



CITY OF WEST LINN PARKS & RECREATION

Activities

**WINTER/SPRING
2016**

Class Registration
Events Guide
Senior Programs
Park Information

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

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

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



www.westlinnoregon.gov

City of West Linn Parks & Recreation

Parks and Recreation Mission Statement

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

Thank You West Linn/Wilsonville School District

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

General Information

Online Registration available at
www.westlinnoregon.gov

Here's How To Register

City Residents – Online, walk-in, phone-in or mail in registration begins December 18, 7:30 am-5:30 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 21 and walk-in registration begins December 23.

Cancellations

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

Refund Policy

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

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

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

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



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

Recreation Program Sites

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

Register for classes early!!

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

City of West Linn Parks & Recreation

West Linn Sports Associations

Willamette United Soccer Inc 5 years & up

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

Boys Lacrosse Grade School & up

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

Recreation Basketball 1st-8th Grade

Middle School Recreation Basketball

Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

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

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

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

Website: 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

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

Office Hours:

Monday-Thursday 7:30 am-5:30 pm
Friday 7:30 am-4:30 pm
Closed every other Friday
Closed Legal Holidays

Creative, Healthy and Fun

Ages 3-6
K. Klug



Join this fun and interactive class for pre-k learning, hands-on art projects, music, games and healthy snack creation. Enhances fine motor skills and supports individual creativity. 10 weeks of scheduled classes. No class on West Linn-Wilsonville School District non-school days. Come find out why your family will love being part of Sunset Kids brought to you by Kirsten Klug of Healthy and Fun Choices®.

Min 5 Max 15

FEE: IC \$70/OC \$75 Fee discounted for households with multiple registered children.

Drop-ins \$8 per class

1/6- 3/18 9:30 -11 am 5050. 201

3/30- 5/25 9:30 -11 am 5052. 201

Sunset Fire Hall

SAVE THE DATE

Healthy and Fun Choices® Family Event & Health Fair

Saturday, March 5th, 2016

- Cooking Demonstrations
- Holistic Health Workshops
- Happiness Expert Presentation
- Mindfulness Meditation Introduction
- Fitness & Fun
- Great Music for the whole family

Watch for details <http://healthyfunchoices.com/>

Presented by

Harmony Road Music Center

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

Toddler Tunes

Ages 20 Months-3 Years

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

FEE: IC \$216/OC \$221

2/2-6/7 T 10-10:30 am 5000. 201

2/5-6/10 F 10-10:30 am 5001. 201

2/6-6/11 Sa 9:30-10 am 5002. 201

Hello Music

Ages 3-4

Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. Parents participate in class.

FEE: IC \$80/OC \$85

1/9-1/30 Sa 10-10:45 am 5003. 201

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. This is an open enrollment class through week 8.

FEE: IC \$264/OC \$269

2/2-5/24 T 11:15 am-12 pm 5004. 201

2/3-5/26 W 4-4:45 pm 5005. 201

2/5-5/27 F 11:15 am-12 pm 5006. 201

2/6-5/28 Sa 10:30-11:15 am 5007. 201

More Music In Me

Ages 4-5

The Music in Me classes are dynamic and creative music readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard ac-

tivities as well as pitch and rhythm awareness in our activities. Parents participate in class and are guided in follow up activities. This is an open enrollment class through week 8.

FEE: IC \$264/OC \$269

2/2-5/24 T 10:30-11:15 am 5008. 201

2/5-5/27 F 10:30-11:15 am 5009. 201

2/6-5/28 Sa 9:45-10:30 am 5010. 201

Musictime

Ages 4-5

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

FEE: IC \$80/OC \$85

1/5-1/26 T 4:30-5:15 pm 5011. 201

1/6-1/27 W 4:30-5:15 pm 5012. 201

1/9-1/30 Sa 10-10:45 am 5013. 201

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

1/6-1/27 W 6-6:45 pm 6500. 201

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 great preparation for our Keyboard Prep series. Parents participate in class.

FEE: IC \$80/OC \$85

1/5-1/26 T 6-6:45 pm 6501. 201



Spring Break Camps

Presented by
The YMCA

Lego Engineering Custom Creations

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

FEE: IC \$179/OC \$184
3/21-3/25 M-F 9 am-3 pm 6900. 201
Sunset Firehall, Upstairs

Lego Jr.

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

FEE: IC \$119/OC \$125
3/21-3/25 M-F 9 am-12 pm 6901. 201
Sunset Firehall, Downstairs



Young Rembrandts Drawing

Ages 6-12
Experience the colorful magic of the Young Rembrandts classroom. We'll draw all new exciting lessons each week while we enhance the creative and critical thinking skills today's student needs, such as, Fine Motor Skills, increased attention to details, and discipline, persistence and patience. In each lesson, students will use markers or colored pencils to complete a new drawing using core art skills and have fun.

FEE: IC \$115/OC \$120
1/13-3/16 W 4-5 pm 6400. 201
3/30-6/1 W 4-5 pm 6401. 201
Adult Community Center, Classroom



Manners Matter

Debbie Spelley

Good manners are so much more than Please and Thank you. Manners Matter teaches the importance of being polite in all situations and why it is important for everyone.

During class children will be taught to set the table using plates, glasses, utensils and napkins. They will practice proper greetings and handshake. Also, the polite way to enter a conversation and to write thank you notes. Children will learn the importance of being a polite host/hostess and/or guest. . . and so much more. This class will reinforce all the good lessons taught at home about good manners. Children will be asked to practice their good

manners throughout the week and share about those experiences at class.

Manners Matter ages 5-7 years

Min 6 Max 8
FEE: IC \$60/OC \$65
5/7 & 5/14 Sa 9:15-10:45 am 1200. 201
West Linn Adult Community Center

Manners Matter ages 8-10 years

Min 6 Max 8
FEE: IC \$60/OC \$65
5/7 & 5/14 Sa 11 am-12:30 pm 1201. 201
West Linn Adult Community Center

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

Mad Science



Science Saves the Planet!

Ages 6-12

Explore our oceans! Swim through the warm sunlit zone and dive deep down into the abyss! Learn about the creatures that thrive in this environment and devise ways to protect this important natural resource as you clean up icky, sticky oil spills! Mother Earth depends on scientists like you to save the planet!

FEE: IC \$36/OC \$41

1/18 M 9 am-12 pm 6600.201

Sunset Firehall

Robots Rule Day!

Ages 8-12

Spend some time exploring and learning about the wonderful world of robots. Learn the basics of robotics and how these mechanical friends make our lives easier. Put all your skills to the test by building your robot for you to take home and keep! Robot parts included.

FEE: IC \$60/OC \$65

2/15 M 9 am-12 pm 6601.201

Sunset Firehall



SPRING BREAK CAMP Machine Mania

Ages 8-12

Probe the radical world of machines and their evolution from simple machines to the complex world of robotics. Develop a foundation of understanding for the different sciences that support our mechanical friends including circuit electricity, physics and automation. On the last day of camp put all these skills together to create your very own invention. Be a machine maniac!

FEE: IC \$162/OC \$167

3/21-3/25 M-F 9 am-12 pm 6602.201

Sunset Firehall

Exciting Chess Classes!

Ages 7-13

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

All skill levels welcome.

Min 4 Max 16

FEE: IC \$150/OC \$155

1/11-3/28 M 5:30-7 pm 6000.201

No Class 1/18, 2/15, 3/21

Rosemont Ridge Middle School, A103

4/4-5/23 M 5:30-7 pm 6001.201

Rosemont Ridge Middle School, B102



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!"™

Mommy/Daddy & Me

Ages 2-3 1/2

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! All participants receive a Kidz Love Soccer jersey!

Min 5 Max 20

FEE: IC \$77/OC \$82 (7 weeks)

2/6-3/19 Sa 9-9:30 am 7112. 201

Willamette Primary School, Turf Field

FEE: IC \$86 /OC \$91

4/6-5/25 W 6-6:30 pm 7113. 201

Tanner Creek Park

4/9-6/4 Sa 9-9:30 am 7114. 201

No class 5/28

Willamette Primary School, Turf Field

Tot/Pre-soccer

Ages 3 1/2-5

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Min 5 Max 24

FEE: IC \$77/OC \$82 (7 weeks)

2/6-3/19 Sa 9:40-10:15 am 7115. 201

Willamette Primary School, Turf Field

FEE: IC \$86/OC \$91

4/6-5/25 W 5:15-5:50 pm 7116. 201

Tanner Creek Park

4/9-6/4 Sa 9:40-10:15 am 7117. 201

No class 5/28

Willamette Primary School, Turf Field

Soccer 1: Techniques & Teamwork

Ages 5-6

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

Min 5 Max 24

FEE: IC \$77/OC \$82 (7 weeks)

2/6-3/19 Sa 10:15-11 am 7118. 201

Willamette Primary School, Turf Field

FEE: IC \$86/OC \$91

4/6-5/25 W 4:30-5:15 pm 7119. 201

Tanner Creek Park

4/9-6/4 Sa 9:40-10:15 am 7120. 201

No class 5/28

Willamette Primary School, Turf Field

Soccer 2: Skillz & Scrimmages

Ages 7-10

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

FEE: IC \$77 /OC \$82 (7 weeks)

2/6-3/19 Sa 11-11:45 am 7121. 201

Willamette Primary School, Turf Field

FEE: IC \$86 /OC \$91

4/6-5/25 W 3:45-4:30 pm 7122. 201

Tanner Creek Park

4/9-6/4 Sa 11-11:45 am 7123. 201

No class 5/28

Willamette Primary School, Turf Field



Princess Pilates Mommy And Me Classes For Kids

Ages 4-14

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

The many benefits of pilates for kids: Improved Mental Concentration-this can transfer into all aspects of your child's life, resulting in better school performance, sports and extracurricular activities Increased Flexibility-the positions and exercises taught in Pilates help maintain your child's muscles and

tendons limber, which is ideal for dancers and gymnasts.

Improved Posture-as your child learns to maintain neutral spine he or she will integrate this into everyday life resulting in better posture at home and in school Improvement in Sports-your child will learn to efficiently transfer energy from the back and shoulders into the arms, as well as increase leg power. This is especially great for baseball and soccer.

