

PARKS & RECREATION

FALL 2026 | ACTIVITIES GUIDE



CITY OF
**West
Linn**
PARKS & RECREATION

REGISTRATION BEGINS SEPTEMBER 1, 8AM

City of West Linn Parks and Recreation



General Information

How to Register:

- Online Registration: www.westlinnoregon.gov/parksrec
- Phone-in Registration: 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 9 AM–3 PM, 503-557-4704

Scan to go
to online
registration:



**Registration begins
September 1 at 8AM**

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.

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.

Recreation Program Sites

ADULT COMMUNITY CENTER.....	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL.....	2110 Brandon Pl
CEDAR OAK PRIMARY SCHOOL.....	4515 Cedar Oak 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
MCLEAN HOUSE & PARK.....	5350 River St
ROBINWOOD PARK.....	3600 Fairview Way
ROSEMONT RIDGE MIDDLE SCHOOL.....	20001 Salamo Rd
SUNSET FIRE HALL.....	2215 Long St
SUNSET PRIMARY SCHOOL.....	2351 Oxford St
SUNSET PARK.....	4665 Bittner St
TANNER CREEK PARK.....	3456 Parker Rd
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

West Linn Residency

West Linn residents receive a discounted rate for classes. Most programs have an additional non-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.**

City of West Linn Parks and Recreation

West Linn Sports Associations

Willamette United FC | K–12th Grade
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

West Linn Youth Basketball Association | 3rd–8th Grade
www.westlinselectbasketball.org

West Linn Baseball Association
www.westlinnbaseball.org

West Linn Girls Youth Lacrosse | 3rd–8th Grade
www.westlinngirlsyouthlax.com

West Linn Youth Football League | 3rd–8th Grade
www.westlinnyouthfootball.org

West Linn Softball Association | Ages 6 & up
www.westlinnsoftball.com

West Linn-Wilsonville Youth Volleyball
www.westlinnwilsonvilleyouthvolleyballprogram.com

West Linn Youth Cheer | K–8th Grade
www.westlinnyouthcheer.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

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

The Adult Community Center

1180 Rosemont Road
Phone: 503-557-4704
Open: Monday–Friday, 9 AM–3 PM

Advisory Board

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



FALL FEST *in the* FOREST



SAT, OCT 17

11AM-2PM

MARY S. YOUNG PARK

Put on your costume and stroll through the woods!

Free pumpkins, trick or treating & crafts, feast on autumn delights, join the scavenger hunt or enjoy tons of other spooky fun!

SPONSORSHIP OPPORTUNITIES



POSITIVE, COMMUNITY FOCUSED MARKETING

- Brand awareness: get your name out there!
- Positive brand association: increase your good reputation!
- Build relationships: Connect with the community face-to-face.
- Wide range marketing & promo: Your information could be included in a wider range of media.

More Information:



westlinnoregon.gov/parksrec/sponsorship

EXPAND YOUR AUDIENCE



28,000 RESIDENTS



35,700 BROCHURES MAILED ANNUALLY



10,000 RECREATION MEMBERS ONLINE



30,000+ EVENT ATTENDEES

@WESTLINNPARKS



4,000 FOLLOWERS



1,400 FOLLOWERS

@WESTLINNUPDATE



6,000 FOLLOWERS



2,200 FOLLOWERS



30 PARKS & OPEN SPACES



4 COMMUNITY FACILITIES



10 ATHLETIC FIELDS



11 PICNIC PAVILIONS



500+ REC ACTIVITIES

View all events:



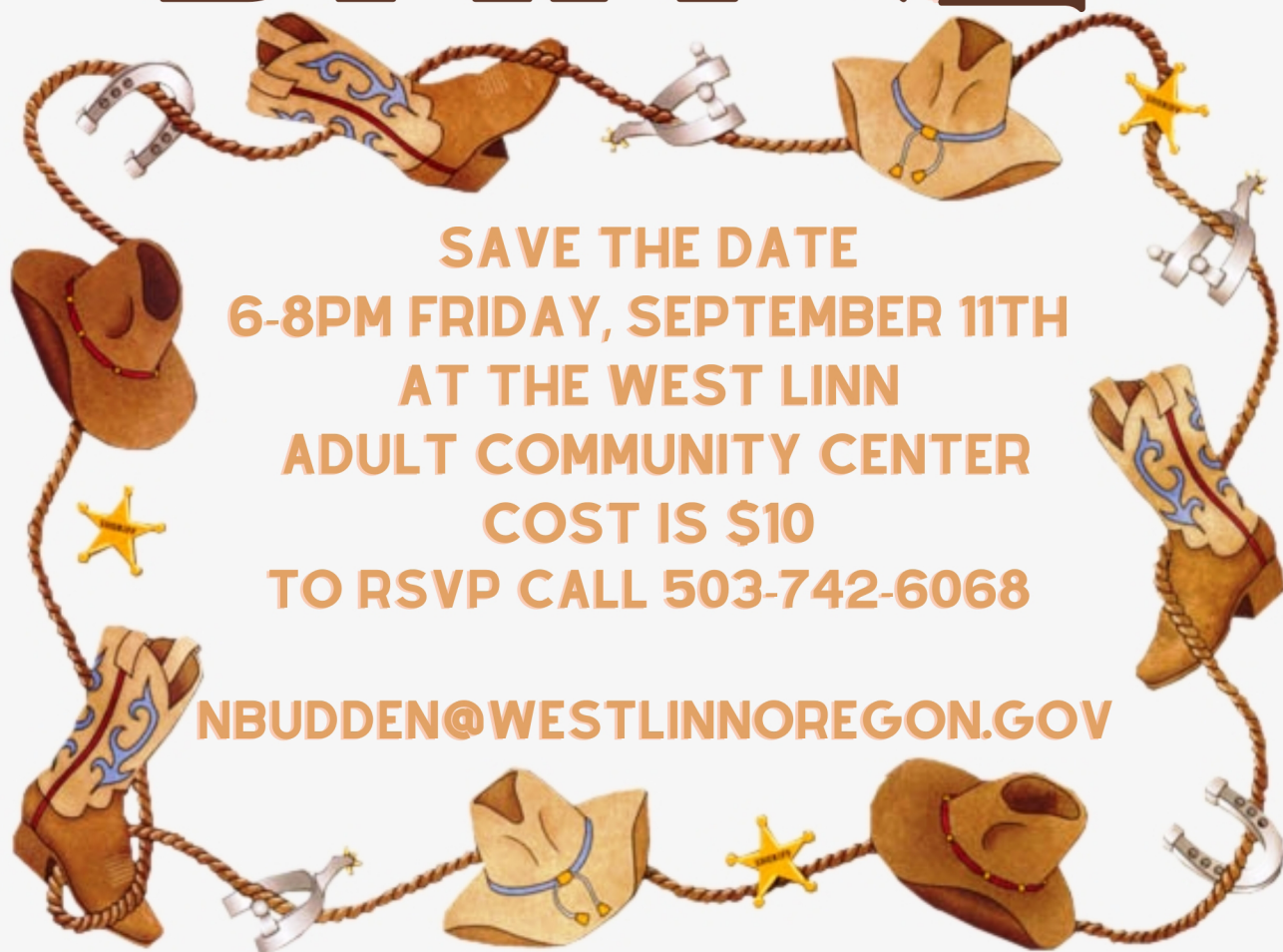
westlinnoregon.gov/parksrec/special-events

View our current brochure:



westlinnoregon.gov/parksrec/activities-guide

FALL DANCE



SAVE THE DATE
6-8PM FRIDAY, SEPTEMBER 11TH
AT THE WEST LINN
ADULT COMMUNITY CENTER
COST IS \$10
TO RSVP CALL 503-742-6068

