

CITY OF
**West
Linn**

CITY OF WEST LINN PARKS & RECREATION

Activities

**FALL/HOLIDAY
2015**

Class Registration

Events Guide

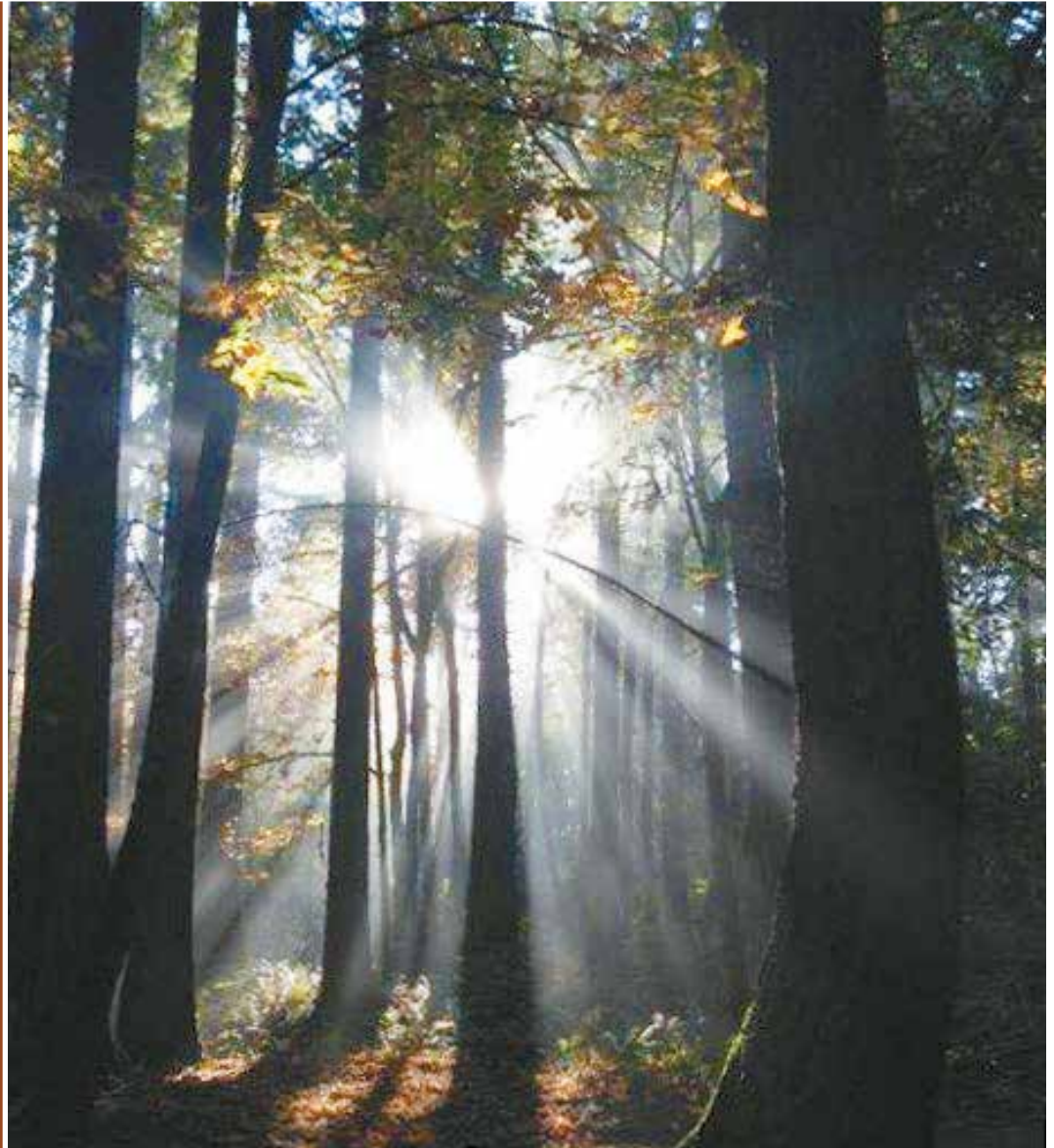
Senior Programs

Park Information

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

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

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



www.westlinnoregon.gov | Like us at www.facebook.com/westlinnparksandrec

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, walk-in, phone-in or mail in registration begins August 31, 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 begins September 2 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.



Recreation Program Sites

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

Register for classes early!!

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

Director's Message

I am excited to announce lots of exciting programs and park improvement projects are scheduled for over the next 12 months beginning this fall.

To start with, the long awaited expansion to the Adult Community Center is scheduled to begin this September and hopefully will be complete by the first of the year. This \$950,000 project is funded by several sources including a grant and generous donation by the Friends of the Adult Community Center leaving less than 10% of the total project cost to be funded by West Linn tax dollars.

Next comes the completion of Fields Bridge Park with the addition of three shelters, the completion of the walkways and a paddle-craft launch area. These projects are funded through the Parks System Development Fund.

Believe it or not, after nearly 20 years on the planning books, construction of the first phase of the Upper Willamette River Greenway Trail is also scheduled to begin this fall. When totally completed, this trail connects Willamette Park to the Arch Bridge area. Though the entire trail will not be along the river, this first phase opens up thousands of feet of new pathway along the river with a couple of access points down to the upper river itself.

Among smaller improvement projects at Mary S. Young and Hammerle Parks, playground improvements are in the planning stages for Sahallie Illahee Park, Tanner Creek Park and the White Oak Savanna Park.

Finally after four years of design, planning and permitting, next summer we will be rebuilding the Cedaroak Boat Ramp with an estimated project cost totaling nearly \$1.6 million, we are anticipating nearly \$1.4 million in State and Federal grants to go toward the funding of this much needed and long overdue project.

Of course, coming off of a successful summer with great concerts, the Old Time Fair, the Street Dance, Movies in the Park, and all of our other summer camps and programs for families and kids, staff is already busy planning the Haunted Trail and upcoming Holiday event that we hope you all will be able to attend.

As always, please feel free to contact us with any questions or concerns. We look forward to seeing you in a park soon.

Ken Worcester
Parks & Recreation Director

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

Office Hours:

Monday-Friday 8 am-5 pm
Closed Legal Holidays

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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.westlinnssoftball.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

Toddler & Youth Programs

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas



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.

FEE: IC \$216/OC \$221

\$20 Materials Fee payable to Harmony Road at First Class.

9/8-1/26	T	10-10:30 am	5000.101
9/11-1/29	F	10-10:30 am	5001.101
9/12-1/30	S	10-10:30 am	5002.101

Music In Me

Ages 3-5

The MIM 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

FEE: IC \$264/OC \$269

\$25 Materials fee payable to Harmony Road.

9/8-1/12	T	10:30-11:15 am	5003.101
9/9-1/13	W	4-4:45 pm	5004.101
9/11-1/15	F	10:30-11:15 am	5005.101
9/12-1/16	S	9:45-10:30 am	5006.101

More Music In Me

Ages 3-5

The 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.

FEE: IC \$264/OC \$269

\$25 Materials fee payable to Harmony Road.

9/8-1/12	T	11:15 am-12 pm	5007.101
9/11-1/15	F	11:15 am-12 pm	5008.101

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.

FEE: IC \$375/OC \$380

\$50 Materials fee payable to Harmony Road.

8/28-1/29	F	11-11:55 am	6800.101
8/29-1/30	S	13:30-11:25 am	6801.101
9/1-1/26	T	3:30-4:25 pm	6802.101
9/9-1/27	W	5-5:55 pm	6803.101
9/14-1/25	M	3:30-4:25 pm	6804.101

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.

FEE: IC \$375/OC \$380

\$50 Materials fee payable to Harmony Road.

8/25-1/26	T	4-4:55 pm	6805.101
8/26-1/27	W	4:30-5:25 pm	6806.101
8/29-1/30	S	10-10:55 am	6807.101

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.

FEE: IC \$375/OC \$380

\$50 Materials fee payable to Harmony Road.

8/26-1/27	W	5:30-6:25 pm	6808.101
8/27-1/28	Th	4:30-5:25 pm	6809.101
9/8-1/26	T	4:45-5:40 pm	6810.101

FREE 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.

9/22	T	6:30-7:30 pm	6812.101
9/25	F	1:30-2:30 pm	6813.101
9/29	T	6:30-7:30 pm	6814.101

Description for Piano Street for Teens/Adults is on page 15.

Sunset Kids

To learn more about program instructors or becoming a parent volunteer by calling WLP&R 503-557-4700.

Sunset Fire Hall-Upstairs

Wiggles & Giggles

Channel your child's natural enthusiasm for music & movement at a weekly class for active learners, utilizing circle time, action songs, imaginative props & instruments from the Music Discovery Table.

Min 8 Max 15

FEE: IC \$48/OC \$53

9/15-10/20	T	9:30-10:15 am	5050.101
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Creative Learning

Pre-K Art Literacy – literacy (letter recognition, letter sounds, number recognition,

counting, shapes, colors, patterns, rhyming words, etc.) through an interactive story time, followed by art activity that integrates literacy concepts learned, enhances fine motor skills, and supports individual creativity.

Min 8 Max 15

FEE: IC \$48/OC \$53

10/27-12/8	T	9:30-10:15 am	5051.101
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No class 11/24

Tumble Bugs

Basic toddler level tumbling class utilizing floor beam, small wedge, mini trampolines, panel and cushion mats.

Min 6 Max 15

FEE: IC \$72/OC \$77

9/17-10/22	TH	9:30-10:15 am	5052.101
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10/29-12/10	TH	9:30-10:15 am	5053.101
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No class 11/25

Dance Classes

Presented by

Miss Kathleen Van De Veere

View her website at www.misskathleen.net



DRESS CODE for classes:

Creative Ballet and Mommy and Me class: Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Hair pulled back and up.

