

Activities

**WINTER/SPRING
2014**

Class Registration

Events Guide

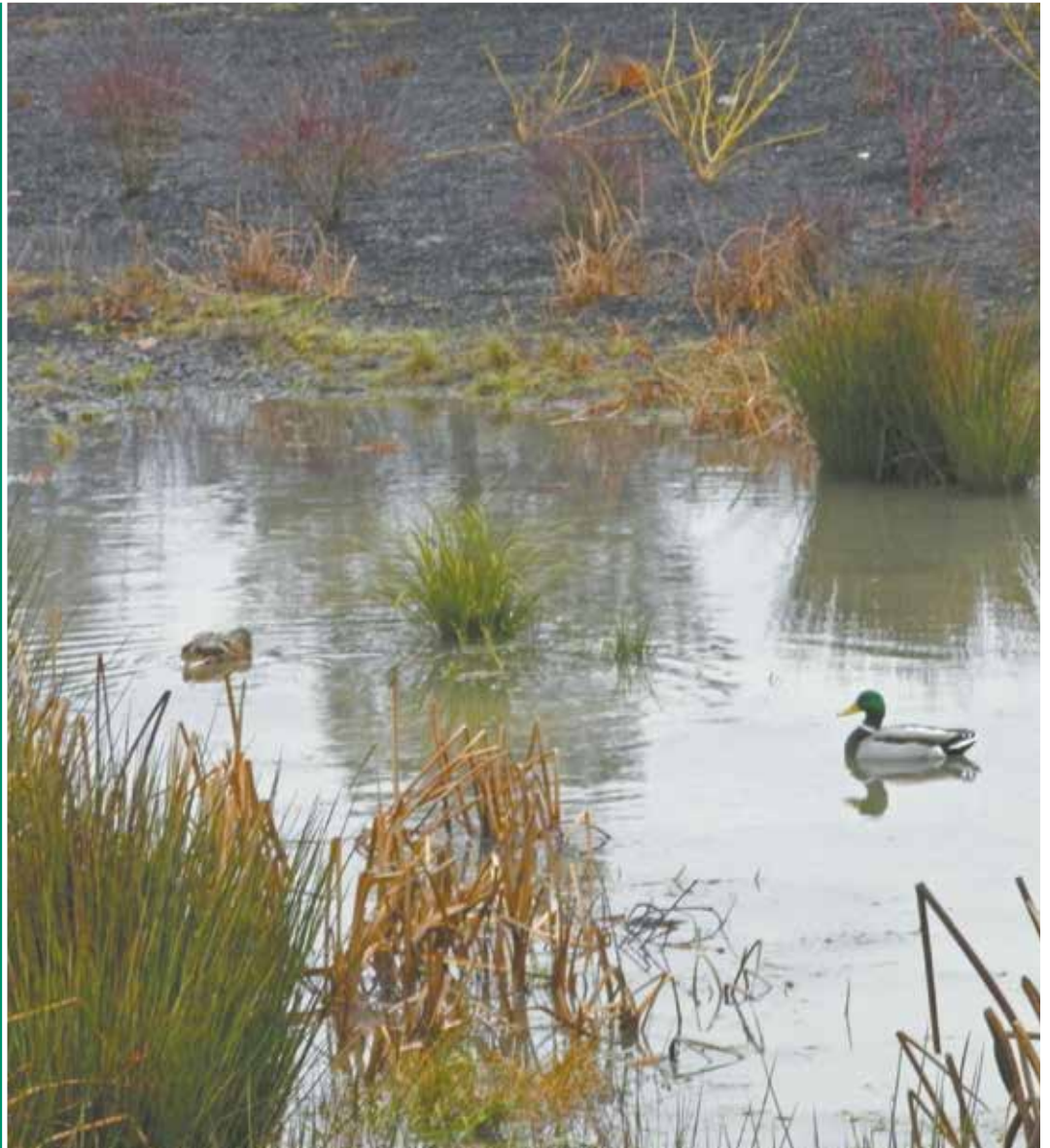
Senior Programs

Park Information

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

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

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



City of West Linn Parks & Recreation

Parks and Recreation Mission Statement

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

Thank You West Linn/Wilsonville School District

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

General Information

Online Registration available at
www.westlinnoregon.gov

Here's How To Register

City Residents – Online December 24, 2013. Walk-in, phone-in or mail in registration begins December 27, 2013, 8 am-5 pm at the Parks & Recreation Department. Please bring proof that you live in-city. If you prefer not to register in person, phone-in or mail-in registrations will also be accepted.

Out-of-City – Online begins December 27 and walk-in registration will begin on December 30, 2013.

Cancellations

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

Refund Policy

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

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

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

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



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

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL	2900 Borland Rd
BOLTON SCHOOL	5933 Holmes St
CEDAR OAK SCHOOL	4515 Cedaroak Dr
CITY HALL	22500 Salamo Rd
FLOURISH PILATES	1785 Willamette Falls Dr, Ste. 8
HAMMERLE PARK	1505 Lewis St
HARMONY ROAD MUSIC CENTER	17300 SE 82nd Dr, Clackamas
HAPPY TRAILS RIDING CENTER	20560 Fernview Rd
MARY S YOUNG PARK	19900 Highway 43
ONE TAEKWONDO ACADEMY	5656 Hood St., Suite 111
PLAY BOUTIQUE	464 First Street, Lake Oswego
ROSEMONT RIDGE MIDDLE SCHOOL	20001 Salamo Rd.
SACHI WELLNESS	2008 Willamette Falls Dr, Suite A
STAFFORD SCHOOL	19875 Stafford Rd
STUMPTOWN CAKES	2375 Falcon Drive
SUNSET FIRE HALL	2215 Long St
SUNSET SCHOOL	2351 Oxford St
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 CHRISTIAN CHURCH	3153 S Brandywine Dr
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL	1403 12th St

Register for classes early!!

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

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

Mini-Hooper Basketball 1st-3rd Grade

Middle School Recreation Basketball

Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

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

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

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

www.portlandwaterspectacular.com



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City of West Linn Parks & Recreation Department

22500 Salamo Road #1100, West Linn, OR 97068
Phone: 503-557-4700 | Fax: 503-656-4106

Advisory Board

Roger Shepherd, Vicky Handy,
Todd Jones, Don Kingsborough, John Linman,
Amy Murphy, Sarah Silvernail

Office Hours:

Monday-Friday 8 am-5 pm
Closed Legal Holidays

Simply Music Rhapsody

Classes held at Sunset Firehall

Babies Make Music

Ages 3 months-Walking

Babies instinctively respond to music! In this interactive class, parents and babies learn delightful rhymes, lullabies, floor and lap games, action songs and dances that stimulate a baby's natural response to music. Learn about your baby's musical development and learn activities to share in class and use at home. Bond with your baby while developing his or her listening and motor skills, language development and sense of balance and timing. Student Home Materials are an integral part of your musical experience.

FEE: IC \$15/OC \$20 \$50 Materials fee payable to instructor

5500.201	M	10:30-11:15 am	1/27-3/17
5501.201	M	10:30-11:15 am	3/31-5/19

Toddlers Make Music

Ages 1-2

You and your toddler will learn delightful songs, dances and musical activities that focus on singing and keeping a steady beat to enhance timing, coordination, listening and language skills, while helping toddlers learn to express their feelings productively. High-quality percussion instruments are used alongside puppets, stories and colorful props to make this a very special music time. Student Home Materials are an integral part of your musical experience.

FEE: IC \$15/OC \$20 \$50 Materials fee payable to instructor

5502.201	M	11:30 am-12:15 pm	1/27-3/17
5503.201	M	11:30 am-12:15 pm	3/31-5/19

No School Spring Break Camp Snack Attack

Ages 3-9

Join us for a fun filled week of creative kids cooking. Your child will learn how to make the basics that they can share with you at home when they are in need of a quick snack! They will also be bringing home fun works of art, some involving food and some with out.

FEE: IC \$150/OC \$155

6770.201 M-F 9:30 am-1 pm 3/24-3/28

FEE: IC \$200/OC \$205

6771.201 M-F 9:30 am-3:30 pm 3/24-3/28

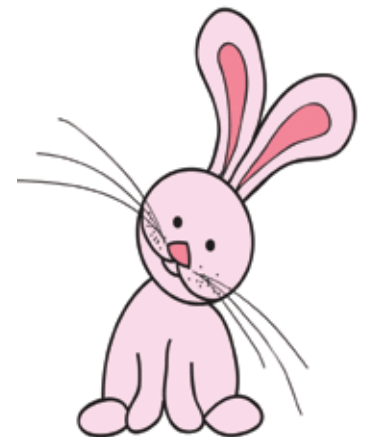
Bunny Hop

All Ages

Hop into the Spring Season with a visit to Play Boutique to see everyone's favorite Easter Bunny! There will be fun crafts for the kids to make and take home. Snack for guests to nibble on while they walk from room to room joining in on egg hunts and more. All leading up to the Easter Bunny, where guests are welcome to take as many photos as they would like. From there everyone is welcome to run around on the indoor playground to burn off all of seasonal treats.

FEE: IC \$10/OC \$15

6772.201 Sa 10 am-1 pm 4/5



Presented by

P.L.A.Y. Boutique

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

Mommy & Me Preschool

Ages 1-3

You stay with your child and explore this new busy world with them. This is the perfect intro for those looking to ease into the idea of school.

FEE: IC \$60/OC \$65

5000.201 Tu 9:30 am-12:30 pm 1/14-1/28

FEE: IC \$75/OC \$80

5001.201 Tu 9:30 am-12:30 pm 2/4-2/25

5002.201 Tu 9:30 am-12:30 pm 3/4-3/25

5003.201 Tu 9:30 am-12:30 pm 4/1-4/22

5004.201 Tu 9:30 am-12:30 pm 5/6-5/27

FEE: IC \$175/OC \$180

5006.201 W 9 am-12 pm 2/5-2/26

5007.201 W 9 am-12 pm 3/5-3/26

5008.201 W 9 am-12 pm 4/2-4/23

5009.201 W 9 am-12 pm 5/7-5/28

Hooked On Phonic— Reading Enrichment

Ages 3-8

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

Ages 3-5

FEE: IC \$75/OC \$80

6750.201 T/Th 2-2:30 pm 1/14-1/30

6751.201 T/Th 4-4:30 pm 1/14-1/30

FEE: IC \$90/OC \$95

6752.201 T/Th 2-2:30 pm 2/4-2/27

6753.201 T/Th 4-4:30 pm 2/4-2/27

6754.201 T/Th 2-2:30 pm 3/4-3/27

6755.201 T/Th 4-4:30 pm 3/4-3/27

6756.201 T/Th 2-2:30 pm 4/1-4/24

6757.201 T/Th 4-4:30 pm 4/1-4/24

6758.201 T/Th 2-2:30 pm 5/6-5/29

6759.201 T/Th 4-4:30 pm 5/6-5/29

Ages 5-8

FEE: IC \$75/OC \$80

6760.201 W 4-5 pm 1/15-1/29

FEE: IC \$90/OC \$95

6761.201 W 4-5 pm 2/5-2/26

6762.201 W 4-5 pm 3/5-3/26

6763.201 W 4-5 pm 4/2-4/23

6764.201 W 4-5 pm 5/7-5/28

Piano Ages 6-8

A sequential introduction into the world of piano/keyboard musical fun involving rhythm and pre notation reading, playing simple songs, musical games.

FEE: IC \$75/OC \$80

Materials Fee \$40 payable to instructor.

6765.201 Tu 4-4:45 pm 1/14-1/28

FEE: IC \$100/OC \$105

6766.201 Tu 4-4:45 pm 2/4-2/25

6767.201 Tu 4-4:45 pm 3/4-3/25

6768.201 Tu 4-4:45 pm 4/1-4/22

6769.201 Tu 4-4:45 pm 5/6-5/27

Presented by

Harmony Road Music Center

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

*The Fee & date listed for February classes are listed for the first 4, 8 or 9 weeks, tuition for the remaining weeks are payable to Harmony Road Music Center of Oregon.

