



CITY OF WEST LINN PARKS & RECREATION

Activities

**SUMMER
2015**

Class Registration

Events Guide

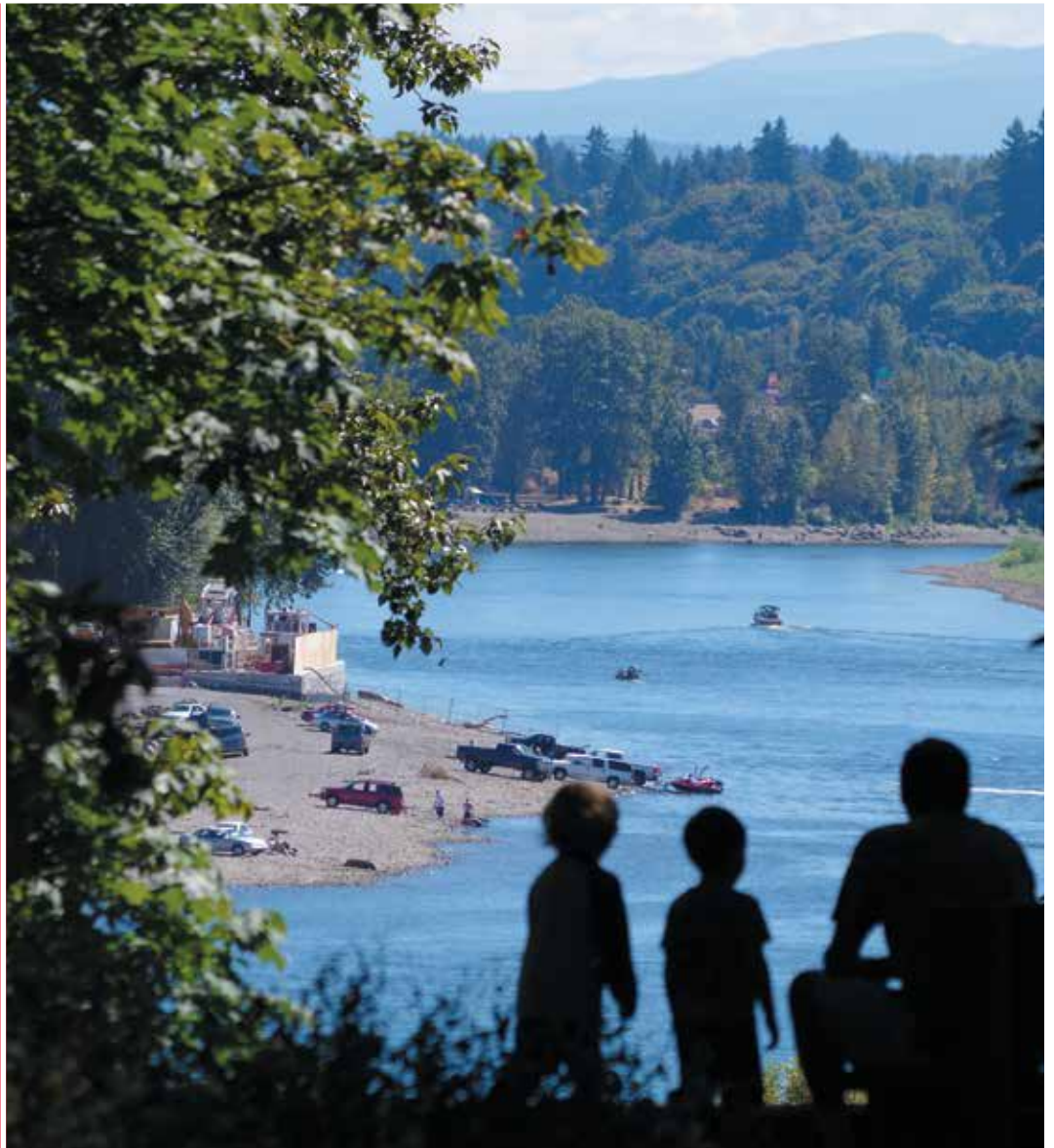
Senior Programs

Park Information

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

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

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



City of West Linn Parks & Recreation

Parks and Recreation Mission Statement

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

Thank You West Linn/Wilsonville School District

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

General Information

Online Registration available at www.westlinnoregon.gov

Here's How To Register

City Residents – Online April 8, 2015. Walk-in, phone-in or mail in registration also begins April 10, 8 am-5 pm at the Parks & Recreation Department. Please bring proof that you live in-city. If you prefer not to register in person, phone-in or mail-in registrations will also be accepted.

Out-of-City – Online and walk-in registration begins April 13th .

Cancellations

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

Refund Policy

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

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

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

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



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

Register for classes early!!

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

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE 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 Street

City of West Linn Parks & Recreation

West Linn Sports Associations

Willamette United Soccer Inc 5 years & up

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

Boys Lacrosse Grade School & up

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

Recreation basketball 1st-8th Grade

Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

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

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

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



Table of Contents

Sports Contacts	3
Toddler Programs	4
Youth Programs	4-17
Youth Sports	12-13
Teen/All Ages	14-20
Outdoor Adventures	22-23
Adult Sports & Family Fitness	24-26
Adult Programs	27-29
Volunteer Opportunities.....	30-31
ACC/Senior Programs	32-35
Parks, Open Spaces & Park Facilities	36-38
Registration Form	39
Special Events.....	9, 17-21, 23,27, 29-31, 40

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

Youth Programs & Summer Camps

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas

Toddler Tunes Intro

Ages 20 months-3

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

FEE: IC \$65/OC \$70

6/5-6/26	F	10:30-11 am	5000.301
7/13-7/22	M & W	10-10:30 am	5001.301
8/4-8/13	T & Th	10-10:30 am	5002.301

Hello Music

Ages 3-4

Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program gives the child a strong readiness for continued musical involvement. Parents participate in class.

FEE: IC \$85/OC \$90

6/2-6/23	T	10:30-11:15 am	5003.301
7/13-7/22	M & W	10:30-11:15 am	5004.301
7/13-7/22	M & W	3:30-4:15 pm	5005.301
8/4-8/13	T & Th	10:30-11:15 am	5006.301
8/4-8/13	T & Th	3:30-4:15 pm	5007.301

Musictime

Ages 4 1/2-6

Musictime is an introductory program for preschoolers ages 4 1/2-6. It provides an introduction to solfege singing, movement, note concepts, keyboard/piano playing, finger readiness, rhythms and creativity. This experience provides a strong base for continuing classes. Parents participate in class.

FEE: IC \$85/OC \$90

6/2-6/23	T	11:15 am-12 pm	6505.301
7/13-7/22	M & W	11:15 am-12 pm	6506.301
7/13-7/22	M & W	4:15-5 pm	6507.301
8/4-8/13	T & Th	11:15 am-12 pm	6508.301
8/4-8/13	T & Th	4:15-5 pm	6509.301

Young Musician Intro Class

Ages 6-7

Young Musician students learn beginning music concepts through singing, ear training, note reading, keyboard solo and ensemble playing, rhythm ensemble and creative activities. This course provides a strong basis for further musical study. Parents participate in class.

FEE: IC \$85/OC \$90

7/13-7/22	M & W	5:15-6 pm	6510.301
8/4-8/13	T & Th	5:15-6 pm	6511.301

Keyboard Prep Intro Class

Ages 8-11

Keyboard Prep is an exciting introduction to keyboard/piano playing. Sessions include ear training, solfege singing, note reading, composing, solo and ensemble playing-a great preparation class for continuing study. Parents participate in class.

FEE: IC \$85/OC \$90

7/13-7/22	M & W	6-6:45 pm	6512.301
8/4-8/13	T & Th	6-6:45 pm	6513.301

Keyboard Orchestra Ensemble for Kids

Elementary Age

This class gives students an opportunity to experience enjoyable keyboard and rhythm ensembles in a variety of music styles. This "summer band" experience will strengthen reading and hearing skills and encourage good performance technique. Students will perform finished ensembles at the last class of the session.

FEE: IC 100/OC \$105

Early Ensemble

7/14-8/4	T	5-6 pm	6515.301
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Intermediate Ensemble

7/14-8/4	T	5-6 pm	6516.301
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Summer Pop Class-Movie and T.V. Themes

Elementary Ages

Students will learn 2-4 pieces from a variety of TV Shows and Movies. Pre-requisites: 6 pm Class Early elementary Piano Skills, Ages 7-9

and 7 pm Class Elementary to late Elementary Piano Skills, Ages 9 +.

FEE: IC \$100/OC \$105

Early Elementary

7/16-8/6	Th	6-7 pm	6517.301
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Late Elementary

7/16-8/6	Th	7-8 pm	6518.301
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"Play it Your Way"

Ages 10 & up

Students will learn to arrange a lead line piece by applying chords and chord styles and adding harmony to a melody. Instruction will include a review of cadence chords in various keys, chord styles and transposing. Pre-requisites: Intermediate Piano

Skills, Basic Knowledge of Chord Structures.

FEE: IC \$100/OC \$105

7/14-7/23 T & Th 6-7 pm

6519.301

Composing 101

Ages 6 & up

Learn the basics of beginning composing. Students will review basic composing techniques and musical forms. Improvise melodies and sequences, develop a motif, compose an original song and an original class song. Pre-requisite: Elementary Piano Skills.

FEE: IC \$100/OC \$105

7/16-8/6 Th 5-6 pm

6520.301

Harmony Road Music Camps

Jr. Music Camp

Ages 4-6

Junior Music Camp is an activity-oriented musical experience for four to six year old learners. Camps meet two hours daily for one week and are led by a certified Harmony Road teacher and a teaching assistant. No previous musical experience required. Your child will explore a different theme each day through music and craft activities. Themes include Dinosaurs, The Nutcracker, Teddy Bears, Peter and the Wolf and Carnival of The Animals. Students will make a different "instrument" each day. Parents are invited to attend a short program on the last day of camp.

FEE: IC \$120/OC \$125

7/13-7/17	M-F	12:30-2:30 pm	6500.301
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7/20-7/24	M-F	12:30-2:30 pm	6501.301
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8/10-8/14	M-F	12:30-2:30 pm	6502.301
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Composer Camps

Ages 7-12

These fun, exciting & educational camps provide the young music student an opportunity to explore and experience the life and time of a major composer in music history. Campers experience the composer's life and music through singing, creative activities, keyboard solo and ensemble playing, rhythm ensembles, recorder ensembles, musical games, projects and composing. Students present a mini-concert during the last day of camp.

*Campers should be ages 7-12 and have a level one competence in music and keyboard skill.