Ballet/Tap Combo classes: Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Black tap shoes. Hair pulled back and up.

Ballet classes: Black leotard, ballet pink tights, pink leather ballet shoes. Hair in a bun.

Tap classes: Booty shorts or leggings. Leotards, Tank tops, half tops. Black tap shoes. Hair pulled back and up.

Jazz/Lyrical/Musical Theater classes: Booty shorts, capris or leggings. Leotards, Tank tops, half tops. Dance paws or pirouette shoes in skin tone color. Hair pulled back and up.

Hip Hop classes: Sweat pants, basketball shorts or loose fitting pants. Tank top, tee shirt/hoodie or half top. Black converse style sneakers. Hair pulled back.

Tumbling classes: Leggings, capris or shorts. T shirt or tank top. Bare feet.

Participate in our 16th annual dance recital.

Costume fee is \$70 per dancer per class. Payable to the instructor.

Proposed Recital weekend May 21-22, back up weekend May 14-15.

Canby High School Performing Arts Center.

No Classes Thanksgiving Week — Nov. 23-27

Mondays with Miss Kathleen at the Sunset Firehall, Upstairs

Ballet/Tap Intermediate

Ages 6-9

Perfect for your dancer who wishes to build skills they have learned from last year! Start with ballet stretches, barre and center and then change the pace and build on more complex tap skills and combinations!

FEE: IC \$65/OC \$70

9/14-10/19	M	2:45-3:30 pm	6200.101
11/2-12/14	M	2:45-3:30 pm	6201.101
1/11-2/15	M	2:45-3:30 pm	6202.101

Jazz 3

Ages 9 and up

This class is great for dancers who have at least 2 years or more of jazz and have mastered their double turns, leaps and intermediate jazz skills! Super popular and build your dancers technique with more training!

FEE: IC \$65/OC \$70

9/14-10/19	M	3:30-4:15 pm	6203.101
11/2-12/14	M	3:30-4:15 pm	6204.101
1/11-2/15	M	3:30-4:15 pm	6205.101

Jazz 4

Ages 11 and up

This class is for the advanced intermediate dancer with triple turns, turns in second and advanced leaps! Looking forward to building more technique, strength and advanced center, across the floor and floor work!

FEE: IC \$65/OC \$70

9/14-10/19	M	4:15-5 pm	6206.101
11/2-12/14	M	4:15-5 pm	6207.101
1/11-2/15	M	4:15-5 pm	6208.101

Mondays with Miss Jeanna at the Sunset Firehall, Downstairs

Tumbling

Ages 7-10

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	2:45-3:30 pm	6209.101
11/2-12/14	M	2:45-3:30 pm	6210.101
1/11-2/15	M	2:45-3:30 pm	6211.101

Tumbling

Ages 4-7

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	3:30-4:15 pm	6212.101
11/2-12/14	M	3:30-4:15 pm	6213.101
1/11-2/15	M	3:30-4:15 pm	6214.101

Tumbling

Ages 8-11

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	4:15-5 pm	6215.101
11/2-12/14	M	4:15-5 pm	6216.101
1/11-2/15	M	4:15-5 pm	6217.101

Tumbling II

Ages 11 and up

The Tumbling II class will focus on advanced skills such as aerials, handsprings and back tucks through strength and flexibility drills. Students will also spend time perfecting and adding variations to their flexibility poses and other tumbling skills.

FEE: IC \$75/OC \$80

9/14-10/19	M	5-6 pm	6218.101
11/2-12/14	M	5-6 pm	6219.101
1/11-2/15	M	5-6 pm	6220.101

Tumbling I/II

Ages 11 and up

The Tumbling I & II class will focus on intermediate to advanced tumbling skills such as handstand variations, walkovers. There will

also be a focus on strength and flexibility drills for aerials, handsprings ect.

FEE: IC \$75/OC \$80

9/14-10/19	M	6-7 pm	6221.101
11/2-12/14	M	6-7 pm	6222.101
1/11-2/15	M	6-7 pm	6223.101

Tuesdays With Miss Kathleen Adult Community Center Room MPR1

Creative Movement/ Pre Ballet I

Ages 3-4

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games. Your dancer will love dancing with Miss Kathleen.

FEE: IC \$45/OC \$50

9/15-10/20	T	2:45-3:15 pm	6224.101
11/3-12/15	T	2:45-3:15 pm	6225.101
1/12-2/16	T	2:45-3:15 pm	6226.101

Creative Movement/ Pre Ballet II

Ages 4-5

If your little one danced last year, this is a perfect class for you! Miss Kathleen will continue with skills from last year and introduce new terminology! Stretches, ballet basics and more! See you back in class!

FEE: IC \$45/OC \$50

9/15-10/20	T	3:15-3:45 pm	6227.101
11/3-12/15	T	3:15-3:45 pm	6228.101
1/12-2/16	T	3:15-3:45 pm	6229.101

Musical Theater Ages

7 and up

Miss Kathleen's MOST POPULAR class! Sing and dance with Miss Kathleen. Learn proper vocal techniques, theater games, musical theater dance styles and work on several songs from your favorite Broadway shows! The ultimate triple threat class!

FEE: IC \$65/OC \$70

9/15-10/20	T	3:45-4:30 pm	6230.101
11/3-12/15	T	3:45-4:30 pm	6231.101
1/12-2/16	T	3:45-4:30 pm	6232.101

Continued next page

Youth Programs

The Clack Tap Team/Class

Ages 11 and up

This is our intermediate/advanced tap class! Work your wings, pullbacks and complex center footwork! Perfect for the dancer with at least 3 years or more of tap dance experience and the intermediate and advanced level!

FEE: IC \$65/OC \$70

9/15-10/20	T	8-8:45 pm	6233.101
11/3-12/15	T	8-8:45 pm	6234.101
1/12-2/16	T	8-8:45 pm	6235.101

Tuesdays With Miss Rosemary at the Sunset Firehall, Upstairs

Ballet 2

Ages 9 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$65/OC \$70

9/15-10/20	T	3:30-4:15 pm	6236.101
11/3-12/15	T	3:30-4:15 pm	6237.101
1/12-2/16	T	3:30-4:15 pm	6238.101

Ballet 4/5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$85/OC \$90

9/15-10/20	T	4:15-5:45 pm	6239.101
11/3-12/15	T	4:15-5:45 pm	6240.101
1/12-2/16	T	4:15-5:45 pm	6241.101

Ballet 3

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$65/OC \$70

9/15-10/20	T	5:45-6:30 pm	6242.101
11/3-12/15	T	5:45-6:30 pm	6243.101
1/12-2/16	T	5:45-6:30 pm	6244.101

Tuesdays With Christine Adult Community Center MPR2

Musical Theater

Ages 5-7

Does your young one love to sing and dance!? Musical theater is our most popular class! Join Miss Christine for vocal warm ups, theater games and Broadway dancing! Fun and high energy!

FEE: IC \$65/OC \$70

9/15-10/20	T	3:15-4 pm	6245.101
11/3-12/15	T	3:15-4 pm	6246.101
1/12-2/16	T	3:15-4 pm	6247.101

Tiny Tappers

Ages 3-5

A perfect class for your little one who loves to tap! This is a NEW class! Learn proper tap technique, and shuffle off to buffalo! Tap warm ups, center and across the floor!

FEE: IC \$45/OC \$50

9/15-10/20	T	4-4:30 pm	6248.101
11/3-12/15	T	4-4:30 pm	6249.101
1/12-2/16	T	4-4:30 pm	6250.101

Tap Beginning

Ages 7-11

Perfect for your beginning tapper! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	4:30-5:15 pm	6251.101
11/3-12/15	T	4:30-5:15 pm	6252.101
1/12-2/16	T	4:30-5:15 pm	6253.101

Tap Beginning/Intermediate

Ages 7-11

This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	5:15-6 pm	6254.101
11/3-12/15	T	5:15-6 pm	6255.101
1/12-2/16	T	5:15-6 pm	6256.101

Tap Beginning/Intermediate

Ages 11 and up

This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	6-6:45 pm	6257.101
11/3-12/15	T	6-6:45 pm	6258.101
1/12-2/16	T	6-6:45 pm	6259.101

Tap Intermediate

Ages 11 and up

This class is great for dancers with some prior intermediate tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	6:45-7:30 pm	6260.101
11/3-12/15	T	6:45-7:30 pm	6261.101
1/12-2/16	T	6:45-7:30 pm	6262.101

Wednesdays With Miss Emily at the Sunset Firehall, Upstairs

NEW CLASS — Mommy or Grandma and Me Dance Class

Ages 2-3

Help your child discover movement and expression while networking with other parents through a structure that blends dance, music, and imagination. Students are introduced to a class structure, age appropriate stretches, coordination exercises, and rhythm through a safe and special experience with mommy. Added benefits for mom are increased flexibility, balance, and dance appreciation. This class encourages young children to explore, experiment and create through creative dance and helps prepare them for future dance and movement classes.

FEE: IC \$65/OC \$70

9/16-10/21	W	10-10:45 am	6263.101
11/4-12/16	W	10-10:45 am	6264.101
1/13-2/17	W	10-10:45 am	6265.101

NEW CLASS — Creative Movement/ Ballet Class

Ages 3-4

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through move-

ment games. Your dancer will love dancing with Miss Emily.

FEE: IC \$65/OC \$70

9/16-10/21	W	10:45-11:30 am	6266.101
11/4-12/16	W	10:45-11:30 am	6267.101
1/13-2/17	W	10:45-11:30 am	6268.101

NEW CLASS — Beginning Ballet and Tap Dance

Ages 4-6

Great for your dancer who loves ballet and tap! This is a great combination class of both skills. Learn proper ballet stretches and basic terms and skills. Then switch the pace with high energy of tap skills!