Enhanced Self Confidence and awareness from the inside-out

FEE: IC \$592/OC \$597 (16 sessions)

*Cost is for both mother and child to attend

1/8-4/29 F 6-6:50 pm 7126.201

No class 3/25

Flourish Pilates

Youth Dance

Dance Classes

Presented by

Miss Kathleen Van De Veere

View her website at www.misskathleen.net



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

Participate in our 16th annual dance recital. Costume fee is \$70 per dancer per class. Payable to the instructor. Recital weekend May 21-22. Canby High School Performing Arts Center.

Mondays With Miss Kathleen Upstairs at the Sunset Firehall

Ballet/Tap Intermediate

Ages 6-9

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

FEE: IC \$65/OC \$70

1/11-2/15 M	2:45-3:30 pm	6202. 201
2/29-4/11 M	2:45-3:30 pm	6203. 201
No Class 3/21		
4/18-5/16 M	2:45-3:30 pm	6204. 201

Jazz 3

Ages 9 and up

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

FEE: IC \$65/OC \$70

1/11-2/15 M	3:30-4:15 pm	6205. 101
2/29-4/11 M	3:30-4:15 pm	6206. 201
No Class 3/21		
4/18-5/16 M	3:30-4:15 pm	6207. 201

Jazz 4

Ages 11 and up

This class is for the advanced intermediate dancer with triple turns, turns in second and advanced

leaps! Looking forward to building more technique, strength and advanced center, across the floor and floor work!

FEE: IC \$65/OC \$70

1/11-2/15 M	4:15-5 pm	6208. 101
2/29-4/11 M	4:15-5 pm	6209. 201
No Class 3/21		
4/18-5/16 M	4:15-5 pm	6210. 201

Mondays With Miss Jeanna Downstairs at the Sunset Firehall

Tumbling

Ages 7-10

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

FEE: IC \$65/OC \$70

1/11-2/15 M	2:45-3:30 pm	6211. 101
2/29-4/11 M	2:45-3:30 pm	6212. 201
No Class 3/21		
4/18-5/16 M	2:45-3:30 pm	6213. 201

Tumbling

Ages 4-7

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

FEE: IC \$65/OC \$70

1/11-2/15 M	3:30-4:15 pm	6214. 101
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DRESS CODE for classes:

- Creative Ballet and Mommy and Me class: Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Hair pulled back and up.
- Ballet/Tap Combo classes: Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Black tap shoes. Hair pulled back and up.
- Ballet classes: Black leotard, ballet pink tights, pink leather ballet shoes. Hair in a bun.
- Tap classes: Booty shorts or leggings. Leotards, Tank tops, half tops. Black tap shoes. Hair pulled back and up.
- Jazz/Lyrical/Musical Theater classes: Booty shorts, capris or leggings. Leotards, Tank tops, half tops. Dance paws or pirouette shoes in skin tone color. Hair pulled back and up.
- Hip Hop classes: Sweat pants, basketball shorts or loose fitting pants. Tank top, tee shirt/hoodie or half top. Black converse style sneakers. Hair pulled back.
- Tumbling classes: Leggings, capris or shorts. T shirt or tank top. Bare feet.

2/29-4/11 M	3:30-4:15 pm	6215. 201
No Class 3/21		
4/18-5/16 M	3:30-4:15 pm	6216. 201

Tumbling

Ages 8-11

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

FEE: IC \$65/OC \$70

1/11-2/15 M	4:15-5 pm	6217. 101
2/29-4/11 M	4:15-5 pm	6218. 201
No Class 3/21		
4/18-5/16 M	4:15-5 pm	6219. 201

Tumbling II

Ages 11 and up

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

FEE: IC \$75/OC \$80

1/11-2/15 M	5-6 pm	6220. 101
2/29-4/11 M	5-6 pm	6221. 201
No Class 3/21		
4/18-5/16 M	5-6 pm	6222. 201

Tumbling I/II

Ages 11 and up

The Tumbling I & II class will focus on intermediate to advanced

tumbling skills such as handstand variations, walkovers. There will also be a focus on strength and flexibility drills for aeri-als, hand-springs ect.

FEE: IC \$75/OC \$80

1/11-2/15 M	6-7 pm	6223. 101
2/29-4/11 M	6-7 pm	6224. 201
No Class 3/21		
4/18-5/16 M	6-7 pm	6225. 201

Tuesdays With Miss Kathleen Adult Community Center Room MPR1

Creative Movement/Pre Ballet I

Ages 3-4

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

FEE: IC \$45/OC \$50

1/12-2/16 T	2:45-3:15 pm	6226. 101
3/1-4/12 T	2:45-3:15 pm	6227. 201
No Class 3/22		
4/19-5/17 T	2:45-3:15 pm	6228. 201

Creative Movement/Pre Ballet II

Ages 4-5

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

basics and more! See you back in class!

FEE: IC \$45/OC \$50
 1/12-2/16 T 3:15-3:45 pm 6229. 101
 3/1-4/12 T 3:15-3:45 pm 6230. 201
 No Class 3/22
 4/19-5/17 T 3:15-3:45 pm 6231. 201

Musical Theater

Ages 7 and up
 Miss Kathleen's MOST POPULAR class! Sing and dance with Miss Kathleen. Learn proper vocal techniques, theater games, musical theater dance styles and work on several songs from your favorite Broadway shows! The ultimate triple threat class!

FEE: IC \$65/OC \$70
 1/12-2/16 T 3:45-4:30 pm 6232. 101
 3/1-4/12 T 3:45-4:30 pm 6233. 201
 No Class 3/22
 4/19-5/17 T 3:45-4:30 pm 6234. 201

The Clack Tap Team/Class

Ages 11 and up
 This is our intermediate/advanced tap class! Work your wings, pullbacks and complex center footwork! Perfect for the dancer with at least 3 years or more of tap dance experience and the intermediate and advanced level!

FEE: IC \$65/OC \$70
 1/12-2/16 T 8-8:45 pm 6235. 101
 3/1-4/12 T 8-8:45 pm 6236. 201
 No Class 3/22
 4/19-5/17 T 8-8:45 pm 6237. 201

Tuesdays With Miss Rosemary Upstairs at the Sunset Firehall

Ballet 2

Ages 9 and up
 This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$65/OC \$70
 1/12-2/16 T 3:30-4:15 pm 6238. 101
 3/1-4/12 T 3:30-4:15 pm 6239. 201
 No Class 3/22
 4/19-5/17 T 3:30-4:15 pm 6240. 201

Ballet 4/5

Ages 12 and up
 This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$85/OC \$90
 1/12-2/16 T 4:15-5:45 pm 6241. 101
 3/1-4/12 T 4:15-5:45 pm 6242. 201
 No Class 3/22
 4/19-5/17 T 4:15-5:45 pm 6243. 201

Pointe Class

Ages 12 and up — with teacher approval
 A 30 minute class designed for our ballet dancers on pointe shoes working at the barre and also in center on pointe.

FEE: IC \$50/OC \$55
 1/12-2/16 T 5:45-6:15 pm 6244. 101
 3/1-4/12 T 5:45-6:15 pm 6245. 201
 No Class 3/22
 4/19-5/17 T 5:45-6:15 pm 6246. 201

Tuesdays With Christine Adult Community Center MPR2

Musical Theater

Ages 5-7
 Does your young one love to sing and dance!? Musical theater is our most popular class! Join Miss Christine for vocal warm ups, theater games and Broadway dancing! Fun and high energy!

FEE: IC \$65/OC \$70
 1/12-2/16 T 3:15-4 pm 6247. 101
 3/1-4/12 T 3:15-4 pm 6248. 201
 No Class 3/22
 4/19-5/17 T 3:15-4 pm 6249. 201

Tiny Tappers

Ages 3-5
 A perfect class for your little one who loves to tap! This is a NEW class! Learn proper tap technique, and shuffle off to buffalo! Tap warm ups, center and across the floor!

FEE: IC \$45/OC \$50
 1/12-2/16 T 4-4:30 pm 6250. 101
 3/1-4/12 T 4-4:30 pm 6251. 201
 No Class 3/22
 4/19-5/17 T 4-4:30 pm 6252. 201

Tap Beginning

Ages 7-11
 Perfect for your beginning tapper! Learn tap warm ups, center footwork and across the floor!

FEE IC \$65/OC \$70
 1/12-2/16 T 4:30-5:15 pm 6253. 101
 3/1-4/12 T 4:30-5:15 pm 6254. 201
 No Class 3/22
 4/19-5/17 T 4:30-5:15 pm 6255. 201

Tap Beginning/Intermediate

Ages 7-11
 This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70
 1/12-2/16 T 5:15-6 pm 6256. 101
 3/1-4/12 T 5:15-6 pm 6257. 201
 No Class 3/22
 4/19-5/17 T 5:15-6 pm 6258. 201

Tap Beginning/Intermediate

Ages 11 and up
 This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70
 1/12-2/16 T 6-6:45 pm 6259. 101
 3/1-4/12 T 6-6:45 pm 6260. 201
 No Class 3/22
 4/19-5/17 T 6-6:45 pm 6261. 201

Tap Intermediate

Ages 11 and up
 This class is great for dancers with some prior intermediate tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70
 1/12-2/16 T 6:45-7:30 pm 6262. 101
 3/1-4/12 T 6:45-7:30 pm 6263. 201
 No Class 3/22
 4/19-5/17 T 6:45-7:30 pm 6264. 201

Wednesdays With Miss Emily Upstairs at the Sunset Firehall

NEW CLASS! Mommy or Grandma and Me Dance

Ages 2-3
 Help your child discover movement and expression while networking with other parents through a structure that blends dance, music, and imagination. Students are introduced to a class structure, age appropriate stretches, coordination exercises, and rhythm through a safe and special experience with mommy. Added benefits for mom are increased flexibility, balance, and dance appreciation. This class encourages young children to explore, experiment and create through creative dance and helps prepare them for future dance and movement classes.

FEE: IC \$65/OC \$70
 1/13-2/17 W 10-10:45 am 6265. 101
 3/2-4/13 W 10-10:45 am 6266. 201
 No Class 3/23
 4/20-5/18 W 10-10:45 am 6267. 201

NEW CLASS! Creative Movement/Ballet

Ages 3-4
 This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games. Your dancer will love dancing with Miss Emily.