FEE: IC \$125/OC \$130

7/27-7/31	M-F	10 am-12 pm	6503.301	Mozart
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7/27-7/31	M-F	1-3 pm	6504.301	Haydn
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Youth Programs & Summer Camps

Half-Day Mini Camps for Ages 4-6

Led by Parks and Recreation Staff — campers must be 4-6 years of age during camp session

Shorty Sporty Camps

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



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

FEE: IC \$54/OC \$59

All Sessions 9:30 am-12 pm

June 29-July 3	Basketball	Robinwood Park	6450.301
July 6-10	Multisport	Tanner Creek Park	6451.301
July 13-17	Flag Football	Marylhurst Heights Park	6452.301
July 20-24	Multi Sport	Midhill Park	6453.301
July 27-31	Baseball/Softball	Hammerle Park	6454.301
Aug. 3-7	Soccer	Robinwood Park	6455.301
Aug. 10-14	Multi Sport	Marylhurst Heights Park	6456.301

Mini Campers

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

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

FEES: IC \$54/OC \$59

All Sessions 12:45-3:15 pm

June 22-26	Wizards & Wands	Sunset Park	6457.301
June 29-July 3	Planes, Trains & Trucks	Robinwood Park	6458.301
July 6-10	Superheroes!	Tanner Creek Park	6459.301
July 13-17	Food Fun	Marylhurst Heights Park	6460.301
July 20-24	Disney	Midhill Park	6461.301
July 27-31	Frozen	Hammerle Park	6462.301
Aug. 3-7	Plants & Bugs	Robinwood Park	6463.301
Aug. 10-14	Knights & Princesses	Marylhurst Heights Park	6464.301
Aug. 17-21	Circus Days!	Sunset Park	6465.301

West Linn's Safety Town

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

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

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

Min 20 Max 48

FEE: IC \$65/OC \$70

June 22- 26 M-F 9- 11 am

5500.301

August 17- 21 M-F 9- 11 am

5501.301

Sunset Firehall



Youth Programs & Summer Camps



Lego Engineering Core Concepts

Ages 7-12
Not just any Lego's. Our student engineers will build and experiment with simple machines and motors to build cars that move and much more!

FEE: IC \$144/OC \$149
6/29-7/2 M-Th 8:30 am-2:30 pm 6100.301
Rosemont Ridge Middle School, RM A104

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 \$95/OC \$100
6/29-7/2 M-Th 9 am-12 pm 6101.301
Rosemont Ridge Middle School, RM A105



Y Chef Around The World

Ages 7-12
No passport required to take this culinary journey around the world. Our chefs will learn about creating recipes, nutrition and using cooking utensils all while cooking new and exciting cuisine from all around the world.

FEE: IC \$179/OC \$184
7/13-7/17 M-F 8:30 am-2:30 pm 6102.301
Sunset Firehall, Downstairs

Invent It, Build It

Ages 7-12
This camp will rev up that inventive spirit! Each day we'll have a new design and new inventions. Kids will design, test and tweak their inventions while working through the scientific method. Sample challenges include a confetti launcher, a car that can be powered without a motor, or a speedy emergency shelter. The sky's the limit with a little creativity!

FEE: IC \$179/OC \$184
7/27-7/31 M-F 8:30 am-2:30 pm 6103.301
Sunset Firehall, Downstairs



Lego Engineering Electronics

Ages 7-12
This camp builds on our exciting Lego Engineering program by adding cool electronic components to the projects. Now, not only will our Lego creations move with motors and gears like our other camps, but we'll add lights, motion sensors, dials, buttons, switches, buzzers and much more!

FEE: IC \$179/OC \$184
8/3-8/7 M-F 8:30 am-2:30 pm 6104.301
Location TBD

Lego Jr.- Blueprints and Buildings

Ages 4-6
Design your masterpiece and then create it! Each day your architect will be given a building project that they must first design using graph paper, and then build with Legos. Examples of projects include a picture frame, watermelon and balloon powered car.

FEE: IC \$119/OC \$124
8/3-8/7 M-F 9 am-12 pm 6105.301
Location TBD

Acting

Ages 7-12
Whether you're a Drama Queen or King of Comedy, this camp is a mix of dramatic, comedic and improvisational acting. Our instructors have an extensive background in teaching the fundamentals of acting. Who knows, maybe a star will be born. Maybe that star is you!

FEE: IC \$179/OC \$184
8/3-8/7 M-F 8:30 am-2:30 pm 6106.301
Location TBD

Y Chef-The Next Y Celebrity Chef

Ages 7-12
Calling all wanna-be culinary geniuses! Inspired by our favorite reality food shows, our epicurean chef's will craft delectable recipes and meals in food challenges and friendly competitions. No previous cooking experience required, just a love for fun, food and getting creative in the kitchen.

FEE: IC \$179/OC \$184
8/10-8/14 M-F 8:30 am-2:30 pm 6107.301
Sunset Firehall, Downstairs

Youth Programs & Summer Camps

Science Camps



Imagination Academy

Ages 5-7

Discover, create and play! All aboard the imagination train as your Jr. Mad Scientist takes a journey around the world of science. Join the fun as we make our own inventions while exploring the world of inventors, learn to cast fossils in the domain of the dinosaurs, explore the vastness of space and create a comet, watch the pull of gravity with parachutes and feel the heaviness of the air pressure all around us! Topics include: Junior Inventors, Funny Physics, Looney Lab, Space Dinos and Silly Senses.

FEE: IC \$167/OC \$172

6/22-6/26 M-F 9am-12pm 6150.301

Rosemont Ridge Middle School, RM A101

Rockets & The Science of Flight

Ages 5-7

Space, Rockets, Planes and Flight... a little bit of everything for a rockin' good time! Our most popular camp, younger campers have a blast learning the hows and whys of aerodynamics by studying all things that fly: planes, kites, hot air balloons, helicopters and of course rockets. Topics include: The Wright Stuff, Newton's Locomotion, Rockin' Rockets, The Milky Way and It's an Up Thing.

FEE: IC \$167/OC \$172

6/22-6/26 M-F 1-4pm 6151.301

Rosemont Ridge Middle School, RM A101

Rocket Lab

Ages 7-12

3...2...1...Blast Off! This camp is rockets, rockets and more rockets! Build and launch a rocket everyday as you learn all about, you guessed it, rockets! Your child is in for an action-packed week focused entirely on rockets and the physics of rocket flight! Campers will learn the importance of teamwork in launching rockets and will have the opportunity to try their hand at each role! Topics include: Rocket Science, Mission Control, Astronaut Training, Mission Recovery and Go for Launch.

FEE: IC \$167/OC \$172

7/6-7/10 M-F 9am-12pm 6152.301

Rosemont Ridge Middle School, RM A101

Moving With Science

Ages 5-7

Join the Mad Scientist in a fun-filled exploration of how science keeps our world moving. Take a close-up look at a wide array of scientific disciplines: chemistry, biology, engineering, physics and optics! Take apart owl pellets to see what they cannot digest! Join a team of camper engineers and build bridges, domes, cubes and pyramids. Make your own sidewalk chalk, crystal gardens and a chromatography-dyed T-Shirt! Topics include: Junior Engineers, Machine Mania, Crazy Chemistry, The Birds and the Beasts and Shutterbugs.

FEE: IC \$167/OC \$172

7/6-7/10 M-F 1-4pm 6153.301

Rosemont Ridge Middle School, RM A101

Spy Academy

Ages 7-12

Look out 007-The Mad Science Spy Academy is in session! Step into the shoes of a spy in action for decoding messages to metal detectors and night vision. Campers will have the opportunity to check out spy equipment and even create their own edible message! Campers will discover how to communicate stealthily like real spies. Topics include: Science of Security, Now you See It, Now You Don't, Sleuths on the Scene, Secret Agent and Undercover Operations.

FEE: IC \$167/OC \$172

7/27-7/31 M-F 9am-12pm 6154.301

Rosemont Ridge Middle School, RM A102

Chemistry and Biology Blast

Age 7-12

We start this fast-paced tour of chemical reactions by examining the building blocks of the human body beginning with our cells. Did you know your body runs on chemical reactions? Next we examine the role of our vital organs including our hearts and lungs. We finish the week with a bang while creating some amazing chemical reactions of our own! We will make a lemon powered battery, find out how aspirin works and witness some frenetic fireworks. Topics include: Cell-e-bration, The Organ Trail, Chemical Counting, Radical Reactions and More Radical Reactions.

FEE: IC \$167/OC \$172

7/27-7/31 M-F 1-4pm 6155.301

Rosemont Ridge Middle School, RM A102



Chess Wizards Summer Camp

Ages 7-12

An array of games and activities throughout the day led by the most energetic members of our staff. Activities include: Chess, Lessons, Puzzles, Wizard Says, Bug House, Mirror, Fisher, Take Me, Charades, Basketball, Soccer, Dodge Ball and More! Each child will also receive a Chess Board; which all of their new friends can sign on the last day of camp. In addition, each child will receive a trophy and the NEW Chess Wizards T-Shirt, plus a folder containing all of the puzzles that they completed at camp. All camps include snack time, Chess Wizards will provide the snacks.

At the end of the camp all the students participate in a mini chess tournament.

www.chesswizards.com

Min 6

FEE: IC \$169/OC \$174

8/3-8/7 M-F 9am-12pm 6010.301

West Linn High School

Youth Programs & Summer Camps

Dance Camps & Workshops

Presented by

Van De Veere Dance Classes

View website at www.misskathleen.net

All classes at Sunset Fire Hall



Tiny Tutus Ballet Camp

Ages 3-5

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

FEE: IC \$48/OC \$53

7/6-7/10	M-F	12-1 pm	6600.301
7/27-7/31	M-F	12-1 pm	6601.301

Disney Ballet Camp

Ages 6-8

Disney ballet...ballet basics for the new dancer! 5 day camp perfect for the new ballerina or a dancer who has 1-2 years of experience! This class will be non-stop fun with a full ballet experience; barre, center and across the floor work. Students will learn the fundamentals of ballet and work on mastering their technique! Set to Disney music, all students will enjoy performing for their parents and family in a dance at the end of the session! Leotard and tights requested, with pink ballet shoes. Instructor, Miss Clara.

FEE: IC \$48/OC \$53

7/6-7/10	M-F	1-2 pm	6602.301
7/27-7/31	M-F	1-2 pm	6603.301

Broadway Hits Song and Dance Camp

Ages 8-13

Broadway 4 day camp. Are you a ham!? Love to perform? This camp is for you! At VDV, we love our musical theater! Come and sing the hits of Broadway including Annie, Hairspray, Newsies and more! Learn proper vocal warm ups and learn staging and choreography from Broadway's best shows. One of our most popular camps! New songs in each camp! Sign up for all of them! Comfortable clothes/Dancewear. Instructor, Miss Kathleen.

FEE: IC \$42/OC \$47

7/14-7/17	T-F	11 am- 12 pm	6604.301
7/21-7/24	T-F	12-1 pm	6605.301
8/24-8/27	M-Th	10 am-11 am	6606.301

Turns, Tricks and Technique Jazz Dance Camps

Ages 9 & up

4 day Dance technique camp. Keep your skills up this summer and stay busy stretching and mastering your jazz skills. This is for intermediate and advanced dancers only. Double turners and up! Head across the floor and work your turns, leaps and new floor tricks! Sign up now! Dancewear and dance paws. Instructor, Miss Kathleen.

FEE: IC \$75/OC \$80

7/14-7/17	T-F	12-2 pm	6607.301
7/21-7/24	T-F	1-3 pm	6608.301
8/24-8/27	M-Th	12-2 pm	6609.301

Glee Song And Dance Camp

Ages 8-15

One camp only! One of our most popular camps ever! 4 day Camp The tv show glee is packed with great songs! Come and learn a new one every day! Learn proper vocal warm ups then sing and dance your way through the many pop songs of glee! Miss Blake makes learning fun and master your singing voice with the popular songs for this show. Includes staging and choreography! So fun! Comfortable clothes/Dancewear. Instructor, Miss Kathleen.

FEE: IC \$42/OC \$47

7/21-7/24	T-F	11 am-12 pm	6610.301
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VDV Style 9-Day Dance Intensive!

11 & up

Come and join us for our 9 day dance intensive! This dance intensive features special guest teacher, Michelle Chandler Smith for the first week, plus surprises for week 2. Classes will be held in modern, jazz, lyrical, and contemporary techniques. Combos and across the floor. This camp is geared towards our serious dancers! Not to be missed! Each day includes 4 classes, two small breaks and a scheduled lunch break each day. Space is limited!