FEE: IC \$65/OC \$70

9/16-10/21	W	11:30-12:15 pm	6269.101
11/4-12/16	W	11:30-12:15 pm	6270.101
1/13-2/17	W	11:30-12:15 pm	6271.101

Wednesdays With Miss Kathleen at the Sunset Firehall, Upstairs

Ballet 5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$65/OC \$70

9/16-10/21	W	5:15-6 pm	6272.101
11/4-12/16	W	5:15-6 pm	6273.101
1/13-2/17	W	5:15-6 pm	6274.101

Jazz 5

Ages 12 and up

This class is designed for our advanced jazz dancers with triple and quad turns, switch leaps, turns in second and advanced skills.

FEE: IC \$65/OC \$70

9/16-10/21	W	6-6:45 pm	6275.101
11/4-12/16	W	6-6:45 pm	6276.101
1/13-2/17	W	6-6:45 pm	6277.101





Thursdays With Miss Aphyna at the Sunset Firehall, Upstairs

Beginning Ballet/Tap Combo

Ages 4-6

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games. Your dancer will love dancing with Miss Aphyna.

FEE: IC \$65/OC \$70			
9/17-10/22	Th	2-2:45 pm	6284.101
11/5-12/17	Th	2-2:45 pm	6285.101
1/14-2/18	Th	2-2:45 pm	6286.101

Jazz 1

Ages 4-7

This class is designed for your beginning level dancer who loves jazz! Learn stretches, then dance in the center and across the floor with turns and leap! High energy and fun!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	2:45-3:30 pm	6287.101
11/5-12/17	Th	2:45-3:30 pm	6288.101
1/14-2/18	Th	2:45-3:30 pm	6289.101

Jazz 2

Ages 6-10

This class is designed for your intermediate level dancer who loves jazz! Work stretches, then dance in the center and across the floor with turns and leap! High energy and fun! Perfect for dancers with single and double turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	3:30-4:15 pm	6290.101
11/5-12/17	Th	3:30-4:15 pm	6291.101
1/14-2/18	Th	3:30-4:15 pm	6292.101

Lyrical 1/Contemporary Beginning

Ages 7 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the beginning dancer. Express yourself!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	4:15-5 pm	6293.101
11/5-12/17	Th	4:15-5 pm	6294.101
1/14-2/18	Th	4:15-5 pm	6295.101

Lyrical 2 /Contemporary Intermediate

Ages 10 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the intermediate dancer with double turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	5-5:45 pm	6296.101
11/5-12/17	Th	5-5:45 pm	6297.101
1/14-2/18	Th	5-5:45 pm	6298.101

Lyrical 3 /Contemporary Advanced

Ages 12 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the advanced dancer with multiple turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	5:45-6:30 pm	6299.101
11/5-12/17	Th	5:45-6:30 pm	6300.101
1/14-2/18	Th	5:45-6:30 pm	6301.101

Thursdays with Miss Emily at the Sunset Firehall, Downstairs

Ballet 2/3

Ages 9 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$65/OC \$70			
9/17-10/22	Th	6:30-7:15 pm	6302.101
11/5-12/17	Th	6:30-7:15 pm	6303.101
1/14-2/18	Th	6:30-7:15 pm	6304.101

Hip Hop 1 Beginning

Ages 7 and up

Prepare to get FUNKY! Work with Miss Emily on the fresh moves from the streets of LA! Start with a warm up, then dance through funky combinations and floor work! High energy class!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	7:15-8 pm	6305.101
11/5-12/17	Th	7:15-8 pm	6306.101
1/14-2/18	Th	7:15-8 pm	6307.101

Hip Hop 2 Intermediate

Ages 10 and up

Prepare to get FUNKY! Great for dancers with at least one year of hip hop training! Work with Miss Emily on the fresh moves from the streets

of LA! Start with a warm up, then dance through funky combinations and floor work! High energy class!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	8-8:45 pm	6308.101
11/5-12/17	Th	8-8:45 pm	6309.101
1/14-2/18	Th	8-8:45 pm	6310.101

Fridays With Miss Rosemary at the Sunset Firehall, Upstairs

Ballet 1

Ages 7 and up

This class is designed for the first time or second year ballet student. Learn proper posture and techniques at the ballet barre. Then stretch in center and dance across the floor. Focus is on proper ballet placement and ballet basics.

FEE: IC \$65/OC \$70			
9/18-10/23	F	3:30-4:15 pm	6311.101
11/6-12/18	F	3:30-4:15 pm	6312.101
1/15-2/19	F	3:30-4:15 pm	6313.101

Ballet 2/3

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$65/OC \$70			
9/18-10/23	F	4:15-5 pm	6314.101
11/6-12/18	F	4:15-5 pm	6315.101
1/15-2/19	F	4:15-5 pm	6316.101

Ballet 4/5 with Pointe

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes. This class includes pointe and pre-pointe.

FEE: IC \$85/OC \$90			
9/18-10/23	F	5-6:30 pm	6317.101
11/6-12/18	F	5-6:30 pm	6318.101
1/15-2/19	F	5-6:30 pm	6319.101

Wednesday With Miss Emily Adult Community Center MPR1

NEW CLASS — Modern Dance 1 Beginning

Ages 8 and up

Beginner/intermediate level class for students who have been studying another dance discipline for at least one year. The class concentrates on body awareness, exploring different levels, traveling movements and positions and increasing the body's strength and flexibility. The concept of fall and recovery, jumps, turns, improvisation and introduction and exploration of different musical rhythms and sounds and their dynamics. Ballet is recommended.

FEE: IC \$65/OC \$70			
9/16-10/21	W	7:30-8:15 pm	6278.101
11/4-12/16	W	7:30-8:15 pm	6279.101
1/13-2/17	W	7:30-8:15 pm	6280.101

NEW CLASS — Modern Dance 2 Intermediate/Advanced

Ages 12 and up

This is an advanced level modern class for students who are ready for more challenging exercises. Modern 2 is an intermediate/advanced level class. Advanced modern technique is studied with an emphasis on dance improvisation and partner work. You will be introduced to many master teachers and explore their styles and philosophies. Choreographic principles are introduced. Ballet is required.

FEE: IC \$65/OC \$70			
9/16-10/21	W	8:15-9 pm	6281.101
11/4-12/16	W	8:15-9 pm	6282.101
1/13-2/17	W	8:15-9 pm	6283.101

Youth Programs

Presented by



Location for all Classes:
Sunset Firehall

Detective Science

Ages 6-12

There's crime afoot! Get your magnifying glass ready to search for clues as we transform our Mad Science Laboratory into a detective crime lab. Explore the fundamentals of forensic science and learn to see more than what meets the eye!

FEE: IC \$36/OC \$41

10/9 F 9 am-12 pm 6900.101

Electrifying Science

Ages 6-12

Follow those electrons! Learn about electricity, its properties and its role in natural phenomena. We will build different circuits and conduct a variety of hair-raising experiments with our electro-static generator. Students will get charged up exploring the difference between current and static electricity!

FEE: IC \$36/OC \$41

10/9 F 1-4 pm 6901.101

FULL DAY CAMP

Detective Science and Electrifying Science

FEE: IC \$82/OC \$87

10/9 F 9 am-4 pm 6902.101

Rocket Launch

Ages 6-12

Calling all rocket scientists! From nose cone to tail fin this camp is a blast! Investigate the forces of

flight, race a balloon rocket and build your own Mad Science Skyblazer II model rocket to take home. Jr. Rocket Scientist will witness propulsion at work in a real rocket launch!

FEE: IC \$42 / OC \$47

11/11 W 9 am-12 pm 6903.101

Fun-Tastic Physics

Ages 6-12

An object at rest will stay at rest until a Mad Scientist acts upon it! Explore the laws of motion and forces at work all around us. Experience more than just gravity as we push and pull and jump and spin. Physics has never been this much fun!

FEE: IC \$36/OC \$41

11/11 W 1-4 pm 6904.101

FULL DAY CAMP

Rocket Launch and Fun-Tastic Physics

FEE: IC \$88 / OC \$93

11/11 W 9 am-4 pm 6905.101

Holiday Builders

Ages 6-12

Santa's elves are not the only ones busy building during the holidays. Be transformed into Junior Holiday Engineers! Learn the fundamentals of engineering and get ready to put these concepts to work as you build your own holiday projects including a life size "igloo dome."

FEE: IC \$36/OC \$41

12/21 M 9 am-12 pm 6906.101

Holiday Slime

Ages 6-12

'Tis the season to make...Slime! Get into the holiday spirit as you explore the wonderful properties of dry ice and make your own holiday garland out of noting but slime. Defrost a snowman and make your own Mad Science Muffins-no oven needed!

FEE: IC \$36/OC \$41

12/22 T 9 am-12 pm 6907.101

Holiday Magic

Ages 6-12

Hold onto your sleigh as Mad Science shows you how magical this season can be! Learn the scientific secrets behind some classic magic tricks, and amaze your family and friends this holiday season with your new magician skills. Experiment with various animation techniques and learn how sound effects enhance movie magic.

FEE: IC \$36/OC \$41

12/23 W 9 am-12 pm 6908.101

ALL 3 CAMPS

Holiday Builders, Holiday Slime & Holiday Magic

FEE: IC \$101/OC \$106

12/21-12/23 M-W 9 am-12 pm 6909.101

Junior Chemists

Ages 6-12

Prepare for maximum lift and make sure your seats are in the upright and locked position. No engines? No problem! Build and

explore a variety of gliders that rely solely on kid power. Levitate objects as you investigate the effects of heat and pressure on the air all around us.

