information to assist you in your journey to financial freedom.

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials FEE: \$20 Payable directly to instructor at class

1086.101 T 11 am- 1 pm 11/11

Self Publishing vs. Traditional Publishing: Which is Best for You?

Self Publishing is all the rage, but is it the best option for YOU? Learn pros and cons of traditional publishing and all of the self publishing options, including vanity publishing, print on demand publishing, e-book publishing, and the Amazon options of Kindle Publishing and Create Space.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials FEE: \$10

Payable directly to instructor

1087.101 T 2-3 pm 11/11

Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to:

- submit manuscripts the correct way
- find the right publisher for your work
- 100 ways to make money as a freelance writer

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials FEE: \$20

Payable directly to instructor

1088.101 T 2-4 pm 11/11

Meet the Publisher-Get Your Manuscript Critiqued

Have you ever wanted to talk to a real publisher? Bring your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, novel, non-fiction book, or children's book. You can then leave a COPY of your manuscript, for an optional materials fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter.

Min 5 Max 45

FEE: IC \$12/OC \$17 Materials FEE: \$10

Payable directly to instructor

1089.101 T 4-5 pm 11/11

Save \$Money\$ with Extreme Couponing!

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. This comprehensive workshops will teach you:

- how to find the best coupon web sites
- how to decipher coupon policies the best way to sort and store coupons

Feel free to bring your coupons to class for a trading session.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials FEE: \$10

Payable directly to instructor at class

1090.101 T 5-6 pm 11/11

How to Earn Extra \$Money\$ with a Mystery Shopping Business

Have you ever wanted to become a Secret Mystery Shopper? Participants must attend "Cash in with a Successful Home Based Business, also learn how to:

- sign up with many mystery shopping companies WITHOUT FEES!
- become a Merchandiser too for extra income

With a few simple steps, you can start Mystery

Shopping today! Min 5 Max 45

FEE: IC \$12/OC \$17 Materials FEE: \$10

Payable directly to instructor

1091.101 T 6-7 pm 11/11

\$Cash\$ in with a Successful Home-Based Business

Are you tired of working for someone else? Turn your talents and hobbies into profits at home by learning:

- mandatory legal documentation many ways to market your product/service
- how to take tax deductions (this workshop included!)
- more than 100 home business ideas

This may be the most comprehensive business start-up workshop you will find.

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials FEE: \$20

Payable directly to instructor

1092.101 T 6-7 pm 11/11

Make \$Money\$ with a Typing/Word Processing Business

If you can type, then you can make money at home using your word processor or computer. Participants must attend " \$Cash\$ in with a Successful Home-Based Business". There really is a need for your services, so be your own boss and have the opportunity to make more money.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials FEE: \$10

Payable directly to instructor

1093.101 T 9-10 pm 11/11

Cooking with Surja Tjahaja

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

Pad Thai

(Vegan Version Available)

Ages 15-Adult

Back by popular demand, we are going to make two versions of this very popular Thai dish: one with the authentic sauce using tamarind and another version that is popular in the US. You will then decide which version you prefer, however either way you will become a master at making Pad Thai. We will use fish sauce, palm sugar, complex spices, and fresh noodle. Do come hungry, we'll feast.

Min 3 Max 12

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

Materials fee: \$5 payable to instructor

1018.101 Su 10 am-2 pm 9/21

West Linn Adult Community Center



Vegan Dish from Italy:

Wild Mushroom Pasta with White Wine Sauce Reduction

Ages 15-Adult

We turn these "forest delicacies" using a sauce reduction technique that is simple and yet can be listed in a five star restaurant menu. It will become your home signature choice of gourmet dinner to serve. We will serve it with garlic bread and salad. Come hungry to celebrate this local bounty.

Min 3 Max 12

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

Materials fee: \$8 payable to instructor

1017.101 Su 10 am-2 pm 10/26

West Linn Adult Community Center

Chicken Scallopini with Marsala Wine and Mushroom Sauce Reduction

Ages 15-Adult

Here is a gourmet meal for the holiday celebrations at the comfort of your home, that is sure to beat going to a fancy restaurant. We will learn the technique on how to make this incredibly simple and yet can fit into any five star restaurant menu. Come hungry as we will savor this meal for our lunch.