FEE: IC \$325/OC \$330

8/3-8/13	M-F & M-Th	11 am-4 pm	6611.301
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Frozen In Summer 4-Day Song and Dance Camp

Ages 7-11

Come and sing your favorite hits from the smash FROZEN. Learn proper vocal techniques and then learn how to belt out your favorite frozen hits! The camp includes choreography and staging! Sing and dance your way through Frozen this summer! Join with a friend! Sure to be a smash! Comfortable clothes or Dancewear. Instructor, Miss Kathleen.

FEE: IC \$42/OC \$47

8/24-8/27	M-Th	11 am-12 pm	6612.301
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About Miss Clara: Clara first began dancing with VDV when she was 8 years old, with Miss Kathleen Van De Veere's first team the Juniors. She has studied in jazz, tap, lyrical and contemporary with a focus on ballet and pointe work. Starting pointe at the age of 11, she has performed in numerous ballets including The Nutcracker, Swan Lake and Sleeping Beauty. She began assisting in classes and teaching students at the age of 14 and quickly fell in love with working with kids! She currently dances on an advanced company at Duquesne University in Pittsburgh, PA where she studies Occupational Therapy and Special Education.

Ballet Summer Camps

With The Lovely Miss Rosemary

Keep up your technique with three summer camps offered for both advanced and intermediate level dancers. Work techniques at the barre, stretch, center and across the floor. Highly recommended for all dance team students and dancers who love the grace and beauty of ballet!

Intermediate - Ages 8-12

FEE: IC \$30/OC \$35

6/29-7/3	M, W & F	4-5 pm	6613.301
7/14-7/17	T, W & F	4-5 pm	6614.301
7/20-7/24	M, W & F	5-6 pm	6615.301

Advanced - Ages 12 & up

FEE: IC \$60 / OC \$65

6/29-7/3	M, W & F	2-4 pm	6616.301
7/14-7/17	T, W & F	2-4 pm	6617.301
7/20-7/24	M, W & F	3-5 pm	6618.301



Youth Programs & Summer Camps

A-WOL Tree Dancing

Spend a week soaring from the trees with A-WOL Dance Collective in the beautiful Mary S Young Park in West Linn, OR. "Hang" out with the A-WOL aerial tree dancers while they teach climbing, flying and maneuvering skills on their aerial equipment. Each day we will explore movement on a variety of aerial apparatus as we create our own mini-circus show for parent's enjoyment on the last day. Campers should bring a water bottle and light snack each day. Recommended clothing includes stretchy athletic fabrics and sandals or shoes that are easy to take on and off. *Parents/ guardians of youth camp participants should remain on site until the official start time each day. Parents are expected to be on time for pickup. Any parent who is more than 15 minutes late will be expected to pay a fee of \$15 for each 15 minute period of time past the camp session's official end. All minors are required to have two A-WOL release form documents signed by a parent or legal guardian prior to participation.

Release forms can be requested in advance of camp by emailing fly@awoldance.org or will be available for signatures on site the first day of camp. Campers will not be allowed to participate without signed release forms.

Inquiries: fly@awoldance.org
More info about A-WOL Dance Collective:
www.awoldance.org

Max 12 per camp.

Ages 7-11

FEE: IC \$190/OC \$195

7/20-7/24 M-F 10 am-12:30 pm 6005.301

*Parent showing on 7/24 at 11:45am

7/27-7/31 M-F 10 am-12:30 pm 6006.301

*Parent showing on 7/31 at 11:45 am

Ages 12-18

FEE: IC \$190/OC \$195

7/20-7/24 M-F 1-4 pm 6007.301

*Parent showing on 7/24 at 3:30 pm

7/27-7/31 M-F 1-4 pm 6008.301

*Parent showing on 7/31 at 3:30 pm

Mary S. Young Park, Shelter



Our Little Ladybug Dance

Annual Daddy Daughter Dance
Friday, June 19th, 2015, 6-8:30 pm
Adult Community Center



TICKET INFORMATION

Please Register Daddy & Daughter Separately

Register on-line #3000.301

Westlinnoregon.gov/parksrec

FEE: IC \$20 /OC \$25

Admission includes: buffet dinner, professional deejay,
craft activity, and keepsake photo.

Daddy-Daughter Dance Presented by
CITY OF West Linn

Youth Programs & Summer Camps

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.

Ages 5-7 years

Min 6 Max 8
FEE: IC \$60/OC \$65
7/11 & 7/18 Sa 9:15-10:45 am 1000.301
8/15 & 8/22 Sa 9:15-10:45 am 1002.301
West Linn Adult Community Center

Ages 8-10 years

Min 6 Max 8
FEE: IC \$60/OC \$65
7/11 & 7/18 Sa 11 am -12:30 pm 1001.301
8/15 & 8/22 Sa 11 am -12:30 pm 1003.301
West Linn Adult Community Center

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

Summer Cooking Classes for Kids

Ages 10-15
3 Day Course with Chef Samantha.
Day 1: Knife Skills and Kitchen Fundamentals. Recipes include all cold preparations.
Day 2: Run through different cooking methods, main focus is Sautéing.
Day 3: Cooking 1 type of Cookie and 1 type of Cake
FEE: IC \$50/OC \$55
7/13-7/15 M-W 3:30-5:30 pm 6550.301
Adult Community Center

Appetizer, Entrée and Dessert

Ages 7-15
Come and learn how to make a 3 course delicious meal over 3 days. Kids will learn how to prep and cook using simple recipes.
Day 1: Cucumber Salad, Corn and Tomato Guacamole.
Day 2: Risotto with summer vegetables and house made sausage.
Day 3: Berry cookie bars, lemon basil granita.
FEE: IC \$50/OC \$55
8/10-8/12 M-W 3:30-5:30 pm 6551.301
Adult Community Center

Young Rembrandts Summer Drawing Camps

Cartoon Zoo Camp

Ages 6-11
Over the course of 4 days, our students will learn how to draw many Zoo animals. Students will have a ton of fun the first 3 days working on a variety of animals and drawing techniques. On the final day, students will create a large 11 X 17 Zoo Scene. Students will learn proper coloring techniques, step-by-step instruction, and core Art skills. Join us for a fun filled week of art!
FEE: IC \$150/OC \$155
7/13-7/16 M-Th 9:30 am-12 pm 6175.301
Rosemont Ridge Middle School, RM A104

Castle Camp

Ages 6-11
Over the course of 4 days, our students will focus on Medieval Imagery. From Knights to Dragons to Castles and more, students will learn proper coloring techniques, step-by-step drawing instructions, and

core Art skills. On the 4th day, students will create a large 11 X 17 masterpiece of a Castle. Join us for a fun filled week of art!
FEE: IC \$150/OC \$155
7/27-7/30 M-Th 9:30 am-12 pm 6176.301
Rosemont Ridge Middle School, RM A104

Chalk Pastel Camp: Pattern & Designs

Ages 8-13
Over the course of 4 days, our students will receive an introduction to Chalk Pastels and learn numerous different coloring techniques. Students will create several large 11 X 17 masterpieces that include Patterns & Designs. Students will learn proper coloring techniques, step-by-step instruction, and core Art skills. Join us for a fun filled week of art!
FEE: IC \$180/OC \$185
7/27-7/30 M-Th 9:30 am-12 pm 6177.301
Rosemont Ridge Middle School, RM A103

Summer Chess Camp!

Ages 7-12
Whether you are a beginner or seasoned player, you are invited to join Coach Corbin for a fun-filled and stimulating week of chess. Corbin Yu earned the National Master title at the 2013 World Open and was a 3-time Oregon High School State Champion. During the week, he will introduce and guide students through key chess concepts on a large demonstration board. In doing so, students will develop a strong problem solving mentality. Coach Corbin will give personalized advice as they hone their skills against each other over the

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

All skill levels welcome.

FEE: IC \$150/OC \$155
7/20-7/24 M-F 9 am-12 pm 6000.301
Rosemont Ridge Middle School, RM A105
8/17-8/21 M-F 9 am-12 pm 6001.301
West Linn High School



American Red Cross

We are not offering Classes for Babysitter's Training and When I'm In Charge this summer.

Babysitter's Training Classes are offered online through American Red Cross

<http://www.redcross.org/take-a-class/program-highlights/babysitting-caregivin>

Youth Programs & Summer Camps

Fun in the Sun Day Camps for Ages 6-12

Led by Parks and Recreation Staff

Ages 6-12 *Must be this age during the camp session

Do you want your child to have fun engaging opportunities that will support continued learning and personal growth over the summer months?

Fun in the Sun is an exciting recreation day camp offered in West Linn parks. This summer, we are offering eight one-week sessions of camp at Hammerle Park and Marylhurst Heights Park along with 9 weeks at Willamette Park. Register early, as space is limited. Maximum capacity at Hammerle and Marylhurst is 50 and Willamette is 40.

FUN IN THE SUN is a traditional day camp program designed to provide fun & exciting activities for youth. Our trained staff works daily to offer enrichment activities in the areas of: arts, games, social & cultural activities and nature study. The camps will take weekly field trips to various local activities and bring in presenters or activities each week. (Camper to staff ratio 10:1)

Daily Drop-In available on a first come first serve basis on site and if space is available. No Drop-In on Field Trip Days.
Daily Drop-In FEE is \$20.

WHAT TO BRING TO CAMP:

Sack lunch, water bottles, sunscreen, appropriate clothing and towel for Spray Pad use.

REGISTRATION FEES:

IC \$89/OC \$94



CAMP SESSIONS-

All sessions 10 am-3 pm

Marylhurst Heights Park

June 29-July 3	6400.301
July 6-10	6401.301
July 27-31	6402.301
Aug. 3-7	6403.301

Hammerle Park:

July 13-17	6404.301
July 20-24	6405.301
Aug. 10-14	6406.301
Aug. 17-21	6407.301

Willamette Park:

June 22-26	6408.301
June 29-July 3	6409.301
July 6-10	6410.301
July 13-17	6411.301
July 20-24	6412.301
July 27-31	6413.301
Aug. 3-7	6414.301
Aug. 10-14	6415.301
Aug. 17-21	6416.301



Skyhawks Sports Academy

CITY OF WEST LINN

SUMMER 2015 SKILL-BASED YOUTH SPORT PROGRAMS

(course) (dates) (time) (ages) (location) (fee)

BASEBALL CAMP

7008.301	6/22-6/26	9am-3pm	6-12	Willamette Park-West Linn	\$139
7032.301	8/03-8/07	9am-3pm	6-12	Fields Bridge Park	\$139

BASKETBALL CAMP

7004.301	6/15-6/19	9am-12pm	5-7	Rosemont Ridge Middle School (Big Gym)	\$105
7009.301	6/22-6/26	9am-3pm	7-12	Rosemont Ridge Middle School (Big Gym)	\$139
7013.301	7/06-7/10	9am-3pm	7-12	Rosemont Ridge Middle School (Big Gym)	\$139
7017.301	7/13-7/17	9am-3pm	7-12	Rosemont Ridge Middle School (Big Gym)	\$139
7025.301	7/20-7/24	9am-12pm	5-7	Rosemont Ridge Middle School (Big Gym)	\$105

BEGINNING GOLF CAMP

7014.301	7/06-7/10	9am-12pm	5-9	Tanner Creek Park	\$105
7036.301	8/10-8/14	9am-12pm	5-9	Willamette Park-West Linn	\$105

CHEERLEADING CAMP

7011.301	6/29-7/02 †	9am-12pm	6-10	Mary S. Young Park	\$89
7029.301	7/27-7/31	9am-12pm	6-10	Mary S. Young Park	\$105

†4 day program. No camp on Friday.

