



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.

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL	2110 Brandon Pl
BOLTON PRIMARY SCHOOL	5933 Holmes St
CEDAR OAK PRIMARY SCHOOL	4515 Cedaroak Dr
CITY HALL	22500 Salamo Rd
HAMMERLE PARK	1505 Lewis St
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
STAFFORD PRIMARY SCHOOL	19875 Stafford Rd
SUNSET FIRE HALL	2215 Long St
SUNSET PRIMARY SCHOOL	2351 Oxford St
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK	3456 Parker Rd
TILTON'S GYMNASTICS19356 S	W Mohace Ct, Tualatin
TRILLIUM CREEK PRIMARY SCHOOL	1025 Rosemont Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE PRIMARY SCHOOL	1403 12th St

General Information

How to Register:

Online Registration:

www.westlinnoregon.gov/parksrec

• Phone-in Registraiton: 503-557-4700

Mail-In Registration: 22500 Salamo Rd West Linn OR, 97068

Walk-in available during normal business hours (see page 3 for hours)

 Adult Community Center registrations are taken onsite at the facility Tues, Wed, Thurs from 9am-3pm, 503-557-4704 Scan to go to online registration:



Registration begins September 2nd at 8am

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

- West Linn Parks and Recreation reserves the right to cancel programs/camps due to low enrollment or unforeseen circumstances. If a program is cancelled by West Linn Parks and Recreation you will receive a full refund.
- West Linn Parks and Recreation reserves the right to change or combine programs/camps and will make every effort to notify participants of any changes.
- Refund requests must be made in writing to parksrefunds@westlinnoregon.gov and must be received by the following deadlines, unless otherwise listed for the program or camp:
- For regular programs: 5 business days prior to the first day of the program.
- For camps: 10 business days prior to the first day of camp.
- All requests for refund will be charged a \$10 administrative fee.
- Any person may request a credit in lieu of a refund. Credits will
 not be charged an administrative fee but can only be used for
 Recreation programs that use RecDesk registration.
- There will be no refund or credit issued if the request is made after the program/camp request deadline has passed.

West Linn Residency

West Linn residents receive a discounted rate for classes. Most programs have a Non-West Linn resident fee of \$10 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.

All of our classes have enrollment minimums and maximums. Register early to avoid cancellations.

West Linn Sports Associations

Willamette United Football Club- Ages 5 & Up www.willametteunitedfc.com

Boys Lacrosse - Grade School & up www.westlinnlax.com

Mini Hoopers Basketball - K-2nd Grade www.westlinnoregon.gov/parksrec Parks & Recreation Department Register September & January

West Linn Youth Basketball Association www.westlinnselectbasketball.org
Grades 3-8

West Linn Baseball Association www.westlinnbaseball.org

West Linn Girls Lacrosse - 3rd-8th Grade www.westlinngirlslax.com

West Linn Youth Football League - 3rd-8th Grade www.westlinnfootball.org

West Linn Softball Association - Ages 6 & up www.westlinnsoftball.org

West Linn-Wilsonville Youth Volleyball www.westlinnwilsonvilleyouthvolleyballprogram.com

Portland Water Spectacular 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

Advisory Board

Vicki Handy, John Linman, Todd Olson, Karen Kellogg Diana Lavery, Stacy Epsteen, and Christopher Owens City Council Liaison: Kevin Bonnington

Office Hours:

Monday-Thursday 7:30 am-5:30 pm Open every other Friday 7:30 am-4:30 pm Closed National Holidays, call for dates of closure









15-16 9AM - 3PM

1180 ROSEMONT RD. WEST LINN, OR









ADULT COMMUNITY CENTER

HOLIDAY BAZAAR

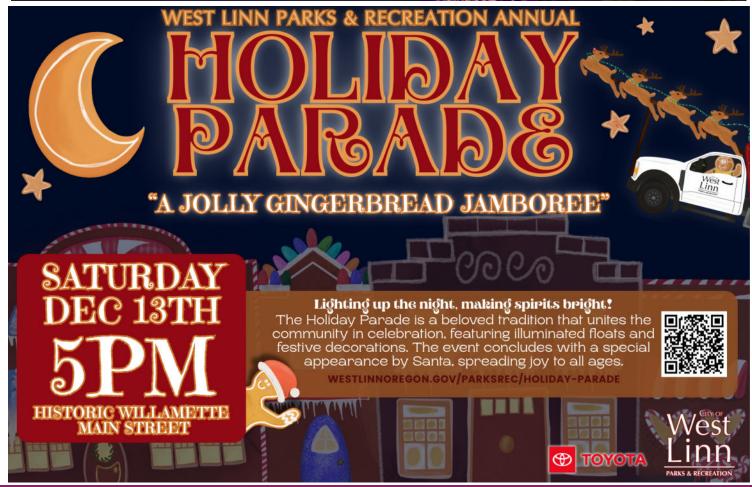
COME SHOP FOR UNIQUE AND HANDMADE GIFTS













Mini Hoopers Basketball | Ages K, 1st, & 2nd Grade

Mini Hoopers basketball league introduces young players to the sport of basketball, with an emphasis on participation, good sportsmanship, and skill development. Coaches will act as court officials and coaches. Games will be played on modified 8 ½ foot hoops, smaller basketball courts, and have some modified rules. Teams will be assigned randomly; one buddy request is allowed. Both buddy requests must match to be considered. Registration fee includes a T-shirt to keep!

Res \$140 Non-Res \$150 10/27-12/13 WEEKDAY PRACTICES, SATURDAY GAMES NO PRACTICE 10/31, 11/24-28, NO GAME 11/29

Location: Sunset Primary, Bolton Primary



Volunteer Coaches Needed!

This program is made possible by parent volunteer coaches. Basketball knowledge is preferred, but not required. The only requirement is a good attitude and willingness to coach. Background checks will be performed on all coaches.