FEE: IC \$65/OC \$70
 1/13-2/17 W 10:45-11:30 am 6268. 101
 3/2-4/13 W 10:45-11:30 am 6269. 201
 No Class 3/23
 4/20-5/18 W 10:45-11:30 am 6270. 201


NEW CLASS! Beginning Ballet & Tap

Ages 4-6
 Great for your dancer who loves ballet and tap! This is a great combination class of both skills. Learn proper ballet stretches and basic terms and skills. Then switch the

Continued next page


Youth Dance

Treats for the Sweets!



Seasonal Dance Party

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



Friday,
February 12th, 2016
7-9 pm

At the newly expanded...
West Linn
Adult Community Center
1180 Rosemont Rd West Linn

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

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

www.westlinnoregon.gov



2016 Daddy Daughter Dance

SAVE THE DATE

Friday, June 17th
6-8:30 pm

Adult Community Center

UNDER THE BIG TOP

Dance continued

pace with high energy of tap skills!

FEE: IC \$65/OC \$70

1/13-2/17 W 11:30 am-12:15 pm 6271. 101

3/2-4/13 W 11:30 am-12:15 pm 6272. 201

No Class 3/23

4/20-5/18 W 11:30 am-12:15 pm 6273. 201

Wednesdays With Miss Kathleen Upstairs at the Sunset Firehall

Ballet 5

Ages 12 and up

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

FEE: IC \$65/OC \$70

1/13-2/17 W 5:15-6 pm 6274. 101

3/2-4/13 W 5:15-6 pm 6275. 201

No Class 3/23

4/20-5/18 W 5:15-6 pm 6276. 201

Jazz 5

Ages 12 and up

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

FEE: IC \$65/OC \$70

1/13-2/17 W 6-6:45 pm 6277. 101

3/2-4/13 W 6-6:45 pm 6278. 201

No Class 3/23

4/20-5/18 W 6-6:45 pm 6279. 201

Wednesday With Miss Emily Adult Community Center MPR1

NEW CLASS! Modern Dance 1 Beginning

Ages 8 and up

Beginner/intermediate level class for students who have been studying another dance discipline for at least one year. The class concentrates on body awareness, exploring different levels, traveling movements and positions and increasing the body's strength and flexibility. The concept of fall and recovery, jumps, turns, improvisa-

tion and introduction and exploration of different musical rhythms and sounds and their dynamics. Ballet is recommended.

FEE: IC \$65/OC \$70

1/13-2/17 W 7:30-8:15 pm 6280. 101

3/2-4/13 W 7:30-8:15 pm 6281. 201

No Class 3/23

4/20-5/18 W 7:30-8:15 pm 6282. 201

NEW CLASS! Modern Dance 2 Intermediate/Advanced

Ages 12 and up

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

FEE: IC \$65/OC \$70

1/13-2/17 W 8:15-9 pm 6283. 101

3/2-4/13 W 8:15-9 pm 6284. 201

No Class 3/23

4/20-5/18 W 8:15-9 pm 6285. 201

Thursdays With Miss Aphyna Upstairs at the Sunset Firehall

Beginning Ballet/Tap Combo

Ages 4-6

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

FEE: IC \$65/OC \$70

1/14-2/18 Th 2-2:45 pm 6286. 101

3/3-4/14 Th 2-2:45 pm 6287. 201

No Class 3/24

4/21-5/19 Th 2-2:45 pm 6288. 201

Jazz 1

Ages 4-7

This class is designed for your beginning level dancer who loves jazz! Learn stretches, then dance

in the center and across the floor with turns and leap! High energy and fun!

FEE: IC \$65/OC \$70

1/14-2/18 Th	2:45-3:30 pm	6289. 101
3/3-4/14 Th	2:45-3:30 pm	6290. 201
No Class 3/24		
4/21-5/19 Th	2:45-3:30 pm	6291. 201

Jazz 2

Ages 6-10

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	3:30-4:15 pm	6292. 101
3/3-4/14 Th	3:30-4:15 pm	6293. 201
No Class 3/24		
4/21-5/19 Th	3:30-4:15 pm	6294. 201

Lyrical 1/Contemporary Beginning

Ages 7 and up

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	4:15-5 pm	6295. 101
3/3-4/14 Th	4:15-5 pm	6296. 201
No Class 3/24		
4/21-5/19 Th	4:15-5 pm	6297. 201

Lyrical 2/Contemporary Intermediate

Ages 10 and up

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	5-5:45 pm	6298. 101
3/3-4/14 Th	5-5:45 pm	6299. 201
No Class 3/24		
4/21-5/19 Th	5-5:45 pm	6300. 201

Lyrical 3/Contemporary Advanced

Ages 12 and up

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	5:45-6:30 pm	6301. 101
3/3-4/14 Th	5:45-6:30 pm	6302. 201
No Class 3/24		
4/21-5/19 Th	5:45-6:30 pm	6303. 201

Thursdays with Miss Emily Downstairs at the Sunset Firehall

Ballet 2/3

Ages 9 and up

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	6:30-7:15 pm	6304. 101
3/3-4/14 Th	6:30-7:15 pm	6305. 201
No Class 3/24		
4/21-5/19 Th	6:30-7:15 pm	6306. 201

Hip Hop 1 Beginning

Ages 7 and up

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

FEE: IC \$65/OC \$70

1/14-2/18 Th	7:15-8 pm	6307. 101
3/3-4/14 Th	7:15-8 pm	6308. 201
No Class 3/24		
4/22-5/20 Th	7:15-8 pm	6309. 201

Hip Hop 2 Intermediate

Ages 10 and up

Prepare to get FUNky! Great for dancers with at least one year of hip hop training! Work with Miss Emily on the fresh moves from the streets of LA! Start with a warm up, then dance through funky combinations and floor work! High energy class!

FEE: IC \$65/OC \$70

1/14-2/18 Th	8-8:45 pm	6310. 101
3/3-4/14 Th	8-8:45 pm	6311. 201
No Class 3/24		
4/22-5/20 Th	8-8:45 pm	6312. 201

Fridays With Miss Rosemary Upstairs at the Sunset Firehall

Ballet 1

Ages 7 and up

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

FEE: IC \$65/OC \$70

1/15-2/19 F	3:30-4:15 pm	6313. 101
3/4-4/15 F	3:30-4:15 pm	6314. 201
No Class 3/25		
4/22-5/20 F	3:30-4:15 pm	6315. 201

Ballet 2/3

Ages 10 and up

This class is designed for the advanced intermediate dancer

with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$65/OC \$70

1/15-2/19 F	4:15-5 pm	6316. 101
3/4-4/15 F	4:15-5 pm	6317. 201
No Class 3/25		
4/22-5/20 F	4:15-5 pm	6318. 201

Ballet 4/5 with Pointe

Ages 12 and up

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

FEE: IC \$85/OC \$90

1/15-2/19 F	5-6:30 pm	6319. 101
3/4-4/15 F	5-6:30 pm	6320. 201
No Class 3/25		
4/22-5/20 F	5-6:30 pm	6321. 201

For all prospective princesses and parents to have questions answered regarding the application and selection process for the 2016 Old Time Fair Court.

**Thursday, January 21st
6-7 pm**

**West Linn City Hall-Council Chambers
22500 Salamo RD**

All girls currently in the 8th grade residing within the West Linn-Wilsonville School District, including private and home-schooled students, are encouraged to apply.



☞ **Meet Queen Bella Deeb, 2015 court members and their parents**

☞ **Application packets and schedule**

☞ **Refreshments**

City of
West Linn

Teen/Adult

Bob Ross Oil Painting J. Stubb

Ages: 12 years to 99

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

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

Min 2 Max 15

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

1/14	Th	5:30-9 pm	Hibiscus	1040. 201
Rosemont Ridge Middle School, Room				
1/23	Sa	10 am-2 pm	Multnomah Falls	1041. 201
Sunset Fire Hall-Downstairs				
2/11	Th	5:30-9 pm	Dark Waterfall	1042. 201
2/27	Sa	10 am-2 pm	Snowy Birch	1043. 201
3/10	Th	5:30-9 pm	Hidden Stream	1044. 201
3/26	Sa	10 am-2 pm	Not Quite Spring	1045. 201
4/14	Th	5:30-9 pm	Tranquil Dawn	1046. 201
4/23	Sa	10 am-2 pm	Haystack Rock	1047. 201
5/12	Th	5:30-9 pm	Mountain Cabin	1048. 201
5/28	Sa	10 am-2 pm	Oval Essence	1049. 201
Adult Community Center, Classroom				



Hibiscus
Thu. Jan 14, 5:30 - 9:00 pm



Multnomah Falls
Sat. Jan 23, 10 am - 2 pm



Dark Waterfall
Thu. Feb 11, 5:30 - 9:00 pm



Snowy Birch
Sat. Feb 27, 10 am - 2 pm



Hidden Stream
Thu. Mar. 10, 5:30 - 9:00 pm



Not Quite Spring
Sat. Mar. 26, 10 am - 2 pm



Tranquil Dawn
Thu. Apr. 14, 5:30 - 9:00 pm



Haystack Rock
Sat. Apr. 23, 10 am - 2 pm



Mountain Cabin
Thu. May 12, 5:30 - 9:00 pm



Oval Essence
Sat. May 23, 10 am - 2 pm



Magenta Water Lily
Thu. Jun 9, 5:30 - 9:00 pm



Hint of Springtime
Sat. Jun. 25, 10 am - 2 pm

Ukelele and Guitar Instruction

B. Price

Teen-Adult

Rosemont Ridge Middle School, Classroom
Min 5 Max 20

Beginning Ukulele Part 1

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

Please provide your own ukulele.

FEE: IC \$52/OC \$57 Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.

1/11-2/8 M 6:30-7:15 pm 6700. 201
No class 1/18

Beginning Ukulele Part 2

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

FEE: IC \$52/OC \$57

2/22-3/14 M 6:30-7:15 pm 6703. 201

Beginning Guitar Part 1

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

FEE: IC \$52/OC \$57 Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.