FEE: IC \$36/OC \$41

12/28 M 9 am-12 pm 6910.101

Junior Naturalists

Ages 6-12

Carnivores, Herbivores and Omnivores, oh my! Learn about animals and how they survive. Explore how plants and animals are connected and how they interact with their surroundings. Work with your team to create your very own mini ecosystem!

FEE: IC \$36/OC \$41

12/29 T 9 am-12 pm 6911.101

Junior Physicists

Ages 6-12

Prepare for maximum lift and make sure your seats are in the upright and locked position. No engines? No problem! Build and explore a variety of gliders that rely solely on kid power. Levitate objects as you investigate the effects of heat and pressure on the air all around us.

FEE: IC \$36/OC \$41

12/30 W 9 am-12 pm 6912.101

ALL 3 CAMPS

Junior Chemists, Junior Naturalists & Junior Physicists

FEE: IC \$101/OC \$106

12/28-12/30 M-W 9 am-12 pm 6913.101

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 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

9/28-12/14 M 5:30-7 pm 6151.101

Rosemont Ridge Middle School, A102

Presented by



Location for all Classes: Sunset Firehall

Fall Y Chef Class

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 \$88/OC \$93

10/8 & 10/9 Th & F 8:30 am-2:30 pm 6100.101

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 \$119/OC \$124

12/21-12/23 M-W 8:30 am-12 pm 6101.101

Lego Engineering

Ages 7-12

Not just any Legos. Our student engineers will build and experiment with the simple machines and motors to build cars that move and much more!

FEE: IC \$119/OC \$124

12/28-12/30 M-W 8:30 am-12 pm 6102.101

Lego Jr.

Ages 4-6

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

FEE: IC \$59/OC \$64

12/28-12/30 M-W 9 am-12 pm 6103.101

Manners Matter

Good manners are so much more than Please and Thank you.

Manners Matter teaches the importance of being polite in all situations and why it is important for everyone.

During class children will be taught to set the table using plates, glasses, utensils and napkins.

They will practice proper greetings and handshake. Also, the polite way to enter a conversation and to write thank you notes.

Children will learn the importance of being a polite host/hostess and/or guest...and so much more.

This class will reinforce all the good lessons taught at home about good manners. Children will be asked to practice their good manners throughout the week and share about those experiences at class.

Manners Matter ages 5-7 years

Min 6 Max 8

FEE: IC \$60/OC \$65

10/17 & 10/24 S 9:15-10:45 am 1000.101

West Linn Adult Community Center

Manners Matter ages 8-10 years

Min 6 Max 8

FEE: IC \$60/OC \$65

10/17 & 10/24 S 11 am-12:30 pm 1001.101

West Linn Adult Community Center

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

Young Rembrandts Drawing

Ages 6-12

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

9/23-12/9 W 4-5 pm 6000.101

No Class 11/11 & 11/25

Adult Community Center, Classroom

Princess Pilates Mommy and Me classes for kids

Ages 4-14

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

The many benefits of pilates for kids:

- Improved Mental Concentration
- Increased Flexibility
- Improved Posture
- Improvement in Sports
- Enhanced Self Confidence and awareness from the inside-out

FEE: IC \$481/OC \$486 (13 sessions)

Cost is for both mother and child to attend

9/6-12/13 Su 6-6:50 pm 7126.101

No class 11/15 & 11/29



Creatures of the Night Paint Your Own Face For Halloween

Ages 7 & up

Face painting for Halloween and other special events is safer and more creative than using masks. This class will teach kids how to make a simple face paint as a skeleton, clown or animal, including planning, painting and removal. The class fee included a 12-color professional face paint set for the student to keep, retail cost \$30. Caregivers can join and learn for no additional fee.

FEE: IC \$40/OC \$45

9/27 Su 3-5 pm 6500.101

Sunset Firehall

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

Registration deadline is September 25, 2015 — Register online www.westlinnoregon.gov/parksrec

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 19
- Games November 7-December 19
- 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: \$90

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

Deadline: When program is FULL or September 25, 2015

Register online www.westlinnoregon.gov/parksrec

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 register as coach online or for further information contact West Linn Parks & Recreation at 503-557-4700.

Recreation Basketball — 3rd through 8th Grades

Registration Deadline: Late October (exact date TBD)
Register online at www.westlinnoregon.gov/parksrec

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 2015-16 grade level.

Senior Hoopers League

Girls 5, Girls 6, Girls 7 & 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 in-



cluded. Register online by selecting your player's 2015-16 grade level.

- 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

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 Register as Coach at registration site or contact Ken Warner at 503-557-4700 for more details.

Registration FEE: \$110 per player and includes jersey to keep.

Player Assessment Dates: November TBD
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.

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 2-3½

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 \$67/OC \$72
 9/16-10/21 W 6-6:30 pm 7110.101
 Tanner Creek Park
 9/20-10/25 Su 4:15-4:45 pm 7111.101
 Marylhurst Heights Park
 9/19-10/24 Sa 9-9:30 am 7112.101
 Willamette Primary School, Turf Field
 FEE: IC \$58/OC \$63
 11/7-12/12 Sa 9-9:30 am 7113.101
 No class 11/28
 Willamette Primary School, Turf Field

Tot-soccer

Ages 3½-4

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 \$67/OC \$72
 9/16-10/21 W 5:15-5:50 pm 7114.101
 Tanner Creek Park
 9/20-10/25 Su 3:30-4:05 pm 7115.101
 Marylhurst Heights Park
 9/19-10/24 Sa 9:40-10:15 am 7116.101
 Willamette Primary School, Turf Field
 FEE: IC \$58/OC \$63
 11/7-12/12 Sa 9:40-10:15 am 7117.101
 No class 11/28
 Willamette Primary School, Turf Field



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 \$67/OC \$72
 9/16-10/21 W 4:30-5:15 pm 7118.101
 Tanner Creek Park
 9/20-10/25 Su 2:45-3:30 pm 7119.101
 Marylhurst Heights Park
 9/19-10/24 Sa 10:15-11 am 7120.101
 Willamette Primary School, Turf Field
 FEE: IC \$58/OC \$63
 11/7-12/12 Sa 10:15-11 am 7121.101
 No class 11/28
 Willamette Primary School, Turf Field

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 \$67/OC \$72
 9/16-10/21 W 3:45-4:30 pm 7122.101
 Tanner Creek Park
 9/20-10/25 Su 2-2:45 pm 7123.101
 Marylhurst Heights Park
 9/19-10/24 Sa 11-11:45 am 7124.101
 Willamette Primary School, Turf Field
 FEE: IC \$58/OC \$63
 11/7-12/12 Sa 11-11:45 am 7125.101
 No class 11/28
 Willamette Primary School, Turf Field

Outdoor Workshops by Coyle Outside

Ages 9-14 years

One day weekend workshops to educate about the outdoors and essential survival techniques.

Camps have a minimum of 10 and maximum of 14 participants.

FEE: IC \$50/OC \$55

All camps are located at Mary S Young Park, 19900 Willamette Drive

Build your own survival kit

This class takes students through the process of putting together their own "Go Kit" which they get to take home. It also looks at how to build various other improvised survival devices such as cordage and cookstoves.

9/19 Sa 9 am-4 pm 6700.101

Shelters

Course intensively covers several different shelter types, Survival Shelters, Wilderness Shelters and Primitive/Natural Shelters.

10/4 Su 9 am-4 pm 6701.101

Fire

We cover, in depth, what it takes to create fire using various tools and approaches, including everything from matches to flint and steel to friction fire. We look at the various resources available in the surrounding environment and go over torches and cooking uses for fire as well.

10/11 Su 9 am-4 pm 6702.101

Traps

This class covers various types of traps including snares and deadfalls as well as fish traps. We create prototypes and teach proper camouflaging and baiting approaches.

10/18 Sa 9 am-4 pm 6703.101

Rescue!

This workshop deals with Navigation and Orienteering Skills, First Aid in remote areas and how to cope with emergencies. We will cover various forms of communication and resources available in nature for dealing with injuries and getting found.

10/24 Sa 9 am-4 pm 6704.101

Fishing

This class will expose students to casting, fly fishing techniques and primitive fishing methods. It requires parents to provide transportation to a nearby fishing source.

10/25 Su 9 am-4 pm 6705.101



Teen/All Ages

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.
Register with the instructor at class.
For more details, call 503-723-3301.

Sept	One day a week
Sept	Two days a week
Oct	One day a week
Oct	Two days a week
Nov	One day a week
Nov	Two days a week
Dec	One day a week
Dec	Two days a week



Drivers Education

offered through a partnership with Oregon Drivers Training Institute
Tuesdays 4:15pm-7:15pm September 22-December 8th
NO CLASS THANKSGIVING WEEK.
West Linn High School, Room B 104

FIRST CLASS SESSION IS MANDATORY FOR PARENTS

- 33 hours class time
- 6 hours driving-scheduled outside of class time
- 6 hours observing-Scheduled outside of class time
- ODOT & DMV Approved Course
- Instructors ODOT & DMV Certified

Students 15-17 who pass the course will receive a certificate that waives the driving portion of the licensing test

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.**

Once upon a time in a magical forest...