Find out more at westlinnoregon.gov/parksrec/recreationbasketball or email Imeis@westlinnoregon.gov





Kidokinetics

Sign up at kidokinetics.com

Fall Sports Play 11-week Program

Ages 2-3

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warmup, an introduction to a new sport or activity, free play, cool down, and an age-appropriate anatomy and physiology lesson.

\$75/month

9/13-11/22 SA 9:15-9:45AM Sunset Park

Ages 4-7

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warmup, an introduction to a new sport or activity, free play, cool down, and an age-appropriate anatomy and physiology lesson.

\$89/month

9/13-11/22 SA Sunset Park

SA 9:45-10:30AM



Spooky No School Fun Day! | Ages 5-10

A Halloween themed fun day! Kids will stay active on their day off of school by playing spooky sports games and terrifying tags games in a fun environment!

\$40

10/9 TH 9-11AM

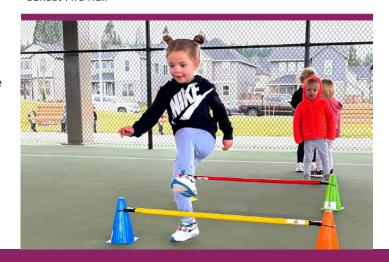
Sunset Fire Hall

Veteran's Day No School Ninjaplay! | Ages 5-10

During Ninja Play kids develop skills around stability, agility, balance, jump distance and more. Every class is designed for optimal skill development m and of course-optimal FUN! Each day features and warm up, sport-specific skills and drills, free play, cool down, and an age-appropriate anatomy and physiology lesson.

\$40

11/11 Tu 1-3PM Sunset Fire Hall





Soccer Shots

Sign up at soccershots.com/pdx/



Soccer Shots Mini | Ages 2-3

Soccer Shots Mini is a high-energy class introducing children to fundamental soccer principles like dribbling, shooting, and changing direction. Through fun games, songs, and positive reinforcement, kids develop gross motor skills, confidence, and character while learning to follow instructions from coaches. Each season builds on their foundation in soccer and active play, helping them grow both on and off the field. Join us and watch your child's love for soccer thrive!

Res \$210

9/17-11/9 Su 9-9:30AM

. Hammerle Park

Soccer Shots Classic | Ages 3-4

Soccer Shots Classic uses creative games to focus to teach foundational soccer skills, like dribbling, passing, and shooting while emphasizing positive character traits such as teamwork and respect. Each session helps children grow in balance, coordination, and agility, building confidence both on and off the field. With every season, kids develop their abilities in a fun, engaging environment that fosters a love for soccer and personal growth. Join us and watch your child thrive!

Res \$220

9/17-11/9 Su 9:45-10:20AM

Hammerle Park

Ages 4-5

Soccer Shots Classic uses creative games to focus to teach foundational soccer skills, like dribbling, passing, and shooting while emphasizing positive character traits such as teamwork and respect. Each session helps children grow in balance, coordination, and agility, building confidence both on and off the field. With every season, kids develop their abilities in a fun, engaging environment that fosters a love for soccer and personal growth. Join us and watch your child thrive!

Res \$220

9/17-11/9 Su 10:35-11:15AM

Hammerle Park

Soccer Shots Premier | Ages 5-7

Soccer Shots Premier us an engaging, game-filled program that helps children develop individual skills, fitness, and sportsmanship. Our age-appropriate curriculum introduces tactical elements and progresses toward competitive play. Each season, kids build a strong soccer foundation while gaining confidence in their ability to scrimmage. With a focus on skill development and teamwork, Soccer Shots Premier prepares younger players for the next level in a fun and supportive environment. Join us for the adventure!

Res \$230

9/17-11/9 Su 11:30AM-12:15PM

Hammerle Park







Skyhawks Sign up at register.skyhawks.com



SoccerTots (Cubs) | Ages 2-3

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition. Parent participation is required with children 3.5 years and younger.

Res \$75

9/13-10/11 SAT 9:30-10:10AM

Tanner Creek Park

SoccerTots (Bears) | Ages 4-5

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition.

Res: \$75

9/13-0/11 SA 10:20-11AM

Tanner Creek Park

HoopsterTots(Grasshoppers) | Ages 2-3

Discover the joy of basketball with Hoopster Tots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join Hoopster Tots to shoot and score foundational skills! Parent participation is required with children 3.5 years and younger.

Res \$75

10/18-11/15 SA 2-2:40PM

Sunset Firehall

HoopsterTots(Froggies) | Ages 4-5

Discover the joy of basketball with HoopsterTots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join HoopsterTots to shoot and score foundational skills!

Res \$75

10/18-11/15 SA 2:50-3:30PM

Sunset Firehall



Tilton's Gymnastics

Intro to Acrobatics & Tumbling |

Ages 5 & 6, & Ages 7+

Our 4-week introductory class is perfect for young gymnasts to experience the unique, non-competitive approach that sets Tilton's Floor Gymnastics apart. Kids will learn basic gymnastics skills like handstands and forward and backward rolls while building strength, flexibility, and coordination in a supportive, floor-only environment. This beginner-friendly course is a fantastic way to try gymnastics and see what makes Tilton's special!

Pos \$1/E Non-Pos \$1EE

Kes \$145	Non-Kes \$155	•		
Ages 5 & 6	5			
9/5-9/26	F	4:30-6рм		
9/9-9/30	Tυ	3:30-5рм		
10/3-10/24	F	4:30-6PM		
10/7-10/28	Tυ	3:30-5PM		
11/4-11/25	Tυ	3:30-5PM		
11/7-12/5	F	4:30-6PM		
Ages 7+				
9/5-9/26	F	6-7:30рм		
9/8-9/29	M	3:30-5PM		
9/8-9/29	M	5-6:30рм		
10/3-10/24	F	6-7:30PM	7	5
10/6-10/27	M	3:30-5PM		
10/6-10/27	M	5-6:30рм		
11/3-11/24	M	3:30-5PM		
11/3-11/24	M	5-6:30рм		
11/7-12/5	F	6-7:30рм		
Tilton's Floo	or Gymnastics			

19356 SW Mohave Ct, Tualatin, OR 97062



Vandeveere Dance | Season 26

Res \$95 Non-Res \$105

SESSION 1: 9/15-10/17 SESSION 2: 11/3-12/19 (NO CLASS NOVEMBER 24-28)

SESSION 3: 1/5-2/13

All Classes are Located at the Sunset Firehall REGISTRATION FOR TEAMS ARE BY AUDITION ONLY

Mondays With Miss Kathleen, Upstairs

Ballet and Tap Combo | Ages 5-7

Ballet is the foundation for many other dance styles. Students learn proper terminology for ballet skills, such as plies and tendus. Tap is a dance style involving rhythm and dynamics.