FLAG FOOTBALL CAMP

7005.301	6/15-6/19	9am-3pm	7-12	Willamette Park-West Linn	\$139
7030.301	7/27-7/31	9am-3pm	7-12	Mary S. Young Park	\$139

LACROSSE CAMP (BOYS)

7033.301	8/03-8/07	9am-3pm	7-12	Tanner Creek Park	\$149
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LACROSSE CAMP (GIRLS)

7035.301	8/03-8/07	9am-3pm	7-12	Tanner Creek Park	\$149
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(course) (dates) (time) (ages) (location) (fee)

MINI-HAWK® CAMP (SOCCER)†

7000.301	6/08-7/06	6pm-7pm	4-6	Tanner Creek Park	\$49
7002.301	6/10-7/08	6pm-7pm	4-6	Tanner Creek Park	\$49
7019.301	7/13-8/10	6pm-7pm	4-6	Tanner Creek Park	\$49
7023.301	7/15-8/12	6pm-7pm	4-6	Tanner Creek Park	\$49

†This class meets one day a week for 4 weeks.

MULTI-SPORT CAMP (SOCCER, BASEBALL & FLAG FOOTBALL)

7012.301	6/29-7/02 †	9am-3pm	6-12	Willamette Park-West Linn	\$115
7026.301	7/20-7/24	9am-3pm	6-12	Stafford School	\$139

†4 day program. No camp on Friday.

SOCCER CAMP

7006.301	6/15-6/19	9am-3pm	6-12	Tanner Creek Park	\$139
7015.301	7/06-7/10	9am-3pm	6-12	Willamette Park-West Linn	\$139
7027.301	7/20-7/24	9am-3pm	6-12	Stafford School	\$139
7034.301	8/03-8/07	9am-12pm	5-7	Tanner Creek Park	\$105
7040.301	8/17-8/21	9am-3pm	6-12	Willamette Park-West Linn	\$139

TENNIS CAMP

7007.301	6/15-6/19	9am-12pm	7-12	Athey Crk Middle School	\$105
7020.301	7/13-7/17	9am-12pm	7-12	Athey Crk Middle School	\$105
7028.301	7/20-7/24	9am-12pm	7-12	Athey Crk Middle School	\$105
7038.301	8/10-8/14	9am-12pm	7-12	Athey Crk Middle School	\$105
7041.301	8/17-8/21	9am-12pm	7-12	Athey Crk Middle School	\$105

TINY-HAWK™ CAMP (SOCCER)

7001.301	6/08-7/06 †	5pm-5:45pm	3.5-4	Tanner Creek Park	\$39
7003.301	6/10-7/08 †	5pm-5:45pm	3.5-4	Tanner Creek Park	\$39
7021.301	7/13-8/10 †	5pm-5:45pm	3.5-4	Tanner Creek Park	\$39
7024.301	7/15-8/12 †	5pm-5:45pm	3.5-4	Tanner Creek Park	\$39
7039.301	8/10-8/14	1pm-1:45pm	3.5-4	Tanner Creek Park	\$39

†This class meets one day a week for 4 weeks.

VOLLEYBALL CAMP

7016.301	7/06-7/10	9am-3pm	7-10	Stafford School	\$139
7022.301	7/13-7/17	9am-3pm	11-14	Stafford School	\$139

"This was an EXCELLENT experience for my son. The coaches were serious but fun and encouraging. I think it has set my son up for the LOVE of a sport for a lifetime. Thank you!"

Joyce F.

SPACE IS LIMITED!
REGISTER TODAY

www.skyhawks.com

800.804.3509



City of West Linn

Register Online at:
westlinnoregon.gov/parksrec
503.557.4700

Register Online at:
www.skyhawks.com
800.804.3509

Disclaimer: The West Linn-Wilsonville School District does not sponsor or endorse the activity and/or information contained in this flyer.

Presented by

Kidz Love Soccer

All classes located at: Willamette Primary School, Field
No class 5/23 or 7/4

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

Mommy/Daddy & Me

Ages 2-3.5

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

Min 5 Max 20

FEE: IC \$84/OC \$89

4/11-6/6 Sa 9-9:30 am 7101.201
6/27-8/22 Sa 9-9:30 am 7110.301

Tot-soccer

Ages 3.5-4

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

Min 5 Max 24

FEE: IC \$84/OC \$89

4/11-6/6 Sa 9:40-10:10 am 7103.201
6/27-8/22 Sa 9:40-10:10 am 7111.301

Pre-soccer

Ages 4-5

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing,

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

Min 5 Max 24

FEE: IC \$84/OC \$89

4/11-6/6 Sa 10:10-10:45 am 7105.301
6/27-8/22 Sa 10:10-10:45 am 7112.301

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 \$84/OC \$89

4/11-6/6 Sa 10:45-11:30 am 7107.201
6/27-8/22 Sa 10:45-11:30 am 7113.301

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 \$84/OC \$89

4/11-6/6 Sa 11:30-12:15 pm 7109.201
6/27-8/22 Sa 11:30-12:15 pm 7114.301

Sports fest Camp

Ages 4-13 years

Be active and play the games you love from PE and all sports! in a recreational environment. Program focus is building cooperation, self-esteem; teach communication and leadership skills in a fun and friendly environment where everyone feels welcomed. Teaching basic games, cooperation and sportsmanship skills through fair play, games, and competition. Learn new skills (basics to advanced levels), make new friends, and be the best you can be! Relays, Tag games for all ages, soccer, dodge ball, kick ball, baseball, football, hand ball, volleyball, and more based on grade and ability. All skill levels welcome (groups are split by ability) bring snack, lunch, and water.

Ages 4-5

FEE: IC 80/OC \$85

7/20-7/24 M-F 9-11:30 am 7179.301
Oppenlander Sports Fields, Rosemont Road
8/10-8/14 M-F 9-11:30 am 7181.301
Willamette Park, East End/Field 3

Ages 6-13

FEE: IC 110/OC \$115

7/20-7/24 M-F 9 am-1 pm 7180.301
Oppenlander Sports Fields, Rosemont Road
8/10-8/14 M-F 9 am-1 pm 7182.301
Willamette Park, East End/Field 3

Sudy Soccer

Ages 4-13 years

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

Ages 4-5

FEE: IC \$80/OC \$85

7/6-7/10 M-F 9-11:30 am 7175.301
Oppenlander Sports Fields, Rosemont Road
8/3-8/7 M-F 9-11:30 am 7177.301
Willamette Park, East End/Field 3

Ages 6-13

FEE: IC \$110 /OC \$115

7/6-7/10 M-F 9 am-1 pm 7176.301
Oppenlander Sports Fields, Rosemont Road
8/3-8/7 M-F 9am-1pm 7178.301
Willamette Park, East End/Field 3



Youth/Teen/All Ages

Cascadia Expeditions presents

Survival School

Ages 8-14

Learn skills to survive on your own! Spend five days learning how to build a fire, build and improvise shelters and tarps, navigate in remote places, treat & care for injured people, and how to use and build stone, bone & wood tools. Each day will have team and individual scenarios that test your ability to use your skills to survive in dark & cold conditions, emergencies, and when others are injured or need help. Course covers both survival skills and Ancient living skills. A final scenario will "test" everything you learned during the week. Students should bring water, lunch/snacks, and sunscreen and should wear clothes that can get dirty or wet. For more specific details contact Dan Coyle at 541-760-0774 or danielcoyle@hotmail.com with any questions!

Min 6 Max 12

FEE: IC \$285/OC \$290

6/22-6/26 Ages 10-14 M-F 9 am-4 pm 6900.301

7/20-7/24 Ages 8-12 M-F 9 am-4 pm 6901.301

FEE: IC \$215/OC \$220

8/3-8/7 Ages 6-10 M-F 9 am-1 pm 6902.301

Mary S Young Park



Youth/Teen Paddle Sports Camps

Ages 8-12 and 13-18

All classes meet at Willamette Park, at parking lot at the bottom of 12th Street



West Linn Parks and Rec are excited to partner with eNRG Kayaking this year and bring paddle sports to day camps. ACA Certified instructors will oversee the camps, and instruct youth on proper paddling and river safety techniques for canoeing, kayaking and stand up paddle boarding while incorporating fun games to ensure an exciting day for campers. eNRG Kayaking will provide paddle sport adventures in canoeing, kayaking, stand up paddle boarding and boating safety. Campers

will learn a variety of skills through group activities and fun games such as foam boaters and kayak polo. Instructors will teach paddle strokes and facilitate active, engaging water activities to improve boating skills & safety in a supportive, playful camp experience. Price includes PFD, boat, and paddle.

Day One: Introduction to boats/gear and the river. Learn basic boating skills with a fun, recreational paddle up to the beautiful narrows for a time of swimming and games. This

flat water section of river is a great place to be introduced to paddling

Day Two: A short river history and hydrology lesson will be followed by a paddle down towards the historic Willamette Falls. This flat water section of river is also a great place to be introduced to paddling, and campers will get a chance to take a small hike to view the falls.

Day Three: This day will pull together all the lessons gained from the past two days and apply them to moving water on the lower Clackamas River. Campers will learn about rafts and inflatable kayaks and paddle on a four mile adventure down the river and will learn about river ecology and participate in a small river stewardship cleanup. Campers should bring lunch to camp.

Max 12

FEE: IC \$195/OC \$200

8-12 years old

6/29-7/1 M-W 10 am-3 pm 7200.301

7/13-7/15 M-W 10 am-3 pm 7201.301

7/20-7/22 M-W 10 am-3 pm 7202.301

13-18 years old

7/27-7/29 M-W 10 am-3 pm 7203.301

8/24-8/26 M-W 10 am-3 pm 7204.301

Creatures of the Night Classes

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 and care givers how to make a simple face paint skeleton, clown or animal, including planning, painting and removal. Caregivers can join and learn for no additional fee.

FEE: IC \$40/OC \$45

includes a 12-color professional face paint set for the student to keep, retail cost \$30.

7/22 W 5-7 pm 6800.301

Sunset Firehall

Spooky Party Props: Simple Corpising for Zombie Decorating

Ages 12-18 with adult

Creating a realistic zombie or corpse for party decorations can take days of work and hundreds of dollars. Come learn a simple, low cost and fun method to make a Hollywood-



quality corpse character for your zombie decorating or just to scare your friends. Students will learn how to create a fully believable corpse in a 2 half day workshops and come home with a new creepy friend. This is a hands on 'make and take' course using off the shelf materials. Instructor Matt Knowles. Materials Included.

FEE: Partial Skeleton IC \$66/OC \$71

Whole Skeleton IC \$96/OC \$101

8/22 Sa 1-4 pm 6801.301

8/23 Su 1-4 pm 6802.301

Sunset Firehall

The Haunted Yard: Making easy forms for scarecrows and other Halloween Props

Ages 11 & up

Participants will be provided with precut forms to be assembled in class to make scarecrow forms for home use. Instructor Josh Hackenjosh. Materials included.