Min 3 Max 12

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

Materials fee: \$8 payable to instructor

1020.101 Su 10 am-2 pm 12/7

West Linn Adult Community Center

Photography Instruction

Dwon Guvenir, Craftsman Photographer, Instructor's website www.oregonphotosafaris.com

Ages 16-Adult

West Linn High School, B204

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. Its a great place to start if you're not really sure you want to take the time to develop your skills as a photographer. This course is not a prerequisite for the Advanced Photography course. Bring camera and manual.

Min 5 Max 20

FEE: IC \$35/OC \$40

1050.101 M 7-9 pm 10/6

Photography Advanced

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

Min 5 Max 20

FEE: IC \$100/OC \$105

1051.101 M, T, W 7-9 pm 10/6, 10/7, 10/8

Clock Repair

NEW INSTRUCTOR:

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. A group of clock en-



thusiasts will teach you the fundamental skills to repair spring or weight driven pendulum clocks. 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)

1505.101 T 7-10 pm 9/16-12/9

No class 11/25

Stafford Primary School Cafeteria/Commons

NEW: 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.

Min 6 Max 24

FEE: IC \$48/OC \$53

1025.101 M 6:45-9 pm 9/15-10/6

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.

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:

September 1st—Labor Day

November 11th—Veteran's Day

November 27th-28th—Thanksgiving

December 25th- January 2

The Adult Community Center is located at

1180 Rosemont Road

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

503-557-4704

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. Call 503-657-8287.

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.

Health and Wellness Programs

Foot Clinic (please note the new time) Foot care is provided by a visiting nurse for \$25. Clinics are held every 1st Wednesday of every month. Call to schedule appointment at the Adult Community Center.

Chair Massage Chair massage is now offered every Friday from 9 am-2:30 pm at the Adult Community Center with LMT, Gisela Davisson. Massages are offered in 15 or 30 minute increments-\$15 for 15 minutes or \$25 for 30.

Home Medical Equipment Medical equipment available for loan at no cost include: canes, crutches, walkers, wheelchairs, bedside commodes and bath/shower seats. Donations of medical equipment 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.

Massage Therapy Sarah and Tiffany, both Sachi Wellness Center masseuses, are offering West Linn Adult Community Center members a 45 minute massage for a reduced fee of \$40. This is offered the 1st Thursday of each month with Sarah and every 3rd Wednesday of the month with Tiffany at the Sachi Wellness Center located at 2008 Willamette Falls Drive, Suite A West Linn. To schedule your appointment, call the Adult Center at 503-557-4704.

West Linn Adult Community Center

Presentations and Activities from Local Experts

Join us for various presentations on health, music memory, social security, Medicare and senior living topics.

The Healing Benefits of Kiatsu

Karen Lewis, a certified Kiatsu instructor, will give a free, brief talk on Kiatsu and the healing benefits it brings. Presentation Monday, September 15 at 12:30 pm. Please call the front desk for further information. She will also be holding a 4 week class in October on Wednesdays at 1:00 pm. Class registration will be required. \$40 for 4 classes.

The Music Time Machine

Experience the music time machine with Robert Samuelson. Stimulate your long term memory by listening to brief samples of popular songs of the 30's through the 60's. Are you familiar with that song? Did the song bring back other memories? Come lis-

ten and learn. Thursday, September 18th at 1:00 pm. Please RSVP at the front desk.

Improving Your Health

Dr. Vermillion from Revive Wellness and Injury in West Linn will be sharing her expertise on wellness and specific ways we can improve our health. Thursday, September 25th at 1:00 pm. Please RSVP at the front desk.

Senior Housing Options

Julie Ouillette from NW Senior Resources will be speaking about senior housing options, general pricing and how to pay for it. Thursday, October 9th at 1:00 pm. Please RSVP at the front desk.