3:30-4:15PM

Int. Musical Theater | Ages 9+

Musical Theater is Miss K's specialty. Class consists of dancing, acting, and unlike musical theater style classes elsewhere, singing with current and classic Broadway Hits! 4:15-5PM

Int. Ballet | Ages 9+

Ballet is the foundation for many other dance styles and include technique at the barre, center work, variations and across the floor skills. We focus on proper body alignment and musicality, while developing strength, balance and grace.

5-5:45PM

Int. Jazz | Ages 9+

Jazz dance includes fast-paced movement based off of strong ballet technique. This is a high energy class!

5:45-6:30PM

Teen Beach Production Team | Ages 7+

Audition Only 6:30-7:15_{PM}

Broadway Bound Singing Team | Ages 7+ Audition Only

Μ 7:15-8_{PM}

So You Think You "Can't" Dance Theater | **Ages 12+**

So you think you CAN'T dance? Really? Are you that theater kid who never really took a dance class? Need to brush up on your dancing skills? Wish you started dance sooner? Want to know what to expect at a dance audition for a musical? 5,6,7,8 KICK BALL CHANGE...WHAT? Come join Miss K for this EXACT class! This class is going to be geared towards that older dancer who really needs to brush up on the BASICS!! We will introduce a lot of different styles and steps used in theater!! Come and learn from Miss K! M 8-8:45PM

Dirty Dancing Moms Team | Ages 18+ **Audition Only**

Μ 8:45-9:30pm



Mondays With Miss Rachel, Downstairs

Swag Hip Hop Team | Ages 7+

Audition Only M 7:15-8PM

VIPS Elite Hip Hop Team | Ages 7+

Audition Only M 8-8:45PM

Tuesdays With Miss Jess

Beginning Musical Theater | Ages 6-8

Musical theater classes consist of dancing, acting and singing! Students learn the techniques of speech level singing and terminology used by directors, and learn to sing, dance and act with current and classic Broadway Hits.

Tu 3:30-4:15PM

Int/Adv Contemporary | Ages 10+

This class focuses on improvisational dance skills, while using the technical foundations of ballet and jazz.

Tu 4:15-5PM

Heroines Contemporary Team | Ages 7+

Audition Only Tu 5-5:45pM

Conditioning/Turns/Tricks/Leaps/Legs | Ages 9+

Improve your technique with Jumps, Turns and Tricks! Work your skills across the floor and learn new trending dance skills!

TU 5:45-6:30PM

Legacy Contemporary Team | Ages 7+

Audition Only

Tu 6:30-7:15PM

Tuesdays With Miss Rachel

VIPS Hip Hop Team | Ages 7+

Audition Only
Tu 7:15-8PM

Wednesdays With Miss Kathleen

Creative Ballet | Ages 4-5

This introduction class is an unforgettable dance experience for our youngest dancers. Students learn dance terminology and technique, make friends, learn how to participate in a class, and bounce along to their favorite songs.

W 3:15-3:45PM

Ballet and Tap Combo | Ages 8-11

Ballet is the foundation for many other dance styles. Students learn proper terminology for ballet skills, such as plies and tendus. Tap is a dance style involving rhythm and dynamics.

W 3:45-4:30PM

Emerge Jazz Trio Team | Ages 7+

Audition Only

W 4:30-5:15PM

Advanced Ballet | Ages 10+

Ballet is the foundation for many other dance styles. Classes will include technique at the barre, center work, variations and across the floor skills.

W 5:15-6PM

Advanced Jazz | Ages 10+

Jazz is one of our most popular classes and includes fast-paced movement based off of strong ballet technique.

W 6-6:45PM

Dream Team Elite Jazz Team | Ages 7+

Audition Only

W 6:45-7:30PM

Thursdays with Miss Mikayla

Hip Hop and Play | Ages 5-7

This fast-paced high energy class begins with a complete warm-up, including upper body work, cardio and stretching. Students dance combos across the floor and learn center choreography.

TH 3:30-4:15PM

Beginning Hip Hop | Ages 8+

This fast-paced-high-energy class begins with a complete warm-up, including upper body work, cardio, and stretching.

TH 4:15-5PM

Beginning Jazz | Ages 8+

Jazz is one of our most popular classes and includes fast-paced movement based off strong ballet technique. Dancers move across the floor with skills such as turns, leaps and traveling combinations. TH 5-5:45PM

Whirl Jazz Team | Ages 7+

Audition Ónly

TH 5:45-6:30PM

The Crew Hip Hop Team | Ages 7+

Audition Only

TH 6:30-7:15PM

Fridays With Miss Jess

Beginning Ballet | Ages 8+

Ballet is the foundation for many other dance styles. Classes will include technique at the barre, center work, variations and across he floor skills.

F 4-4:45PM

Beginning Contemporary | Ages 8+

This is a fun introduction to the fundamentals of musicality, movement, and technique. Class is designed to help students develop confidence in their dancing abilities, positive self-image and work ethic.

F 4:45-5:30PM

"K-Pop" Jazz Funk Dance | Ages 8+

Come join Miss Jess for this NEW class blending hip hop and jazz! K-Pop is all the rage and this fast-paced class will definitely be popular this season! Come and get funky with Miss Jess!

5:30-6:15PM

Int/Adv Hip Hop | Ages 7+

This fast-paced high-energy class begins with a complete warm-up. Students work on dance combos across the floor and learn center choreography.