FEE: IC \$30/OC \$35

8/29 Sa Call for Time 6802.301

Sunset Firehall

The Theater of Magic

Ages 11 & up

Many special effects experienced in live theatre, haunted houses and other attractions originate from the world of magic and magicians. This course will examine the history of these effects, the theory behind why they work and workshop ideas of how you can incorporate them into your own home application. Instructor Danny Schreiber

FEE: IC \$30/OC \$35

Materials Fee: \$5 Payable to instructor

6/6-6/27 Sa 10-11 am 6803.301

Sunset Fire Hall

Drivers Education

offered through a partnership with Oregon Drivers Training Institute

Summer Schedule: Classroom sessions July 7-29, Tue., Wed. & Thur., 9 am-12 pm

Classroom Location: West Linn High School, Room A 104

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

Registration information is now available online, web address below.

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

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

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

Seating is limited and pre-registration is required.

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

- PERMIT NUMBER REQUIRED AT TIME OF REGISTRATION
- There is a mandatory parent meeting held the first class session in the B Commons.
- 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.**

Youth/Teen/All Ages

Tennis Lessons

with Tim Catlin

This will be Tim's 4th season with our summer program. He especially enjoys working with young families with our Family Hour and is starting a new state of the art senior program designed to help seniors enjoy tennis thru some very unique and unusual training, playing and teaching techniques. Tim is also a USPTA certified instructor and a USTA National Doubles Champ. There will be a maximum of 8 players per court. Any classes cancelled due to bad weather will be made up. Contact Parks & Recreation office if you think the class may be cancelled due to weather.

Lessons ages 8-18

Min 3 to Max 16
FEE: IC \$50/OC \$55

Beginner-Ages 8-11

6/22-7/13 M	9-10 am	7157.301
7/27-8/17 M	9-10 am	7158.301

Beginner-Ages 12-18

6/22-7/13 M	10 am-11 am	7159.301
7/27-8/17 M	10 am-11 am	7160.301

Advanced Beginner-Ages 8-11

6/23-7/14 Tu	9-10 am	7161.301
7/28-8/18 Tu	9-10 am	7162.301

Advanced Beginner-Ages 12-18

6/23-7/14 Tu	10 am-11 am	7163.301
7/27-8/18 Tu	10 am-11 am	7164.301

Intermediate & Advanced-Ages 8-11

6/22-7/13 M	11 am-12 pm	7171.301
7/27-8/17 M	11 am-12 pm	7172.301

Intermediate & Advanced Competitive-Ages 12-18

6/23-7/14 T	11 am-12 pm	7173.301
7/28-8/18 T	11 am-12 pm	7174.301

Tanner Creek Park

Family Hour Group Lessons

Ages 6-Adult (adults participating with instruction, games, etc) Play and learn tennis as a family. Kids must be strong enough to control racket.

Min 4
FEE: IC \$15 per family member/
OC \$20 per family member

6/22-7/13 M	6-7 pm	6906.301
7/27-8/17 M	6-7 pm	6907.301
6/23-7/14 Tu	6-7 pm	6908.301
7/28-8/18 Tu	6-7 pm	6909.301

Athey Creek Middle School, Courts

Adult Lessons

FEE: IC \$55/OC \$60

Beginning Adult-18 & over

Min 3 to Max 24
6/22-7/13 M 7-8:30 pm 2207.301
6/23-7/14 Tu 7-8:30 pm 2208.301

Advanced Beginner-Adult -18 and older

7/27-8/17 M 7-8:30 pm 2209.301

Intermediate/Advanced-Adult -18 and older

7/28-8/18 Tu 7-8:30 pm 2210.301
Athey Creek Middle School, Tennis Courts

Attention Senior Citizens

Tim has an exciting Senior Program for our senior citizens who are playing and for complete beginners. He will be using specially designed teaching methods for "quick start tennis", video filming, and special training aids designed to address special mobility and physical needs of our senior citizens and enabling them to start immediately enjoying the benefits of tennis and the benefits of an increased fitness lifestyle.

FEE: IC \$50/OC \$55

Seniors Beginners to advanced beginners

Min 3 to Max 24

6/23-7/14 Tu	2:30-4 pm	8000.301
7/27-8/18 Tu	2:30-4 pm	8001.301

Seniors Intermediate to advanced

6/23-7/14 Tu	4-5:30 pm	8002.301
7/27-8/18 Tu	4-5:30 pm	8003.301

Athey Creek Middle School, Tennis Courts

What level are you?

Beginner-New to the sport of tennis.

Advanced Beginner-Starting to develop sound stroke techniques. Can rally ten ground strokes, other than with a pro, somewhat consistently.

Intermediate- Ability to hit consistent ground strokes; knowledge of all strokes; understands and executes singles and doubles positioning and strategy.

Advanced-Have developed directional control and depth in rallies, definite serving proficiency with seldom double faulting and ability to strategically focus upon the game.

For more details feel free to contact Tim Catlin 971-277-8466.

Summer Horse Riding & Craft Camp

Ages: 8 -adult (participants are grouped by age)

A 2-hour day camp including horseback riding, creating a stepping stone craft for people with disabilities and special needs at Happy Trails Riding Center. Students must wear pants and closed-toe shoes with a heel. Helmets will be provided and are required. Weight limit horses can carry is 200 lbs. Must self-toilet.

To learn about Happy Trails Riding Center visit:
www.happytrailsridingcenter.org

Min 1 Max 4

FEE: IC \$60/OC \$65

6/27 S	10 am-12 pm	6120.301
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Happy Trails Riding Center



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.



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

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

April	One day a week	7116.201
April	Two days a week	7117.201
May	One day a week	7118.201
May	Two days a week	7119.201
June	One day a week	7120.301
June	Two days a week	7121.301
July	One day a week	7122.301
July	Two days a week	7123.301
Aug	One day a week	7124.301
Aug	Two days a week	7125.301

6/23 & 6/25 location TBA



4th Annual Run/Walk for the White Oak Savanna Sunday May 3rd, 2015

Join us for the 4th Annual Run/Walk for the White Oak Savanna. Rosemont Ridge Middle School at 20001 Salamo Rd., West Linn
5k run starts at 9 am. 1 mi. walk starts at 10 am.
Great prizes for top finishers in several age ranges.
This fundraiser is for the White Oak Savanna Natural Park and Wildlife Habitat.

Pre-register for \$22.50 per person by sending an email to roberta.schwarz@comcast.net and guarantee your t-shirt size.
Or register day of event for \$25 and choose from shirts sizes available that day.

Professionally designed t-shirts are included. Register your whole family.

Co-sponsored by West Linn Parks and Recreation Department and NLWL, a 501(c)(3) nonprofit organization.
Thank you for your support of this park.



234th Army Band "Brass Ops" Concert August 5th, 6 pm Hammerle Park

"Brass Ops" is a music performance team and part of Oregon's Own 234th Army Band.
Commanded by Chief Warrant Officer 3 Ashley Alexander, unit First Sergeant is Preston Baxter, MPT leader of "Brass Ops" is Staff Sergeant Ward Baxter.

The 234th Army Band proudly serves the citizens and Soldiers of Oregon!

Teen/All Ages

Ukelele & Guitar Instruction

B. Price

Beginning Ukulele Part 1

Teen-Adult

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

Min 5 Max 20

FEE: IC \$62/OC \$57 (5 weeks)

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

6/15-7/13 M 6:30-7:15 pm 6700.301
West Linn Adult Community Center, Classroom
(July 13th & Aug 10th in MPR2)

Beginning Ukulele Part 2

Teen-Adult

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

Min 5 Max 20

FEE: IC \$52/OC \$57 (4 weeks)

7/20-8/10 M 6:30-7:15 pm 6702.301
West Linn Adult Community Center, Classroom

Beginning Guitar Part 1

Teen-Adult

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

tune, basic techniques, etc.

Min 5 Max 20

FEE: IC \$62/OC \$57 (5 weeks)

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

6/15-7/13 M 6:30-7:15 pm 6701.301
West Linn Adult Community Center, Classroom
(July 13th & Aug 10th in MPR2)

Beginning Guitar Part 2

Teen-Adult

This class picks up where Part 1 left off. More great songs, strumming, and chords...

Min 5 Max 20

FEE: IC \$52/OC \$57 (4 weeks)

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

7/20-8/10 M 6:30-7:15 pm 6703.301
West Linn Adult Community Center, Classroom

Beginning Piano for Teens/Adults

Ages 12 & up

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. You will be amazed at what you can play after only 4 sessions! Parents of younger students are welcome in class.

FEE: IC \$85/OC \$90

7/13-7/22 M & W 6-6:45 pm 6514.301
Harmony Road Music Center



MORNINGS ARE HARD...

Pancakes Help!

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

PJ's to Pancakes

SUNDAY, JULY 19th 2015

WILLAMETTE PARK

7:00 am: Packet pickup at Willamette Park begins

8:00 am: Kids 1 mile Run - \$4 pre registration
\$5 day of the event

8:15 am: 5K Run - \$8 pre registration
\$10 day of the event

Register online at www.westlinnoregon.gov

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



59TH WEST LINN OLD TIME FAIR

Friday, Saturday, & Sunday
July 17, 18 & 19
Willamette Park, West Linn



- Professional Lumberjack Show
- Beer Garden & Entertainment
- Parade
- Olde Time Baseball Game
- Raffle Drawings
- Skydivers
- Live Music & Dancers
- Bingo
- Water Ski Show
- Pet Show
- Pancake Breakfast
- Horseshoe Tournament
- Pie Eating Contest
- Car Show
- Food & Exhibitor Booths
- Carnival!



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)

6/11	TH	5:30- 9 pm	Distant Mountains	1040.301
6/27	S	10 am-2 pm	Stormy Seas	1041.301
7/2	TH	5:30- 9 pm	Bald Eagle	1042.301
7/25	S	10 am-2 pm	Calla Lillies and Mums	1043.301
8/13	TH	5:30- 9 pm	Half Oval Vignette	1044.301
8/22	S	10 am-2 pm	High Tide	1045.301

Adult Community Center, Classroom

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



Just Before the Storm



Stormy Seas



Distant Mountain



Stormy Seas



Bald Eagle



Half Oval Vignette



Calla Lillies and Mums



High Tide

West Linn's Premiere Live Concert Event!



Presented by **Advantis**
credit union

Music in the Park Concert Series

Located in beautiful Tanner Creek Park

Thursdays, July 23 –August 27 6:30 – 8:30 pm

July 23	The Chris Baum Project	August 13	Jordan Harris
July 30	Ants in the Kitchen	August 20	Jilt
August 6	Conjunto Alegre	August 27	Big Night out

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

www.westlinnoregon.gov/musicinthepark

The Great West Linn Outdoor Adventure

Overnight Campout at Mary S. Young Park

- **Movie on the Big Screen**
- **Camping demonstrations**
- **Camp Fire activities**
- **Close Encounters Birds of Prey**
- **Naturalist Led Night Hikes**
- **Sunday Morning Breakfast**
- **Kayaking/Canoeing**
- **Games & Contests**

**Aug. 8th Check-in: 1-5 pm,
Aug. 9th Break Camp
by 10:30 am**

**FEE: IC \$40/OC \$50
per campsite
(up to 6 people
per site)**



**Register online at www.westlinnoregon.gov/parksrec
For information contact West Linn Parks & Recreation 503-557-4700**

Outdoor Adventures

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

Trips and lessons go rain or shine.