Enchanted Trail

Friday, October 23rd

Saturday October 24th

Open from 7:00-9:00 PM

FRIDAY 9000.101 \$4.00 WHEN REGISTERED ONLINE SATURDAY 9004.101
\$5.00 AT THE GATE

For more information and to register call 503-557-4700 or visit

www.westlinnoregon.gov



HAUNTED TRAIL

Friday, October 23rd

Saturday, October 24th

7:00-10:00 PM

Friday

7:00-8:00 9001.101

8:00-9:00 9002.101

9:00-10:00 9003.101

TO REGISTER GO ONLINE TO

WWW.WESTLINNOREGON.GOV

OR CALL 503-557-4700

1990 WILLAMETTE DRIVE, WEST LINN

MARY S. YOUNG PARK

Saturday

7:00-8:00 9005.101

8:00-9:00 9006.101

9:00-10:00 9007.101

\$8.00 when registered online \$10.00 at the gate



Teen/Adult/All Ages

Bob Ross Oil Painting J. Stubb

Ages: 12 years to 99

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

Min 2 Max 15

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

9/10	TH	5:30-9 pm	Home Before Nightfall	1040.101
9/26	S	10 am-2 pm	Cliffside	1041.101
10/8	TH	5:30-9 pm	Night Light	1042.101
10/24	S	10 am-2 pm	Iris	1043.101
11/12	TH	5:30-9 pm	Seaside Harmony	1044.101
11/28	S	10 am-2 pm	Before the Snowfall	1045.101
12/10	TH	5:30-9 pm	A Perfect Winter Day	1044.101
12/26	S	10 am-2 pm	Winter Friends	1045.101

Adult Community Center, Classroom

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



Home Before Nightfall



Cliffside



Night Light



Iris



Seaside Harmony



Before the Snowfall



A Perfect Winter Day



Winter Friends

Fall Barn Dance

Happy Trails Riding Center
 Located: 20560 Fernview Road
 West Linn, OR 97068
 503-675-3005

Saturday, September 12, 2015
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 1-1/2 hour horseback riding (HBR) and pumpkin carving camp designed for individuals with disabilities or special needs at Happy Trails Riding Center. Activities include a 30-45 minute horseback ride and pumpkin carving. Participants are welcome to wear a costume they can ride in. 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.happytrailridingcenter.org

Min 2 Max 4

FEE: IC \$55

10/24 S 10-11:30 am 6119.101

Happy Trails Riding Center

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.
 FEE: IC \$288/OC \$293
 \$25 Materials fee payable to Harmony Road.
 9/15-2/1 M 11-11:45 am 6811.101

Mindfulness Meditation

The way to Health and Happiness: is for those ages 15 and older. Actively develop a healthy mind & body and remove stress with comfortable meditation postures. Good for all health conditions, pain management, and open to all abilities.
 Min 6 Max 30
 FEE: IC \$49/OC \$54
 Drop-in \$10 per class to instructor
 9/8-10/20 T 7-8:30 pm 1065.101
 *10/30-12/15 T 7-8:30 pm 1066.101
 *1st class will be held Friday, October 30th at the West Linn Adult Community Center.
 All remaining classes will be held Tuesdays at Rosemont Ridge School Middle, Room D104

Parenting Tool Kit

Aja Ruble
 To provide parents with tools to support them in a positive and uplifting manner when engaging with children, as well as, discover a way to communicate that is mutually respectful and empowering. Onsite Childcare available by prior arrangement: anruble@gmail.com.
 Min 4 Max 20
 FEE: IC \$45/OC \$50
 Materials FEE: \$5 fee for childcare if parents need, however they must contact the instructor about this request beforehand.
 9/14-10/5 M 6:30-8:30 pm 1128.101
 11/2-11/30 M 6:30-8:30 pm 1129.101 No class November 23
 Trillium Creek Primary School, Wind Solar Porch B212
About the Instructor: Aja Ruble has over ten years of experience working first hand with children. She has an educational background in behavioral studies, specializing in positive and effective communication skills with youth. She has spent a great deal of time working with at-risk youth, working one on one with children who struggle behaviorally, and is now employed by the county to work with families of special needs children.



THE ANNUAL HOLIDAY PARADE IN HISTORIC OLD

WILLAMETTE

2015 Theme



Jingle Bell **ROCK!**

Saturday December 5, 2015 - Parade Begins at 10:00 AM

Registration Opens at 9:00 AM 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 accepted for distribution to local families in need.

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



503-557-4700 www.westlinnoregon.gov



Adult Sports

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 9/15-12/29 Tuesdays 8-10 pm Athey Creek Gymnasium For further information, contact Steve Young 503-750-6151 or sytees@hotmail.com

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 9/14-12/28 Mondays 8-10 pm No online registration For information contact David Nepom 503-305-5366 or dnepom@gmail.com Willamette Primary School, gym

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

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. FFE: IC \$57/OC \$63 10/10 Sa 8:30 am-12:30 pm 2044.101 Rock Island trip, Meet at Willamette Park, West Linn (at the end of 12th Street)

Ugly Holiday Sweater Dash

Saturday, December 5, 2015
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



14th Annual

Tree Lighting & Community Celebration

Friday, November 20, 2015

6:00 - 8:00 p.m.

CITY HALL • 22500 SALAMO RD

ENTERTAINMENT - ORNAMENT & COOKIE DECORATING - FACE PAINTING - LIVE REINDEER

COMPLIMENTARY REFRESHMENTS FROM STARBUCKS -

UGLY 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.

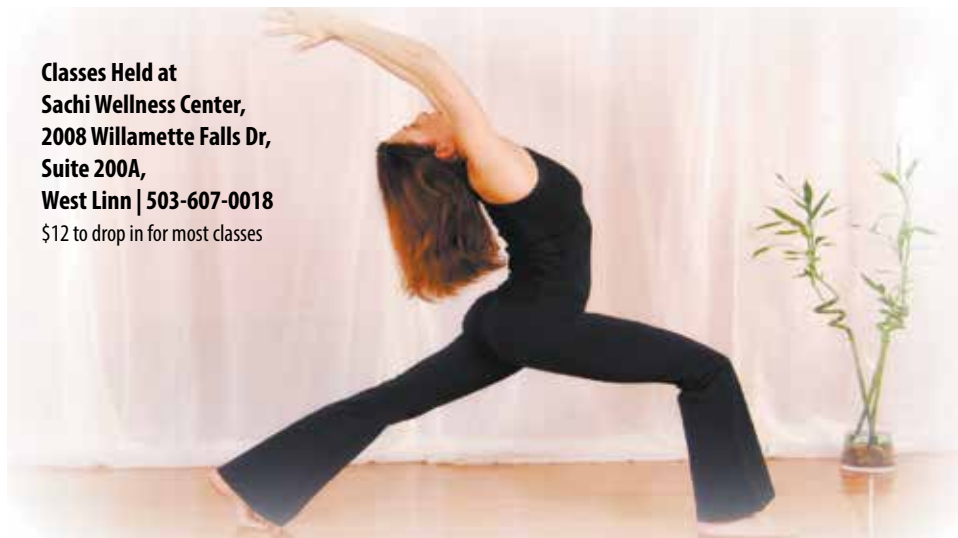


Adult Fitness



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 \$134/OC \$139 (15 weeks)
9/8-12/15 Tu 9-10:15 am 2033.101
FEE: IC \$126/OC \$131 (14 weeks)
9/10-12/17 Th 9-10:15 am 2034.101
No class 11/26

Mindful Movement:

Breathwork, visualization, meditation, and flexibility. These are all components of this gentle movement yoga class that is designed to awaken the sense of a balanced well-being.

FEE: IC \$135/OC \$139 (15 weeks)
9/9-12/16 W 9:30-10:45 am 2035.101

Saturday Morning Yoga

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

FEE: IC \$135/OC \$139 (15 weeks)
9/12-12/19 Sa 9:30-10:45 am 2036.101

All Levels Yoga

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 \$135/OC \$139 (15 weeks)
9/9-12/16 W 6-7:30 pm 2037.101

Restorative & Gentle Yoga Stretching for All

Pre-Natal 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 \$126/OC \$131 (14 weeks)
9/13-12/13 Su 8:45-10 am 2038.101
9/14-12/14 M 6:30-7:45 pm 2039.101
9/10-12/17 Th 11 am-12:15 pm 2040.101
No class 11/26

Intro to Belly Dance

Ages 12+
Learn basic belly dance body isolations, steps, and rhythms. A fun workout appropriate for all body types.

FEE: IC \$65/OC \$70 (5 weeks)
9/11-10/9 F 12-1:30 pm 2041.101
10/16-11/13 F 12-1:30 pm 2042.101

Nia with Tony Buscemi

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

FEE: IC \$99/OC \$104 (11 weeks)
\$10 drop in
10/9-12/18 F 9:30-10:30 am 2043.101
Sunset Fire Hall, Upstairs

Yoga, Beginning I

D. Rohrbacker
Mindfulness is now seen as key to effective, healthy living. Yoga is all about mindfulness. This course will bring a mindful approach 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 \$56/OC \$61 (7 sessions)
9/14-10/26 M 7:30-9 pm 2045.101
11/2-12/14 M 7:30-9 pm 2046.101
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 \$49/OC \$54 (6 sessions)
9/23-10/28 W 7:30-9 pm 2047.101
FEE: IC \$56/OC \$61 (7 sessions)
11/4-12/23 W 7:30-9 pm 2048.101
No class on 11/11
Willamette Primary School, Cafeteria

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 (8 weeks)

9/22-11/17 Tu 6:30-7:30 pm 2049.101

No class 10/27

Rosemont Ridge Commons

9/26-11/14 S 9:15-10:15 am 2050.101

Sunset Fire Hall Upstairs

Attend both sessions above Tuesday & Saturday

FEE: IC \$132/OC \$137 (8 weeks/16 classes)

2051.101

T'ai Chi Intermediate/Advanced

S.V. Miller

T'ai Chi Ch'uan is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. This class is for the self-motivated T'ai Chi Player who can perform the 24-Movement Yang-Style Form solo.