1/11-2/8 M 7:15-8 pm 6701. 201
No class Jan 18

Beginning Guitar Part 2

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

FEE: IC \$52/OC \$57 Materials fee: \$8 payable to instructor at first class; covers parts 1 & 2.

2/22-3/14 M 7:15-8 pm 6704. 201

Piano Street for Teens/Adults

Ages 12 & up

Our Piano Street program is a unique and motivating experience designed specifically for teen & adult beginners. Students are introduced to many musical concepts through ear training, note reading, use of chords, solo/ensemble playing and composing. Parent participation in class is optional for younger students. Students will be able to continue their class by enrolling for an additional 6 week session.

FEE: IC \$121/OC \$126

1/4-2/8 M 11-11:45 am 6102. 201
Harmony Road Music Center

Just For Fun Piano

D. Rochlin

16 years- Adult

Learn to play piano in one session. This educational breakthrough taught by pianist / composer Donn Rochlin will use musical shorthand for teaching all the piano chords you need to play any song in any style. In this amazing workshop, you'll learn to play your favorite songs, accompany singers, and develop creativity and confidence. Learn the secrets to playing piano easy, simple and fast. Beginners can start playing piano tomorrow and seasoned piano players will learn the trick and licks used by professional pianists as well as how to play more by reading less.

Min 6 Max 40

FEE: IC \$100/OC \$105 (Note the fee includes a materials cost of \$25 for CD & Workbook)

2/13 Sa 10 am-1 pm 6725. 201
Adult Community Center, MPR1

About the instructor: Rochlin has been teaching this popular workshop at colleges and universities in over 65 cities since 1993. He is a professional pianist/composer/teacher/author whose credits include working on numerous theater productions, soundtracks and live performances. Students will take home a CD and workbook that will allow them to review the entire workshop at any time. <http://www.donnrochlin.com/>

One-Day Meditation Retreat

Ages 15 and Older

PURPOSE: The day-long retreat will offer the opportunity to deepen your mindfulness practice and allow the time to open up the intuitive side of your mind in ways that facilitate a positive long-term plastic change to the brain map, in accordance with neuroscience. During meditation three conditions are developed that promote the effective use of brain plasticity to induce positive neural changes:

Concentration: Paying undivided attention to the breath provides the necessary medium for plasticity to take effect in the mind 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. **ewards:** 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

1/16 Sa 8:30 am-6 pm 1065. 201

Sunset Fire Hall

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

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 \$80/OC \$85 Drop-in FEE: \$10 per class to instructor

1/19-3/29 T 7-8:30 pm 1066. 201

No Class March 22nd

Rosemont Ridge Middle School, D104



Cooking with Surja Tjahaja

Ages 15-Adult



Jap Jae and Kim Chi

(Vegan version available)

These are some of the most popular dishes in Korea. Jap Jae is yam noodle stir fry with vegetables and tree ear mushrooms. Kim Chi is a staple with folklore story tells how a mother of a groom would test the future bride acceptability on how well she makes this pickled cabbage. We will learn how to make these dishes authentically, so that you can proudly share it with any Korean friends or just with your friends and family. Great lunch food to take to work or for a picnic in the spring.

Min 3 Max 12

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

Materials fee: \$5 payable to instructor

2/21 Su 10 am-1:30 pm 1018. 201

West Linn Adult Community Center

BBQ Salmon in Banana Leaf with Miso Paste

Get ready for Spring Salmon and ready to showcase this incredible dish to treat your loved ones. Miso is a fermented soybean paste that contains more antioxidants than red wine. A great food for your summer barbecues. You will learn to make an exotic miso paste blend from the mountain region of Java for barbecuing a banana leaf-wrapped fish. , exciting, easy-to-make The miso we use is so

delicious, you'll wonder: How can anything be so good and healthy? To accompany this great dish, we will make an exotic Asian vegetable stirfry. We will serve them with red steam rice. Come hungry.

Min 3 Max 12

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

Materials fee: \$8 payable to instructor

3/20 Su 10 am-1:30 pm 1019. 201

West Linn Adult Community Center

Tempura Kakiage

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

Min 3 Max 12

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

Materials fee: \$8 payable to instructor

5/15 Su 10 am-1:30 pm 1017. 201

West Linn Adult Community Center

NW Discoveries

All trips are for adults and 11-18 year olds that are accompanied by adults; unless otherwise noted.

Meet location directions and equipment lists also available on website: www.nwdiscoveries.com

Trips and lessons go rain or shine.

Snowshoe Lesson & 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

2/14 Su 8:25 am-5:05 pm 2100. 201

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220

Cross Country Ski Lesson & 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

2/6 Sa 8:25 am-5:05 pm 2102. 201

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220



Touring Kayak Beginning Lesson

Learn how to use touring kayaks.

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

FEE: IC \$42/OC \$47

5/7 Su 2:30-5:30 pm 2103. 201

Willamette Park, Portland

Touring Kayak Long Tour & Lesson

With transit

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

FEE: IC \$82/OC \$87

5/8 Su 8:15 am-6 pm 2104. 201

Nehalem Bay

Meet location is Sunset TC Garage, Beaverton



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. 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

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

T'ai Chi S. V. Miller

Beginning

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

Session 1

FEE: IC \$72/OC \$77 (8 classes)
1/20-3/16 W 6-7 pm 2049. 201
No class 2/3
Rosemont Ridge, Commons
1/23-3/12 Sa 9:15-10:15 am 2050. 201
Sunset Fire Hall Upstairs

Attend both days, Wednesday & Saturday:

FEE: IC \$132/OC \$137 (16 classes) 2051. 201

Session 2

FEE: IC \$72/OC \$77 (8 classes)
4/6-6/8 W 6-7 pm 2052. 201
No class 4/27 & 6/1
Rosemont Ridge, Commons
4/9-6/4 Sa 9:15-10:15 am 2053. 201
No class 5/28
Sunset Fire Hall Upstairs

Attend both days, Wednesday & Saturday:

FEE: IC \$132/OC \$137 (16 classes) 2054. 201

Intermediate/Advanced

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

Min 5 Max 20

FEE: IC \$72/OC \$77 (8 classes)
1/20-3/16 W 7-8 pm 2055. 201
No class 2/3

4/6-6/8 W 7-8 pm 2056. 201
No class 4/27 & 6/1
Rosemont Ridge, Commons

Advanced T'ai Chi with Fan Form

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

Min 5 Max 20

FEE: IC \$108/OC \$113 (8 classes)
1/23-3/12 Sa 10:15-11:45 am 2057. 201
4/9-6/4 Sa 10:15-11:45 am 2058. 201
No class 5/28
Sunset Fire Hall Upstairs



Drivers Education

offered through a partnership with Oregon Drivers Training Institute

Tuesdays 4:30 pm-7:30 pm January 5-March 15

West Linn High School, Room B104

FIRST CLASS SESSION IS MANDATORY FOR PARENTS

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

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

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

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



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

Kettlebell Fitness

Teen-Adult

Orientation Workshop

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

Min 3 Max 10

FEE: IC \$40/OC \$45

1/2 Sa 10-11:30 am 2270. 201

1/30 Sa 10-11:30 am 2271. 201

Sunset Fire Hall, Downstairs

3/5 Sa 10-11:30 am 2272. 201

4/2 Sa 10-11:30 am 2273. 201

4/30 Sa 10-11:30 am 2274. 201

West Linn Adult Community Center, MPR

Kettlebell Mornings or Evenings

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

Focus on Kettlebell basics. Increase flexibility, strengthen your glutes, back, abs and core.

Min 3 Max 10

FEE: IC \$35/OC \$40 Drop-in \$10 per class

1/6-1/27 W 9-9:45 am 2275. 101

Willamette Christian Church

1/6-1/27 W 5-5:45 pm 2276. 101

Rosemont Ridge Middle School

2/3-2/24 W 9-9:45 am 2277. 201

2/3-2/24 W 5-5:45 pm 2278. 201

3/2-3/30 W 9-9:45 am 2279. 201

3/2-3/30 W 5-5:45 pm 2280. 201

4/6-4/27 W 9-9:45 am 2281. 201

4/6-4/27 W 5-5:45 pm 2282. 201

5/4-5/25 W 9-9:45 am 2283. 201

5/4-5/25 W 5-5:45 pm 2284. 201

West Linn Adult Community Center, MPR

am Strength and Conditioning

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

Min 3 Max 10

FEE: IC \$35/OC \$40 Drop-in \$10 per class

1/8-1/29 F 6-6:45 am 2285. 201

Sunset Firehall

2/5-2/26 F 6-6:45 am 2286. 201

3/4-3/25 F 6-6:45 am 2287. 201

4/1-4/29 F 6-6:45 am 2288. 201

5/6-5/27 F 6-6:45 am 2289. 201

West Linn Adult Community Center, MPR

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

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-12pm, meet at the tool shed in gravel parking lot. Contact John Linman at linmanjo@hotmail.com or 503-636-0134. 2nd Saturday Work Parties register through SOLVE solveoregon.org

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

Take Care of West Linn Day, May 14th, 2016, 9 am-12 pm

Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying, planning and promoting your project. Additionally they will help obtain additional volunteers, and to recognize the effort of your volunteers. Contact Ken Warner at 503-557-4700 or email kwarner@westlinnoregon.gov to set up group project or find more details.

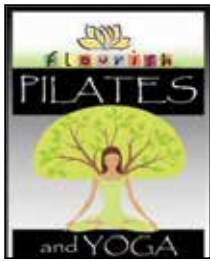
Old Time Fair, July 15- 17, 2016

The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2016 Old Time Fair. The volunteer planning committee is working hard to make the 2016 "Diamond Celebration" Fair the biggest and best in years. Call 503-557-4700 for information. If you are interested in being involved with this dedicated group, or sitting in on one of the monthly planning meetings, give the Parks & Recreation Department a call at 503-557-4700.

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



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.

Pilates Mat with Props

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

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

1/4-4/25 M 5:30-6:30 pm 2019. 201

No class 3/21

Pilates Mat for a Healthy Back

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

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

1/8-4/29 F 9-10 am 2020. 201

No class 3/25

Introduction To Pilates Reformer & Spring-Wall...