Toddler Tunes Intro

Ages 20 Months-3

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. Parents participate in class.

FEE: IC \$65/OC \$70

5100.201 Sa 9:30-10 am 1/11-2/1

Toddler Tunes 1

Ages 20 Months-3

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. Parents participate in class. This is an Open Enrollment Class.

FEE: IC \$90/OC \$95

\$17.50 Materials Fee payable to instructor

5101.201 Tu 10-10:30 am 2/4-3/11

5102.201 Sa 9:30-10 am 2/8-3/15

Toddler Tunes 2

Ages 20 Months-3

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. Parents participate in class.

FEE: IC \$90/OC \$95

\$17.50 Materials Fee payable to instructor

5103.201 F 10-10:30 am 2/7-3/14

Hello Music

Ages 3-4

Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program gives your child a strong readiness

for our Music In Me Series. Parents participate in class.

FEE: IC \$75/OC \$80

5104.201 W 3:45-4:30 pm 1/8-1/29

Music In Me

Ages 3-5

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

FEE: IC \$120/OC \$125

\$25 Materials Fee is payable to the Instructor.

6150.201 M 4:30-5:15 pm 2/3-3/31

No Class 3/24

6151.201 Tu 10:30-11:15 am 2/4-4/1

No Class 3/25

6152.201 F 11:15 am-12 pm 2/7-4/4

No Class 3/28

6153.201 Sa 12-12:45 pm 2/8-4/5

No Class 3/29

More Music In Me

Ages 3-5

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

FEE: IC \$120/OC \$125

\$25 Materials Fee is payable to the Instructor.

6154.201 Tu 11:15 am-12 pm 2/4-4/1

No Class 3/25

6155.201 F 10:30-11:15 am 2/7-4/4

No Class 3/28

6156.201 Sa 9:15-10 am 2/8-4/5

No Class 3/29

Musictime

Ages 4-5

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

FEE: IC \$75/OC \$80

6157.201 M 4:30-5:15 pm 1/8-1/27

Harmony Road 1

Ages 4 1/2-6

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

FEE: IC \$144/OC \$149

\$50 Materials Fee payable to the instructor.

6160.201 M 3:30-4:25 pm 2/3-3/31

No Class 3/24

6161.201 W 4-4:55 pm 2/5-4/2

No Class 3/26

6162.201 Sa 11-11:55 am 2/8-4/5

No Class 3/29

Young Musician Primer

Ages 6-7

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

FEE: IC \$80/OC \$85

6163.201 M 4-4:45 pm 1/6-1/27

6164.201 W 4:45-5:30 pm 1/8-1/29

Young Musician 1

Ages 6-7

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo and ensemble performance. This class is the first of a series 4 semesters that provide your

child with a strong musical foundation. Parents participate in class. Late enrollments accepted through the 3rd week.

FEE: IC \$144/OC \$149

\$50 Materials Fee payable to the instructor.

6165.201 M 4-4:55 pm 2/3-3/31

No Class 3/24

6166.201 W 4:45-5:40 pm 2/5-4/2

No Class 3/26

Keyboard Prep Primer

Ages 8-11

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

FEE: IC \$80/OC \$85

6167.201 M 4-4:45 pm 1/6-1/27

6168.201 W 4:45-5:30 pm 1/8-1/29

Keyboard Prep 1

Ages 8-11

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

FEE: IC \$144/OC \$149

\$50 Materials Fee payable to the instructor.

6169.201 M 4-4:55 pm 2/3-3/31

No Class 3/24

6170.201 W 4:30-5:25 pm 2/5-4/2

No Class 3/26

Free Orientation for Parents of Beginning Students

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

FEE: FREE

6171.201 Tu 6:30-7:30 pm 2/25

6172.201 F 2-3 pm 2/28

Youth/Youth Sports



Enrichment Classes

Presented by
The YMCA

Pre-School Enrichment

Dr. Seuss' World

Ages 4-6

Oh, the places we'll go as we explore the creative genius of Dr. Seuss. Crafts, games, songs and even recipes will take your child through the magical world of Seuss. Become a book nut with the Y.

FEE: IC \$67/OC \$72

6300.201 W 5-6 pm 1/22-3/5
Adult Community Center

Shelabrate Poetry

Ages 4-6

This class begins Where the Sidewalk Ends. Children will learn about poetry through the whimsical eyes of Shel Silverstein. Poetry will become alive for your little ones through games, songs and crafts.

FEE: IC \$67/OC \$72

6301.201 W 5-6 pm 4/9-5/21
Adult Community Center

Evening Enrichment Classes

Y Chef Around the World

Ages 7-12

Y chef goes cultural. Each class will explore another country through simple recipes. Their recipe book will be like a scrap book of countries they explored.

FEE: IC \$67/OC \$72

6302.201 W 6-7 pm 1/22-3/5
Rosemont Ridge Middle School, Room B104

Floor Hockey

Ages 7-12

Kids learn a hockey "skill of the day" and play group games that emphasize teamwork and good sportsmanship. If we have enough players, we'll put them into teams and have a mini tournament.

FEE: IC \$67/OC \$72

6303.201 W 6-7 pm 1/22-3/5
Rosemont Ridge Middle School, Room TBD

Invent It, Build It

Ages 7-12

This class will rev up the inventive spirit. Student engineers will get to design, create and build their own ideas. Projects may include zip lines, marble runs and marshmallow shooters.

FEE: IC \$67/OC \$72

6304.201 W 6-7 pm 4/9-5/21
Rosemont Ridge Middle School, Room A103

Spring Crafts

Ages 7-12

Celebrate spring through Crafty Creations. Projects will be inspired by the beauty of nature; blooming flowers, butterflies and birds to name a few.

FEE: IC \$67/OC \$72

6305.201 W 6-7 pm 4/9-5/21
Rosemont Ridge Middle School, Room B102

Spring Break Camp

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. Example projects include a picture frame, watermelon and balloon powered car.

FEE: IC \$107/OC \$112

6306.201 M-F 9 am-12 pm 3/24-3/28
Sunset Firehall

Lego Engineering

Ages 7-12

We don't simply free play with Legos, but teach the kids about motors, pulleys, gears and the science of building machines. Plus the staff develops fun free build challenges to tap into kids' creativity and problem solving skills. The Lego Engineering classes use battery powered motors to make moving projects.

FEE: IC \$167/OC \$172

6307.201 M-F 9 am-3 pm 3/24-3/28
Sunset Firehall

Introduction to Taekwondo

Ages 7-12

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

FEE: IC \$72/OC \$77

6050.201 M & W 4:30-5:10 pm 1/13-2/24
6051.201 M & W 6-6:40 pm 1/13-2/24
6052.201 Tu & Th 5:15-5:55 pm 1/14-2/25
One Taekwondo Academy



Spring Hoopers Basketball League

Kindergarten-2nd grade

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

- Saturday, February 8 through Saturday, March 8, 6 weeks total.
- Games scheduled at local schools.
- Registration Deadline: January 24
- The first week will be time for practices and organization with your team. The remaining weeks, each team will have a 30 minute practice. The practice will be immediately followed by a game against another team in the same league. Teams set up randomly
- All practices and Games scheduled at local school. Times will vary between 8 am-6pm each Saturday
- All games are played on 8' hoops (K) 8 1/2 "hoops (1ST & 2ND).
- Games will have 8 five minute running clock periods.
- Players will rotate at the end of

each period.

- No score is kept.
- Each player is matched up with their opponent and will wear a color-coordinated wristband to teach the concept of man-to-man defense.
- No stealing off the dribble or out of another player's hands.
- Coaches will serve as refs on the court. Coaches will be liberal in enforcing violations such as double dribbles, traveling, etc.
- No free throws--inbound all fouls from the nearest point of contact.
- Teams for this program will be set up randomly. Divisions may be mixed based on registration numbers. (Ideally 4 teams/40 players per division)

FEE: IC \$50/OC \$55

7024.201 Kindergarten
7025.201 First Grade Players
7026.201 Second Grade Players

We need parent volunteer coaches!

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

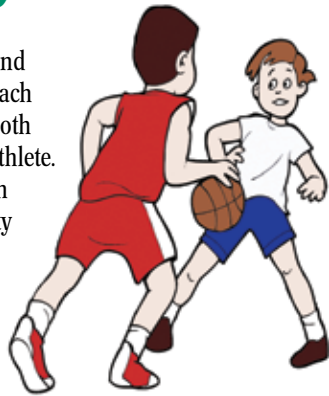
All of our coaches are volunteering their time. They will appreciate your support throughout the season.

Skyhawks Youth Basketball Spring Break Camp

Ages 6-12

Using our progressive curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete.

Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day' and progress to drills and games making an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs. Bring snacks and water bottle.



FEE: IC \$99/OC \$104

7013.201 M-F 9 am-12 pm 3/24-3/28

Rosemont Ridge, Main Gymnasium



Tiny-Hawks and Mini Hawks Soccer

Tiny-Hawk and Mini Hawk camps focus on dribbling, passing, shooting and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their sport skills preparing them for the playground or league play! The staff is committed to creating a positive introduction to sports. Parent involvement may be required if necessary. Participant-to-coach ratio is approximately 6:1.

Tiny Hawk Ages 3.5-4

FEE: IC \$38/OC \$43 (5 weeks)

7010.201 W 5-5:45 pm 4/23-5/21

Mini Hawk Ages 4-6

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

7011.201 W 6-7 pm 4/23-5/21

Willamette Primary School, Turf Area

Youth Golf Classes

Ages 6-9

One of our most popular programs, Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. To assist in this training, Skyhawks uses the SNAG (Starting New At Golf) system which uses modified equipment to its curriculum developed by PGA professionals. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy & effective transition onto the golf course. No need to bring your own clubs, all equipment is provided. For safety reasons we keep the instructor to camper ratio for this program very low, resulting in limited availability.

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

7012.201 Sa 10-11 am 4/19-5/17

Tanner Creek Park

Kidz Love Soccer

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

All classes located at: Willamette Primary School, Turf

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 \$62/OC \$67

7000.201 Sa 9-9:30 am 2/8-3/22

FEE: IC \$71/OC \$76

7001.201 Sa 9-9:30 am 4/12-6/7

No Class 5/24

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. Shin guards are required after the first meeting.

Min 5 Max 24

FEE: IC \$62/OC \$67

7002.201 Sa 9:40-10:10 am 2/8-3/22

FEE: IC \$71/OC \$76

7003.201 Sa 9:40-10:10 am 4/12-6/7

No Class 5/24

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.

Min 5 Max 24

FEE: IC \$62/OC \$67

7004.201 Sa 10:10-10:45 am 2/8-3/22

FEE: IC \$71/OC \$76

7005.201 Sa 10:10-10:45 am 4/12-6/7

No Class 5/24

Soccer 1 Ages 5-7

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

Min 5 Max 24

FEE: IC \$62/OC \$67

7006.201 Sa 10:45-11:30 am 2/8-3/22

FEE: IC \$71/OC \$76

7007.201 Sa 10:45-11:30 am 4/12-6/7

No Class 5/24

Soccer Skillz & Scrimmages

Ages 7-10

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

Min 5 Max 24

FEE: IC \$72/OC \$77

7008.201 Sa 11:30 am-12:15 pm 2/8-3/22

FEE: IC \$81/OC \$86

7009.201 Sa 11:30 am-12:15 pm 4/12-6/7

No Class 5/24



Presented by

Miss Kathleen Van De Veere

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

RECITAL IS May 18, 2014

FEES: 1st and 2nd Session IC \$57/OC \$62 3rd Session IC \$47/OC \$52

Shoes for classes: BALLET-Pink leather for girls, black leather for boys. TAP-Black Mary Janes or Leather for all. HIP HOP-Black converse low top sneakers. JAZZ/LYRICAL/MUSICAL THEATER-Tan colored dance paws/mittens.

Mondays with Miss Kathleen at the Sunset Firehall Upstairs

Ballet and Tap Combo

Ages 6-9

This is a great class for returning students to continue this year with Miss Kathleen to perfect their skills and learn some new more advanced technique! Pink leather ballet shoes and black tap shoes please!