SHIBA medicare informational meeting

Monday, October 13th from 1:15-2:30 pm

HealthNet medicare information meeting

Tuesday, October 21st at 10:30 am

SHIBA medicare individual counseling sessions

Thursday, October 30th from 10-3 pm. By appointment only made directly with SHIBA volunteers at 503-655-8269

Social Security Workshop for Baby Boomers

Social Security Workshop for Baby Boomers with certified financial planner, Joseph Alfonso. Social Security is far more complicated than most people realize. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime. Thursday, November 6th at 1:00 pm. Please RSVP at the front desk.

Wellness

The doctors from Sachi Wellness Center in West Linn will be coming to speak on a wellness topic. Exact topic TBA. Thursday, November 20th, 1 pm. Please call the front desk for further details.

Carotid Artery Screening with Sendant Health

Heart attacks, Stroke and Type 2 Diabetes can be prevented and Dr. Burke will be at the ACC to screen for evidence of plaque build-up. This is one of the earliest methods of cardiovascular disease detection. Thursday November 13 from 9am-3pm. Please call the center for sign up information.

Upcoming Bus Trips

Must sign up at the ACC and have payment ready up front.

Mt Angel Octoberfest

Thursday, September 11th. \$15 includes bus ride and event admission

Shanghai Tunnel underground tour:

Wednesday, September 24th. \$25 includes bus ride, tour admission and lunch!

Cannon Beach

Thursday, October 2nd. \$12 includes bus ride

Mt. Hood Fruit Loop

Thursday, October 16th. \$10 includes bus ride

Maryhill Museum

Wednesday, October 22nd. \$20 includes bus ride and museum admission

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

West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

HEALTH

- Foot Clinic (by appointment) 1st Wednesday, 9 am-2:30 pm, \$25 Fee
- Chair Massage (by appointment) Every Friday, 9 am-2:30 pm, \$15/15 minutes, \$25/30 minutes
- 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, see write-up
- 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-Fri, 8:15-8:45am, see write up
- Strength & Balance Tues, Thur, Fri, 8:45-9:45 am, see write up
- Core Strength or Strength & Balance optional third day per week, 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-12pm
- Whist Fri 10 am-12pm
- Pinochle Lessons (beginners welcome) Tues 12:30-3 pm
- Bridge Mon 12:30-3 pm and Thurs 10:30 am-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)

- (New!) Travel Talk Every last Monday of the month 12:30pm
- 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 2nd Wed 1-2 pm (call for book titles)
- Senior Law Project-Free ½ hour consultation 2nd Monday of each month. Call center for appointment.

SPECIAL INTEREST INSTRUCTIONAL CLASSES

- Drama Every Thursday 1-2:30 pm \$100 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 a class. Please call City Hall, 503-557-4700, for introductory class information.

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 11am-12 pm \$40/8 weeks or \$5 drop-in

Core Strength

Instructor Jacquelyn Rodgers , who is certified through NASM, yoga instructor, running coach and certified in arthritis and working with seniors, will be leading this ½ hour floor exercise and resistance weight-training program helps to build your core strength.

Tues., Thurs. & Fri. 8:15-8:45 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 will be taught by Jacquelyn Rodgers , who is certified through NASM, yoga instructor, running coach

West Linn Adult Community Center

and certified in arthritis and working with seniors.

Tues., Thurs. & Fri. 8:45-9:45 am
(8 week session)

\$70 for 2 classes per week,
\$108 for 3 classes per week or
\$5 drop-in

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.

Tuesday & Thursday 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, marshall arts and dance arts. It's about enhancing sensation and awareness in your own body's way. Your body will become stronger, more mobile, agile, stable and flexible with each class. And it's fun! Chair options are available. Class taught by Maria Milner.

Tue, Thur 11:15-12 pm
9/30-10/23, or 11/4-12/18

\$60 for 12 classes
\$100 for couples for 12 classes
or \$7 drop-in

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

Drama

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 (which we soon hope to create a better name) 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.

Mondays 1-2:30 pm, \$100 for 8 classes

NEW! 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



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

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 11 am-12 pm 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

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 appointment
No charge

Knitting and Crocheting Group

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

Thurs 10 am-12 pm 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.

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.

We always encourage suggestions of new activities.

**Call the Center at
503-557-4704**

and we'll see what we can do!