6:15-7рм



Adult Programs

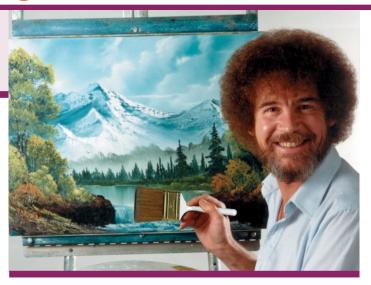
Bob Ross Oil PaintingWith Judy Stubb, Certified Ross Instructor Ages 12+

Easy to follow, step-by-step instruction on the "wet on wet" method of oil painting. Each student will start with a blank canvas and leave at the end of the class with a finished masterpiece all their own. Bob Ross said, "We don't make mistakes. We just have happy accidents." Class fee includes all supplies.

Res \$58		Non-Res \$68	
9/11	Тн	5:30-9рм	Sunlit Pathway
9/27	SA	10am-2pm	Multnomah Falls
10/9	TH	5:30-9рм	HAZY DAY
10/25	SA	10am-2pm	Aurora Borealis
11/13	TΗ	5:30-9рм	AT DAWN'S LIGHT
11/29	SA	10am-2pm	Magnolia Blossom
12/11	TH	5:30-9рм	HARVEST MOON MOUNTAIN
12/13	SA	10am-2pm	Mt. Adams at Sunset
Adult Community Center, Maple Room			









Sunlit Pathway



Multnomah Falls



Hazy Day



Aurora Borealis



At Dawn's Light



Magnolia Blossom



Harvest Moon Mountain



Mt. Adams at Sunset

Adult Programs

Union Holistic Heath Classes

With Samantha Romanowski, Cerified Holistic Nutritionalist



Baking Sourdough At Home | Ages 18+ Learn The basics of sourdough baking. This class will guide you

through a no-knead method of baking. Participants will learn how to shape, fold and score a loaf, how to take care of your starter, and what to do with leftover starter.

Non-Res \$67 Res \$57 Τυ 6-8:30PM 10/21 Adult Community Center, Cedar Room





Brioche Cinnamon Rolls | Ages 18+

Learn how to make soft, buttery and delicious brioche dough that you can roll into beautiful pinwheels of cinnamon and sugar in this hand-on class.

Res \$57 Non-Res \$67 6-8:30_{PM} 12/16 Tu Adult Community Center, Cedar Room





Lifestyle Classes

With Katherine Ferruzzi, MSCN Certified Nutritionalist

Lower Cholesterol Naturally | Ages 18+ Cholesterol is a common topic in health discussions-but do

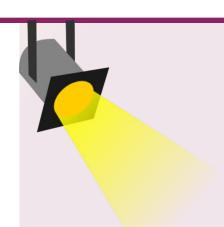
you truly understand its impact on your body? These four sessions are designed to provide you with the knowledge and tools to help reduce your risk of heart attack and stroke, lower cholesterol, reduce inflammation, improve gut health, and establish a foundation for lasting wellness.

Non-Res \$160 Res \$150 9/6-9/27 SA 9:30-11:30AM 10/30-11/20 6-7:30PM Тн Adult Community Center, Cedar Room



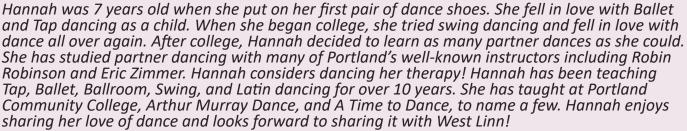
Aging Powerfully! | **Ages 18+** Join this class to explore the benefits of a whole-foods, plantbased diet and how it can reduce your risk of chronic conditions like diabetes, obesity, cardiovascular disease, and certain cancers-while supporting better health for life.

Kes \$50	Non-kes \$60	
9/30-10/14	Τυ	6-7:30рм
10/4-10/18	SA	9:30-11AM
Adult Comm	unity Center,	Cedar Room



Instructor Spotlight





Swing Dance | Ages 18+

Ever wanted to learn Swing dancing? In this class, you will learn the Jitterbug, Night Club Two-Step, and the Hustle. You will also learn how the different rhythms, musicality, leading/following, posture, strength, and balance make dancing materialize. No partner? No problem! Learn to dance in a fun, safe environment and make new friends while you're doing it! If you can move, you can dance!

Res \$90 Non-Res \$100 9/3-10/8 W 7-8:30PM Adult Community Center, Grand Fir Room

Early registration for this class only! Due to the earlier start date, you may register for this class beginning 8/25.



Ballroom Dance | Ages 18+

Ever wanted to learn Ballroom dancing? In this class, you will learn the Waltz, Foxtrot, and Tango. You will also learn how the different rhythms, musicality, leading/following, posture, strength, and balance make the dance come together. No partner? No problem! Learn to dance in a fun, safe environment and make new friends while you're doing it! If you can move, you can dance!

Non-Res \$100 10/22-12/3 W 7-8:30PM (No class on 11/26) Adult Community Center, Grand Fir Room



Adult Programs



Yoga Classes

With Don Rohrbacker

Yoga I | Ages 16+

Fall is a great time to keep moving. Maintain or improve flexibility and reduce soreness. 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.

Res \$66 Non-Res \$76

9/15-10/20 M 7:30-9PM

10/27-12/8 M 7:30-9PM (No class on 11/24)

Adult Community Center, Grand Fir Room

Yoga II | Ages 16+

Yoga II is an active practice built around Vinyasas, poses flowing together. Yoga II addresses endurance, strength and flexibility. Taken together Yoga I & II can offer the best approach to total well-being. There is also a Pranayama meditation component. 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.

Res \$66 Non-Res \$76

9/17-10/22 W 7:30- 9PM

10/29 - 12/10 W 7:30- 9PM (No class on 11/26)

Adult Community Center, Oak Room

T'ai Chi Classes

With Sharon Miller

T'ai Chi (Taiji) Beginning | Ages 18+

Achieve strength and flexibility. Alleviate anxiety and depression. Restore balance and vitality. Relieve chronic pain and inflammation. Strengthen your immune system! Stimulate your brain! Playing Taiji can offer all of this and more! This class will introduce you to the ancient Chinese 24-Movement Yang-Style Form. The Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape.