6502.101 M	2:45-3:30 pm	1/6-2/10
6503.201 M	2:45-3:30 pm	2/24-4/7
6504.201 M	2:45-3:30 pm	4/14-5/12

Jazz Level 2

Ages 8 and up

This class is designed for the young jazz dancer with one to three years of jazz training. Focus is on technique! Single and double turns, across the floor and leaps! Tan dance paws needed for class please.

6505.101 M	3:30-4:15 pm	1/6-2/10
6506.201 M	3:30-4:15 pm	2/24-4/7
6507.201 M	3:30-4:15 pm	4/14-5/12

Jazz Level 3

Ages 10 and up

This class is designed for the dancer who has mastered that double pirouette, and ready for more challenging skills. Russians, turn overs, illusions! Fast paced class, this will be jam packed with technique! Tan dance paws needed for class please.

6508.101 M	4:15-5 pm	1/6-2/10
6509.201 M	4:15-5 pm	2/24-4/7
6510.201 M	4:15-5 pm	4/14-5/12

Mondays with Miss Sarah at the Sunset Firehall Downstairs

Hip Hop and Play

Ages 5-7

Ready to get funky? Young ones learn through dance and games the art of hip hop! Move to the music! High energy and fun! Look funky! Sweat pants, tee shirts, tank tops, shorts and sneakers!

6511.101 M	4:30-5:15 pm	1/6-2/10
6512.201 M	4:30-5:15 pm	2/24-4/7
6513.201 M	4:30-5:15 pm	4/14-5/12

Hip Hop Level 1 Beginning

Ages 8-12

Love hip hop? Want to learn the moves of your favorite group! This class is it! Stretch, learn funky combos across the floor! Dance to your favorite music! See you there! Look funky! Sweat pants, tee shirts, tank tops, shorts and sneakers!

6514.101 M	5:15-6 pm	1/6-2/10
6515.201 M	5:15-6 pm	2/24-4/7
6516.201 M	5:15-6 pm	4/14-5/12

Hip Hop Level 2 Intermediate

Ages 8-14

Ok, so you have got some moves under your belt, let's learn some more in a faster faced funky fresh class! Get your groove on! Let's bust a move! Great for the dancer with one or more years of hip hop training! Look funky! Sweat pants, tee shirts, tank tops, shorts and sneakers!

6517.101 M	6-6:45 pm	1/6-2/10
6518.201 M	6-6:45 pm	2/24-4/7
6519.201 M	6-6:45 pm	4/14-5/12

Tuesdays with Miss Kathleen at the Adult Community Center

New Class!

Creative Dance/Pre-Ballet

Ages 4-5

It's our youngest dancers! A great introduction to dance! Learn basic ballet fundamentals, dance across the floor and use your creative side! Be a princess or a prince! Miss Kathleen makes it so much fun for your little one! Pink leather ballet shoes please.

6520.101 Tu	4-4:30 pm	1/7-2/11
6521.201 Tu	4-4:30 pm	2/25-4/8
6522.201 Tu	4-4:30 pm	4/15-5/13

Musical Theater Class

Ages 8-14

Our most popular class! Miss Kathleen's specialty! Learn the secrets to a great singing voice, acting games, and music from past and present Broadway shows! Are you a ham? Love to act and sing? This class is for you! Tan dance paws needed for class please.

6523.101 Tu	4:30-5:15 pm	1/7-2/11
6524.201 Tu	4:30-5:15 pm	2/25-4/8
6525.201 Tu	4:30-5:15 pm	4/15-5/13

Advanced Tap

Ages 10 and up

This class is for the serious advanced tapper! Work your tech-

nique and more advanced skills in center and across the floor! Rhythm challenges and complex footwork! Black Tap shoes.

6526.101 Tu	7:30-8:15 pm	1/7-2/11
6527.201 Tu	7:30-8:15 pm	2/25-4/8
6528.201 Tu	7:30-8:15 pm	4/15-5/13

Tuesdays with Miss Rosemary at the Sunset Firehall Upstairs

Ballet Level 1

Ages 7 and up

Our first level of more serious ballet for a returning ballet/tap combo dancer or a beginner! Join Miss Rosemary for a fun filled class full of technique, poise, grace and balance! Dress code, solid color leotards, ballet pink tights, pink leather ballet shoes. Hair in buns (requested) or pulled back. Booty shorts or ballet skirt optional.

6529.101 Tu	3:30-4:15 pm	1/7-2/11
6530.201 Tu	3:30-4:15 pm	2/25-4/8
6531.201 Tu	3:30-4:15 pm	4/15-5/13

Ballet Level 3

Ages 10 and up

Join Miss Rosemary to learn how to refine your skills as a dancer! This class is best for dancers with a wide vocabulary of the barre and center technique! Work your feet, extension and jumps! More turns and center work. Best for dancers with at least 3-5 years of ballet! Dress code, solid color leotards, ballet pink tights, pink leather ballet shoes. Hair in buns (requested) or pulled back. Booty shorts or ballet skirt optional.

6532.101 Tu	4:15-5 pm	1/7-2/11
6533.201 Tu	4:15-5 pm	2/25-4/8
6534.201 Tu	4:15-5 pm	4/15-5/13

Ballet Level 4

Ages 10 and up

This class is reserved for your serious ballet dancer with at least 4-6 years of ballet training! Work your technique at the barre, build your strength, core, and place-

ment! Become a master of the center work and dance with grace across the floor in your advanced combinations! Thank you Miss Rosemary! Dress code, solid color leotards, ballet pink tights, pink leather ballet shoes. Hair in buns (requested) or pulled back. Booty shorts or ballet skirt optional.

6535.101 Tu 5-5:45 pm 1/7-2/11
 6536.201 Tu 5-5:45 pm 2/25-4/8
 6537.201 Tu 5-5:45 pm 4/15-5/13

Ballet Level 2

Ages 8 and up
 Best suited for dancers with at least 2-3 years of ballet, Miss Rosemary will expand your knowledge and perfect your technique at the barre. Then, move to the center and across the floor! A great class! Dress code, solid color leotards, ballet pink tights, pink leather ballet shoes. Hair in buns (requested) or pulled back. Booty shorts or ballet skirt optional.

6538.101 Tu 5:45-6:30 pm 1/7-2/11
 6539.201 Tu 5:45-6:30 pm 2/25-4/8
 6540.201 Tu 5:45-6:30 pm 4/15-5/13

Wednesdays with Miss Kathleen at the Sunset Firehall Upstairs

Ballet Level 5

Ages 12 and up
 Our most advanced ballet class for our serious students. Join Miss Kathleen and Miss Bobbie for another year of dance! New combinations! Strive to be that professional ballet student! Pull up, dancers! Dress code, solid color leotards, ballet pink tights, pink leather ballet shoes. Hair in buns (requested) or pulled back. Booty shorts or ballet skirt optional.

6544.101 W 5:15-6 pm 1/8-2/12
 6545.201 W 5:15-6 pm 2/26-4/9
 6546.201 W 5:15-6 pm 4/16-5/14

Jazz Level 4

Ages 12 and up
 Highest level jazz technique class! Perfect for dancers working on triple and quad turns, all advanced jumps, switch leaps, turns in second, center technique, core, and extensions, just to name a few! Dance with passion! Tan dance paws needed for class please.

6547.101 W 6-6:45 pm 1/8-2/12
 6548.201 W 6-6:45 pm 2/26-4/9
 6549.201 W 6-6:45 pm 4/16-5/14

Thursdays with Miss Aphyna at the Sunset Firehall Upstairs

Ballet and Tap Combo Beginning

Ages 4-7
 New Students Level. Perfect for your first year of dance! Get a taste of both ballet and tap dance! Miss Aphyna makes your first experience memorable! Learn proper stretches, the basics of ballet, then get ready to learn the basics of tap dance! Your dancer will love it! Pink leather ballet shoes and black tap shoes.

6550.101 Th 2:45-3:30 pm 1/9-2/13
 6551.201 Th 2:45-3:30 pm 2/27-4/10
 6552.201 Th 2:45-3:30 pm 4/17-5/15

Jazz Level 1

Ages 7-10
 This class is great for the beginner or dancers with at least one year of jazz training! Stretch with a warm up, work in center and then dance across the floor. Learn the secrets of great turns and leaps! Dance to your favorite music! Tan dance paws needed for class please.

6553.101 Th 3:30-4:15 pm 1/9-2/13
 6554.201 Th 3:30-4:15 pm 2/27-4/10
 6555.201 Th 3:30-4:15 pm 4/17-5/15

Lyrical/Contemporary Level 1

Ages 7-10
 This class is Miss Aphyna's speciality! Dance with passion and emotion! Learn the great skills of lyrical dance as you master turns, leaps, and floorwork! Great for the beginner or dancers with at least one year of training! Tan dance paws needed for class please.

6556.101 Th 4:15-5 pm 1/9-2/13
 6557.201 Th 4:15-5 pm 2/27-4/10
 6558.201 Th 4:15-5 pm 4/17-5/15

Lyrical/Contemporary Level 2

Ages 8 and up
 At the intermediate level, get ready to be challenged! Great for dancers with up to five years of training. Let your passion shine! Take your dancing to the next level! Be ready to work! Miss Aphyna's speciality! Tan dance paws needed for class please.

6559.101 Th 5-5:45 pm 1/9-2/13
 6560.201 Th 5-5:45 pm 2/27-4/10
 6561.201 Th 5-5:45 pm 4/17-5/15

Lyrical/Contemporary Level 3

Ages 10 and up
 Leave your heart on the dance floor! Take your dancing to new heights! Show your desire in class, as Miss Aphyna leads you in this advanced class to challenge you in new ways. Be prepared to work! Explore creative choreography, floorwork and difficulty in movement! Best for our most advanced serious dancers! Tan dance paws needed for class please.

6562.101 Th 5:45-6:30 pm 1/9-2/13
 6563.201 Th 5:45-6:30 pm 2/27-4/10
 6564.201 Th 5:45-6:30 pm 4/17-5/15



Young Rembrandts Drawing

Ages 6-10

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

FEE: IC \$115/OC \$120

6100.201 Tu 4-5 pm	1/14-3/18
6101.201 W 4-5 pm	1/15-3/19
6102.201 M 4-5 pm	4/8-6/10
6103.201 Tu 4-5 pm	4/9-6/11

Adult Community Center, Classroom



South of the Border Pastel Workshop—Spring Break Camp

Ages 7-11

Students get to explore the fun and creative way of drawing with chalk pastel. Students will learn basic pastel drawing techniques, and then explore Southwest art theme and the art work of artist Diego Rivera. It will be messy but absolutely rewarding! No drawing experience is necessary. Enroll today!

FEE: IC \$150/OC \$155

6104.201 M-Th 9:30 am-12 pm 3/24-3/27
Sunset Firehall

Chess Lessons

Ages 7-12

Corbin Yu, 3-time Oregon High School State Champion and this summer's World Cup National Master will lead a fun and stimulating class for beginners and seasoned players. Using a large demonstration board, Coach Corbin will cover tactics and strategy for the opening, middle and endgame. There will be free play periods to give participants a chance to try what they've learned, personalized instruction, and handouts to help players continue to hone their skills at home.

Min 4 Max 12

FEE: IC \$150/OC \$155 (10 weeks)

6000.201 W 6-7:30 pm	1/15-3/19
6001.201 W 6-7:30 pm	4/2-6/4

Adult Community Center, Classroom

Mad Science Presents Project Earth

Ages 5-10

This series features classes designed to spark imaginative learning about our very own planet earth! Dig deep underground to unearth molten lava, fly through the air on the wings of an insect, and dive into the deep-water abyss. Topics include All About Animals, Life In The Sea, Super Sticky Stuff, Bugs, Earthworks and Magnetic Magic.

FEE: IC \$84 / OC \$89

6850.201 Th 4-5 pm 2/13-3/20
Adult Community Center, Classroom



Be part of the 2014 Old Time Fair Court!