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

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

1/6-4/27 W 10-11 am 2021. 201

No class 3/23

Intermediate Pilates Reformer & Spring-Wall

Exercises involve more coordination, strength, and experience practicing Pilates than the Intro to Reformer or Mat classes. Work in a small group of up to 5 people. Lengthen and strengthen tight muscles, prevent injury, and balance out the body with weight training using

the Pilates Reformer and Pilates Spring-wall to increase tone and strength gradually.

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

1/4-4/25 M 6:30-7:30 pm 2022. 201

No class 3/21

1/5-4/26 T 9:30-10:30 am 2023. 201

No class 3/22

1/5-4/26 T 9:30-10:30 am 2024. 201

No class 3/22

1/7-4/28 Th 9-10 am 2025. 201

No class 3/24

1/7-4/28 Th 6-7 pm 2026. 201

No class 3/24

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

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

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

1/2-4/30 Sa 10-11 am 2027. 201

No class 3/19 & 3/26

Ballet Barre! & Pilates Reformer

Improve your posture & lift your BOOTY with Ballet Barre and and tone up with the Reformer. This great workout works the hips, gluts, arms, abs, and legs. This is a fluid workout, safe for the non-dancer. By strengthening the hips and gluts, we can also prevent many back issues. combat the effects of sitting in a small group.

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

1/4-4/25 M 9-10 am 2028. 201

No Class 3/21

Boot Camp-Get Fit!

Age 16-Adult

Get fit using a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns! This class is challenging and fun!! Bring small hand held weights, water and a yoga mat. Attend one, two, three or four days a week. Classes begin the first Tuesday/Thursday/Friday of the month.

Tuesday & Thursday am Class is held 6:30-7:30 am at Sunset Fire Hall-Upstairs.

Tuesday and Friday pm classes are held 5:30-6:30 pm at Rosemont Ridge Middle School-Commons.

Min 3 Max 10

1x/wk FEE: IC \$56/OC \$61 Drop-in \$18

2x/wk FEE: IC \$112/OC \$117 Drop-in \$18

3x/wk FEE: IC \$144/OC \$149 Drop-in \$18

Jan	1x/wk	2160. 201
Jan	2x/wk	2161. 201
Jan	3x/wk	2162. 201
Feb	1x/wk	2163. 201
Feb	2x/wk	2164. 201
Feb	3x/wk	2165. 201
Mar	1x/wk	2166. 201
Mar	2x/wk	2167. 201
Mar	3x/wk	2168. 201
Apr	1x/wk	2169. 201
Apr	2x/wk	2170. 201
Apr	3x/wk	2171. 201
May	1x/wk	2172. 201
May	2x/wk	2173. 201
May	3x/wk	2174. 201

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

Nia

with Tony Buscemi

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

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

1/15-3/18 F 9:30-10:30 am 2043. 201

3/25-5/27 F 9:30-10:30 am 2044. 201

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 Level 2:

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

FEE: IC \$90/OC \$95 (10 weeks)
1/11-3/15 Tu 9-10:15 am 2000. 201
1/14-3/17 Th 9-10:15 am 2001. 201
FEE: IC \$81/OC \$86 (9 weeks)
3/29-5/23 Th 9-10:15 am 2002. 201
3/31-5/26 Th 9-10:15 am 2003. 201

Mindful Movement:

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

FEE: IC \$90/OC \$95 (10 weeks)
1/13-3/16 W 9:30-10:45 am 2004. 201
FEE: IC \$81/OC \$86 (9 weeks)
1/13-3/16 W 9:30-10:45 am 2005. 201

Saturday Morning Yoga

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

FEE: IC \$90/OC \$95 (10 weeks)
1/16-3/9 Sa 9:30-10:45 am 2006. 201
FEE: IC \$72/OC \$77 (8 weeks)
4/21-5/21 Sa 9:30-10:45 am 2007. 201

All Levels Yoga

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

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

FEE: IC \$90/OC \$95 (10 weeks)
1/13-3/16 W 6-7:30 pm 2008. 201
FEE: IC \$81/OC \$86 (9 weeks)
3/30-5/25 W 6-7:30 pm 2009. 201

Gentle, Nurturing Yoga

(prenatal welcome)

Pre-Natal Welcome. Everything about this class will have you feeling released from all tension, help you become fully present and have you refreshed with an inspired perspective on life. Prenatal students wishing to participate will gain techniques helpful in labor, birth, and motherhood.

FEE: IC \$90/OC \$95 (10 weeks)
1/10-3/13 Su 8:45-9:45 am 2010. 201
1/11-3/14 M 6:30-7:45 pm 2011. 201
FEE: IC \$81/OC \$86 (9 weeks)
3/28-5/23 M 6:30-7:45pm 2012. 201
FEE: IC \$72/OC \$77 (8 weeks)
4/3-5/22 M 6:30-7:45 pm 2013. 201

Yoga Workshop:

Open your heart to the light Prepare for the upcoming solstice and the return of our daylight hours. This 2 hour workshop journeys through chest openers and backbends to celebrate the Spring!! Join Sarah Colarchik, RYT200 as she carefully guides you through this amazing journey!

FEE: IC \$20/OC \$25
3/12 Sa 1-3 pm 2014. 201

Strengthening Communication Skills-a workshop for couples

with Sylvia Randall, PhD
This half-day workshop offers concrete, useful and immediate applicable tools to improve listening,

understanding, and empathy for couples in a committed relationship. This group creates a warm, comfortable setting with support and humor.

FEE: IC \$70/OC \$75
1/31 Su 9 am-1pm 2015. 201
5/22 Su 9 am-1pm 2016. 201

Cardio Circuit Training

Circuit training is a fast-paced class in which you do one exercise

for 30-40 seconds and then move on to another exercise. It's like a game of musical chairs. Beginners use less weight and perform simpler moves than more-experienced exercisers, but everyone gets a good workout. The coordination factor: Low. Nothing to worry about. Wear tennis shoes.

FEE: IC \$90/OC \$95 (10 weeks)
1/14-3/17 Th 7:45-8:45 am 2017. 201
1/14-3/17 Th 5:30-6:30 pm 2018. 201

Yoga Beginning I

D. Rohrbacker

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

FEE: IC \$72/OC \$77 (9 sessions)
1/11-3/21 M 7:30-9 pm 2046. 201
No class 1/18 & 2/15
FEE: IC \$64/OC \$69 (8 sessions)
4/4-5/23 M 7:30-9 pm 2047. 201
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 sessions)
1/13-3/23 W 7:30-9 pm 2048. 201
FEE: IC \$64/OC \$69 (8 sessions)
4/6-5/25 W 7:30-9 pm 2049. 201
Willamette Primary School, Cafeteria

Zumba-Let's have fun

with Alessandra Milliron

New year, new way to exercises and have fun at the same time. Enjoy an hour class of fun music, cool moves and great company. Zumba is the only way to have it all. Dance away those stressful day of a long day of work.

Min5 Max 20
FEE: IC \$60/OC \$65/\$8 drop in (10 classes)
1/20-2/29 M & W 6:30-7:30 pm 2090. 201 No class 2/10 or 2/15
3/14-4/18 M & W 6:30-7:30 pm 2091. 201 No class 4/13
4/20-5/25 M & W 6:30-7:30 pm 2092. 201 No class 5/11
Bolton School, Multi-Purpose room

Power Volleyball, Open Gym

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

(2 courts, AA and A).

On-going program each Tuesday

\$2 per person/per night

1/5-6/21 Tuesdays 8-10 pm

Athey Creek Gymnasium

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

Adult Recreational Co-ed volleyball Open Gym

Over 18 years of age

New teams created weekly, usually two nets, with teams rotating in round robin play.

Nets are at men's height.

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

On-going program each Monday.

Minimum 4, Maximum 28 participants for class

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

Mondays 8-10 pm January 4-June 20

Gym not available on 1/18 & 2/15

For information contact David Nepom 503-305-5366 or

dnepom@gmail.com

Willamette Primary School, gym

Take Care of West Linn Day

May 14, 2016, 9 am-12 pm

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

The Parks & Recreation Departments mission for Take Care of West Linn Day is to promote the value of volunteerism and community pride by making available opportunities for community members to participate in projects to give back to their community and protect one of the cities greatest assets-its parks. Our goal is to facilitate projects for up to 500 volunteers at projects throughout the City.



The types of projects organizations may choose to organize include:

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

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

Please let us know by May 1, 2016 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 a group project or find out more details.

Adult Dance

D. Crandell
Age 16-Adult

PARTNERS REQUIRED
NO PARTNER ROTATION

Min 8 Max 24

Beginning Cha Cha

The backbone dance of Latin dancing! Very useful as it can be danced at most dance venues.

FEE: IC \$45/OC \$50 per person
1/7-1/28 Th 7-8 pm 1020. 201
Rosemont Ridge Middle School, Commons

Beginning Night Club 2-Step

Done to slow romantic ballads. NC2 is played at all dance venues. Not to be confused with Country Western 2 Step.

FEE: IC \$45/OC \$50 per person
2/4-2/25 Th 7-8 pm 1021. 201
West Linn Adult Community Center, MPR1&2

Beginning Rumba

A fun Latin dance. Fun and easy to learn.

FEE: IC \$45/OC \$50
3/3-3/24 Th 7-8 pm 1022. 201
West Linn Adult Community Center, MPR1&2



Beginning Jitterbug Swing

Our most requested and popular dance!

FEE: IC \$45/OC \$50
4/7-4/28 Th 7-8 pm 1023. 201
West Linn Adult Community Center, MPR1&2

Beginning Waltz

Very popular dance!

FEE: IC \$45/OC \$50
5/5-5/26 Th 7-8 pm 1024. 201
West Linn Adult Community Center, MPR1&2

Photography Instruction

Instructor: Dwon Guvenir, Craftsman Photographer www.oregonphotosafaris.com
16-Adult

Photography Basic

This is the first 2 hour introduction of the Advanced Photography class, an overview of how modern digital and film cameras function to create art. It's a great place to start if you're not really sure you want to take the time to develop your skills as a photographer. This course is not a prerequisite for the Advanced Photography course. Bring camera and manual. Min 5 Max 20

FEE: IC \$35/OC \$40
1/25 M 7-9 pm 1050. 201
5/2 M 7-9 pm 1052. 201
West Linn High School, Classroom A101

Photography Advanced

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

Min 5 Max 20
FEE: IC \$100/OC \$105
1/25-1/27 M-W 7-9 pm 1051. 201
5/2-5/4 M-W 7-9 pm 1053. 201
West Linn High School, Classroom A101



Voice Overs: NOW is Your Time!