Res \$120 Non-Res \$130

9/16-11/18 Tu 9-10:15AM 9/20-11/22 SA 9-10:15AM

Sunset Fire Hall, Upstairs

9/18-11/20 TH 1:30-2:45PM Adult Community Center, Grand Fir Room

T'ai Chi (Taiji) Intermediate / Advanced | Ages 18+

"Mastering" Taiji. Advanced study of Taiji's foundational principles and concepts that guide correct practice. This class is for the student who is confident playing the Yang-Style 24-Movement Form solo. Enrollment requires Instructor's permission.

Res \$96 Non-Res \$106

9/16-11/18 Tu 10:15-11:15am 9/20-11/22 Sa 11:15am-12:15pm

Sunset Fire Hall, Upstairs





T'ai Chi (Taiji) Yang-Style 40-Movment Form | Ages 18+

This class will introduce you to the 40-Movement version of the traditional Yang-Style Form. Previous training in Yang-Style 24-Movement Form required.

Res \$96 Non-Res \$106

9/20-11/22 SA 10:15-11:15AM

Sunset Fire Hall, Upstairs

More T'ai Chi with Sharon at the ACC on page 28

West Linn Adult Community Center

The Adult Community Center

1180 Rosemont Road 503-557-4704

Open: Monday-Friday 9am-3pm Closed: 9/1, 11/11, 11/27, 11/28, 12/20-1/4

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.









WESTLINNOREGON.GOV/ PARKSREC/ ADULT-COMMUNITY-CENTER

Services

Meals on Wheels

In cooperation with the Oregon City Pioneer Center, the citizens of West Linn are able to receive Meals on Wheels support. 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 greater, homebound or unable to get to a meal site; or disabled of any age referred by Medicaid. Call 503-657-8287 to inquire.

Local Transportation

In cooperation with the Oregon City Pioneer Center, the citizens of West Linn are able to receive transportation support. A liftequipped bus is available to pick up West Linn residents. Call in a minimum of two days in advance of the day you need aride 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.



Plated Lunch

Join us for great food and even better company!

12_{PM}

Support Groups & Specific Populations

Table Tennis for Parkinsons

Every Tuesday 1:00-2:30pm. If you or a loved one has Parkinsons, please join us for Table Tennis. No cost to play and is a great way to get exercise and meet new friends.

Parkinsons Support Group

Every 2nd Thursday of the month 1:00-2:30pm. For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons. Facilitated by Jan Rowell and Tiffany Carlson.

Caregiver Support Group

Every 3rd Thursday of the month 1-2:15pm. We welcome you as a current or past caregiver to a place of peace. Come to hear and tell stories, relax, renew and enjoy time with other caregivers. Co-facilitated by Anne Moore and Gerri Todd.

Alzheimer's Support Group

Every 1st and 3rd Monday of the month, 1:00-2:30pm. A safe place for caregivers and loved ones of people with dementia to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings/needs/concerns, and learn about community resources. Facilitated by Scott and Kate McKinzie.



West Linn Adult Community Center

ACC Classes & Activities

Coffee Social Time

M 11AM

Open Crafting

2ND & 4TH M 1PM

Uke Jam; "mele o nā kūpuna"

TU 1-2PN

Writing group-Honoring Your Memories

Tu 10AM-12PM

Band Jam

W 1-3PM

Knitting Group

TH 10AM-12PM

Quilting for a Cause

1ST & 3RD TH 10AM-12PM

Open Painting

F 10AM-12PM

Book Club

2ND W 1PM

Card Games

 BRIDGE
 M
 12-3 PM

 HAND & FOOT
 M
 10AM-12PM

 PINOCHLE
 TU, W & F
 12:30-3PM

 TEXAS HOLD 'EM
 F
 12PM

\$5 BUY-IN

MAH JONGG F 12PM
MEXICAN TRAIN: TH 1PM

Footcare

with Dr. Gaia

By appointment only every 1st and 3rd Thursday of the month. See front desk for sign up. \$40. (please bring 2 towels with you)

\$45

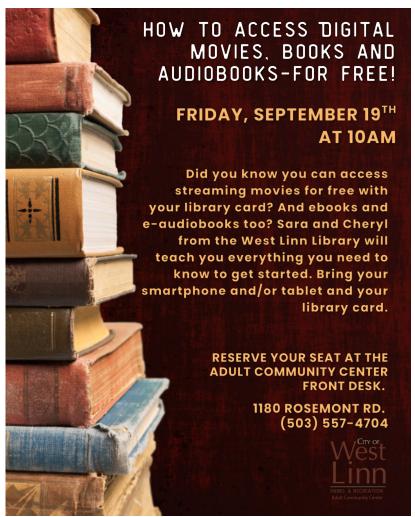
Attorney Consultations

with Nicole Sakys from Edgel Law Group Specializing in Estate Planning, POA, Wills, Trusts and more. Receive a one time complimentary meeting offered every first Wednesday of the month. See front desk for sign up.

Walking Group

Meet at ACC, or at Safeway when rainy M, W, F 8:30 -9:30AM





ACC Classes & Activities

Strength and Balance | Jacquelyn Rodgers

Improve your strength and balance to conquer those everyday activities. Utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer.

2X a week: Res \$105 Non-Res \$115 Non-Res \$65 1X a week: Res \$55 T & F 10/21-12/19 8:30-9:30AM \$10 drop in per class \$10 drop in per class

Adult Community Center, Grand Fir Room

Strength and Balance-Beginner | Jacquelyn Rodgers

This class is designed to achieve a total body workout of aerobic strength, and flexibility training through the use of a chair, stretch bands and small handheld weights. A majority of the class will be conducted while seated in the chair with additional exercises in the standing position and/or seated position. Balance, coordination, and core strength will also be covered. * Modifications for everyone. Jacquelyn Rodgers is a Certified Pilates, Senior Fitness Specialist, Certified Sports Nutrition Specialist and Certified NASM Trainer.