Beginning Canoe Lesson

No partners needed-Beginning Level

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

FEE: IC \$42/OC\$47

7/12 Su 4pm-6:30 pm 2103.201

Tualatin River

Meet at Tualatin Community Park; I-5 Exit 289

Canoe 5-hour Long Tour

No partners needed--Intermediate Level

These trips allow you more time to explore our surrounding waterways. Some of these tours include shuttles to allow you to paddle with the flow. Canoe tour participants should have canoed at least once before. Individual instruction is provided upon request as we tour. Cost includes canoe equipment and guide.

FEE: IC \$58/OC\$63

5/17 Su 8:30 am- 1:30 pm 2104.201

Sauvie Island

Meet at Sauvie Island Bridge off Hwy 30

Beginning Touring Kayak Lesson

Learn how to use touring kayaks. The first half will include discussion on kayak equipment, steering strokes, paddling in a straight line, bracing and rescues. The second half will be a

tour on a local waterway in which we will have the chance to become proficient in our skills. We use very stable solo and tandem kayaks that have big cockpits. This class is a great introduction for beginners to the sport of kayak touring and sea kayaking. Cost includes kayak equipment and guide.

FEE: IC \$42/OC \$ 47

5/17 Su 3 - 6 pm 2105.201

Tualatin River – Meet Location: Tualatin Community Park; Exit # 289 off I-5

7/18 Sa 2-5 pm 2106.201

Meet at Clackamette Park, 2089 Clackamette Dr., Oregon City

Touring Kayak Long Tour & Lesson

No Transit

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

FFE: IC \$58/OC \$63

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

Meet location is Willamette Park, Portland

Macadam Ave in John's Landing, not West Linn

10/10 Sa 8:30 am - 12:30 pm 2110.301

Rock Island trip, Meet at Willamette Park, West Linn (at the end of 12th Street)

Touring Kayak Moving Water Combined Lesson & Tour

Intermediate Level

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

FEE IC \$58/OC \$63

7/18 Sa 8:30 am - 12 pm 2108.201

Clackamas & Carver Rivers

Meet at Riverside Park, 17298 SE Water Ave, Clackamas 97015

Touring Kayak 3-hour Short Tour and Lesson

Beginning

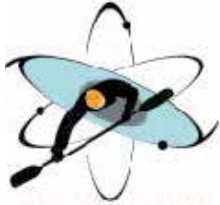
Explore our local waterways in touring kayaks. These very stable, large cockpit and responsive kayaks will allow you to quickly become proficient paddlers. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour.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

FEE IC \$42/OC \$47

7/18 Sa 5:30-8:30 pm 2109.201

Meet location is Clackamette Park, Oregon City





Willamette Falls, USA
eNRGkayaking.com

In a partnership with eNRG Kayaking, West Linn Parks and Recreation is proud to offer these classes at Willamette Park

Introduction to Paddling

Adult and ages 12+ with parent

This 1.5 hour lesson is an instructional and guided, flat water paddle demonstrating proper technique and safety for paddling canoes, kayaks and standup paddle boards. Trips will begin at the confluence of the Tualatin and Willamette River and will either paddle upstream towards the scenic Willamette River Narrows or downstream towards the historic Willamette Falls for a round trip. Experience the splendor of the upper Willamette River and the unique geographic location of Willamette Park in West Linn. Cost: \$35 includes paddles, PFDs, and boats.

Canoe/Kayak Instruction

FEE: IC \$35/OC \$40

May and June Camps 5:30 - 7 pm

5/3	Su	2150.301	5/6	W	2151.301
5/24	Su	2152.301	5/27	W	2153.301
6/7	Su	2154.301	6/10	W	2155.301
6/21	Su	2156.301	6/24	W	2157.301

July and August Camps 6-7:30 pm

7/5	Su	2158.301	7/8	W	2159.301
7/22	W	2160.301	8/2	Su	2161.301
8/5	W	2162.301	8/9	Su	2163.301
8/12	W	2164.301			

Stand Up Paddle Board Instruction

FEE: IC \$35/OC \$40

May and June Camps 5:30 - 7 pm

5/17	Su	2165.301	5/20	W	2166.301
6/14	Su	2167.301	6/17	W	2168.301
6/28	Su	2169.301			

July and August Camps 6-7:30 pm

7/1	W	2175.301	7/26	Su	2176.301
7/29	W	2177.301	8/16	Su	2178.301
8/30	Su	2179.301	9/2	W	2180.301

All classes meet at Willamette Park, parking lot at the bottom of 12th Street

Annual

West Linn Parks and Recreation Summer Photo Challenge

Capturing the summertime splendor of west Linn. The 2015 Summer Photo Challenge is an opportunity for amateur photographers to reveal their unique view of West Linn through their photography.

2015 Categories:

- ◆ Recreation Programs, Sports and Classes
- ◆ Photos by Kids
- ◆ Vistas
- ◆ Pooches in Parks
- ◆ City of West Linn Events

Submission Deadline:
September 4, 2015



CITY OF
West Linn
PARKS &
RECREATION

For complete contest rules please visit: westlinnoregon.gov/parksrec

Adult Sports & Family Fitness

Adult Recreational Co-ed Volleyball Open Gym

Over 18 years of age

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

For information contact David Nepom 503-657-3106 or email: dnepom@gmail.com

Min 4 Max 28

FEE: \$2 per person per night, pay at door. No online registration

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

Except 5/25

Willamette Primary School, gym

Open Gym Power Volleyball

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. For further information, contact Steve Young 503-750-6151 or sytees@hotmail.com.
(2 courts, AA and A).

On-going program each Tuesday,

\$2 per person per night

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

Except 5/19

Athey Creek Gymnasium

Adult Open Gym Over 35 Basketball

Age 35 and over

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

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

\$3 Drop in per night In City

\$5 Drop in Out of City

Tuesdays 8:30-10 pm

January 6-June 16, 2015

Willamette School, Gymnasium

NEW CLASS — Boot Camp — Get Fit! J. Rodgers

Age 16-Adult

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. Attend one, two, or three days a week. Classes begin the first Tuesday/Wednesday/Friday of the month.

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

Tuesday 6:30-7:30 am

West Linn Adult Community Center

Wednesday and Friday 5:30-6:30 pm

Bolton Primary School May & June

West Linn High School July & August

May 1x/wk 2063.201

May 2x/wk 2064.201

May 3x/wk 2065.201

June 1x/wk 2066.301

June 2x/wk 2067.301

June 3x/wk 2068.301

July 1x/wk 2069.301

July 2x/wk 2070.301

July 3x/wk 2071.301

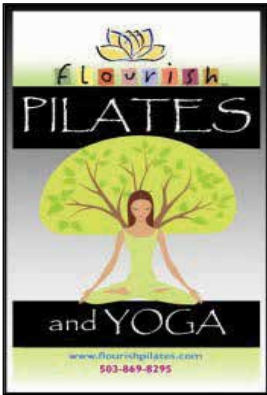
August 1x/wk 2072.301

August 2x/wk 2073.301

August 3x/wk 2074.301



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



Pilates Mat & Reformer Classes

Instructor: Flourish Pilates (Clare Baxter & Staff)

Address & facility location:

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

www.Flourishpilates.com

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

Clare baxter is the owner of Flourish Pilates Studio in West Linn 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 Reformer and Pilates Spring-wall to increase tone and strength gradually.

FEE: IC \$528 OC \$533 (16 sessions)

5/11-8/24 M 6:30-7:30 pm 2048.301

5/12-8/25 T 9:30-10:30 am 2049.301

5/14-8/27 Th 9:30-10:30 am 2050.301

5/14-8/27 Th 6-7 pm 2051.301

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 \$528/OC \$533 (16 sessions)

5/11-8/24 M 9-10 am 2052.301

Pilates Mat with Props

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

FEE: IC \$312/OC \$317 (16 sessions)

5/11-8/24 M 5:30-6:30 pm 2044.301

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 \$312/OC \$317 (16 sessions)

5/13-8/26 W 6-7pm 2045.301

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 sa.m.e time.

Gain core strength and tone your entire body!

Increase flexibility, improve posture, and

prevent injury by balancing out the body.

FEE: IC \$528/OC \$533 (16 sessions)

5/12-8/25 T 6-7 pm 2046.301

5/9-8/22 Sa 9-10 am 2047.301

No class 7/18

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



Kettlebell Fitness

J. DuBack

Teen- Adult

Kettlebell Orientation

Orientation Workshop required prior to attending weekly classes

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

Min 3 Max 10

FEE: IC \$40 OC \$45

5/30 S 10-11:30 am 2170.301

6/27 S 10-11:30 am 2171.301

7/25 S 10-11:30 am 2072.301

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

6/3-6/24 W 8:45-9:45 am 2075.301

6/3-6/24 W 4:45-5:45 pm 2076.301

7/8-7/29 W 8:45-9:45 am 2077.301

7/8-7/29 W 4:45-5:45 pm 2078.301

8/5-8/26 W 8:45-9:45 am 2079.301

8/5-8/26 W 4:45-5:45 pm 2080.301

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 modalities, 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 \$30/OC \$35 Drop-in \$10 per class

6/5-6/26 F 6-6:45 am 2081.301

7/10-7/31 F 6-6:45 am 2082.301

8/7-8/28 F 6-6:45 am 2083.301

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.

Adult & Family 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 \$99/OC \$104 (11 weeks)
6/9-8/18 Tu 9-10:15 am 2033.301
FEE: IC \$90 OC \$95 (10 weeks)
6/11-8/20 Th 9-10:15 am 2034.301
No class July 2

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 \$99/OC \$104 (11 weeks)
6/10-8/19 W 9:30-10:45 am 2035.301

All Levels Yoga: Discovering Your Roots

This class focuses on beginning to intermediate student with emphasis on breath, balance, and strength which all help to build each student's individual practice. Modifications are offered for the

different levels of students, times of life, and personal preference.

FEE: IC \$99/OC \$104 (11 weeks)
6/10-8/19 W 6-7:30 pm 2036.301

Restorative Gentle Yoga

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 \$99/OC \$104 (11 weeks)
6/7-8/16 Su 8:45-9:45 am 2037.301
6/8-8/17 M 6:30-7:45 pm 2038.301
6/11-8/20 Th 11-12 pm 2039.301

Belly Dance Basics

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

FEE: IC \$65/OC \$70 (5 weeks)
6/5-7/10 F 12-1:30 pm 2040.301
No Class 7/3
7/17-8/21 F 12-1:30 pm 2041.301
No class July 31



T'ai Chi

S.V. Miller

Beginning T'ai Chi

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)

4/7-6/2 Tu 6:30-7:30 pm 2023.031
No Class 5/12 (6/2 class Adult Community Center)
4/8-5/27 W 6-7 pm 2025.201
Rosemont Ridge, Commons
4/11-6/6 Sa 9:15-10:15 am 2027.201
No Class 5/23

Sunset Fire Hall Upstairs

Intermediate T'ai Chi

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

FEE: IC \$72/OC \$77 (8 weeks)
4/8-5/27 W 7-8 pm 2029.201
Rosemont Ridge, Commons

Advanced T'ai Chi

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)
4/07-6/2 Tu 7:30-8:30 pm 2030.201
No Class 5/12
Rosemont Ridge, Commons
(6/2 class Adult Community Center)

T'ai Chi Advanced with Fan Form

T'ai Chi Ch'uan is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. This class is for the experienced T'ai Chi Player and will focus on the Yang-Style 36-Movement Fan Form. Enrollment requires Instructor's permission.