Attention West Linn 8th Grade

Girls: The City of West Linn is now accepting applications for the 2014 Old Time Fair Court. All 8th grade girls in the West Linn-Wilsonville School District are eligible for the West Linn Old Time Fair Court. Students enrolled in public, private and home school are encouraged to apply. Application packets are available at West Linn City Hall at the Parks and Recreation Department or on-line at <http://westlinnoregon.gov>. Additional details are available online regarding the informational open house held in January and the selection night held at the McLean House. The deadline to return completed applications is Friday, January 24, 2014 at 5 pm. Contact Terri Jones at 503-557-4700 or tjones@westlinnoregon.gov for additional information.



Adult Chaperones Needed:

The Old Time Fair Court tradition is dependent on the support of committee volunteers. To promote the Old Time Fair the Court members make numerous public appearances and responsible adult leadership is critical to their positive experience. Please contact Terri Jones at 503-557-4700 for further information about helping in this unique and worthwhile way.



American Red Cross

When I'm In Charge

Ages 8-11

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

Min 8 Max 20

FEE: IC \$64/OC \$69

6200.201 Th 5:30-8 pm	2/20
6201.201 Th 5:30-8 pm	3/13
6202.201 Tu 5:30-8 pm	5/20

Adult Community Center, Classroom

Babysitters Training

Ages 11-15

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

Min 8 Max 12

FEE: IC \$97/OC \$102

6203.201 Th 5:30-8:45 pm	2/6 & 2/13
6204.201 Th 5:30-8:45 pm	5/8 & 5/15

Adult Community Center, Classroom

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



A VERY SPECIAL THANK YOU TO:

ADVANTIS CREDIT UNION * ALBERTSONS
 DRAGONFLY GREETINGS & GIFTS * EVENTUROUS EVENTS
 MOXIE DANCE THEATRE * NATIONAL CHARITY LEAGUE
 STARBUCKS COFFEE COMPANY * STATE FARM-RUSSEL WILLIAMS
 TANNER SPRING ASSISTED LIVING * TOYOTA OF GLADSTONE
 TUALATIN VALLEY FIRE & RESCUE * WEST LINN CITY COUNCIL
 WEST LINN COMMUNITY CHORUS

Drivers Education

offered through a partnership with Oregon Drivers Training Institute

Winter Schedule Schedule: Classroom sessions January 14-March 11, Tues. & Thurs., 4:30-6:30 pm

Classroom Location: West Linn High School, Room B104

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

Registration information is now available online, web address below.

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

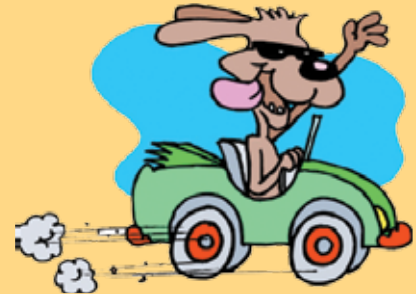
Classes are ODOT approved and a certificate of completion is issued if student meets all requirements.

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

Seating is limited and pre-registration is required.

FEE for non licensed driver, under 18 is \$340

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

Stumptown Cakes L. Foster



Themed Cake Classes

Ages 7 & up

Decorate a pre-iced 8" round vanilla sponge and Italian meringue buttercream cake with decorations that you make using fondant. A design and everything you need to decorate the cake is provided. Students will be given artistic flexibility to adapt the design as they wish. A cake box is provided to take your cake creation and any fondant you have not used home.

FEE: IC \$67/OC \$72

"New Years Eve"

6800.201 M 6-8 pm 12/30

"Music Notes"

6801.201 Sa 10 am-12 pm 1/11

"Easter Basket and Eggs"

6802.201 Sa 12-2 pm 4/19

"Cinco de Mayo"

6803.201 Sa 12-2 pm 5/3

Sports Inspired Cupcake Toppers

Ages 7 and up

Make a minimum of 24 edible fondant basketball themed cupcake toppers to decorate your own cupcakes or cakes with. When items are stored properly they will keep for up to three months.

FEE: IC \$37/OC \$42

"Basketball"

6813.201 Sa 2-4 pm 1/18

"Dance"

6814.201 Sa 2-4 pm 2/8

"Wrestling"

6815.201 Sa 2-4 pm 2/22

"Lacrosse"

6816.201 Sa 2-4 pm 3/8

"Golf"

6817.201 Sa 2-4 pm 4/5

"Softball"

6818.201 Sa 2-4 pm 5/10

Fondant Animal Characters

Ages 7-18

Students will model eight different animal caricatures in the morning and afternoon classes using edible fondant. These edible characters are great for cupcake toppers or as part of a cake design. When items are stored properly they will keep up to three months. Students will take home their finished items and any unused fondant they were using. Do you want to sign up for both sessions? If taking both classes in a day bring a sack lunch, 1% milk, soy milk and water will be provided. Lunch hour is an additional \$15.

"8 Animals"

FEE: IC \$67/OC \$72

6804.201 Th 8 am-12 pm 1/2

6805.201 Th 1-4 pm 1/2

6806.201 F 8 am-12 pm 1/3

6807.201 F 1-4 pm 1/3

6808.201 M 8 am-12 pm 1/20

6809.201 M 1-4 pm 1/20

"16 Animals"

FEE: IC \$147/OC \$152

6810.201 Th 8 am-4 pm 1/2

6811.201 F 8 am-4 pm 1/3

6812.201 M 8 am-4 pm 1/20

Decorate a Cake for Teens

Ages 13-18

Start with an 8" round vanilla sponge cake filled with Italian meringue buttercream. Students first cover their cakes with buttercream. Then work out a design based on molds, cutters, tools and texture mats supplied. Execute your design on your cake. Help will be given with design ideas and execution but each student is encouraged to play with the fondant to bring out their own creative style. Everything needed to decorate the cake is provided. Take home the cake creation and any fondant you have not used.

FEE: IC \$104/OC \$109

6819.201 M 1-5 pm 1/27

6820.201 M 1-5 pm 2/17

Valentine's Day Cupcakes for Teens

Ages 13-18

This class will be taught by West Linn High School Student and award winning cake artist Sierra Foster. Make edible fondant Valentine's themed cupcake toppers. Use the toppers and buttercream to decorate 24 cupcakes.

FEE: IC \$86/OC \$91

6822.201 F 7-9 pm 2/14

Valentine's Chocolate Candy Box Cake!

Ages 14 & up

Want to decorate a special cake for that special person for Valentine's Day? Make a special candy box cake filled with 6 Moonstruck Chocolate Truffles. The cake is 6" triple fudge with three layers of ganache and 2 layers of chocolate French meringue filling, and covered with a dense layer of ganache. Decorations will be made using modeling chocolate! Modeling chocolate is a great medium for making hearts, roses, leaves and more. A base design will be given but each student is encouraged

to take the elements and make the cake uniquely their own. This would make the perfect personal gift anyone would love.

FEE: IC \$98/OC \$103

6821.201 Th 7-9 pm 2/13

Mardi Gras Topsy-Turvy Cake

Ages 14 & up

Create a two-tiered topsy-turvy cake for Mardi Gras. Base tier is 8", top tier is 4". Cakes will be carved, filled and iced. Students will carve and ice one layer, put together the support structure, stack and decorate their cakes. Both cakes are vanilla sponge cake covered and filled with Italian meringue buttercream.

FEE: IC \$173/OC \$178

6823.201 Su 1-4 pm 3/2

Hawaiian Splendor Cake

Ages 14 & up

Seattle chocolate artist Mari Senaga will be here to teach students how to make an Anthurium flower and Hawaiian Ginger cake topper using modeling chocolate. Toppers will be made on a plaque which can then be placed on your own cake. Students can purchase a pre-made 8" vanilla cake filled and covered in Italian meringue buttercream. Serves 12-24.

FEE: IC \$143/OC \$148

"Topper Only"

6824.201 Sa 12-4 pm 5/17

"Topper and Cake"

6825.201 Sa 12-4:30 pm 5/17

Modeling Chocolate Groundhog Cake Topper

Ages 14 & up

Model a realistic looking groundhog figure using rice krispies, fondant and modeling chocolate. Learn basic modeling techniques you can use for creating other figures.

FEE: IC \$78/OC \$73

6826.201 Su 12-4 pm 2/2

Piano Street for Teens/Adults

Ages 12 & up

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

FEE: IC \$110/OC \$115 Fee for subsequent 6 week period is \$90

6173.201 M 10-10:45 am 1/20-2/24

6174.201 Tu 6-6:45 pm 1/21-2/25

Harmony Road Music Center

SAVE THE DATE

2014 Daddy Daughter Dance

Theme: "Saddle up Li'l Partners"

Friday, June 13, 2014

6-8:30 pm

Adult Community Center

ANNUAL
ST. PATRICK'S Day Dance

These dances are open to teen-young adult age individuals. They are planned for the particular enjoyment of those who have the diagnosis of physical or cognitive disabilities.



The Wearing of the Green

Friday, March 14th

7-9 pm


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

\$5 per person


**Includes: professional
deejay entertainment and
refreshment**

West Linn Parks and Recreation 503-557-4700

DON'T FORGET TO WEAR GREEN!



NLWL



3rd Annual

Walk/Run for the

White Oak Savanna

April 13th 9 am 5k run. 10 am 1 mile walk.


Rosemont Ridge Middle School track, 20001 Salamo Rd

Jointly sponsored by West Linn Parks and Recreation Dept. and NLWL, a community non-profit organization. Everyone is welcome to participate. 5k run and 1 mile walk with proceeds going toward the acquisition of the White Oak Savanna Natural Park and Wildlife Habitat. Prizes awarded to top finishers. All participants get a t shirt. Pre-register and guarantee your shirt size: email roberta.schwarz@comcast.net Cost: \$22.50. Or register on the day of the event for \$25 and choose from sizes available that day. Come with your family.


Winter Dance

Friday, January 10th, 7-9 pm
West Linn Adult Community Center

Fee: \$5 per person • Professional Deejay Entertainment • Refreshment



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



Sponsored by West Linn Parks and Recreation and Supported by Volunteers from National Charity League
503-557-4700

Get Involved

Volunteer Opportunities

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

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

Mary S Young Park volunteers meet Monday & Wednesday 8:30 am-12 pm, meet at the tool shed in gravel parking lot. Contact John Linman linmanjo@hotmail.com or 503-636-0134. Invasive species removal volunteers contact Dave Kruse dbkruse@comcast.net or 503-656-5822

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

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

Take Care of West Linn Day, May 17, 2014, 9 am-12 pm
Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying a project, planning your project, promoting your project to obtain additional volunteers, and recognizing the effort of your volunteers. To set up group project or find more details contact Ken Warner at 503-557-4700 or email kwarner@westlinnoregon.gov.



Old Time Fair July 18-20, 2014

The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2014 Old Time Fair. The volunteer planning committee is working hard to make the 2014 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.

Ukelele and Guitar Instruction B. Price

Teen-Adult
Rosemont Ridge Middle School, Room A105

Beginning Ukulele 1

Come learn how to play this fun inexpensive instrument. Have fun with family and friends. In this class you will learn basic chords, strumming, and tons of songs, soon you will be able to play any of your favorites. Please provide your own Ukulele.

Min 8 Max 20
FEE: IC \$65/OC \$70
Materials fee: \$5 payable to instructor at first class; covers parts 1 & 2.
6700.201 M 7-7:45 pm 3/31-4/28

Beginning Ukulele 2

This is a continuation a Part 1 with more chords, strumming, songs, and tons of songs! Please provide your own Ukulele.

Min 5 Max 20
FEE: IC \$65/OC \$70
6702.201 M 7-7:45 pm 5/5-6/9
No class 5/26

Beginning Guitar 1

This fun and popular class is designed for the absolute beginner. Learn easy chords strumming and songs. Please provide your own guitar.

Min 8 Max 20
FEE: IC \$65/OC \$70
Materials fee: \$5 payable to instructor at first class; covers parts 1 & 2.
6701.201 M 7:45-8:30 pm 3/31-4/28

Beginning Guitar 2

This is a continuation of part 1 with more chords strumming and songs. Soon you'll be able to play many of your favorite songs. Please provide your own guitar.