NBUDDEN@WESTLINNOREGON.GOV

**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!
PLEASE NOTE: NO DINNER, SNACKS PROVIDED**

Treats kindly sponsored by:





NOVEMBER
14-15
9AM - 3PM

1180 ROSEMONT RD.
WEST LINN, OR

CITY OF
West Linn
PARKS & RECREATION



**WEST LINN ADULT
COMMUNITY CENTER**

HOLIDAY BAZAAR

COME SHOP FOR UNIQUE AND HANDMADE GIFTS



**FREE CRAFTS
FOR KIDS**



WEST LINN PARKS & RECREATION ANNUAL

HOLIDAY PARADE

*Light Up
the Night!*

SATURDAY
DEC 5TH
5PM

HISTORIC WILLAMETTE
MAIN STREET



*New
this
year!*

Holiday Tree Lighting after the Parade!

Join Santa after the Parade for the Historic Willamette Main Street Tree Lighting at the Ale & Cider House.



CITY OF
West Linn
PARKS & RECREATION

WESTLINNOREGON.GOV/PARKSREC/HOLIDAY-PARADE



Historic Willamette Holiday Tree Lighting

**SATURDAY
DECEMBER 5TH
6 PM**

Immediately Following the
Holiday Parade

**AT 14TH STREET IN FRONT
OF THE ALE & CIDER HOUSE**

JOIN US FOR CAROLING AS WE LIGHT THE MAIN STREET
HOLIDAY TREE AND TURN ON THE MUSIC AND LIGHT
SHOW OF OUR MAIN STREET TREES.

BRING THE WHOLE FAMILY OUT AND ENJOY THE
SIGHTS AND SOUNDS OF THE HOLIDAYS.
THERE WILL BE HOT CIDER & HOT CHOCOLATE TO
WARM YOU UP.

WILLAMETTE BUSINESS DISTRICT
WILLAMETTE FALLS DRIVE | WEST LINN
historicwillamette.com

City of
**West
Linn**
PARKS & RECREATION

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 \$150

Non-Res \$160

10/26–12/19

WEEKDAY PRACTICE, SATURDAY GAMES

(NO PRACTICE 11/23–27, NO GAMES 10/31, 11/28)

Sunset Primary, Cedar Oak Primary, Trillium Creek Primary



Volunteer Coaches Needed!

Our youth basketball program depends on volunteer coaches! Prior coaching experience is helpful but not required — all you need is a basic understanding of basketball, a positive attitude, and the desire to help kids learn and have fun. All coaches must pass a background check before the season begins.

We are currently accepting head coaches only. Once a head coach is confirmed, we will then accept assistant coaches to support their team.

To learn more, email: Imeis@westlinnoregon.gov



Sign up at soccershots.com/pdx/

Soccer Shots Mini | Ages 2–3

Soccer Shots Mini program is a high-energy program introducing children to soccer basics like using their feet, dribbling, changing direction, and shooting. Through fun games and positive reinforcement, children will experience the joy of playing soccer and being active. Parent Participation is required. \$35 Annual Enrollment Fee on top of registration cost.

Res \$225

9/13–11/15

SU

9–9:30 AM

Hammerle Park

Soccer Shots Classic | Ages 3–4

Soccer Shots Classic uses creative, imaginative games to build children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits in each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field. \$35 Annual Enrollment Fee on top of registration cost.

Res \$235

9/13–11/15

SU

9:45–10:20 AM

Hammerle Park

Soccer Shots Classic | Ages 4–5

Soccer Shots Classic uses creative, imaginative games to build children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits in each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field. \$35 Annual Enrollment Fee on top of registration cost.

Res \$235

9/13–11/15

SU

10:35–11:15 AM

Hammerle Park

Soccer Shots Premier | Ages 5–7

Soccer Shots Premier program is a fun game-filled class that challenges children to develop their individual skills, fitness, and sportsmanship. Our age-appropriate curriculum progresses to competitive play, as children are introduced to tactical elements of the game. \$35 Annual Enrollment Fee on top of registration cost.