A One-time 2-Hour Program for Adults

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

Min 4 Max 40
FEE: IC \$35/OC \$40
5/18 W 6:30-8:30 pm 1005. 201
West Linn Adult Community Center, Classroom-Juniper Room

Sorry, but sometimes excellent courses are cancelled if everyone waits until the last minute to register.

Please register early to avoid disappointment.

6 Easy Steps to Excellent Health: Feel great, look great, lose weight K. Ritchey, ND

Adults

We live in a modernized country with luxuries our ancestors had not even dreamed possible. We have cell phones to avoid the walk next door to talk to our neighbors. We have conveniently packaged processed foods we heat quickly then eat. We have TV's and video games to entertain us for hours on end. We have automobiles to drive us where we need to go instead of walking. We have pills to help us sleep, relieve pain and lift our moods. But there's something wrong with this picture.

We live in one of the richest countries in the world, with access to the best health care available.

Yet 1 of every 2 adults has a chronic disease. 68% of the population is overweight. Adult onset diabetes has now been passed down to our children. Cancer and heart disease rates continue to rise. We consume over 40% of the pharmaceuticals sold in the world. Perhaps it's time to do things differently. Your health issues may not be all your fault, but they are your responsibility. Take control of your health.

This 6 step health series will change your life. Week by week you'll build a new and lasting plan to improve and maintain good health. We'll weave together the use of modern convenience with common sense. You'll learn how to recognize the tricks played on you by the food industry, as well as food & diet myths. The importance of exercise, sleep and stress reduction-for reasons you don't even know. Learn how environmental toxins affect your body and mind. Identify ways to strengthen your family's return to health. And so much more....

WEEK 1-What happened to my health? The first step to solving a growing problem is to figure out its roots. That's just what we'll do. We'll take a look behind the scenes at the evolution of the food industry. You'll find out about the methods of persuasion used to open your purse string and sway your opinion. We'll look at the opportunities and pitfalls of the food & health industries. To launch your journey towards health you'll receive your first wellness challenge: a 7 day look at your health habits and beliefs. That's an eye opener!

WEEK 2-What's in your cupboard? Nutrition 101. We cover a lot of nutritional tidbits this week such as: the importance of food label reading, portion distortion, salt, sugar, good fats/bad fats, food & diet fads. Are foods in the "healthy" aisle really any healthier? Is organic always the way to go? We'll also look at healthy eating on a budget and vitamin supplementation. Your week 2 challenge will include making an affordable nutritional shopping list and a "30 days to improving your nutritional habits" plan.

WEEK 3-What Will My Family Think? We'll explore the ups and downs of social eating and how they affect health habits. We'll learn about mindless eating, food sensitivities and how to eat healthy on a busy schedule. You're week 3 challenge will involve identifying the healthy and not so healthy ways you are affected by the habits or customs of your family or community. You'll select a health & wellness partner to support your new habits. We'll also start collecting recipes for healthy, easy to make meals and snacks.

WEEK 4-Exercise, Sleep & Stress, Oh, My! Exercise-you've got to do it, for reasons you don't even know about. Lack of sleep-the fast track to aging. Stress-a little bit is good, a lot will hurt you. We'll cover safe weight loss, adrenal fatigue, metabolism booster, stress and depression reduction. Improving these areas of your life will improve your health and sense of wellbeing in a short period of time. Week 4 challenge: make an exercise plan and choose a support buddy(s). Fill out a sleep and stress review journal and then make a "time for me" plan.

WEEK 5-Is your shampoo slowly killing you? This week is all about environmental toxins and the effects they have on your body & brain. We'll cover farming practices for food, meats and fish, product additive/preservatives,

safe cookware, plastics and more. Environmental toxins are hidden in plain sight. They can have a negative impact on your health and your brain. You'll learn safe ways to detoxify your body. You'll also become savvy to non-food product label reading. Week 5 Challenge is a detoxification plan that fits your current state of health.

WEEK 6-Reclaiming My Health & Wellness! We finish the series off with a potluck featuring healthy food choices. We go over additional must know health tips, recipe sharing, and a workable plan that puts you in control of getting healthy and staying that way. Form a support network and put ideas into actions.

Min 6 Max 30
 FEE: IC \$179/OC \$184 (6-weeks)
 Materials fee: \$20
 payable to instructor at first class
 2/22-3/28 M 7-8:30 pm 6740.201
 West Linn Adult Community Center, MPR1

~ Annual Plant Sale ~

May 5 & 6, 9 am - 3 pm

West Linn Adult Community Center



Select from a variety of hanging baskets, perennials and vegetable starts.

Proceeds benefit programs at the West Linn Adult Community Center

Start-Up Business Success

K. Klug

Are you ready to turn your idea into a profitable and fun business? Whether you are brainstorming ideas, have a plan or are ready to launch. . . let's take your business to its next level. Join twenty-year business entrepreneur, Kirsten Klug in an empowering class that will enable you to:

- Identify your entrepreneurship skills needed for your new career and lifestyle
- Understand the steps required to take your business idea to its next level
- Learn the criteria for creating business vitality
- Develop your mission and vision statement
- Create your initial path for taking your idea to market and getting customers

Min 3 Max 30

FEE: IC \$75/OC \$80

Drop-in for Single Classes \$20 payable directly to instructor.

2/23-3/15 T 7-9 pm 1275. 201

Adult Community Center, Classroom

Craft Business to Market

K. Klug

In this one-night class you will learn how to take your craft or hobby to market by having a booth at a holiday bazaar or local Farmer's Market. They say hobbies can't be businesses,

but Kirsten Klug can help you prove differently!

In this class you will:

- Identify how your hobby can be a profitable business
- Select price points and product packages to sell
- Learn how to educate so your customers buy
- Create action steps that make your set-up a success
- Understand marketing beyond the market or selling place

Min 3 Max 30

FEE: IC \$40/OC \$45

3/29 T 7-9 pm 1276. 201

Adult Community Center, Classroom

DoTerra Oils Health & Wellness Workshops

K. Klug

Health Education & Product Making with DoTerra Oils for individuals for personal at home use, or to integrated by business owners, health educators, and organizations. Learn the many fascinating benefits of oils.

Min 8 Max 40

FEE: IC \$75/OC \$80

1/13-3/2 W 12:30-1:30 pm 1277. 201

3/30-5/18 W 12:30-1:30 pm 1279. 201

Sunset Fire Hall-Downstairs

Healthy & Fun Choices® Continuing Education Course

K. Klug

Are you a teacher, wellness advocate or health coach? Receive Continuing Education Credits from Portland State University or Certification for this innovative education program.

In this course, you will learn how to teach students about using their creativity and communication skills to empower choices in healthy eating, active learning and honoring diversities. Many believe that it is too expensive or takes too much time to be healthy. Our program will give you easy ways to integrate concepts into your existing classes and give your students the ability to form healthy habits and create positive change.

Min 8 Max 40

FEE: IC \$600/OC \$605 (10-weeks)

1/6-5/18* 7-9 pm 1278. 201

*1st & 3rd Wed. of the month

West Linn High School

About the Instructor: Kirsten Klug started her first business at the age of 18 opening a greeting card booth at Portland's Saturday Market that supported her through college. She went on to own a graphic design firm that became a full-service marketing and creative agency. For more than 20 years, she has helped more than a hundred business owners improve their growth, profits and overall joy. Kirsten believes that anyone can create a business and life they love! Come to Kirsten's trainings expecting active small groups, hands-on stations, human development and connection with others.

City of West Linn Event Partnership Opportunities!

Would you like to increase your business or organization visibility, support local events, or just be more involved in your community?



The City of West Linn hosts numerous events throughout the year.

**Take Care of West Linn Day • Movies in the Park
Street Dance • Old Time Fair • Music in the Park
The Great West Linn Outdoor Adventure • Haunted Trail
Community Tree Lighting • Holiday Parade**

Contact Ken Warner for more details.

503-723-2553 or kwarner@westlinnoregon.gov



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.

For more information Call 503-557-4700 or visit our website: <http://westlinnoregon.gov/parksrec/contract-instructor-handbook>

Clock Repair R. Lloyd

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

Min 8 Max 25

FEE: IC \$60/OC \$65 (10-weeks)

1/12-3/15 T 7-9:30 pm 1520.201

No class 3/22

3/29-5/31 T 7-9:30 pm 1521.201

Stafford Primary School Cafeteria/Commons



Beginning Quilting

Students taking this class will be able to use quilting tools and fabric to create a lap top quilt. Skills include using a rotary cutter, following a pattern, ruler, pinning, marking and layering a quilt.



REQUIREMENT: Students must know how to use a sewing machine and have one in working order to bring to each class.

Min 4 Max 10

FEE: IC \$55/OC \$60 per person

See the supply list below.

2/11-2/12 Th & F 5-9 pm 1250.201

West Linn Adult Community Center, Classroom

Supplies for Beginning Quilt Class: Eight Pointed Star Lap Quilt

We will be making an eight pointed star lap quilt. The points of the star should stand out. When you go to pick out the background fabric choose something that will not blend into your point colors. If you are not sure about colors, look at fabric packs that the fabric store puts together and pick colors that you like. Just make sure you are buying fat quarters in the pack. Make sure you are buying 100% cotton fabric.

Fabric Needed:

- 8 Fat Quarters*For Your Star Point (fabric store can tell you what they are)
- 1 1/4 yards of background fabric

Tools:

- Thread that matches your fabric
- Pins
- Seam Ripper
- 12. 5 inch Square Ruler (Omnigrd are good)
- Rotary Mat size 18x24
- Rotary Cutter(Find one that fits your hand, medium size)
- Small Scissors
- Working Sewing Machine

Optional:

“Your First Quilt Book” (or it should be!) by Carol Doak
Great book for beginner quilters, but I will let you know that I have gone to this book many times even now when I need a refresher!