Res \$55 Non-Res \$65 \$10 drop in per class 10/21-12/9 Tυ 10-11AM Adult Community Center, Oak Room

Gentle Yoga | Lyndalea Ruffner

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow.

Res \$39 Non-Res \$49 \$10 drop in per class

9/9-10/28 8:30-9:30AM (No class 10/14)

Res \$33 Non-Res \$43 \$10 drop in per class 11/4-12/15 8:30-9:30AM (No class 11/11) Tu Adult Community Center, Oak Room



ARTFUL PRESENTATIONS WITH LYNN BLISS, PH.D.

Museum Series

Thursday, September 4th, 1:00 pm

"Secrets of A Museum" This presentation focuses on secrets of works of art in a museum. Five secrets are located in paintings, sculptures and installations. The works include a Roman sarcophagus and works by Picasso and Matisse. There is also an African symbol and a Chinese installation. Attendees will be fascinated by the museum's secrets.

Thursday, October 2nd, 1:00 pm

"Meet me at the Met" (Metroplitan Museum of Art: NYC). This presentation is based on the book, All the Beauty in the World by Patrick Bringley. He was a guard for nine years. In his fascinating book, he described works of art that enthralled him. I will show the works of art and will talk about them.

Thursday, November 6th, 1:00 pm

"A Docent's Favorites: Portland Art Museum" This presentation will highlight the works of art that Lynn is especially attracted to. She was a docent at the Museum and has favorite works, that span time and location.

These presentations are free of charge but please sign up at the front desk to reserve your seat.



About the presenter-- Lynn Bliss, Ph.D. has been a docent at the Museum of Fine Arts Houston since 2010, the Holocaust Museum Houston since 2008, and the Rothko Chapel since 2015. She has conducted tours with school aged children and adults on a variety of topics. She is steeped in art history and the "art" of engaging an audience, irrespective of age.

Gentle Yoga & Strength | Lyndalea Ruffner

Where East meets East; combining the best of the stretch, strength, and balance of yoga with the healing benefits of each pose explained by the ancient Chinese Qigong theory. Each class will end with a 15-minute meditation.

Res \$75 Non-Res \$85 \$10 drop in per class

10-11:30AM 9/5-10/31 (No class 10/17)

Res \$45 Non-Res \$55 \$10 drop in per class

11/7-12/19 10-11:30AM (NO CLASS 11/14, 11/28)

Adult Community Center, Grand Fir Room

Qigong | Lyndalea Ruffner

All classes include Qigong breathing, self-massage, immune boosting techniques, meditation, and skills to assist you in becoming your own best healer.

Non-Res \$85 \$10 drop in per class Res \$75 9/8-10/27 10AM-12PM

Non-Res \$65 \$10 drop in per class Res \$55

11/3-12/15 10AM-12PM No class 11/17

Adult Community Center, Grand Fir Room

West Linn Adult Community Center

Chair Yoga | Lyndalea RuffnerChair yoga is designed for active seniors, people recovering from an injury or surgery, those using walkers or wheelchairs and those with disabilities. The benefits of chair yoga include improved breathing, improved mobility, strength and flexibility, balance and overall quality of life. It further reduces stress, anxiety, pain, stiffness, PTSD and inflammation to name a few.

Non-Res \$58 \$10 drop in per class Res \$48 9/4-10/30 TH 11:30AM-12:30PM (No class 10/16)

Res \$30 Non-Res \$40 \$10 drop in per class 11/6-12/18 TH 11:30AM-12:30PM (NO CLASS 11/13, 11/27) Adult Community Center, Grand Fir Room

T'ai Chi (Taiji) Beginning | S.V. Miller

Improve your balance! Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. Playing Taiji can offer all of this and more! This class will introduce you to the ancient Chinese 24-Movement Yang-Style Form. The Movements are performed in a continuous sequence at slow speed appropriate and beneficial for any age or physical shape.

Non-Res \$130 Res \$120

9/18-11/20 1:30-2:45PM Тн Adult Community Center, Grand Fir Foom



Zumba Gold | Lyndalea Ruffner

Join us for a fun class that is designed for active, older adults. This modified Zumba class re-creates the original Latin dances with a lower intensity that minimizes potential harmful motions for older adults. If registering for just one day a week, please see fee options in RecDesk or call to inquire.

\$10 Drop in per class Res \$96 Non-Res \$106 M &TH 8:30-9:30AM 9/8-10/30 (No class 10/16)

FEE: Res \$66 Non-Res \$76 \$10 Drop in per class M &TH 8:30-9:30AM (NO CLASS 11/13, 11/17, 11/3-12/18 11/27)

Adult Community Center, Grand Fir Room

Chair Zumba | Lyndalea Ruffner

Zumba Gold Chair is a seated workout designed for those with limited mobility, balance issues, or anyone who wants a fun, seated exercise session. Students will get a great core, arm, leg and brain workout without any standing movements. Seated Chair Zumba offers all of the fun and energy of Zumba while in a chair. The class will improve cardiovascular health, boost your mood and increase your flexibility. Give it a try and feel the difference. The class will include a Yoga cooldown allowing students to enjoy a lively workout and leave invigorated and relaxed at the same time.

Res \$48 Non-Res \$58 \$10 drop in per class 9/8-10/27 12:30-1:30PM

\$10 drop in per class Res \$36 Non-Res \$46 11/3-12/15 12:30-1:30PM (No class 11/17)



Move Well Yoga | Wendy Bless

Move Well Yoga is a unique, slow paced class of gentle movements open to all levels, modifications offered, mostly floor poses and some standing. Wendy combines yoga and mobility development in a unique teaching style designed to move the body, increase range of motion, improve joint health and prevent injury. Bring a yoga mat and blocks. Drop ins welcome. Discounted rate at \$6 class when full term is paid in advance. If registering for just one day a week, please see fee options in RecDesk or call to inquire.