Min 5 Max 20
FEE: IC \$65/OC \$70
6703.201 M 7:45-8:30 pm 5/5-6/9
No class 5/26

West Linn Academy of Kempo Karate

At Sunset Fire Hall, 2215 Long Street

For ages 6 through Adult



Build your family members confidence, self-esteem and physical fitness through Martial Arts. You will benefit from the caring instruction of a 35 year veteran of the Martial Arts. Enroll your child and realize your own potential, you both will enjoy the physical exercise and strength Karate promotes. Do something FUN and rewarding

with your child. For more details, call 503-723-3301. No class held on holidays. About the Instructor: Shihan Kurt Van Sickle is a 5th Degree Black Belt and West Coast Representative of the Sei Kosho Shorei Kai (Kosho Ryu Kempo). He has been teaching in the area since 1977.

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

Classes start the first Tuesday or Thursday of the month.

Classes are held 6:45-7:45 pm

7014.201	Jan.	One day a week
7015.201	Jan.	Two days a week
7016.201	Feb.	One day a week
7017.201	Feb.	Two days a week
7018.201	Mar.	One day a week
7019.201	Mar.	Two days a week
7020.201	April	One day a week
7021.201	April	Two days a week

Take Care of West Linn Day

May 17, 2014, 9 am-12 pm

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

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

The types of projects organizations may choose to organize include:

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

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

Please let us know by April 28, 2014 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 kwarner@westlinnoregon.gov to set up group project or find more details.

Sincerely,

John Linman, Chair
West Linn Parks and Recreation Advisory Board

Adult Sports

NW Discoveries

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



Snowshoe Lesson and Tour

Beg. & Int.

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

FEE: IC \$69/OC \$74

2104.201 Su 8:25 am-5:05 pm 1/26

Meet Location: Gateway Max Station

9816 NE Pacific St. at NE 99th, Portland 97220

Cross Country Ski Lesson and Tour

Beg. & Int.

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

FEE: IC \$62/OC \$67

2105.201 Sa 8:25 am-5:05 pm 1/11

2106.201 Sa 8:25 am-5:05 pm 1/18

Meet Location: Gateway Max Station,

9816 NE Pacific St. at NE 99th, Portland 97220

Canoe Lesson

Beginning-No partners needed

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

FEE: IC \$42/OC \$47

2100.201 Sa 5:30-8 pm 5/31

Tualatin River

Meet Location:

Tualatin Community Park; Exit # 289 off I-5

Canoe Long Tour (5 hrs)

Intermediate-No partners needed

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

FEE: IC \$58/OC \$63

2101.201 Su 8:30 am-1:30 pm 5/18

Sauvie Island

Meet Location:

Gilbert Boat Ramp, Sauvie Island

Touring Kayak Lesson

Beginning

Learn how to use touring kayaks. The first half will include discussion on kayak equipment, steering strokes, paddling in a straight line, bracing and rescues. The second half will be a tour on a local waterway in which we will have the chance to become proficient in our skills. We use very stable solo and tandem kayaks that have big cockpits. This class is a great introduction for beginners to the sport of kayak touring and sea kayaking. Cost includes kayak equipment and guide. Trips go rain or shine.

FEE: IC \$42/OC \$47

2102.201 Su 3-6 pm 5/18

Willamette R. Rock Is.,

Willamette Park, 1900 Volpp St.

Touring Kayak Short Tour and Lesson (3 hrs)

Beginning

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

FEE: IC \$42/OC \$47

2103.201 Sa 5:30-8:30 pm 5/10

Meet at Willamette Park, Portland

Adult/Family Fitness & Wellness

Adult Recreational Co-ed Volleyball Open Gym

Age 18 and over
New teams created weekly, Usually two nets, with teams rotating in round robin play.

Nets are at men's height.

Class leader provide some training, skills & rules are taught & practiced.

On-going program each Monday.

Min 4 Max 28

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

No online registration

Mondays 8-10 pm 1/9-6/18

School not available these dates: Jan. 16, Feb. 20, March 26 and May 28.

Willamette Primary School, gym

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

Power Volleyball, Open Gym

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

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

\$2.00 per person/per night

Tuesdays 8-10 pm 1/3-6/19

School not available: March 27

Athey Creek Gymnasium

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

Adult Basketball Open Gym

Age 16 and over

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

\$3 Drop in per night In City

\$5 Drop in Out of City

Tu 8:30-10 pm 1/8-6/18

Willamette School, Gymnasium

School not available March 12

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

Zumba

J.Runyan

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

Min 3 Max 30

FEE: IC \$88/OC \$93 (11 weeks) Drop in \$10

2000.201 Sa 8-9 am 1/4-3/15

FEE: IC \$80/OC \$85 (10 weeks) Drop in \$10

2001.201 Sa 8-9 am 3/22-5/31

No class 3/29

Kettlebell Fitness

Teen-Adult

About the Instructor: 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 for FMS functional movement screening and is a RRCA running coach.



Orientation Workshop

Required prior to attending classes

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

Min 4 Max 10

FEE: IC \$20/OC \$25

2170.201 Sa 10-11:30 am 1/4

2171.201 Sa 12-1:30 pm 2/1

2072.201 Sa 12-1:30 pm 3/8

2073.201 Sa 12-1:30 pm 4/5

2074.201 Sa 12-1:30 pm 5/3

Sunset Fire Hall

Kettlebell Mornings

This class requires attendance to Kettlebell Orientation Workshop. See dates above. Focus on Kettlebell basics, efficient and functional Kettlebell increases flexibility, strengthens your core, abs, back and glutes!

Min 4 Max 10

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

2075.201 W 9-10 am 1/8-1/29

2076.201 W 9-10 am 2/5-2/26

2077.201 W 9-10 am 3/12-4/2

2078.201 W 9-10 am 4/9-4/30

2079.201 W 9-10 am 5/7-5/28

West Linn Adult Community Center

Kettlebell Evenings

This class requires attendance to Kettlebell Orientation Workshop. See dates above. Focus on Kettlebell basics, efficient and functional Kettlebell increases flexibility, strengthens your core, abs, back and glutes!

Min 4 Max 10

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

2080.201 W 4:45-5:45 pm 1/8-1/29

2081.201 W 4:45-5:45 pm 2/5-2/26

2082.201 W 4:45-5:45 pm 3/12-4/2

2083.201 W 4:45-5:45 pm 4/9-4/30

2084.201 W 4:45-5:45 pm 5/7-5/28

West Linn Adult Community Center

NEW U-Jam Fitness

J.Runyan

Move your body! Take the party to the next level. Join me for U-Jam Fitness! Everyone loves Zumba, the Latin Inspired Dance Fitness class that is exercise in disguise! Now add a little U-Jam Fitness to the mix and you've got a class that is out of this world fun and funky. What is U-Jam? U-Jam takes World Beatz and adds an Urban Edge. If you love Zumba, you are going to dig U-Jam!!! No dance experience required, all you need is a water bottle, a sweat towel, and a smile. All levels welcome!

FEE: IC \$88/OC \$93 (11 weeks) Drop in \$10

2002.201 Th 9-10 am 1/9-3/20

FEE: IC \$72/OC \$77 (9 weeks) Drop in \$10

2003.201 Th 9-10 am 4/3-5/29

Sunset Fire Hall, upstairs

Both Classes Zumba & U-Jam

FEE: IC \$143/OC \$148 (11 weeks) Drop in \$10

2004.201 Sa 8-9 am & Th 9-10 am 1/4-3/20

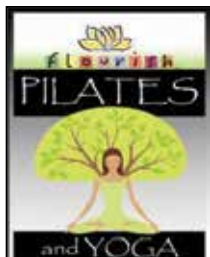
FEE: IC \$124/OC \$129 (10 weeks) Drop in \$10

2005.201 Sa 8-9 am & Th 9-10 am 3/22-5/31

Sunset Fire Hall, upstairs

Adult/Family Fitness & Wellness

Pilates Mat & Reformer Classes and Personal Training



For more information please visit
www.flourishpilates.com
 and www.pilatesmommy.com

All classes are located at Flourish Pilates,
 1785 Willamette Falls Drive, Suite 8, West Linn
 503-869-8295 E-MAIL: clare@flourishpilates.com
INSTRUCTOR: FLOURISH PILATES
 (Clare Baxter & Staff)

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

Pilates Mat Classes

In small groups of up to 8 people

Pilates Mat with Props

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

FEE: IC \$175/OC \$180 (10 sessions)	
2040.201 M 5:30-6:30 pm	1/13-3/24
	No class 2/17
2041.201 Tu 6:30-7:30 am	1/14-3/25
	No class 2/18
FEE: IC \$192/OC \$197 (11 sessions)	
2042.201 M 5:30-6:30 pm	3/31-6/9
2043.201 Tu 6:30-7:30 am	4/1-6/10

Small Group Training on the Reformer

Up to 5 people

Pilates Introduction to Reformer

Exercise on the Pilates Reformer machine with beginners in a small group of up to 5 people. Get back into fitness gently and stretch, lengthen and strengthen muscles at the same time. Gain core strength and tone your entire body at the same time!

FEE: IC \$300/OC \$305 (10 sessions)	
2044.201 M 6:30-7:30 am	1/13-3/24
	No Class 2/17
2045.201 Tu 10:30-11:30 am	1/14-3/25
	No class 2/18
2046.201 W 10:20-11:20 am	1/15-3/26
	No class 2/19
2047.201 Th 5:30-6:30 pm	1/9-3/27
	No class 2/20 and 3/13

2048.201 Sa 10:20-11:20 am	1/11-3/29
	No class on 2/15 and 3/15

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

2049.201 M 6:30-7:30 am	3/31-6/9
2050.201 Tu 10:30-11:30 am	4/1-6/10
2051.201 W 10:20-11:20 am	4/2-6/11
2052.201 Th 5:30-6:30 pm	4/3-6/12
2053.201 Sa 10:20-11:20 am	4/6-6/14

Pilates Beg/Int. Reformer

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 ... Pilates Style!

FEE: IC \$300/OC \$305 (10 sessions)

2054.201 Tu 9:30-10:30 am	1/14-3/25
	No class 2/18
2055.201 Th 9:15-10:15 am	1/9-3/27
	No class 2/20 and 3/13
2056.201 Sa 9:15-10:15 am	1/11-3/29
	No class 2/15 and 3/15
FEE: IC \$330/OC \$335 (11 sessions)	
2057.201 Tu 9:30-10:30 am	4/1-6/10
2058.201 Th 9:15-10:15 am	4/3-6/12
2059.201 Sa 9:15-10:15 am	4/5-6/14

Ballet Barre & Spring-Wall

Improve your posture & lift your BOOTY with Ballet Barre and Pilates Spring-Wall! This great workout works the hips, gluts, arms, abs, and legs. This is a fluid workout that combines dance

and Pilates principles, making it safe for the non-dancer. It is mostly standing and can be ideal for many neck and back issues. By strengthening the hips and gluts, we can also prevent many back issues. Combat the effects of sitting in a small group!

FEE: IC \$300/OC \$305 (10 sessions)

2060.201 F 9:15-10:15 am	1/10-3/28
	No class 2/14 and 3/14
2061.201 W 6-7 pm	1/15-3/26
	No class 2/19

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

2062.201 F 9:15-10:15 am	4/4-6/13
2063.201 W 6-7 pm	4/2-6/11

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. It is exercise science and mindful movement with a focus on core stability and stamina. Reap the benefits of improved strength, flexibility, and overall fitness using a variety of resistance-based equipment.