*Fat Quarters are quarter-yard cuts of fabric cut wide (hence the name fat). Their approximate size is 18” x 21”.

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.

Due to expansion the Adult Community Center is closed until February

Many classes are being held at alternative locations. Please call 503-557-4700 for more details.

The ACC will reopen in February.

Scheduled Closures This Session:

President's Day, Monday, February 15th
Memorial Day—May 24th

The Adult Community Center is located at 1180 Rosemont Road

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

503-557-4704

Services

In cooperation with the Oregon City Pioneer Center the citizens of West Linn are able to receive social services support. Some of the services available are:

Meals on Wheels Volunteers deliver meals four days a week, Tuesday through Friday, around noon. Arrangements can be made for frozen meals for weekends and Mondays. Special meals are provided for diabetics and those needing low cholesterol and low sodium meals. Basic eligibility requirements are that a person be age 60 or older, homebound or unable to get to a meal site; or disabled of any age referred by Medicaid. Call 503-657-8287.

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

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

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

AARP Tax Aide AARP Tax Aide will be held at the West Linn Library this year and you can schedule your appointment at the ACC once we reopen at the beginning of February. Please call 503-557-4704 to schedule your appointment.

Health and Wellness Programs

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

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

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

Congregate Meals

While the ACC is closed for expansion in January, Congregate meals will be served on Fridays only, at the Willamette Christian Church located at 3153 Brandywine Dr. in West Linn, across from Safeway.

Meals will resume Mondays, Wednesdays and Fridays as soon as the ACC reopens in February.

All meals are served at noon.

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

Please call 503-557-4704 with any questions.

The West Linn Adult Community Center

Presentations from local experts

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

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The Joy of Downsizing

Presentation by speaker, Theresa Giddings, Thursday, March 3rd, at 1pm
Everyone has a lot of “stuff”. Sometimes we’re so overwhelmed by the prospect of dealing with our stuff, that we postpone decisions about moving – even when moving is in our best interest. Join Theresa Giddings to hear practical ideas about how to deal with all those things you’ve accumulated over the years, and learn why the time to start doing this is NOW.

Travel

Presentation by Collette Tours, Wednesday, March 9th at 11am
Do you love to travel? We’re excited to collaborate with Collette tours to offer long distance trips. Our current trip offered is called Southern Charm-featuring Charleston, Savannah and Jekyll Island September 4-10th. Learn about this trip and many more. International trips are available as well.

Identity Theft

Presentation with Mary Sassara, Thursday, March 17th, at 12 pm
Bring a sack lunch if you wish and learn key ways to recognize and protect yourself and your loved ones from being a victim of identity theft.

How to Pay for Long-Term Care Without Going Broke.

Presentation by attorney, Geoff Bernhardt, Thursday, April 7th at 12 pm
Bring a sack lunch if you wish and learn about this valuable information listed below--

- Asset protection strategies
- Veteran’s benefits
- Medicare
- Long-term care insurance
- In-home care issues
- Medicaid

Cooking classes

Whether you’re looking to improve your cooking skills or just want to enjoy a fabulous meal with others in the community, our cooking classes will provide a fun and educational atmosphere that will leave you with new skills, new friends and a satisfied, enjoyable early dinner.

8 person minimum
FEE: \$20, includes the meal.
All classes will run from 3:30-5:30 pm
Sign up at the Adult Community Center front desk or call 503-557-4704 to pay by credit card.

March 3rd - A new take on corned beef!

Using top sirloin instead of fatty brisket. Creating our own brine and served with the traditional red potatoes, cabbage, carrots and boiling onions.

April 7th - Chicken Piccata

Hand pounded chicken breast breaded in panko bread crumbs. Pan seared in olive oil, topped with a tangy lemon caper butter sauce. Served with honey glazed carrots and walnuts and ancini pasta with garlic, shallots and fresh, flat leaf parsley.

May 5th - Pacific Red Snapper

Pan seared Pacific red snapper topped with beurre blanc “white wine butter sauce” roasted red potatoes with fresh thyme and rosemary and steamed asparagus.

About the instructor: Danial James is a member of the local community. He has spent many years working in fine dining establishments where he learned from some of the best head chefs in the state. He is happy to share that knowledge with us. He has a passion for cooking in all of its various styles. When he isn't in the kitchen you can find him at Safeway where he works in the produce department.

Open House

Friday, April 8th, 4-6 pm
The expansion will be finished and we’re excited to show off our new space! Come enjoy an appetizer and beverage and see what we have to offer—exercise classes, delicious meals, special interest classes, bus trips and more!

The Mother’s Day Tea is coming!

Join us for the much loved, annual Mother’s Day Tea! Monday May 2 at Noon. Tickets will be \$14 and available to purchase by the beginning of April.

Mothers Day Tea



Monday May 2, Noon Adult Community Center

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

The West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

Please note that the ACC is closed for expansion during the month of January. Please call 503-557-4704 for temporary placement of your activity or visit <http://westlinnoregon.gov/parksrec/acc-newsletter> to see the schedule online.

HEALTH

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

EXERCISE

- Kettlebell class Wednesdays 9-9:45 am, \$7 per class
- Nia Gold Tues, Thur 11:15 am-12 pm, monthly pass \$40 or drop ins \$7
- Walking Group Mon, Wed, Fri leaves ACC at 8:30 am. No Charge
- Video Aerobics Mon, Wed, Fri 10-11 am. No Charge
- Tai Chi. Mon 8:30-9:30 am \$2 per month
- Core Strength Tues, Thur, Fri, 8-8:30 am-2 or 3x wk option-see write up
- Strength & Balance Tues, Thur, Fri, 8:30-9:30 am-2 or 3x wk option-see write up
- Yoga Tues & Thurs 10-11 am \$60/8 wks or \$6. 50 drop in
- Line Dancing Wed 11 am-12 pm \$40/8 wks or \$5 drop in

GAMES (no charge)

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

SPECIAL INTEREST (no charge)

- Woodcarving. Mon 9 am-12 pm
- Share Singers Some Thursdays. Please call for schedule
- West Linn Uke Jam Tue 2-3:30 pm
- Garden Appreciation Group. Wed 11am-12 pm
- Open Painting Studio. Fri 10 am-1 pm
- Honoring Our Memories Writing Class. Tue 10 am-12 pm
- Knitting and Crocheting Group. Thurs 10 am-12 pm (any level welcome)
- Book Club 2 2nd Wed 1-2 pm (call for book titles)
- Senior Law Project ½ hour consultation 2nd Monday of each month.
Call center for appointment.
- Rosemont Rhythm Band Wed 1-3 pm
- Drama group: the Age-cured Hams Mondays 1-3 pm, excluding holidays. No charge.
- NEW! Adult coloring. Tuesdays 1-3 pm

READING

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

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

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

***Core Strength** Instructor, Jacquelyn Rodgers, certified through NASM, a yoga instructor, running coach and arthritis certified, will be leading this ½ hour floor exercise and resistance training program to build core strength. Ongoing, 2/4-3/29, 4/41-5/24 Tues, Thur & Fri 8-8:30 am \$40 for 2 classes per week, \$60 for 3 classes per week or a \$4 drop in

***Strength & Balance** Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. This always popular exercise class is also taught by Jacquelyn Rodgers (see Core Strength for further information). Ongoing, 2/4-3/29, 3/31-5/24 Tues, Thur & Fri 8:30-9:30 am \$70 for 2 classes per week, \$108 for 3 classes per week or a \$5 drop in

***Nia Gold** Nia is movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Every "body" can do it in their own body's way. It is kind to the

The West Linn Adult Community Center

joints, good for the heart and mind, and the music is indescribably delicious. . . . "Nia is, in fact, like chocolate. You can't describe it, you have to taste it." Dick Van Dyke, now 89 years old, just published a book on aging gracefully: "KEEP MOVING". Yes! Please do. . . We want everybody to benefit from Nia's unique approach and come move and be moved with us. This class is lovingly hued and honed for we who are 50+

Tuesday/Thursday. 11:15 to noon.
Monthly pass \$40 (8 classes), drop ins \$7
Sessions begin January 4th, 2016.

***Yoga** Taught by Tiffany Carlson, Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind.
Ongoing, /5-3/1, 3/3-5/10
Tuesday & Thursday 10-11 am
\$60/8 weeks or \$6. 50 drop-in

Tai Chi A calming form of exercise that is believed to be effective for a wide range of health problems including: headaches, high blood pressure, arthritis, back pain and others. It helps to restore natural circulation and relieves tension in muscles. This is an open floor, self-led class.
Mon 8:30-9:30 am. No charge

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

West Linn Uke Jam Come join others who enjoy playing the Ukulele. Your skill level is unimportant, just bring your Ukulele, and your willingness to join in, learn and have fun!
Tuesdays 2-3:30 pm. No charge.

Rosemont Rhythm Band Playing and singing great cover tunes of our time! All instruments/singers are welcome. come join the fun!
Wednesdays 1-3 pm

Drama group: Age-Cured Hams A drama group focusing on funny. Volunteers for sets, costuming, and performance night always needed.
Mondays 1-3 pm, excluding holidays. No charge.

Woodworking The group ranges from novice to expert carvers. Join us! Bring your own tools and supplies.
Mon 9 am-12 pm No charge

Aerobics Class Come join this group morning video exercise class. What a great way to start your day!
Mon, Wed and Fri 10-11 am.
No charge

Honoring Our Memories Our "Honoring Our Memories" class is designed to encourage writing as a celebration of life. Through this celebration we leave stories that impact beliefs, life lessons, hopes and dreams for our loved ones. Please come and join us on Tuesday mornings. It's fun and free!
Tues 10 am-12 pm No charge

Garden Appreciation Group Join our garden group and you will learn all the tips that are needed to have that lovely garden you have only dreamed about. Surely someone in the group can help with almost any gardening problem or question you may have. So stop by and see if they can help you with your questions.
Wed 11am-12 pm No charge

Walking Group We have a very friendly group of morning walkers, and they would love to have you join them. Walkers are at all levels, so you won't be left behind. Join them at the Adult Community Center in fair weather and if rain is falling they take advantage of the cover at the Oregon City Shopping Center.
Mon, Wed and Fri 8:30-9:30 am. No charge

Knitting & Crocheting Do you enjoy good conversation while working on a project? Bring your knitting and/or crocheting and join

this fun Thursday morning group. Any knowledge level is welcome.
Thurs 10 am-12 pm No charge

Computer Use & Instruction The computers are available for individual use on your own or you can schedule a one-on-one session geared to your level of knowledge. The individual instruction is offered

free of charge and by appointment. Tues, Thurs and Fri mornings.
(Call Center for appt.) No charge

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

Bus Trips

We have regular bus trips that go to various locations around the area. We encourage you to call 503-557-4704, stop in or check online for current bus trips that are scheduled as all trips are subject to change. Please go to <http://westlinnoregon.gov/parksrec/acc-newsletter> to see the current trip schedule online.