Res \$96 Non-Res \$106 \$10 drop in per class 9/8-10/29 M&W 8:30-9:30AM

Res \$84 Non-Res \$94 \$10 drop in per class M&W 8:30-9:30AM 11/3-12/17 Adult Community Center, Oak Room



Parks & Open Spaces

Benski Park 2925 Carriage Way, 1.68 acres This attractive park offers play equipment, basketball pad, and turf areas for picnics, games, etc

Burnside Park 1375 Buck St, 10 acres This natural area has hiking trails, river access and wildlife viewing.

Camassia Natural Area 4800 Walnut St, 22.5 acres Owned and maintained by the Nature Conservancy. This nature area offers unique and rare plant species, wildlife viewing and hiking trails.

Cedar Island Willamette River, 14 acres Pedestrian access from Mary S. Young State Park, by bridge, during spring, summer, and fall.

Douglas Park 2278 Rogue Way, 2 acres This park has walking trails, open turf area, basketball court and play structure.

Fields Bridge Park 821 Willamette Falls Dr, 19.8 acres Contains open space with river access, walking/running trails, community gardens, basketball court, baseball fields, playground, 2 shelters, Willamette Meteorite Interpretive Trail and restrooms.

Hammerle Park 1505 Lewis St , 5.81 acres Facilities include picnicking, a covered shelter, play equipment, restroom, athletic field, pickleball courts, tennis court and a water spray pad. Ibach Nature Park Parkview Terrace, 1.2 acres With access from the western edge of Sahallie Illahee Park. The park offers hiking trails and wildlife viewing.

Maddax Woods Park 5785 River St, 7 acres Features pathways and trails through the peaceful woods, picnic tables, natural areas, wildlife viewing and river access.

Mary S. Young Park 19900 Willamette Dr, 126 acres This quiet, forested park is great for urban birders. There are also many walking/running trails, sports fields, a restroom, shelter, an off leash dog area, and river access.

Marylhurst Heights Park 1800 Valley View Dr, 7 acres Features walking paths, open turf area, playground, labyrinth, restrooms, 2 shelters, water spray pad.

Midhill Park 18505 Upper Midhill Dr, 7 acres This nature oriented park offers picnic tables, play structure, nature paths and trails, open turf area and restroom.

North Willamette Park 1500 Rosemarie Drive, 7 acres This park features 2 playground areas, tennis court, basketball courts, trails, small turf area and restroom.

Palomino Park 6405 Palomino Way, .5 acres Offers new, updated play equipment, basketball pad and turf areas for picnicking, games. Robinwood Park 3600 Fairview Way, 15 acres This park offers an open field area, basketball pad, play equipment, restrooms, water spray pad and skate area.

Sahallie Illahee Park 4300 Horton Rd, 4.26 acres This park offers play equipment, basketball pad, turf area for picnicking and games, hiking trails and wildlife viewing. This park is currently under renovation.

Skyline Ridge Park 1300 Stonehaven Dr, 2.5 acres Facilities at this site include tennis courts, basketball pad, play equipment, and turf areas for picnicking, games, etc.

Sunburst Park 19900 Derby Street, 6.5 acres This park offers play equipment, a basketball pad, and turf areas for picnicking, games, etc.

Sunset Park 4665 Bittner Street, 2.44 acres. Sunset Park when completed will have restrooms, 2 shelters, pathways and nature play area.

Swiftshore Park 25461 Swiftshore Drive, 4 acres The park offers Tualatin river access, fishing, wildlife viewing, and turf area for picnicking, games, etc.

Tanner Creek Park 3456 Parker Rd, 10 acres The park offers play structures, a shelter, water spray pad, basketball court, pickleball courts, tennis court, restrooms, a fitness court and a skate park. The White Oak Savanna 2425 Tannler Drive, 20 acres 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 22101 Clark St, 51.4 acres This large nature area offers numerous hiking trails and wildlife viewing.

Willamette Park
1100 12th Street , 22.5 acres
On the banks of the Tualatin
and Willamette Rivers. This park
offers river access, river front
picnicking areas, 3 covered
shelters, play equipment,
restroom, athletic fields (2
artificial turf infields for softball/
baseball), volleyball courts, 5
horseshoe pits, water spray pad,
boat ramp, wildlife viewing and
an outdoor stage.

Boat Ramps

Cedaroak Boat Ramp 4600 Elmran Dr, 16.5 acres This boat ramp facility also offers river access, hiking trails, restroom, fishing and wildlife viewing.

Bernert Landing Boat Ramp 1905 Volpp Street, 2 acres Located where the the Tualatin River meets the Willamette River next to Willamette Park. River access including boat ramp, dock system, and wildlife viewing.

Picnic Reservations

are ONLINE

www.cowl.recdesk.com

Park Facility Reservations

The City of West Linn Parks and Recreation Department offers reservations at parks for your convenience. Reservations for park shelters are available April 1st - September 30th. Prices vary by group size, and residency. Summer months fill up quickly!

Picnic Area & Field Reservations

Reservations for 2026 Open Feb 1st, 2026

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. For field inquiries, email fields@westlinnoregon.gov