Enrollment requires Instructor's permission.

Min 5 Max 20

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

9/22-11/17 Tu 7:30-8:30 pm 2052.101

No class 10/27

Rosemont Ridge, Commons

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.

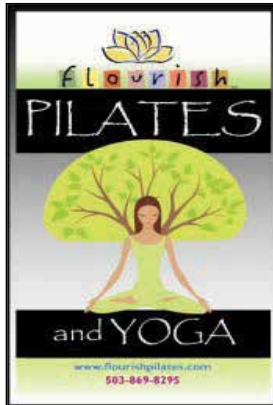
Enrollment requires Instructor's permission.

Min 5 Max 20

FEE: IC \$108/OC \$111 (8 weeks)

9/26-11/14 S 10:15-11:45 am 2053.101

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 \$273/OC \$278 (14 sessions)

9/7-12/14 M 5:30-6:30 pm 2054.101

No class 11/23

Pilates Mat For A Healthy Back

Improve strength, flexibility & tone in neutral spine and improve your posture and decrease risk of back injury. **STRONG ABS = STRONG BACK.**

FEE: IC \$273/OC \$278 (14 sessions)

9/7-12/14 M 9-10 am 2055.101

No class 11/23

9/9-12/16 W 6-7pm 2056.101

No class 11/25

Introduction To Pilates Reformer & Spring-Wall

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

FEE: IC \$462/OC \$467 (14 sessions)

9/8-12/15 T 6-7 pm 2057.101

No class 11/24

9/9-12/16 W 10-11 am 2058.101

No class 11/25

9/5-12/19 S 9-10 am 2059.101

No class 11/14 & 11/28

Intermediate Pilates Reformer & Spring-Wall

Exercises involve more coordination, strength, and experience practicing Pilates than the

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

FEE: IC \$462/OC \$467 (14 sessions)

9/7-12/14 M 6:30-7:30 pm 2060.101

No class 11/23

9/8-12/15 T 9:30-10:30 am 2061.101

No class 11/24

9/10-12/17 Th 9-10 am 2062.101

No class 11/12 & 11/26 extra class 12/21

9/10-12/17 Th 6-7 pm 2063.101

No class 11/26

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

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

FEE: IC \$462/OC \$467 (14 sessions)

9/7-12/14 M 10-11 am 2064.101

No class 11/23

9/5-12/19 Sa 10-11 am 2065.101

No class 11/14 & 11/28



Adult Fitness

Kettlebell Fitness

Teen-Adult

Orientation Workshop

Required prior to attending weekly classes Kettlebell Fitness Classes require a one-time, orientation to learn to safely and properly execute Kettlebell fundamental exercises. Participants are required to be barefoot or in flat sneakers. Wristbands are recommended.

Min 3 Max 10

FEE: IC \$40/OC \$45

9/5	S	10-11:30 am	2170.101
10/3	S	10-11:30 am	2171.101
10/31	S	10-11:30 am	2072.101

West Linn Adult Community Center, MPR3

NEW CLASS — AM Strength and Conditioning

This class requires students to attend a Kettlebell Orientation (see dates above) or arrange to be present the first class of the summer term to be screened and learn Kettlebell. This is strength and conditioning for the athlete. This class utilizes numerous training modules, including super set, resistance training, circuit and intervals, use of Kettlebells, medicine balls, jump ropes, and body weight provide a functional workout.

Min 3 Max 10

FEE: IC \$35/OC \$40

Drop-in \$10 per class

9/4- 9/25	F	6-6:45 am	2080.101
10/2- 10/23	F	6-6:45 am	2081.101
10/30- 11/20	F	6-6:45 am	2082.101

West Linn Adult Community Center, MPR3

Kettlebell Mornings or Evenings

This class requires attendance to Kettlebell Orientation Workshop. See dates above. Focus on Kettlebell basics. Increase flexibility, strengthen your glutes, back, abs and core.

Min 3 Max 10

FEE: IC \$35/OC \$40

Drop-in \$10 per class

9/9-9/30	W	9-9:45 am	2084.101
9/9-9/30	W	5-5:45 pm	2085.101
10/7-10/28	W	9-9:45 am	2086.101
10/7-10/28	W	5-5:45 pm	2087.101
11/4-11/25	W	9-9:45 am	2088.101
11/4-11/25	W	5-5:45 pm	2089.101

West Linn Adult Community Center, MPR3

About the Instructor: Janet DuBack is a HKC certified Kettlebell coach who has been teaching Kettlebell for over 5 years. She specializes in assessing for dysfunctional movement. She is nationally certified for FMS functional movement screening an RRCA running coach and ground force method.

Boot Camp — Get Fit!

Age 16-Adult

Now with an additional day for even more Flexible Scheduling! Get fit using a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns! Bring small hand held weights, water and a mat. Flexible pricing & scheduling for your lifestyle; attend once, twice, or three times a week! Classes offered Tuesday-Friday.

Tuesday & Thursday AM Class is held 6:30-7:30 am

at West Linn Adult Community Center or Rosemont Ridge Middle School Fitness Gym- Please check receipt for session location.

Wednesday and Friday PM classes are held 5:30-6:30 pm

at Bolton Primary School.

Min 3 Max 10

1x/wk	FEE: IC \$56/OC \$61	Drop-in \$18
2x/wk	FEE: IC \$112/OC \$117	Drop-in \$18
3x/wk	FEE: IC \$144/OC \$149	Drop-in \$18
Sept	1x/wk	2160.101
Sept	2x/wk	2161.101
Sept	3x/wk	2162.101
Oct	1x/wk	2163.101
Oct	2x/wk	2164.101
Oct	3x/wk	2165.101
Nov	1x/wk	2166.101
Nov	2x/wk	2167.101
Nov	3x/wk	2168.101
Dec	1x/wk	2169.101
Dec	2x/wk	2270.101
Dec	3x/wk	2271.101

About the Instructor: Jacquelyn Rodgers is a NASM Certified Instructor, CPR & AED trained, Certified running coach.



West Linn Parks and Recreation

HOLIDAY

BAZAAR



Saturday November 14, 2015

Adult Community Center

1180 Rosemont Rd.

9am - 4pm

Join us at our 7th Annual Holiday Bazaar

**With over 25 vendors featuring
handcrafted gifts, jewelry, woodworks,
Paintings, sweets and more.**

Call 503.557.4700 for more information

**CITY OF
West
Linn**

FREE ADMISSION!

Adult Programs

Adult Dance

D. Crandell/16-Adult
16-Adult
PARTNERS REQUIRED-NO PARTNER ROTATION
Min 8 Max 24
West Linn Adult Community Center, MPR1&2

Beginning Waltz

One of the most popular dance classes! An all-time favorite!

FEE: IC \$45/OC \$50 per person
9/10-10/1 Th 7-8 pm 1020.101

Beginning Tango

A fun and easy dance to learn!

FEE: IC \$45/OC \$50 per person
10/8-10/29 Th 7-8 pm 1021.101

Beginning Salsa

A great Latin Dance!

FEE: IC \$45/OC \$50 per person
11/5-11/19 Th 7-8:15 pm 1022.101

Beginning Lindy Hop Swing

The granddaddy of all swing dances!

FEE: IC \$45/OC \$50
12/3-12/17 Th 7-8:15 pm 1023.101

Intermediate Classes

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
9/10-10/1 Th 8:15-9:15 pm 1024.101

Session 2

FEE: IC \$45/OC \$50
10/8-10/29 Th 8:15-9:15 pm 1025.101

Session 3

FEE: IC \$45/OC \$50
11/5-11/19 Th 8:15-9:30 pm 1026.101

Session 4

FEE: IC \$45/OC \$50
12/3-12/17 Th 8:15-9:30 pm 1027.101



About instructors, Dave and Jody Crandell, they have been teaching dance for 25 years. They danced competitively in a world class dance circuit for 10 years and competed in the world championships. They have taught, competed and performed all over the western US and Canada. They take a fun and unintimidating approach with their teaching. They have instructed thousands of successful students.

NEW —

Voice Overs: NOW is Your Time!

A One-time 2- Hour Program for Adults

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

Min 4 Max 40
FEE: IC \$35/OC \$40
10/21 W 6:30 – 8:30 pm 1005.101
West Linn Adult Community Center, Classroom

Clock Repair

R. Alexander
Fascinated with clocks and time keeping? Learn what makes them tick. Acquire the skills to restore that family heirloom or maintain your growing clock collection. Bring your spring or weight driven clock and a group of clock enthusiasts will teach you the fundamental skills to make it run. Classes are in a workshop hands-on environment perfect for the novice hobbyist or the budding collector.
Min 8 Max 25
FEE: IC \$60/OC \$65 (12 weeks)
9/15-12/8 T 7-10 pm 1525.101
No class 11/24
Stafford Primary School Cafeteria/Commons



Cooking with Surja Tjahaja

Ages 15-Adult
Min 3 Max 12
West Linn Adult Community Center

Authentic Vietnamese Salad Roll

The last gourmet menu for picnic or for a party with friends (plus left over for office lunch box). We will learn how to make vegan, chicken/pork/beef, and shrimp marinated in an AUTHENTIC (not the boiled variety found in the market/ restaurant) alangal/lemongrass sauce. Then we will barbecue it over charcoal. We will have fun rolling them into Vietnamese salad roll. We will also make the traditional sauces (sweet & sour sauce and peanut sauce) for dipping the roll. We will use fresh ingredients from scratch; and process them the old fashion way using mortar and pestle. Come hungry as we will serve the meal we prepare.