Rice Northwest Museum of Rocks and Minerals

Wednesday, January 27th
Leaving the Willamette Christian Church parking lot at 10:45 am and returning at 3 pm.
Price is \$15 and includes admission to the museum.
Lunch will be at Shari's Café and Pies and lunch cost is on your own.

The Rice Northwest Museum of Rocks and Minerals is a non-profit museum in Hillsboro, Oregon, United States. Located just north of the Sunset Highway on the northern edge of Hillsboro, the earth science museum is in the Portland metropolitan area. Opened in 1997, the museum's collections date to the 1930s with the museum housed in a home built to display the rock and mineral collections of the museum founders. The ranch style home is listed on the National Register of Historic Places, the first of its kind listed in Oregon.

Great Expectations, adapted from Charles Dickens, at Portland's Center Stage

Thursday, February 11th.
Leaving the ACC at 10:30 am and returning around 5 pm.
Price is \$30 and includes admission to the matinee. We will have a happy hour meal after and food/drink cost is on your own. Happy Hour venue TBD and open to suggestions.

Based on Charles Dickens' classic coming of age novel, Great Expectations tells the adventures of the Victorian orphan Pip. As a boy, Pip has three encounters with people that will change his life: the escaped convict Magwitch, the bewitching and cold Estella, and the unhinged Miss Havisham. When Pip comes into an unexpected fortune and begins the life of a gentleman, though his past is not so easily left behind.

Olde World Puppet Theatre — Oregon's first puppet museum

Wednesday, February 24th
Leaving the ACC at 9:15 am and returning around 2:30 pm
Price is \$20 and includes a 2 hour private show and tour. Lunch will be at the Laurelwood Sellwood Public House and food/drink cost is on your own.

Explore the history of the world of puppetry and theater! Bring back memories of some of your favorite characters from childhood; Howdy Doody, Jerry Lewis's Lamb Chop, Sound of Music yodelers, Carman Miranda—the Hollywood legend of stage and screen and highlights of the Greek and Roman culture.

The month of March and beyond will be bus trips to beautiful gardens, wine tasting and more! Please call or check online for current trips or to suggest bus trips you'd like to see offered.

Park Facility Reservations

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

Picnic Area & Field Reservations-

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

Parks with Reservable Picnic Areas

Hammerle Park 1505 Lewis St.

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

Mary S. Young Park 19900 Hwy. 43

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

Maryhurst Heights Park 1800 Valley View Dr.

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

Sunset Park 4665 Bittner St.

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

Tanner Creek Park 3456 Parker Rd.

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

Willamette Park 1100 12th St.

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

Parks & Open Spaces

Benski Park

1. 68 acres located on Carriage Way. This attractive park offers play equipment, basketball pad, and turf areas for picnics, games, etc.

Burnside Park

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

Camassia Natural Area

22. 5 acres owned and maintained by the Nature Conservancy. This nature area offers unique and rare plant species, wildlife viewing and hiking trails.

Cedaroak Boat Ramp

16. 5 acres located at the end of Elmran Avenue. This boat ramp facility also offers river access, hiking trails, restroom, fishing and wildlife viewing.

Cedar Island

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

Douglas Park

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

Fields Bridge Park

19. 8 acres located on the banks of the Tualatin River at 821 Willamette Falls Drive. Contains beautiful open space with river access, community gardens, basketball court, ball fields, playground, Willamette Meteorite Interpretive Trail and restrooms.

Hammerle Park

5. 81 acres located on Highway 43 at Lewis Street. Facilities include picnicking, a covered shelter, play equipment, restroom, athletic field, sand volleyball court, horseshoe pit, tennis court and a water spray park.

Ibach Nature Park

1. 2 acres with access from the western edge of Sahallie Illahee Park. The park offers hiking trails and wildlife viewing.

Maddax Woods

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

Mary S. Young Park

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

Maryhurst Heights Park

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

Midhill Park

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

North Willamette Park

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

West Linn Parks & Open Spaces

Palomino Park

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

Robinwood Park

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

Sahallie Illahee Park

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

Skyline Ridge Park

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

Sunburst Park

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

Sunset Park

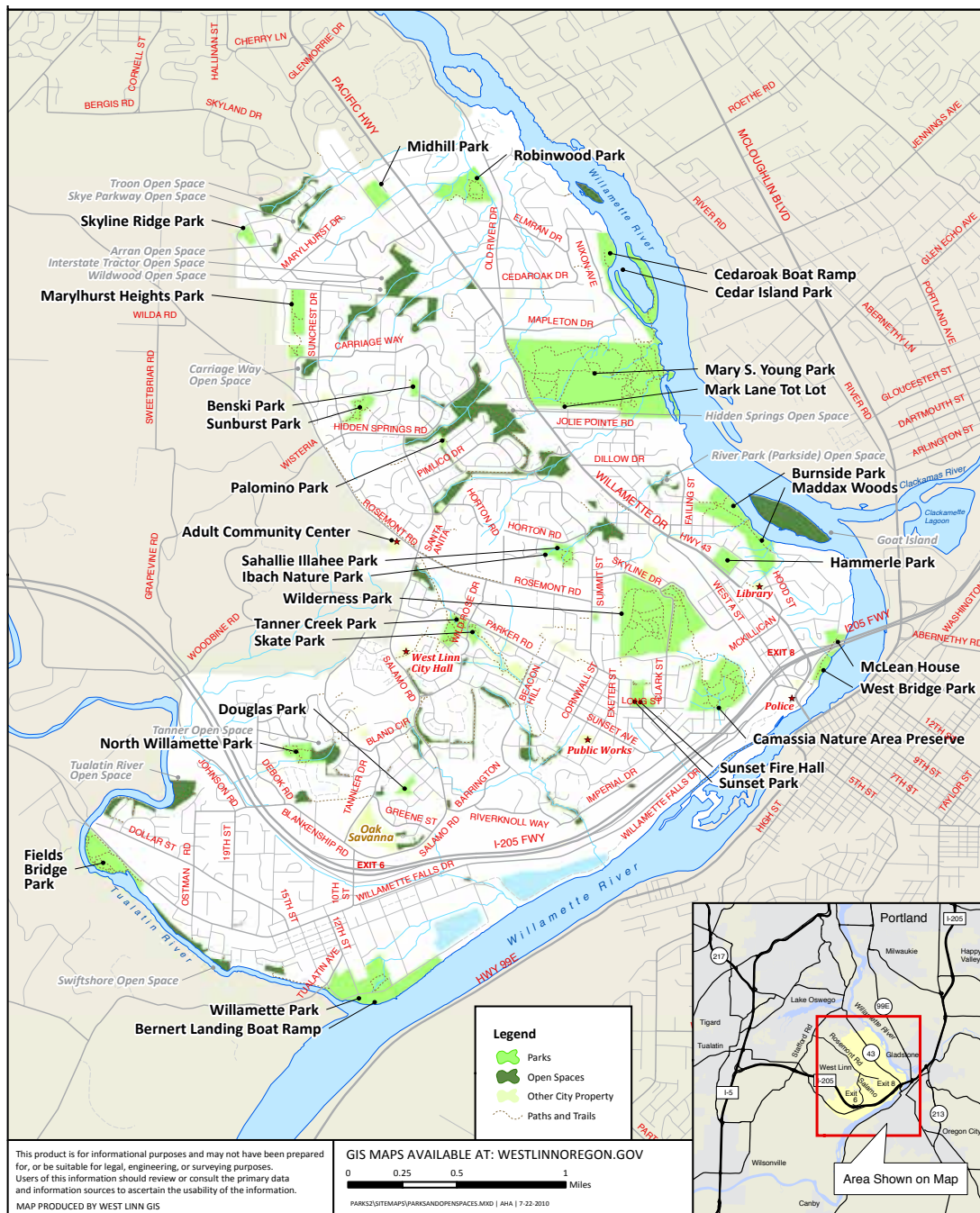
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

Swiftshore Park

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

Tanner Creek Park

10 acres located on Parker Road. The park offers play structures, a



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

The White Oak Savanna

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

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

Wilderness Park

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

Willamette Park/Bernert Landing Boat Ramp

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

Facilities

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

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

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

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

The West Linn Adult Community Center

1180 Rosemont Road



The Adult Community Center is a large, well-equipped facility with several rooms to meet all of your needs! The West Linn Adult Community Center is a one-story, facility. It includes a large meeting room, and 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.

Sunset Fire Hall

2215 Long Street



This is a two story facility with the downstairs having the kitchen and meeting/ eating area. Upstairs is a wood floor ballroom perfect for get togethers. Amenities include a refrigerator, stovetop with single oven, round and rectangular tables and chairs.

McLean House

5350 River Street



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

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONDITION, ETC. _____

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

CITY OF WEST LINN RESIDENT? YES NO

CLASS #	ACTIVITY TITLE	START DATE/TIME	\$

TOTAL Amount Due \$ _____

Recreation Scholarship Fund:

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

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

Make Check to: City of West Linn Recreation Program

Mail to:

City of West Linn

22500 Salamo Road, #1100

West Linn, Oregon 97068

Credit card payment may be made by phone, during business hours by calling 503-557-4700.

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

I have read the above waiver and understand the contents

SIGNATURE (PARENT OR GUARDIAN)

Proud partner of





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 3-9, 2016



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.