FEE: IC \$300/OC \$305 (10 sessions)

2064.201 M 9:15-10:15 am	1/13-3/24
	No class 2/17
2065.201 Tu 5:30-6:30 pm	1/14-3/25
	No class 2/18
2066.201 W 9:15-10:15 am	1/15-3/26
	No class 2/19
2067.201 Th 6:30-7:30 pm	1/9-3/27
	No class 2/20 and 3/13

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

2068.201 M 9:15-10:15am	3/31-6/9
2069.201 Tu 5:30-6:30 pm	4/1-6/10
2070.201 W 9:15-10:15 am	4/2-6/11
2071.201 Th 6:30-7:30 pm	4/3-6/12

Yoga I (Beginning)

D. Rohrbacker

Recover and keep moving! This beginning Yoga course focuses on the restorative aspects of the practice. It will be of particular interest to those recovering from Joint replacements or are experiencing similar restrictions to movement. We will be building strength and endurance and reducing stress while working with restrictions. Movement and meditation are the focus of the course which is led by a registered Yoga Teacher with more than 15 years teaching experience. Bring a mat and/or blanket, comfortable clothing, an empty stomach and a positive frame of mind.

FEE: IC \$80/OC \$85 (10 weeks)

2028.201 M 7:30-9 pm	1/27-4/7
	No class on 2/17
Class 3/24 at Stafford Primary School, Cafeteria	
2029.201 M 7:30-9 pm	4/14-6/23
	No Class on 5/26
Willamette Primary School, Cafeteria	

Yoga II

D. Rohrbacker

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

FEE: IC \$88/OC \$93 (11 weeks)

2030.201 W 7:30-9 pm	1/15-3/26
Class 3/12 at	
Rosemont Ridge Middle School, Cafeteria	
2031.201 W 7:30-9 pm	4/2-6/18
	No Class on 6/11
Willamette Primary School, Cafeteria	

Adult/Family Fitness & Wellness

T'ai (Beginning)

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

Min 5 Max 20

FEE: IC \$72/OC \$77 (9 weeks)

2032.201 W 6-7 pm 1/15-3/12

2033.201 W 6-7 pm 4/2-5/28

Adult Community Center

2034.201 Sa 9:15-10:15 am 1/18-3/15

2035.201 Sa 9:15-10:15 am 4/5-6/7

No class 5/24

Sunset Fire Hall Upstairs

T'ai Chi (Intermediate)

S.V. Miller
Enhance the flow; continue improving your good health and skill. This class is for the T'ai Chi Player who has attended at least one full session of the entire Form, is conversant about the basic Principles, and is competent with the basic footwork (Bow

and Arrow Step, Crouching Tiger Stance, Crouch Step, Joining the Branches Stance). Enrollment requires Instructor's permission.

FEE: IC \$72/OC \$77 (9 weeks)

2036.201 W 7-8 pm 1/15-3/12

2037.201 W 7-8 pm 4/2-5/28

Adult Community Center

T'ai Chi (Advanced)

S.V. Miller

T'ai Chi is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice.

Qigong Meditation and the 32-Movement Yang-Style Sword Form will also be included. This class is for the experienced and self-motivated T'ai Chi Player who can perform the 24-Movement Yang-Style Form solo.

Min 5 Max 20

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

2038.201 Sa 10:15-11:45 am 1/18-3/15

2039.201 Sa 10:15-11:45 am 4/5-6/7

No Class on 5/24

Sunset Fire Hall Upstairs



Health and Well-Being
for the Entire Family

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

\$12-to drop in for most classes

Yoga Intermediate

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)

2006.201 Tu 9-10:15 am 1/7-3/18

2007.201 Th 9-10:15 am 1/9-3/20

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

2011.201 Tu 9-10:15 am 4/1-5/27

2012.201 Th 9-10:15 am 4/3-5/29

Yoga for Mind, Body & Spirit

This class focuses on the conscious expression of movement, inner awareness, and purposeful use of breath; feeling released from all tension, helping become fully present and refreshing you with an inspired perspective on life. Prenatal students are encouraged to participate to gain knowledge of helpful techniques for the birthing process.

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

2013.201 Su 8:45-9:45 am 1/5-3/16

2014.201 M 6:30-7:45 pm 1/6-3/17

2015.201 W 9:30-10:45 am 1/8-3/19

2016.201 Th 12-1 pm 1/9-3/20

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

2017.201 Su 8:30-9:45 am 3/30-5/25

2018.201 M 6:30-7:45 pm 3/31-5/26

2019.201 W 9:30-10:45 am 4/2-5/28

2020.201 Th 12-1:15 pm 4/3-5/29

Saturday Morning Yoga Flow

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

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

2021.201 Sa 9:30-10:45am 1/11-3/22

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

2022.201 Sa 9:30-10:45am 4/5-5/31

Intro to Belly Dance

Ages 12+

Learn basic belly dance torso movement, steps and rhythms. Fun workout appropriate for all ages and body types. Six week sessions.

FEE: IC \$75/OC \$80(6 weeks)

2023.201 Fr 12-1:30 pm 1/17-2/21

2024.201 Fr 12-1:30 pm 2/28-4/11

No Class 3/28

2025.201 Fr 12-1:30 pm 4/18-5/23

Discovering Your Roots

As you join these yoga sessions you will enter into a casual atmosphere of friendship and smiles. These yoga teachings are based on Hatha with a flare of Anusara, Shri Daiva, and Iyengar, among a touch of styles and philosophies that complete the circles of radiating consciousness. Some experience suggested.

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

2026.201 W 6-7:15pm 1/8-3/19

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

2027.201 W 6-7:15pm 4/2-5/28

Infant Massage/Nurturing Touch

Ages: Infants-Birth-Pre-crawling

Infant massage is a gentle, loving way to connect with your baby. The strokes and styles of infant massage are easier to grasp and retain when demonstrated by experienced instructors. Pressure, rate, rhythm, the length of the massage, respect, bonding, why baby cries, baby's body language, specific techniques to help relieve colic, constipation and other digestion discomforts, relaxation and parent empowerment are some of the skills and topics that will be discussed. Partners, Grandparents, or other primary caregivers are welcome. Handouts and massage oil will be pro-

vided. Please bring your favorite blanket, yoga mat or towel for you and baby. For more information contact Pautla at 971-275-2002 or email pschaperlmt@gmail.com, or facebook.com/PaulaSchaperLMTCEIM

Min 3 Max 10

FEE: IC \$99/OC \$104 per family

6125.201 Tu 10-11:30 am 1/7-2/4

6126.201 Tu 10-11:30 am 2/11-3/11

6127.201 Tu 10-11:30 am 3/18-4/15

6128.201 Tu 10-11:30 am 4/22-5/20

All dates at the Sunset Fire Hall-Upstairs

Additional dates offered at Sachi Wellness Center- Please call 503- 607-0018 for information.

Adult Classes

Dance with Dave & Jody Crandell

Age 16-Adult — Partners Required — No Partner Rotation — Min 8 Max 24
All classes at West Linn Adult Community Center MPR 1&2



Beginning Level Tango

One of the most fun Ballroom dances! Everyone should Tango at least once in their life. This is American Style Tango not to be confused with Argentine Tango.

FEE: IC \$45/OC \$50 (\$90/couple)
1023.201 Th 7-8 pm 1/23-2/13

Beginning Level Night Club 2 Step

Not to be confused with Country Western 2 Step. This dance is done to slow romantic music and is performed at most dance venues.

FEE: IC \$45/OC \$50
1024.201 Th 7-8 pm 2/20-3/16

Beginning Level Rumba

A slow to medium speed Latin Dance! Fun and easy to learn!

FEE: IC \$45/OC \$50
1025.201 Th 7-8 pm 3/20-4/10

Beginning Level Jitterbug Swing

Our most popular dance! Fun and easy to learn! No acrobatic moves but you will learn some super cool moves!

FEE: IC \$45/OC \$50
1026.201 Th 7-8 pm 4/17-5/8

Beginning Level Cha Cha

The most popular of the Latin dances.

FEE: IC \$45/OC \$50
1027.201 Th 7-8 pm 5/15-6/5

Intermediate

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.

FEE: IC \$45/OC \$50

Session 1
1028.201 Th 8:15-9:15 pm 1/23-2/13

Session 2
1029.201 Th 8:15-9:15 pm 2/20-3/13

Session 3
1030.201 Th 8:15-9:15 pm 3/20-4/10

Session 4
1031.201 Th 8:15-9:15 pm 4/17-5/8

Session 5
1032.201 Th 8:15-9:15 pm 5/15-6/5

YOU'RE ON THE AIR-

How to Really Make It in Voice-Overs!

A One-time 2 Hour Program for Adults

B. Sleeper

VOICE-OVERS are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! You'll learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Bill Sleeper will discuss the voice-over business as a whole, the numerous opportunities, the incredible income potential, and will discuss the all-important "demo" and how to have it produced. You'll step up to the mic

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

Min 4 Max 40
FEE: IC/\$35 OC \$40
1000.201 W 7-9 pm 3/19
West Linn Adult Community Center

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

Meditation for Health & Happiness

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

Min 6 Max 30
FEE: IC \$48/OC \$53
NEW Drop-in Fee: \$10 per class to instructor
1066.201 Tu 7-8:30 pm 1/7-3/18
Rosemont Ridge Middle School, D104
Feb. 4 & Mar. 18 classes held at Trillium School Upper Porch Wind & Solar B212

Meditation Retreat

Ages 15 and Older
The day-long retreat will offer the opportunity to deepen your mindfulness practice. During meditation three conditions are developed to induce positive neural changes:

Concentration: Paying undivided attention to the breath provides the necessary medium for plasticity to take effect so that beneficial neural changes can occur.

Mind training: In neuroscience the axiom is "neurons that fire together wire together." Consciously directing the mind to the breath when it wanders away during meditation effects changes in the brain, making it more conducive to be directed instead of merely reacting unconsciously.

Rewards: Positive experience (the benefits of relaxation, joy, bliss, and peaceful feelings from meditation) trigger a command for hormone to secrete a biochemical seal to establish the new desired pattern of brain wiring.

Min 12 Max 30
FEE: IC \$25/OC \$30
1065.201 Sa 9 am-6:30 pm 1/11
Sunset Fire Hall-Entire Building Reserved

Cooking with Surja Tjahaja

Ages 15-Adult — Min 3 Max 12

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

Pad Kee Mao (Drunken Chicken Noodle)

No, you will not get drunk; it is so named “drunken” as legend has it that when young party goers done having fun at early morning hours would go for this noodle dish in Thailand. This street food is so popular that many Portland restaurants (including Pok Pok) featured this dish. We will learn the authentic recipe and train you to gain the hand-skill to cook this dish like a professional. You don’t have to be drunk, just come hungry and join us for lunch.

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

Materials fee: \$6 payable to instructor
1016.201 Su 10 am-2 pm 1/26
West Linn Adult Community Center

Chan-Ko (Sumo Wrestler’s Popular Dish)

Sumo wrestlers in Japan believe that they need twenty one different varieties of ingredients to develop health and stamina. A perfect dish for the cold season, we will have this popular brothy stew and special dipping sauce, using authentic and exotic materials. Many retired Sumo wrestler open restaurants in Japan to share their favorite meal to the public, often with performances. It is so popular that people have to book months in advance to get in. No, you will not blow up to look like a Sumo belly, but you will have a wide smile like a winner. Do come hungry.

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

Materials fee: \$12 payable to instructor
1017.201 Su 10 am-2 pm 2/23
West Linn Adult Community Center

Laksa: Curry Noodle Soup

Laksa is one of the most popular dishes enjoyed any time of the day in Southeast Asian countries including Thailand, Malaysia, Singapore, and Indonesia.

It is made with rice noodle (wheat free), curry, and coconut milk. This dish can be a stand-alone meal by itself. It can be made as a vegetarian or with chicken or shrimp.

The taste is very complex and exotic. It commonly use a yellow curry made with turmeric, coriander, lemongrass, shallot, and other spices. The soup base can be chicken stock or vegetable stock. The class will learn how to cook the rice noodle correctly (many instructions on the package is often wrong or misleading).

We will also learn how to apply to coconut milk correctly. The student will learn how to cook curry into a soup base correctly and how to adjust the spices to perfection. The student will enjoy the dish at the class for lunch. It is a simple recipe that is easy to make and yet the student would be very proud to serve this delicious soup to their guests at home (or an idea for a food cart business J). Guarantee to make many friends with this dish.