Min 5 Max 20
FEE: IC \$108/OC \$113 (8 weeks)
4/11-6/6 Sa 10:15-11:45 am 2032.201
No class 5/23
Sunset Fire Hall Upstairs

Nia

T. Buscemi

New instructor Tony Buscemi 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 \$63 / OC \$68, \$10 drop in
5/29-7/10 F 9:30-10:30 am 2042.301
6/26 location TBA
7/17-8/28 F 9:30-10:30 am 2043.301
8/21 location TBA
Sunset Fire Hall, Upstairs

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 Level Lindy Hop

Beginning Level Lindy Hop is the granddaddy of all Swing dances. Fun and easy to learn!

FEE: IC \$45/OC \$50 (\$90/couple)
 1023.301 W 7-8 pm 6/11-7/2

Beginning Level Waltz

A great dance to learn!

FEE: IC \$45/OC \$50
 1024.301 W 7-8 pm 7/9-7/30

Beginning Level Fox Trot

Fox Trot: The backbone of Ballroom dancing!

FEE: IC \$45/OC \$50
 1025.301 W 7-8 pm 8/6-8/27

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.

Session 1

FEE: IC \$45/OC \$50
 6/11-7/2 Th 7-8 pm 1024.301

Session 2

FEE: IC \$45/OC \$50
 7/9-7/30 Th 7-8 pm 1025.301

Session 3

FEE: IC \$45/OC \$50
 8/6-8/27 Th 7-8 pm 1026.301



Saturday, July 11, 2015

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

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

8:00 p.m. Music & Dancing with "The Touchables"

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

Event sponsors:

Bring your chair and enjoy the unique street dance in West Linn!



Adult Programs

Mindfulness Meditation

Surja Tjahaja

All Ages

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

Min 6 Max 30

FEE: IC \$70/OC \$75

Drop-in FEE: \$10 per class to instructor

6/23- 8/25 Tu 7-8:30 pm 1066.301

West Linn Adult Community Center



Surja Tjahaja holds a MBA degree from USC. He has practiced meditation for the past 20 years and is especially interested in how meditation promotes neuroplasticity of the brain and healing. A graduate of the Chaplaincy Program at the Sati Center for Buddhist Studies in California, Mr. Tjahaja has served as a volunteer chaplain at Laguna Honda Hospital and Rehabilitation Center in San Francisco. He currently teaches weekly meditation classes open to people of all ages and health conditions through the Parks and Recreation Departments of Lake Oswego and West Linn.



Photography Instruction

Dwon Guvenir, Craftsman Photographer www.oregonphotosafaris.com

16- Adult

Photography Basic

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

Min 5 Max 20

FEE: IC \$35/OC \$40

7/6 M 7-9 pm 1052.301

West Linn High School, Classroom A105

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

7/6-7/8 M-W 7-9 pm 1053.301

West Linn High School, Classroom A105



Cooking with Surja Tjahaja

Ages 15-Adult

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



Salmon Bento Box

How about a fancy take out for picnic or office lunch box? The ultimate Japanese tapas. Learn to make authentic Japanese broiled salmon with Sake sauce, rice with sesame, Kippira Gobo root and carrot side dish, salad with Miso dressing, and pickled (sushi) ginger; all made from scratch. Bound to impress your friends or an idea for a food cart?

Min 3 Max 12

FEE: IC \$35/OC \$40 per person Materials fee: \$10 payable to instructor

7/19 Su 10 am-1:30 pm 1018.301

West Linn Adult Community Center

Yakisoba

The A to Z to make authentic Yakisoba: making the sauce and red pickled (red) ginger (Beni Shoga) from scratch. Learn how to choose the right noodle, prepping the ingredients properly, sequence in cooking, and serving it just like you find it in the street of Tokyo (save the travel).

Min 3 Max 12

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

Materials fee: \$5 payable to instructor

8/23 Su 10 am-1:30 pm 1019.301

West Linn Adult Community Center

Sushi (with Raw Fish)

Back by popular demand, we are going to have another chance at learning how to make sushi. We will learn the A to Z of sushi making from selecting the raw materials, preparing the fillings, cooking the flavored rice, pickling ginger, and real fresh wasabi root. We will make several vegetarian and RAW FISH sushi. After taking this course you can save a bundle by moving the restaurant to your home. We will enjoy the sushi for lunch, so come hungry.

Min 3 Max 12

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

Materials fee: \$15 payable to instructor (or less depending on what is available in the market).

6/14 Su 10 am-1:30 pm 1017.301

West Linn Adult Community Center



Happy Hour Cooking Classes

Celebrate the end of the week with a Happy Hour style cooking class! We all love to gather with friends for happy hour appetizers. With chef, Samantha Zizza, let's toast the day together as we learn to make easy, yet healthy and delicious, happy hour foods! You can bring your own beer or wine if you choose and we will provide a non-alcoholic, sparkling drink to pair well with the food.

All Classes on Fridays, 4:30-6:30 pm at the Adult Community Center

FEE: \$20

To Register please call 503-557-4704

5/1-Chipotle Chicken Tacos, Pico de Gallo with homemade tortilla chips and churros.

6/12-Steamed Mussels in coconut broth with crostini, Roasted cherry tomatoes with basil and mozzarella and roasted strawberries with chocolate ganache.

7/3-Assorted Hand Tossed Mini Pizzas and roasted plums with cream sauce.

8/14-Chicken skewers with Thai dipping sauce, Artichoke dip and Cheesecake cups with mixed berry sauce.

Simply Elegant, Nutritious Meals for 1 or 2

When cooking for one or two people, we tend to either cook the same thing every day or worse, not cook at all and depend on processed convenience foods. Learn to make a versatile, nourishing meal that is easy to prepare for one or two people (or more) with chef, Samantha Zizza. She will share tips on how to add variety and nutrition to your plate that is simple to make and budget friendly. For the price of a nice lunch out, you will enjoy a delicious meal as you learn how to make great food and participate in the fun together.

All Classes on Thursdays, 11:15 am -1 pm at the Adult Community Center

FEE: \$15

To Register please call 503-557-4704

5/21-Farro Risotto with mushrooms and chicken, Roasted summer squash with quinoa and almonds and Apricot crisp with brown rice and oats.

6/18-Oven Baked Salmon with lemon and herbs, mustard roasted potatoes and lemon granita.

7/16-Balsamic Marinated Flank Steak with chimichurri sauce, warm wheat berry salad and chocolate tofu pudding.

8/20-Garlic Shrimp in tomato sauce with crostini, Roasted eggplant with goat cheese and herbs and Crepes with fruit compote and whipped cream.



YOUR PASSPORT TO SUMMER FUN



CITY OF
West Linn

No need to pack your bags for summer fun. Our Passport will take you to the ends of West Linn, the far reaches of your imagination and to new heights of entertainment. Make your own passport, collect stamps all summer long at our area parks, events and library programs. When you collect the required number of stamps, claim your prize!

westlinnoregon.gov/summer-passport

Adult Programs

Opportunities to get involved...

Bus Drivers Needed- Volunteer Drivers with current C.D.L. needed to drive 18 passenger bus for Senior Adult Programs at the West Linn Adult Community Center. Call Tiffany at 503-557-4704.

Park Volunteer Work Parties- Join your neighbors to return the parks to their native habitat by the removal of invasive plants, the reintroducing of appropriate native plants, and the restoration of streambeds, the flora, and fauna.

Mary S Young Park volunteers meet Monday & Wednesday 8:30 am-12 pm, meet at the tool shed in gravel parking lot.

Contact John Linman at linmanjo@hotmail.com or 503-636-0134.

Invasive species removal volunteers contact Dave Kruse at dbkruse@comcast.net.

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

Take Care of West Linn Day, May 16, 2015, 9 am-12 pm Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying, planning and promoting your project. Additionally they

will help obtain additional volunteers, and to recognize the effort of your volunteers. Contact Ken Warner at 503-557-4700 or email kwarner@westlinnoregon.gov to set up a group project or find out more details.

Old Time Fair, July 17-19, 2015 The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2015 Old Time Fair. The volunteer planning committee is working hard to make the 2015 Fair the biggest and best in years. Call 503-557-4700 for information.

If you are interested in being involved with this dedicated group, or sitting in on one of the monthly planning meetings, give the Parks & Recreation Department a call at 503-557-4700.

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

Contact: Telephone 503-655-4268, www.mcleanhouse.org



2015 Independence Day
5:30 pm to 11:00 pm

with The United States Army Color Guards

West Linn 4th of July
Willamette Park 1100 12th Street

Country Wide Band Performs
TVF&R - Raising of the Flag
National Anthem by Local Student

Emcees: State Representative Julie Parrish
County Commissioner Chair John Ludlow
State Senator Richard Devlin
Alice Richmond info 503-723-0101

Fireworks at Twilight
Food and Beverages On -Site

Thank You Sponsors

U.S. ARMY

MT. HOOD RECREATION
J.T. SMITH COMPANIES
ICON CONSTRUCTION
Granor Development Inc. AAF
West Linn Shopping Center



CONCERTS IN THE PARK!

Clackamas Community Band

Performances at Hammerle Park

July 1 at 7:00 pm
July 22 at 7:00 pm

Also Performing at
West Linn
Old Time Fair
Saturday July 18,
3:30-4:30 pm
Willamette Park

TAKE CARE OF WEST LINN DAY

May 16, 2015, 9 am-12 pm

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

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

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

The types of projects organizations may choose to organize include:

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

Please let us know by May 1, 2015 if your organization is interested in participating in Take Care of West Linn Day in some form. Contact Ken Warner at 503-557-4700 or email kwarn@westlinnoregon.gov to set up group project or find more details.

Adult Community Center Annual Plant

Thursday May 7 & Friday May 8
9 am-3 pm

Support the West Linn Adult Community Center by stopping by the Annual Plant Sale. There will be beautiful hanging baskets, annuals, perennials, vegetable starts and fruit options. Perfect time to think about those Mother's Day Gifts!

*All proceeds from the event go towards the operation of the Adult Community Center.



Mothers Day Tea



Monday May 4, Noon
Adult Community Center

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

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:

May 25th — Memorial Day

July 3rd — Independence Day

September 7th — Observance of Labor 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-is suggested. Call 503-657-8287.

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

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

Congregate Meals

Meals are served at noon Mondays, Wednesdays, and Fridays. Attendees are asked for a meal donation of \$4. The main dish for our potlucks, holiday celebrations, and BBQ's are provided by the Center. You are invited to contribute a side dish or dessert on Friday in lieu of donation, if you wish.

Health and Wellness Programs

Foot Clinic 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.

NEW SERVICE — Facials Facials are now being offered every first Tuesday of the month by Marilyn Jones, Esthetician and skin care professional for \$20. Please call or stop by the front desk to make your appointment.

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

Healthy Aging Every 4th Thursday of the month at 1 pm, Mary Beth Rosenstiel, RN, DNP from Lionheart Healthcare will be here giving a presentation on a topic related to healthy aging. She will also stay after each presentation to talk with individuals (for 15-20 minutes each) who may have questions or concerns related to a health condition or accessing healthcare needs.

High Blood Pressure — What you need to know Thursday, May 7th at 1 pm. Given by Lynn Pettitt, RPh, MPH. Please RSVP at the front desk. High blood pressure is a major risk factor for heart disease and stroke. One in four Oregonians is affected by high blood pressure. What do the latest guidelines recommend? Learn what you can do to prevent or manage high blood pressure and improve your health.

Driver Safety Wednesday, May 13th, at 1 pm, Driver Safety tips with West Linn's Lieutenant, Mike Stradley. Please RSVP at the front desk. Prevent car accidents by learning defensive driving techniques that can save lives!