Res \$245

9/13–11/15

SU

11:30 AM–12:15 PM

Hammerle Park

Youth Programs



Kidokinetics
Movement for fun. Skills for life.



Sign up at [kidokinetics.com](https://www.kidokinetics.com)

8 Week Fall SportsPlay | Ages 3-6

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

Res \$89/month or \$178 for all 8 weeks

9/19-11/7 SA 9-9:45 AM

Hammerle Park

Fall NinjaPlay | Ages 3-6

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

Res \$135

9/23-10/28 W 3:15-4 PM

Hammerle Park

MindfulPlay: Yoga, Gymnastics, Dance | Ages 4-7

A combination of three popular sports to create a fun learning experience with: yoga poses, gymnastics, and dance to learn agility, tumbling, flexibility, balance, endurance, coordination, and rhythm.

Res \$90

10/25-11/15 SA 2:30-3:15 PM

Sunset Firehall, Upstairs



Holiday NinjaPlay Camp | Ages 4-8

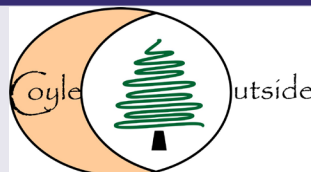
During NinjaPlay kids develop skills around stability, agility, balance, jump distance and more. Every class is designed for optimal skill development, and of course – optimal FUN! Each week features a warm-up, sport-specific skills and drills, free play, cool down, and an age-appropriate anatomy and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

Res \$155

12/28-12/29 W 9 AM-12 PM

Sunset Firehall, Upstairs

Coyle Outside



Winter Break Parkour Camp | Ages 9-14

Turn winter break into an adventure! Campers will jump, climb, balance, vault, and explore parkour challenges while building confidence, coordination, agility, creativity, and teamwork. Led by experienced coach Ryland Lanagan, activities are designed for all skill levels. No experience needed—come ready to move, play, learn, and have fun!

Res \$463

Non-Res \$473

12/28-1/1 M-F 9 AM-3 PM

Location:TBD





Sign up at register.skyhawks.com

Basketball | Ages 6–9

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

Res \$90

9/15–10/13 Tu 4–5 PM
Tanner Creek Park

Basketball | Ages 10–12

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

Res \$90

9/15–10/13 Tu 5:10–6:10 PM
Tanner Creek Park

Pickleball | Ages 6–9

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This program develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball!

Res \$90

9/19–10/17 SA 9–10 AM
Tanner Creek Park

Pickleball | Ages 10–12

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This program develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball!

Res \$90

9/19–10/17 SA 10:10–11:10 AM
Tanner Creek Park



Sign up at register.skyhawks.com

BaseballTots (Hitters) | Ages 2–3

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is required with children 3.5 years and younger.

Res \$90

9/16–10/14 W 4–4:40 PM
Tanner Creek Park

BaseballTots (Batters) | Ages 3–4

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is required with children 3.5 years and younger.

Res \$90

9/16–10/14 W 4:50–5:30 PM
Tanner Creek Park

BaseballTots (Homers) | Ages 4–5

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids!

Res \$90

9/16–10/14 W 5:40–6:20 PM
Tanner Creek Park

BaseballTots (Hitters) | Ages 2-3

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is required with children 3.5 years and younger.

Res \$90

10/24-11/21 SA 9-9:40 AM
Tanner Creek Park

BaseballTots (Batters) | Ages 3-4

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is required with children 3.5 years and younger.

Res \$90

10/24-11/21 SA 9:50-10:30 AM
Tanner Creek Park

BaseballTots (Homers) | Ages 4-5

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids!

Res \$90

10/24-11/21 SA 10:40-11:20 AM
Tanner Creek Park

HoopsterTots (Grasshoppers) | Ages 2-3

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! Parent participation is required with children 3.5 years and younger.