Park Facility Reservations

The West Linn Parks system has park facilities available on a first come first served basis. However, if you are anticipating a large group, you may wish to make a reservation in advance. The Parks Department has reservations available at parks for your convenience, all with restroom facilities, for your group.

Picnic Area & Field Reservations

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

Located on Highway 43 in West Linn. This scenic park is part of the West Linn Park System. It features athletic fields, walking 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 acres park offers you a peaceful place to walk or sit by the Willamette River. This quiet, forested park is great for urban birders. There are also 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.

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.

To schedule: the Sunset Fire Hall contact Parks and Recreation staff at 503-557-4700; the Adult Community Center at 503-557-4704; or the Care Takers at the McLean House at 503-655-4268 to schedule a tour.

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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POSTAL CUSTOMER

13th Annual Tree Lighting & Community Celebration

Friday, November 21, 2014 • 6-8 pm
Cascade Town Square
22500 Salamo Rd., West Linn

Entertainment

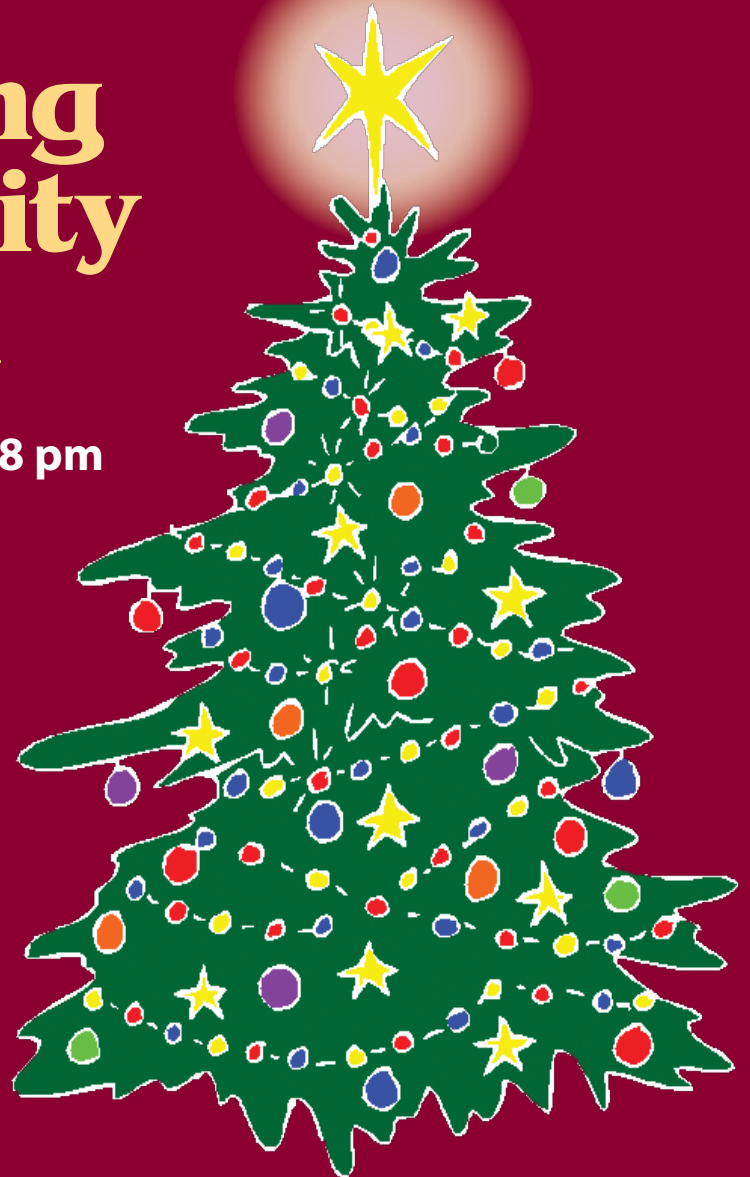
Ornament & Cookie Decorating

Face Painting

Complimentary Refreshments
from Starbucks

Merchant Specials

Ugly Holiday Sweater Dash Packet
Pick-up with Eventurous Events



*Please bring non-perishable food and new,
unwrapped toys benefiting those served by the West Linn Food Pantry*