FEE: IC \$35/ OC \$40 per person
Material fee: \$8/person payable to instructor
9/6 Su 10 am-1:30 pm 1015.101

Thai Red Curry

As the weather get cooler, nothing is more exciting than a gourmet stew. The Thai Red Curry is savory and heartwarmingly delicious. Traditionally with beef or lamb/goat, it can be made vegan with tofu and Kabocha squash, your choice. We will learn how to make red curry from scratch using exotic spices as galangal, lemongrass, tamarind, smoked palm sugar, coconut milk and served on red rice. Having learned this skill would put you in a gourmet chef category, all with a budget in mind.

FEE: IC \$35/ OC \$40 per person
Material fee: \$8/person payable to instructor
10/11 Su 10 am-1:30 pm 1016.101

Vegan Dish from Italy: Wild Mushroom Pasta with Wine Sauce Reduction

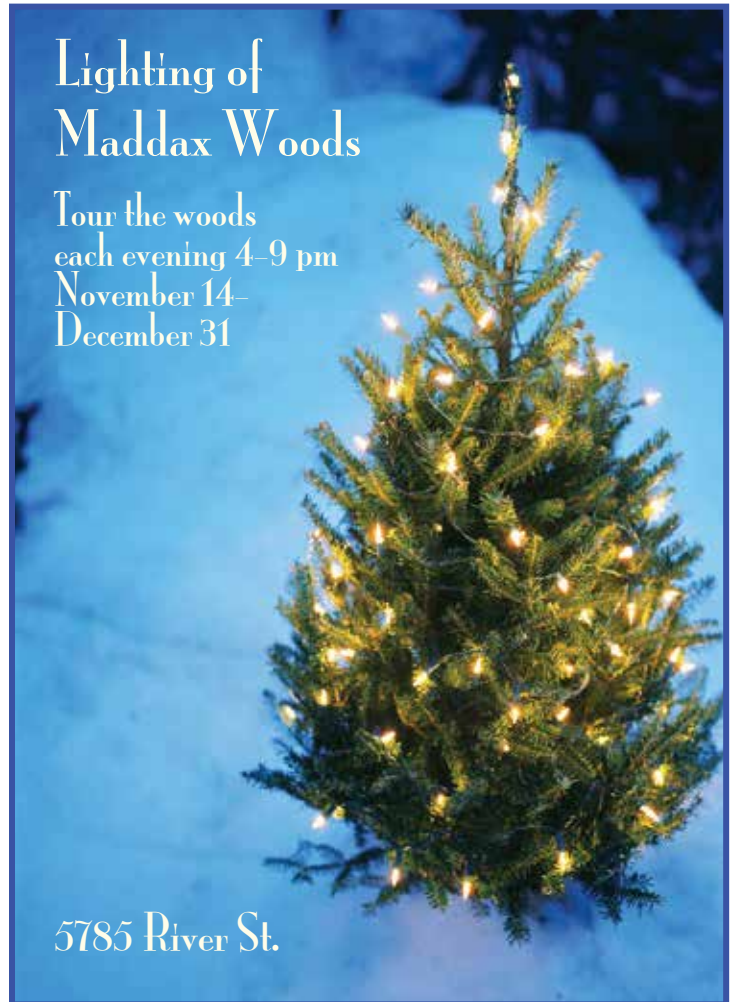
A perfect dish for the fall season, when the wild mushroom (Porcini, Chanterelle, Lobster etc.) bloom. A great way to turn your Thanksgiving meal into a gourmet feast by adding this menu as a side dish or you can make this as your signature dish to welcome the season. We turn these "forest delicacies" using a sauce reduction technique that is simple and yet can be found listed in a five star restaurant menu gourmet. We will serve it with garlic bread and salad. Come hungry to celebrate this local bounty.

FEE: IC \$35/ OC \$40 per person
Material fee: \$12/person payable to instructor
11/15 Su 10 am-1:30 pm 1017.101

Chicken Scallopini with Marsala Wine and Mushroom Sauce Reduction

Here is a gourmet meal menu for the HOLIDAY celebrations at the comfort of your home that is sure to beat going out to a fancy restaurant. It's the perfect dish for a romantic dinner just for two people and yet easy enough to make it for a party of twenty people. We will learn the technique on how to make this incredibly simple and yet can fit into any five star restaurant menu we will learn how to make the chicken paper thin and flambé technique with Cognac. We will learn how to process the mushroom, using its juices with Marsala wine, and sauce reduction. Come hungry as we will savor this meal for our lunch, served with seasonal vegetables, and potato.

FEE: IC \$35/ OC \$40 per person
Material fee: \$12/person payable to instructor
12/13 Su 10 am-1:30 pm 1018.101



Lighting of Maddax Woods

Tour the woods
each evening 4-9 pm
November 14-
December 31

5785 River St.

Photography Instruction

Dwon Guvenir, Craftsman Photographer,
Instructor's website www.oregonphotosafaris.com
Ages 16-Adult

Photography Basic

This is the first 2 hour introduction of the Advanced Photography class, an overview of how modern digital and film cameras function to create art. 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
10/5 M 7-9 pm 1052.101

West Linn High School, Classroom A101

Photography Advanced

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

Min 5 Max 20
FEE: IC \$100/OC \$105
10/5-10/7 M-W 7-9 pm 1053.101
West Linn High School, Classroom A101

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 7th-Labor Day

November 11th-Veterans Day

November 26th-27th-Thanksgiving Holiday

December 25th-Christmas Day

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 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 \$4.00.

Health and Wellness Programs

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

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

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

Friends of
The Adult of Community Center

Like us on Facebook
www.facebook.com/Friends.of.the.WLACC

West Linn Adult Community Center

Presentations from Local Experts

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

Thursday, September 10, 1-2 pm

Medicare Advantage and Part D plans available in West Linn

Medicare informational presentation is given by Amber Garrett from United Healthcare. All meetings are casual and informational. Bring your friends and learn more about United-Healthcare®

Thursday, October 8

Prime Geriatric Dental Care presentation with John Oki, DMD.

As we get older, our dental and medical needs change. Come join us for a presentation on

oral health where we'll be discussing major topics that pertain to your mouth. Presented by Prime Geriatric Dental Care - specializing in dentistry for those 55+. John Oki DMD. He has been working in geriatric dentistry for 20+ years and is one of our three doctors. We plan on touching on basic oral hygiene, the importance of regular exams, oral cancer, connection between oral health & systemic health, diabetes, dry mouth, denture care, etc...

Thursday, October 15, 1-2:30 pm

SHIBA Medicare presentation

The SHIBA program uses trained community

volunteers to help older adults and persons with disabilities understand their health insurance benefits. Volunteers work one-on-one with those currently enrolled in Medicare and those who will soon be eligible for Medicare to increasing beneficiaries' knowledge about benefits selection, billing issues, and appeals. Volunteers also provide assistance to beneficiaries during the Medicare open enrollment process.

Thursday, October 22, 1-2 pm

HealthNet sales seminar 2016 Medicare Advantage

Thursday, November 12, 1-2 pm

SHIBA individual counseling workshops

Thursday, November 19, 1-2 pm

HealthNet sales seminar 2016 Medicare Advantage



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

EXERCISE

Kettlebell class Wednesdays 9-9:45 am, \$7 per class
Music & Movement Tues, Thur, 11:15 am-12 pm, 14 classes
\$70 per person, \$120 per couple, Drop ins: \$7
Walking Group Mon, Wed, Fri leaves ACC at 8:30 am. No Charge
Video Aerobics Mon, Wed, Fri 10-11 am. No Charge
Tai Chi Mon 8:30-9:30 am \$2 per month
Core Strength Tues, Thur, Fri, 8-8:30 am, 2 or 3 times a week option-see write up
Strength & Balance Tues, Thur, Fri, 8:30-9:30 am, 2 or 3 times a week option-see write up
Core Strength Thur, 3-3:50 pm \$45 for 8 wks or \$6 drop in
Yoga Tues & Thurs 10-11 am \$60/8 wks or \$6.50 drop in
Line Dancing Wed 11 am-12 pm \$40/8 wks or \$5 drop in

GAMES (no charge)

Hand & Foot Mon 10 am-12 pm
Whist Fri 10 am-12 pm
Pinochle Tues 12:30-3 pm (beginners welcome), Wed and Fri 12:30-3 pm
Bridge Mon 12:30-3 pm and Thurs 10:30-3 pm
Poker Texas Hold 'Em Fri, 12:45-3 pm (\$5 buy in)
Mah Jongg Fri, 1-3 pm

SPECIAL INTEREST (no charge)

Woodcarving Mon 9 am-12 pm
Share Singers Some Thursdays. Please call for schedule
West Linn Uke Jam Tue 2-3:30 pm
Garden Appreciation 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.
Rosemont Rhythm Band Wed 1-3 pm

SPECIAL INTEREST INSTRUCTIONAL CLASSES

Drama Mondays 1-2:30 pm \$55 for 7 classes
Sign up and payment at the front desk. FEE includes cooking instruction, recipes to take home and lunch!
See write up for specific dishes.

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

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, certified through NASM, a yoga instructor, running coach and arthritis certified, will be leading this ½ hour floor exercise and resistance training program to build core strength.

Tues, Thur & Fri 8-8:30 am (8 week session)
\$40 for 2 classes per week or
\$60 for 3 classes per week, \$4 drop in

Strength & Balance

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. This always popular exercise class is also taught by Jacquelyn Rodgers (see Core Strength for further information).