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

Materials fee: \$7 payable to instructor
1018.201 Su 10-2 pm 3/23
West Linn Adult Community Center

Happy Hour Cooking with Surja

Ages 21 & up

Celebrate the last Friday of the month! Have fun learning to cook and eat exotic happy hour foods. Beverages including wine/beer pairings for each class provided.

Filet Mignon

Filet mignon beef cut to bite size, skewered on bamboo sticks, marinated in: coriander, cumin, lemongrass, galangal, garlic, pepper, and other spices are skewered and barbecued over mesquite charcoal. This Vietnamese treat is a journey you want to explore. We will also learn how to make exotic dipping sauce for this Beef Satay that will make you wonder how such an easy recipe can taste so “out of this world”.

FEE: IC \$30/OC\$35

1900.201 F 4-7 pm 1/31
West Linn Adult Community Center

Crispy Egg Rolls

Learn how to make a crispy egg roll without deep frying! you do Ours will be made with exotic mushrooms, bamboo shoots, veggies, and your favorite protein (vegan options available). Then we will make sweet & sour and peanut dipping sauces. Chef Surja will share his secrets to the mystery of how to cook this easy meal so deliciously.

FEE: IC \$30/OC\$35

1901.201 F 4-7 pm 2/28
West Linn Adult Community Center

Stumptown Cakes

Buttercream Piping with Lucinda Larson

Ages 18 & up

Learn professional and expert piping skills from “The Icing Diva” Lucinda Larson. She has been decorating for over 30 years and is well known for teaching her amazing piping skills. The morning class is all about creating amazing embellished borders. The afternoon focuses on making beautiful and flowers and foliage. Students will work on cake dummies in class and take the faux cake home in a cake box. \$10 discount if you take both classes. For those who sign up for both classes we will break from 12-1 for a soup/sandwich/veggie plate lunch.

FEE: IC \$69/OC \$73

“Borders”
1100.201 Tu 9 am-12 pm 1/7

“Flowers”
1101.201 Tu 1-4 pm 1/7

FEE: IC \$127/OC \$132

“Borders & Flowers”
1102.201 Tu 9 am-4 pm 1/7

Ladies Night!

Ages 18 & up

Bring your friends or meet new ones for a fun and creative ladies night out. We will serve tea, soda and water with cheese and a variety of crackers and fruits. Each student starts by covering their own pre-filled and crumb-coated 8”round vanilla sponge cake with Italian meringue buttercream. Learn how to get those nice straight and sharp edges. Then spend the remaining class time making the decorations and decorating your cake. All materials are provided.

FEE: IC \$105/OC \$110

“Chinese New Year Cake”
1103.201 F 7-10 pm 1/31

“Fashionista Purse Cake”
1104.201 F 7-10 pm 2/28

“St. Patrick’s Day Cake”
1105.201 F 7-10 pm 3/14

“Easter Basket and Eggs Cake”
1106.201 F 7-10 pm 4/18

“May Showers Cake”
1107.201 F 7-10 pm 5/23

Adult Classes

Entrepreneurial Workshops L. Krusemark

All classes in this series at West Linn Adult Community Center

Save Money with Extreme Couponing!

Learn how to save up to hundreds or even thousands of dollars every year. This workshop will teach you where to find all different types of coupons, how to find the best coupon web sites, how to decipher coupon policies, the best way to sort and store coupons and how to find other coupon traders. Bring your coupons to class for a trading session.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$10 payable to instructor

1080.201 Tu 11-12 pm 4/1

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This is not a get rich quick scheme, this is a plan of action to help others learn the path to financial freedom. In this fast paced workshop, you will learn how to get out of credit card debt and reduce bad credit, raise your credit limit and lower your interest rate, use more credit to raise your credit score, buy a home even if you have bad credit or are self employed, pay off your mortgage in half the time with less money, keep your home protected against lawsuits, become an active investor for financial freedom! This workshop is not for those already advanced in financial matters nor does it provide any legal advice. A mandatory \$20 materials fee is payable to instructor at the door for printed information to assist you in your journey to financial freedom.

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials fee \$20 payable to instructor

1081.201 Tu 12-2 pm 4/1

Self Publishing versus Traditional Publishing: Which Is Best for You?

Self Publishing is all the rage, but is it the best option for you? Once you self publish, then what? You will learn about the pros and cons of traditional publishing and all of the self publishing options, including vanity publishing, print on demand publishing, e-book publishing, and the Amazon options of Kindle Publishing and Create Space.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$10 payable to instructor
1082.201 Tu 2-3 pm 4/1

Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer this comprehensive workshop will teach you how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, to make money as a freelance writer.

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials fee \$20 payable to instructor
1083.201 Tu 3-5 pm 4/1

Meet the Publisher-Get Your Manuscript Critiqued

Bring your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, novel, non-fiction book, or children's book by an adjunct online Professor of Publishing for Harvard and owner of a small publishing house. For an additional fee, you then have an option to leave a copy of your manuscript with instructor for a

critique of your entire manuscript and a list of publishers and/or agents who are interested in your type of work.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$20 payable to instructor
1083.201 Tu 5-6 pm 4/1

How to Earn Extra Money with a Mystery Shopping Business

Participants must also attend "Cash in with a Successful Home Based Business"

Have you ever wanted to become a Secret Mystery Shopper? You will learn how to start your business endeavor and you will also learn how to create a Mystery Shopping Profile, create a company list, sign up with many Mystery Shopping Companies, become a Merchandiser too for extra income. With a few simple steps, you can start Mystery Shopping today!

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$10 payable to instructor
1084.201 Tu 6-7 pm 4/1

West Linn Adult Community Center, Classroom

Cash in with a Successful Home-Based Business

Are you tired of working for someone else? Turn your talents and hobbies into profits at home by learning how to start a home based business. During this workshop, you will discover mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!) and more than 100

Min 5 Max 45

FEE: IC \$24/OC \$29

Materials fee \$20 payable to instructor
1085.201 Tu 7-9 pm 4/1

Make Money with a Typing/Word Processing Business

Participants must have attended "Cash in with a Successful Home-Based Business"

If you can type, then you can make money at home using your word processor or computer. Having already learned all about home-based business success, you will then discover the secrets to profits in the typing/word processing business, including how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, 100 ways to make money with a computer, and free national networking information.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$10 payable to instructor
1086.201 Tu 9-10 pm 4/1

West Linn Adult Community Center, Classroom

At Home Study Orientation: Medical Insurance Billing or Medical Terminology or Notary Public

If you don't have the time to attend a semester long in-person class, or don't like the option of learning online these printed manuals/workbooks will guide you through the course you choose whenever you find the time. The orientation is helpful, but if you are unable to attend, the course can be mailed to you following the orientation, provided the instructor has received your materials fee. A facilitator is available via email for any questions during the course and when completed, a certificate of completion will be mailed to you. Choose one course or more for a discounted price.

Min 5 Max 45

FEE: IC \$12/OC \$17

Materials fee \$99 per course

1087.201 Tu 10-11 am 4/1

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)

Deep Wilderness Home	1040.201	Th	5:30-9 pm	1/9
Oval Essence Seascape	1042.201	Th	5:30-9 pm	2/13
Hidden Winter Moon	1044.201	Th	5:30-9 pm	3/13
Golden Sunset	1046.201	Th	5:30-9 pm	4/10
Evening Waterfall	1048.201	Th	5:30-9 pm	5/8

Adult Community Center, Classroom

Multnomah Falls	1041.201	Sa	10 am-2 pm	1/25
Valley of Tranquility	1043.201	Sa	10 am-2 pm	2/22
Winter Mountain	1045.201	Sa	10 am-2 pm	3/22
Soft Mountain Glow	1047.201	Sa	10 am-2 pm	4/26
Island Paradise	1049.201	Sa	10 am-2 pm	5/24

Sunset Fire Hall, Downstairs

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



Deep Wilderness Home



Oval Essence Seascape



Hidden Winter Moon



Golden Sunset



Evening Waterfall



Multnomah Falls



Valley of Tranquility



Winter Mountain



Soft Mountain Glow



Island Paradise

Yappy Hour

Please Join Us for a Social Gathering for dogs and their humans at Mary S. Young Park Dog Park, 4:30-5:30 pm, Thursdays this spring:

March 20th

April 17th

May 15th



Guest speakers, fun swag, and refreshments!

Purchasing a home in Today's Market— How to Prepare and Proceed

Adult

Define your home purchase readiness, understand the loan process, learn the procedures and timeline for purchasing a home. Free of charge.

Min 8 Max 25

FEE: Free of Charge

1500.201 W 6-8:30 pm 1/22

West Linn Adult Community Center

Photography Classes

with Dwon Güvenir

Visit instructor's website:
www.oregonphotosafaris.com

Basic Photography

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

Min 5 Max 20

FEE: IC \$35/OC \$40

1050.201 M 7-9 pm 2/4

1052.201 M 7-9 pm 5/6

West Linn High School, B 103

Clock Repair

A. Pohlpetter

Adult

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

Min 8 Max 25

FEE: IC \$65/OC \$95 (9 weeks)

1505.201 Tu 7-10 pm 1/14-3/11

1506.201 Tu 7-10 pm 4/1-5/27

Stafford Primary School Cafeteria

Advanced Photography

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

Min 5 Max 20

FEE: IC \$100/OC \$105

1051.201 M & Tu 7-9 pm 2/4, 2/5, 2/11

1053.201 M & Tu 7-9 pm 5/6, 5/7, 5/13

West Linn High School, B 103

The West Linn Adult Community Center

The West Linn Adult Community Center Gift Shop ...

“the best little Gift Shop in West Linn”



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

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

Annual Plant Sale

**Thursday & Friday, May 15^h & 16th
10am-3pm
at the Adult Community Center**

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



Proceeds benefit programs
at the Adult Community Center.

Mother's Day Tea



*Monday May 12, 11:30 am
Adult Community Center*

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

~ Instructors Wanted ~

Are you interested in teaching a class for Parks & Recreation?

The Parks & Recreation Department is always looking for instructors. We are excited about the possibility of working together to reach our common goals and to serve our community. The Parks and Recreation Department is dedicated to building strong families through the provision of recreational opportunities. We believe that the benefits of participating in recreational programs, classes, and events are often as important as the activity itself.

Please review and/or download our Instructors Handbook to explore your opportunities working with the City of West Linn Parks & Recreation Department: <http://westlinnoregon.gov/parksrec/contract-instructor-handbook>.

For more information call 503-557-4700.

The West Linn Adult Community Center

Photo by Expressions of Eden



The West Linn Adult Community Center is open to any adult 50 years and better in the West Linn and surrounding area. The Center affords assistance to eligible adults in maintaining an independent lifestyle through City staff, service agencies and volunteer staff. The Center also provides social, recreational, health and educational services and programs.

Open Monday-Friday, 9 am-3 pm

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

Scheduled Closures This Session:

January 1st, New Year's Day

January 20th, Martin Luther King, Jr. Day

February 17th, President's 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 a.m. 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 3rd Wednesday of every month. Due to the New Year holiday, January's foot clinic will be held January 15th. Call to schedule an appointment at the Adult Community Center.

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

Home Medical Equipment Medical equipment available for loan at no cost include: canes, crutches, walkers, wheelchairs, bedside commodes and bath/shower seats. Donations of medical equipment are greatly appreciated. Call the Center at 503-557-4704 to request an item.

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

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

The West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

See next page for descriptions

HEALTH

- Foot Clinic.....1st Wednesday by appointment, 9 am-2:30 pm (\$25 fee)
- Chair Massage.....Fridays 9 am-2:30 pm (\$15 for 15 minutes; \$25 for 30 minutes)
- Medical Equipment Loan Program..... Call Center for items available.