Stress Relief with Heart to Heart Healing's, Liz Burney--Thursday, May 21st at 1 pm. Please RSVP at the front desk. For those who may have missed it last year, Liz will be bringing back her popular presentation on stress relief.

YogaBrain with Heart to Heart Healing's, Liz Burney--Thursday, June 11th at 1 pm. Please RSVP

at the front desk. Due to its high popularity, Liz is offering this informative talk again. Superbrain Yoga® is a simple and effective technique to energize and recharge the brain.

Energy Healing for Animals with Heart to Heart Healing's, Liz Burney--Thursday, July 16th at 1 pm. Please RSVP at the front desk. For those of you who have or live with animals, you know how important the health and well-being of your furry (or not so furry) buddy is. Because every living thing has energy fields, energy healing works whether you have honey bees, chickens, a turtle, a hamster, cat, dog or a horse.

Upcoming Special Events

Annual Plant Sale on May 7 & 8th from 9 am-3 pm.

Visit the center for your special plants or herbs for Mother's Day!

Ongoing cooking classes with our very own ACC chef, Samantha Zizza.

Enjoy and learn to prepare delicious dishes that are easy to prepare! Join us either every first Friday of the month for our happy hour class or third Thursday of the month for our lunch time class. Please call or stop in to sign up, see menu information, class times and other details.

National Senior Fitness Day, Wednesday, May 27th Did you know we have a National Senior Fitness Day? Here at the ACC, we're going to celebrate the day with raffle drawings for prizes for those that

participate in exercise classes here during that week. There will also be a fitness orientated bus trip on the 27th. Please stop in to the front desk for further details as the date approaches!

ACC Open House

Friday, June 5th from 4-6 pm Come see what the Adult Community Center has to offer! There will be music from the the Share Singers, Uke players and the Rosemont Rhythm band as well as a skit from our drama group--the Antique Roadshow Players. We will display our various exercise classes, card games and more. Appetizers will be provided as well. Don't miss this special event!

Antique Roadshow Players

Drama performance, Saturday, June 13th. Time TBA and will feature old skits from the Carol Burnett show.

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.
- Facials..... Every 1st Tuesday of the month by appointment, 9:30-2:30 pm, \$20 fee

EXERCISE

- Kettlebell class..... Wednesdays 9-9:45 am, \$7 per class
- Nia "Music & Movement" Tues, Thur, 11:15 am-12 pm, 6 wk sessions, 12 classes
\$60 per person, \$100 per couple
Drop ins: \$7 (June-August will meet Tuesdays only)
- 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 (beginners welcome) Tues 12:30-3 pm
- Bridge..... Mon 12:30-3 pm and Thurs 10:30-3 pm
- Pinochle..... Wed and Fri 12:30-3 pm
- Poker..... Texas Hold 'Em Fri, 12:45-3 pm (\$5 buy in)
- Mah Jongg..... Fri, 1-3 pm

SPECIAL INTEREST (no charge)

- Travel Talk..... Every last Monday of the month 12:30 pm
- Woodcarving..... Mon 9 am-12 pm
- Share Singers..... Some Thursdays. Please call for schedule
- 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.
- NEW! Rosemont Rhythm Band Wed 1-3 pm

SPECIAL INTEREST INSTRUCTIONAL CLASSES

- Drama..... Mondays 1-2:30 pm \$55 for 7 classes

READING

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

Kettlebell Class

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

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, \$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

Core Strength (new for the afternoon!)

Instructor, Jacquelyn Rodgers, is teaching an extended Core Strength class on Wednesday afternoons. This will be similar to her morning Core Strength class but with the addition of core yoga poses.

Thur 3-3:50 pm (8 week sessions)
\$45 for full term or \$6 drop in

Yoga

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

Tuesday & Thursday 10-11 am
\$60/8 weeks or \$6:50 drop-in

Tai Chi

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

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

Nia "Music & Movement"

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

Tuesday/Thursday. 11:15 to noon
(June-August will meet Tuesdays only)
Six week sessions are \$60 for 12 classes, Couples are \$100 for 12 classes, drop ins: \$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 (New!)

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

Travel Talk

Do you love to travel? Join this new group of like-minded people who can share great ideas on traveling on a budget. Bonnie Metcalfe will be sharing her expertise and experiences and invites those interested to do the same. Every last Monday of the month, 12:30 pm



Woodworking

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

Mon 9 am-12 pm

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

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

Garden Appreciation Group

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.

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

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

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

Park Facility Reservations

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

Picnic Area & Field Reservations- NEW PROCESS

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

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

Marylhurst Heights Park 1800 Valley View Dr.

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

Sunset Park 4665 Bittner St.

Located at Long and Bittner Streets, this 5.1 acre park offers a rustic setting with many tall firs in the center of the City. 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, 2 softball fields, 2 volleyball courts, horseshoe pits, river access including boat ramp and docks, canoe/kayak locker, playground, water spray park, water and power.

Parks & Open Spaces

Benski Park

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

Burnside Park

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

Camassia Natural Area

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

Cedaroak Boat Ramp

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

Cedar Island

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

Douglas Park

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

Fields Bridge Park

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

Hammerle Park

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

Ibach Nature Park

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

Maddax Woods

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

Mary S. Young Park

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

Marylhurst Heights Park

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

Midhill Park

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

North Willamette Park

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

West Linn Parks & Open Spaces

Palomino Park

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

Robinwood Park

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

Sahallie Illahee Park

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

Skyline Ridge Park

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

Sunburst Park

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

Sunset Park

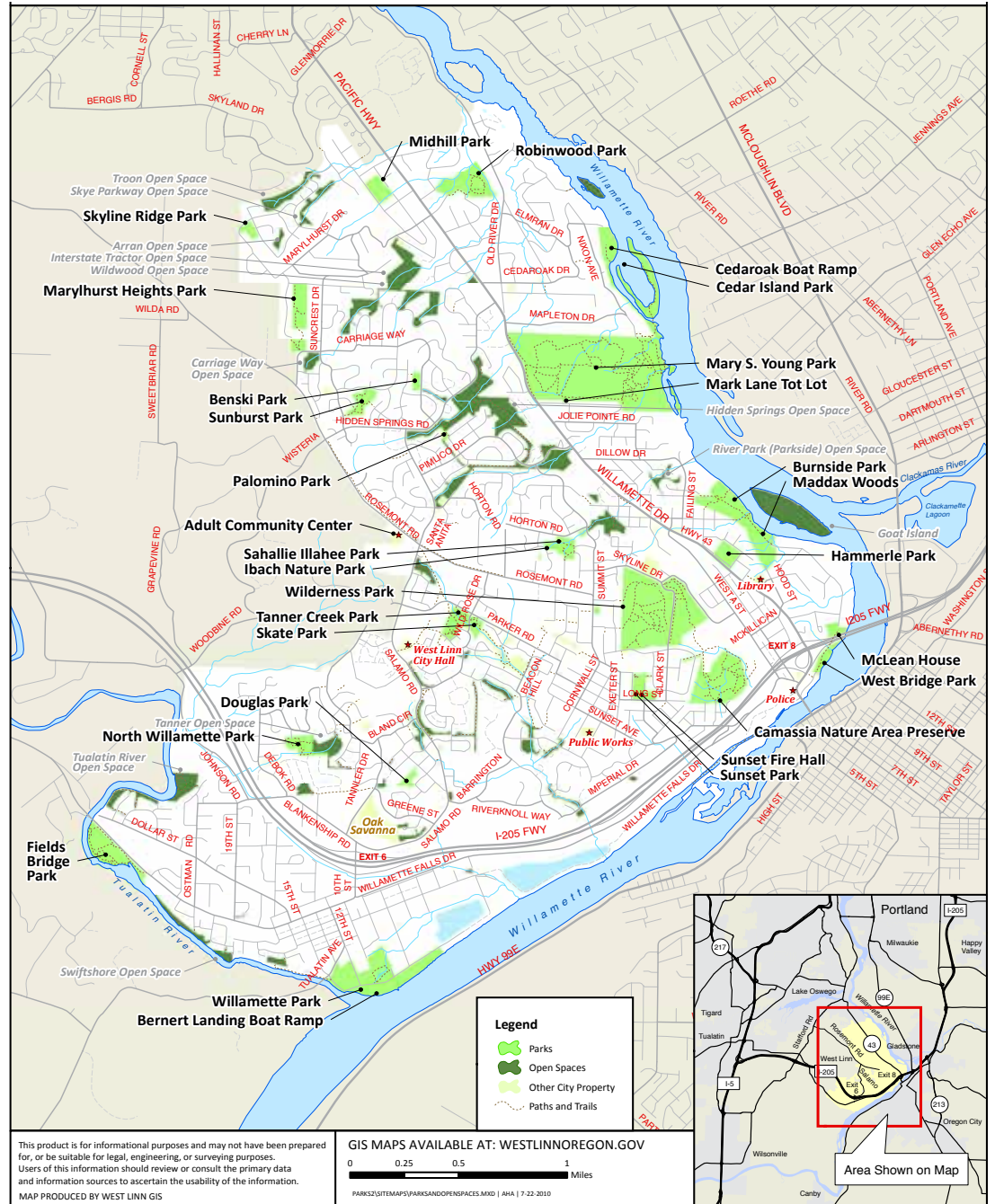
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

Swiftshore Park

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

Tanner Creek Park

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



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

The White Oak Savanna

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

Wilderness Park

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

Willamette Park/Bernert Landing Boat Ramp

22.5 acres located at 12th & Volpp on the banks of the Tualatin and

Willamette Rivers. This park offers river access, riverfront picnicking areas, 3 covered shelters, play equipment, restroom, athletic fields, volleyball courts, 5 horseshoe pits, canoe/kayak locker, water spray park, boat ramp, wildlife viewing and an outdoor stage.

Facilities

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

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

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

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

The West Linn Adult Community Center

1180 Rosemont Road



The Adult Community Center is a large, well-equipped facility with several rooms to meet all of your needs! The West Linn Adult Community Center is a one-story, facility. It includes three multi-purpose rooms and a classroom perfect for parties, meetings, or receptions. Surrounded by attractively landscaped grounds, your guests will also enjoy lounging on the open patio next to a tranquil pond. This is a facility with multiple meeting rooms that can be arranged via collapsible walls to accommodate many group sizes, a classroom, full kitchen and open lounge area with gas fireplace. Amenities 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 \$ AMOUNT TO CHARGE

CHARGE CARD # EXP. DATE

CARDHOLDER NAME

CARDHOLDER SIGNATURE

OFFICE USE ONLY: APPROVAL CODE

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

I have read the above waiver and understand the contents

Proud partner of



SIGNATURE (PARENT OR GUARDIAN)



CITY OF West Linn

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

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MOVIES IN THE PARK

Showing in parks throughout West Linn this summer
Vote now for your favorite movie coming to a park near you!

July 10 Robinwood Park

Alexander and
the Terrible,
Horrible,
No Good,
Very Bad Day
Paddington



July 31 Maryhurst Heights Park

Box Trolls
Planes Fire &
Rescue



August 14 Tanner Creek Park

Captain America
Winter Soldier
Jupiter
Ascending



July 24 Midhill Park

Frozen
Big Hero 6



August 21 Hammerle Park

Willy Wonka
The Wizard
of Oz



SPONSORED BY

Smile Linn  Dental
Family Dental Care



Vote for the movies you want this summer !

Use your smart phone to scan the QR code, left
or vote online at www.westlinnoregon.gov

Results will be announced on the website June 1st, 2015.