Tues, Thur & Fri 8:30-9:30 am (8 week session)
\$70 for 2 classes per week
\$108 for 3 classes per week, \$5 drop in

West Linn Adult Community Center



Yoga

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

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

Music & Movement

My passion for teaching this class stems from my own desire to feel happier, healthier and more connected with community and spirit. This is a movement class with no judgment or requirements; only the invitation to move to the music and learn a few basic Nia steps and gestures. As a student, you will receive many benefits including increased mobility, stability, flexibility, strength and agility -- important if you want to move through life with more vitality and sense of safety. Class is filled with music that is soulful and silly, familiar and global - inviting us each, in our

own body's way, into a world of self-discovery and community play. Please come move and be moved with us. You'll be thankful you did. All are welcome here.

Session 1 9/15-10/29
Session 2 11/3-12/22
No Class 11/26

Tuesday/Thursday 11:15 to noon
(14 classes)

\$70/person or \$120/ couple Drop-in \$7

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, and your willingness to join in, learn and have fun!
Tuesdays 2-3:30 pm. No charge.

Rosemont Rhythm Band

Playing and singing great cover tunes of our time! All instruments/singers are welcome. Come join the fun!

Wednesdays 1-3 pm

The Antique Road Show Players — a drama group

Taught by Pat Amore Hand, M.S. in Theater Arts, this class is a fun time of laughter, imagination and creativity. Within all her years of studying acting, this

group's enthusiasm is tops. The group invites imagination-No experience necessary. The class explores improvisation, drama games and cold readings. The scene reading mostly consists of improv situations. Please join us...more students will make this class explode! Future possibilities include musical theater workshops and working on scenes from your favorite musicals.
Mondays 1-2:30 pm, \$55 for 7 classes

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

Garden Appreciation

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

Wed 11am-12 pm No charge

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 appt.) No charge

Knitting and Crocheting

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

Thurs 10 am-12 pm No charge

Book Club

This gathering is designed to be able to hold lively, well balanced book discussions. Call the Center for the name of current titles.
2nd Wed of each month 1-2 pm No charge

Bus Trips

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

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 encourage suggestions for 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- NEW PROCESS

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

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

Marylhurst Heights Park 1800 Valley View Dr.

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

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. Park 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, 3 softball fields, 2 volleyball courts, horseshoe pits, river access including boat ramp and docks, playground, water spray park, water and power.

Parks & Open Spaces

Benski Park

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

Burnside Park

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

Camassia Natural Area

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

Cedaroak Boat Ramp

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

Cedar Island

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

Douglas Park

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

Fields Bridge Park

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

Hammerle Park

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

Ibach Nature Park

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

Maddax Woods

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

Mary S. Young Park

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

Marylhurst Heights Park

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

Midhill Park

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

North Willamette Park

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

West Linn Parks & Open Spaces

Palomino Park

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

Robinwood Park

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

Sahallie Illahee Park

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

Skyline Ridge Park

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

Sunburst Park

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

Sunset Park

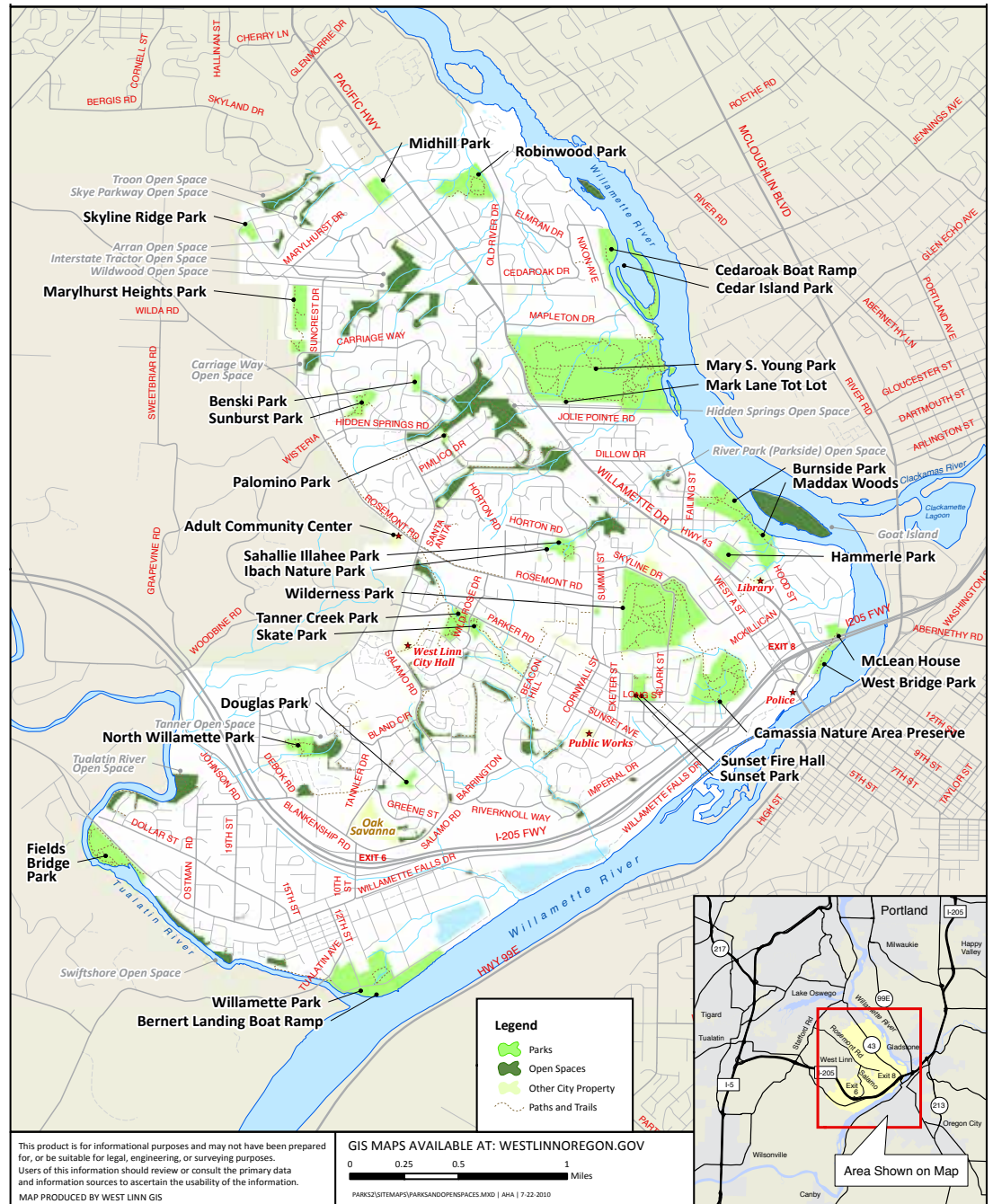
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

Swiftshore Park

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

Tanner Creek Park

10 acres located on Parker Road. The park offers play structures, a shelter, water spray park, basketball court, tennis court, restrooms and a



skate park. The shelter is available for reservations with a limited capacity of 50 people.

The White Oak Savanna

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

Wilderness Park

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

Willamette Park/Bernert Landing Boat Ramp

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

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

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

The Sunset Fire Hall and Adult Community Center are available through the Parks & Recreation Department at 503-557-4700 for Sunset Fire Hall and 503-557-4704 for the Adult Community Center.

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

The West Linn Adult Community Center

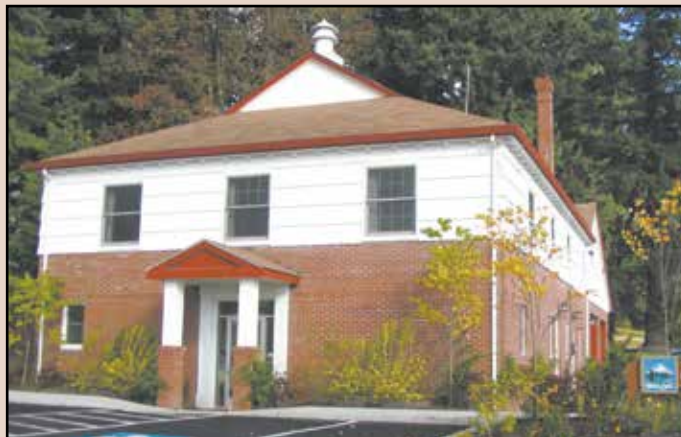
1180 Rosemont Road



The Adult Community Center is a large, well-equipped facility with several rooms to meet all of your needs! The West Linn Adult Community Center is a one-story, facility. It includes three multi-purpose rooms and a classroom perfect for parties, meetings, or receptions. Surrounded by attractively landscaped grounds, your guests will also enjoy lounging on the open patio next to a tranquil pond. This is a facility with multiple meeting rooms that can be arranged via collapsible walls to accommodate many group sizes, a classroom, full kitchen and open lounge area with gas fireplace. Amenities 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 a kitchen and meeting/eating area. Upstairs there 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 have recently been lovingly restored. It is the site of weddings, family and corporate celebrations as well as small events and business meetings. The house has a large living room with a piano, a sunroom, a formal dining room and modern kitchen on the first floor. Folding tables and chairs are available for your use. There are three rooms on the second floor. The Friends of McLean House and Park manage the property. Consider holding your next special event at this local landmark that's right in your own back yard. You can also visit www.mcleanhouse.org or call 503-655-4268 for further information.

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONDITION, ETC. _____

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

CITY OF WEST LINN RESIDENT? YES NO

CLASS #	ACTIVITY TITLE	START DATE/TIME	\$

TOTAL amount Due \$ _____

Recreation Scholarship Fund:

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

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

Make Check to: City of West Linn

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	SAMOUNT 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

Proud partner of



SIGNATURE (PARENT OR GUARDIAN) _____

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

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ECRWSS

POSTAL CUSTOMER



**Thank you for
your support of
summer events!**



Debby Hennessy - Hasson Company
Julie Farrell - LoanStar Home Lending
Mark Hanson - American Family Insurance