Parks with Reservable Picnic Areas



Hammerle Park

Mary S. Young Park



Marylhurst Heights Park

Sunset Park

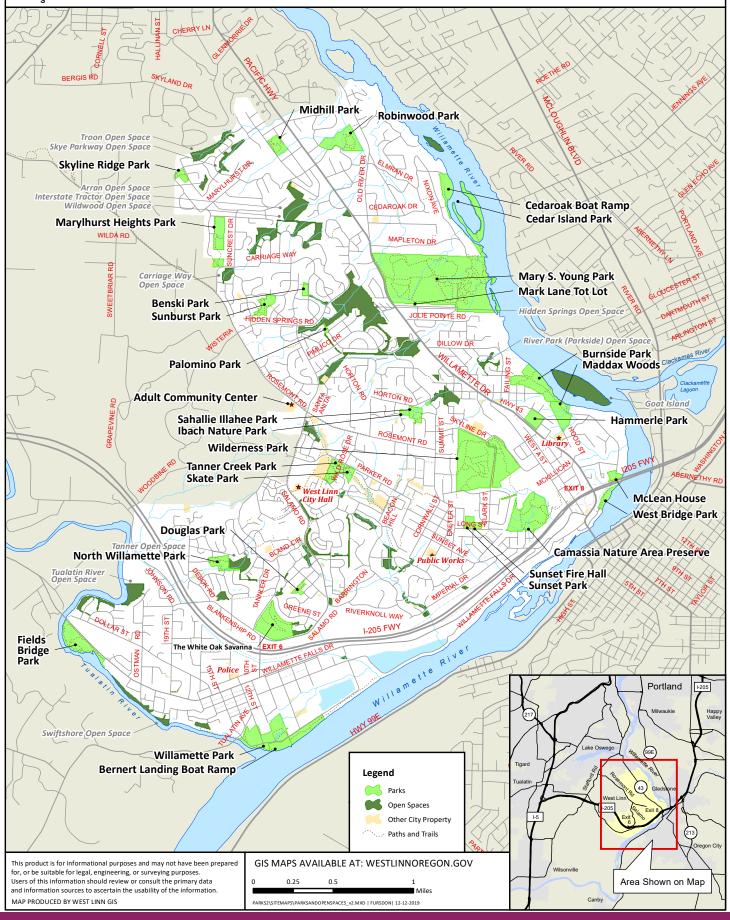


Tanner Creek Park





West Linn Parks & Open Spaces



Facilities



Sunset Fire Hall

2215 Long St.

This is a two story facility with the downstairs having the kitchen and meeting/eating area that is 20' x 40. Upstairs is a 40' x 60' wood floor ballroom perfect for get togethers. Amenities include a refrigerator, stovetop with single oven, round and rectangular tables and chairs. Check online for availability: cowl.recdesk.com Call 503-557-4700 to reserve.



West Linn Adult Community Center

1180 Rosemont Road

This is a facility with multiple meeting rooms that can be arranged via collapsible walls to accommodate many group sizes, large conference room, 2 classrooms, full kitchen and open lounge area with gas fireplace. Amenities available include round, square, and rectangular tables, table cloths in black & white, kitchen accessories, flatware, glassware, chairs, a plumbed coffee machine and a piano. Call 503-742-6068 for Reservations.



Robinwood Station

3706 Cedaroak Dr

Robinwood Station is a West Linn Community Center, operated by the Friends of Robinwood Station. The station can accommodate two separate events as it has a bay about 35' x 40', a board room, dining room and kitchen. The Station is located at 3706 Cedaroak Drive just over one block east of Hwy 43 and the TriMet 35 bus. Robinwood Station accepts new reservations 3 months in

events@robinwoodstation.org | 971-471-1238



McLean Park and House 5320 River St

Not currently open for reservations, but you are still welcome to visit the beautiful grounds! Enjoy a gorgeous view of the river, and a great place to watch the I205 construction.

The beautiful 1927 McLean House sits on 2.5 acres of park.

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 CONTITION, ETC.			
IF YOU HAVE A DISABILITY AND REQUIRE AN ACC	COMMODATION IN O	RDER TO PARTICIPA	ATE, PLEASE EXPLAIN HERE
CITY OF WEST LINN RESIDENT? YES NO			
ACTIVITY TITLE		START DATE/	TIME \$
	TC	TAL AMOUNT DUE	<u> </u>
Recreation Scholarship Fund: YES, I would like to contribute\$1.00\$2.00\$ This fund allows children from West Linn to attend recreat your payment. Thank you for your donation.			-
Make check to: City of West Linn			
Mail to: City of West Linn Parks and Recr	reation 22500 Sala	amo Road, #11	00 West Linn, Oregon 97068
Credit card payment may be made by ph	one, during busin	ess hours by ca	lling 503-557-4700.
WAIVER: In participating in Recreation Programs, sponsor accidents resulting in bodily harm to me arising out of tho in mind. I further acknowledge that I have the physical cap emergency, accident or illness, I give my permission to be the party responsible for all medical expenses which are in employees, volunteers and agents shall be held harmless a from my participation in recreation programs. I agree pictor	se activities. I understand pacity reasonably necessa treated bya professional i ncurred in my behalf. It is against all claims, damage	that Recreation activity to engage in Recreated medical person and acunderstood and agrees, loss or expenses income.	ties are planned with the safety of the participant ution activity for which I have enrolled. In case of Imitted to a hospital if necessary. I agree to be d that the City, its Mayor, City Council, Boards,
I HAVE READ THE ABOVE WAIVER AND UNDERSTAND THE CON	ITENTS		Proud partner of Clackamas Community College
SIGNATURE (DARENT OR GUARDIAN)			Community College

COMMUNITY EDUCATION



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

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FALL & WINTER SAVE THE DATES **FALL FEST IN THE FALL REGISTRATION BEGINS FOREST** ONLINE, PHONE, IN-PERSON MARY S. YOUNG PARK | 11AM-2PM



HOLIDAY BAZAAR ADULT COMMUNITY CENTER | 9AM-3PM



HOLIDAY TREE LIGHTING & COMMUNITY CELEBRATION CITY HALL | 6PM-8PM



HOLIDAY PARADE WILLAMETTE MAIN STREET | 5PM



WILLAMETTE RIVER POLAR PLUNGE WILLAMETTE PARK | 12PM

THANK YOU TO ALL OUR SPONSORS IN 2025!



OREGON



Smile Linn 🤗







All event information:



westlinnoregon.gov/ parksrec/special-events

PROMOTE YOUR BUSINESS NAME AND SUPPORT FUN IN YOUR COMMUNITY!

SPONSOR AN EVENT IN 2026

westlinnoregon.gov/parksrec/west-linn-event-sponsorship-opportunities