EXERCISE

- Kettlebell class.....Wednesdays 9-9:45 am
- Nia..... Tues, Thur 11:15 am-12 pm (\$60 1x week, \$120 2x week or \$7 drop in)
- Walking Group..... Mon, Wed, Fri leaves ACC at 8:30 am (no charge)
- Aerobics..... Mon, Wed, Fri 10-11 am (no charge)
- Tai Chi.....Mondays, 8:30-9:30 am (\$2 per month)
- Core Strength.....Tues-Fri, 8-8:30 am-see write up
- Strength & Balance.....Tues, Thur, Fri, 8:30-9:30 am-see write up
- Core Strength or Strength & Balance.....optional third day per week-see write up
- Yoga.....Tues & Thurs 10-11 am (\$60/8 wks, \$6.50 drop in)
- Line Dancing.....Wednesdays 11 am-12 pm (\$40/8 wks, \$5 drop in)



GAMES (no charge)

- Hand & Foot.....Mon 10 am-12 pm
- Whist.....Friday 10 am-12 pm
- Pinochle (beginners welcome).....Tuesdays 1-3 pm
- Bridge.....Mondays 12-3 pm and Thursdays 10:30 am-3 pm
- Pinochle.....Wed and Fri 12:30-3 pm
- Poker-Texas Hold 'Em.....Fridays 1-3 pm (\$5 buy in)



SPECIAL INTEREST (no charge)

- Woodcarving.....Mondays 9 am-12 pm
- Share Singers.....Please call for schedule
- Ukulele Activity.....Tuesdays 2-3 pm
- Gardening Group.....Wednesdays 11 am-12 pm
- Open Painting Studio.....Fri 10 am-1 pm
- Honoring Our Memories Writing Class.....Tuesdays 10 am-12 pm
- Knitting and Crocheting Group.....Thurs 10 am-2 pm (any level welcome)
- Book Club.....2nd Wed 1-2 pm (call for book titles)



SPECIAL INTEREST INSTRUCTIONAL CLASSES

- Drama.....Wed, Thur 1-2:30 pm (\$100 for 8 classes)

READING

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

The West Linn Adult Community Center

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. Please call the center for introductory class information.

Wednesday, 9 am

Please refer back to pg. 17 for session dates & pricing
Drop-in is \$10

Line Dancing

Are you ready to try something new? The Boot Scoot, Electric Slide or the Alibi Waltz!! Country Western Line dancing is so much fun, it doesn't even seem like you're exercising. Beginners welcome-No partner necessary-No experience required.

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

Core Strength

Instructor Marilyn Frankel leads this 1/2 hour floor exercise and resistance weight-training program to build your core strength.

Tu, Th & F, 8-8:30 am
\$60/8-week session, for 3 classes per week or \$40/8-week session, for 2 classes per week

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 taught by Marilyn Frankel, Exercise Physiologist and Personal Fitness Consultant.

Tu, Th & F, 8:30-9:30 am
\$60/8-week session, for 2 classes per week or \$105/8-week session, for 3 classes per week

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.

Tu & Th 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

Monday 8:30-9:30 am
\$2 per month

Nia

Come play with us and improve your strength, balance and mobility. Focus, move and feel better. Nia conditions the body and mind through music and movement. It is seriously fun and healing for every body and age. Chair options are available. Class taught by Maria Milner

Tu, Th 11:15-12 pm
\$64 1x week, \$120 2x week or \$7 drop in

Share Singers

We travel to assisted living facilities and share conversations and sing-along's with residents.

Please call ACC for schedule—No charge

Ukulele Activity

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

Tues 2-3:30 pm—No charge

Drama (new class!)

Enhance your expressive and creative skills—singing, writing, and thinking. Build confidence

in public speaking and improve your listening and memory skills. Re-Crete your favorite literary characters in a Fun, Safe and Relaxed Environment. Pat Amore Hand will be your instructor. She holds an M.S. in Theater Arts and a B.S. in Music.

W & Th 1-2:30 pm
\$100 for 8 classes

Woodworking

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

Monday 9 am-12 pm—No charge

Aerobics Class

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

M, W & Fri 10-11 am —No charge

Honoring Our Memories

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

Tuesday 10-12 pm—No charge

Let's Talk Gardening

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

Wednesday 11-12 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.

M, W & F 8:30-9:30 am—No charge

Computer Use and Instruction

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

Tu, Th & Fri mornings. (Call for appt)
No charge

Knitting and Crocheting Group

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

Thursday 10-12 pm—No charge

Book Club

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

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

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.

Happy Hour Cooking with Surja

Celebrate the last Friday of the month! Have fun learning to cook and eat exotic happy hour foods. Beverages including wine/beer pairings for each class provided.

Friday 1/31 4-7 pm Filet Mignon

Friday 2/28 4-7 pm Crispy Egg Rolls

FEE: IC \$30/OC \$35

West Linn Parks & Open Spaces

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

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

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

Marylhurst Heights Park 1800 Valley View Dr.

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

Sunset Park 4665 Bittner St.

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

Tanner Creek Park 3456 Parker Rd.

Pictured above is the shelter at Tanner Creek Park. This park also offers a water spray park, play structure, open field area, basketball court, tennis court, restrooms and a skate park.

Willamette Park 1100 12th St.

Located at 12th & Volpp Street where the Tualatin River meets the Willamette River, this 15 acre park offers the following amenities: 3 picnic shelters, stage, baseball field, 2 softball fields, 2 volleyball courts, horseshoe pits, river access including boat ramp and docks, playground, water spray park, water and power.

Parks & Open Spaces

Benski Park

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

Burnside Park

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

Camassia Natural Area

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

Cedaroak Boat Ramp

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

Cedar Island

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

Douglas Park

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

Fields Bridge Park

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

Hammerle Park

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

Ibach Nature Park

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

Maddax Woods

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

Mary S. Young Park

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

Marylhurst Heights Park

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

Midhill Park

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

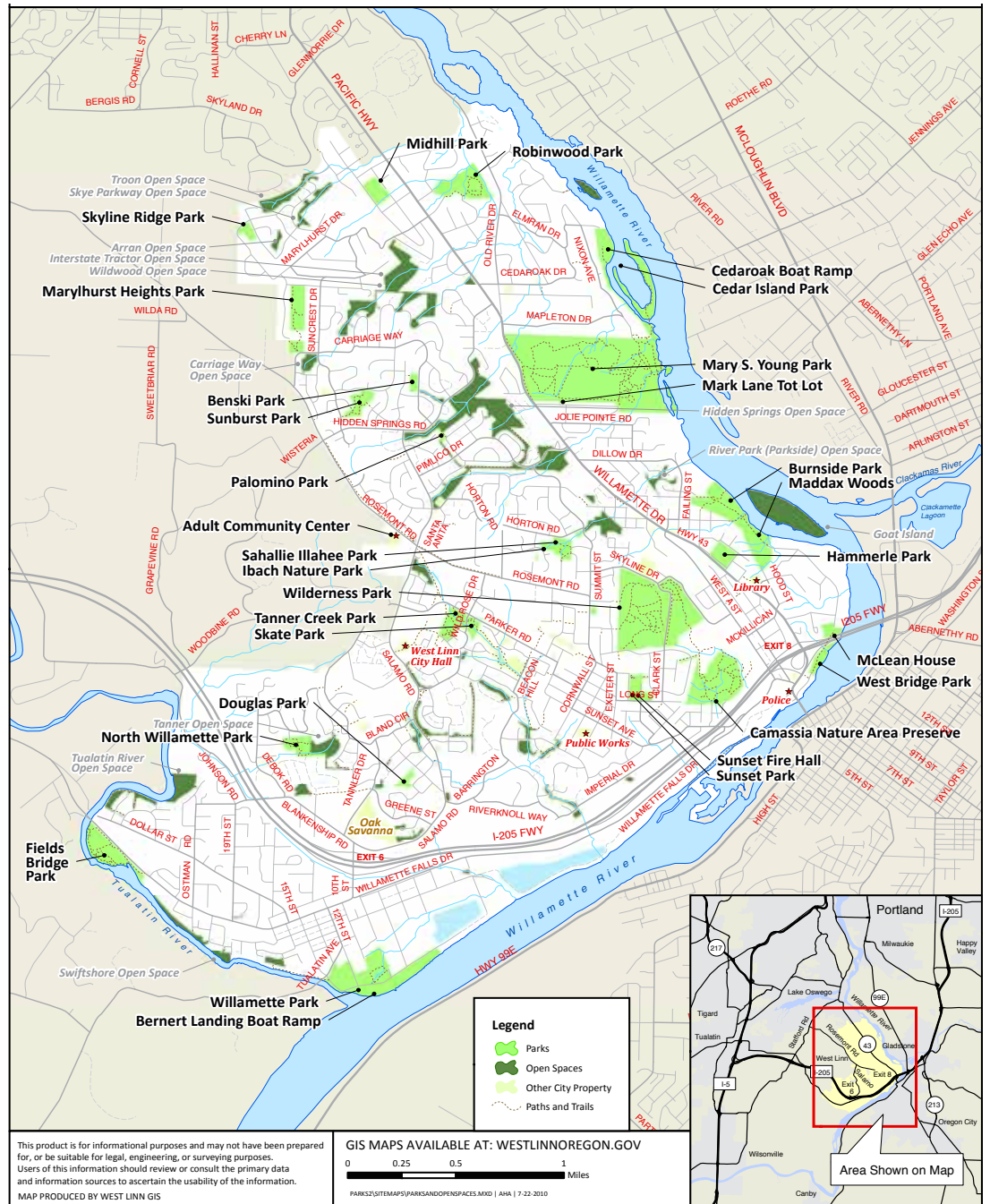
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

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 gazebo, water spray park, basket-



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

The White Oak Savanna

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

area includes trails and benches from key viewpoints.

Wilderness Park

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

Willamette Park/Bernert Landing Boat Ramp

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

Facilities

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

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

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

The West Linn Adult Community Center

1180 Rosemont Road



The Adult Community Center is a large, well-equipped facility with several rooms to meet all of your needs! The West Linn Adult Community Center is a one-story, facility. It includes three multi-purpose rooms and a classroom perfect for parties, meetings, or receptions. Surrounded by attractively landscaped grounds, your guests will also enjoy lounging on the open patio next to a tranquil pond. This is a facility with multiple meeting rooms that can be arranged via collapsible walls to accommodate many group sizes, a classroom, full kitchen and open lounge area with gas fireplace. Amenities available include round, square, and rectangular tables, table cloths in black & white, kitchen accessories, flatware, glassware, chairs, a plumbed coffee machine and a baby grand piano.

Sunset Fire Hall

2215 Long Street



This is a two story facility with the downstairs having the kitchen and meeting/eating area. Upstairs is a wood floor ballroom perfect for get togethers.

McLean House

5350 River Street



The beautiful 1927 McLean House sits on 2.5 acres of park. The house and park are currently undergoing a loving restoration. It is the site of weddings, family and corporate celebrations as well as small events and business meetings. The house has a large living room with a piano, a sunroom, a formal dining room and modern kitchen on the first floor. Folding tables and chairs are available for your use. There are three rooms on the second floor. The Friends of McLean House and Park manage the property. Consider holding your next special event at this local landmark that's right in your own back yard. You can also visit www.mcleanhouse.org or call 503-655-4268 for further information.

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F _____ DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONDITION, ETC. _____

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

CITY OF WEST LINN RESIDENT? YES NO

CLASS #	ACTIVITY TITLE	START DATE/TIME	\$

TOTAL Amount Due \$ _____

Recreation Scholarship Fund:

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

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

Make Check to: City of West Linn

Mail to:

**City of West Linn
Recreation Program
22500 Salamo Road, #1100
West Linn, Oregon 97068**

503-557-4700

503-656-4106 Fax

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

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

I have read the above waiver and understand the contents

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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Arbor Week

West Linn Oregon

Tree City USA

April 4-11, 2014



Events
tentatively scheduled include:

Tree Giveaway at City Hall

(limited quantity, first-come, first-serve)

Tree plantings

**Youth tree planting
projects**

The activities will mark West Linn once again the Tree City USA award from the National Arbor Day Foundation. West Linn has won the award every year for over a decade. To qualify for the award, West Linn has tree ordinances governing removal and care, a street tree program, and observes Arbor Day.

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