Res \$90

9/19-10/17 SA 9-9:40 AM
Tanner Creek Park

HoopsterTots (Froggies) | Ages 3-4

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! Parent participation is required with children 3.5 years and younger.

Res \$90

9/19-10/17 SA 9:50-10:30 AM
Tanner Creek Park

HoopsterTots (Kangaroos) | 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 \$90

9/19-10/17 SA 10:40-11:20 AM
Tanner Creek Park

HoopsterTots (Grasshoppers) | Ages 2-3

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! Parent participation is required with children 3.5 years and younger.

Res \$90

10/23-11/20 F 4-4:40 PM
Sunset Firehall, Upstairs

HoopsterTots (Froggies) | Ages 3-4

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! Parent participation is required with children 3.5 years and younger.

Res \$90

10/23-11/20 F 4:50-5:30 PM
Sunset Firehall, Upstairs

HoopsterTots (Kangaroos) | 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 \$90

10/23-11/20 F 5:40-6:20 PM
Sunset Firehall, Upstairs



Youth Programs



Vandevere Dance | Season 27

SESSION 1: 9/14-10/23
SESSION 2: 11/2-12/18

REGISTRATION FOR TEAMS IS BY AUDITION ONLY

Mondays with Miss K **Ballet & Tap Combo | Ages 6-8**

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.

Res \$100 Non-Res \$110
M 3:30-4:15 PM
Sunset Firehall, Upstairs

Intermediate 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!

Res \$100 Non-Res \$110
M 4:15-5 PM
Sunset Firehall, Upstairs

Intermediate 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.

Res \$100 Non-Res \$110
M 5-5:45 PM
Sunset Firehall, Upstairs

Beginning/Intermediate Jazz | Ages 9+

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

Res \$100 Non-Res \$110
M 5:45-6:30 PM
Sunset Firehall, Upstairs

Cinderella Production Team | Ages 9+

Audition Only
Res \$100 Non-Res \$110
M 6:30-7:15 PM
Sunset Firehall, Upstairs

Broadway Bound Singing Team | Ages 9+

Audition Only
Res \$100 Non-Res \$110
M 7:15-8 PM
Sunset Firehall, Upstairs

MJ Moms Competition Team | Ages 18+

Audition Only
Res \$100 Non-Res \$110
M 8-8:45 PM
Sunset Firehall, Upstairs

Fierce 4 Team | Ages 9+

Audition Only
Res \$100 Non-Res \$110
M 8:45-9:30 PM
Sunset Firehall, Upstairs

Mondays with Miss Rachel **Swag Hip Hop Team | Ages 9+**

Audition Only
Res \$100 Non-Res \$110
M 7:15-8 PM
Sunset Firehall, Downstairs

VIPS Elite Hip Hop Team | Ages 9+

Audition Only
Res \$100 Non-Res \$110
M 8-8:45 PM
Sunset Firehall, Downstairs

Tuesdays with Miss Renata **The Graces Contemporary Team | Ages 9+**

Audition Only
Res \$100 Non-Res \$110
TU 4:15-5 PM
Sunset Firehall, Upstairs

Fusion Jazz Team | Ages 9+

Audition Only
Res \$100 Non-Res \$110
TU 5-5:45 PM
Sunset Firehall, Upstairs

Legacy Contemporary Team | Ages 7+

Audition Only
Res \$100 Non-Res \$110
TU 5:45-6:30 PM
Sunset Firehall, Upstairs



Youth Programs

Tuesdays with Miss Jess

Conditioning/Turns and Tricks | Ages 11+

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

Res \$100 Non-Res \$110

TU 6:30–7:15 PM
Sunset Firehall, Upstairs

Heroines Contemporary Team | Ages 7+

Audition Only

Res \$100 Non-Res \$110

TU 7:15–8 PM
Sunset Firehall, Upstairs

Adult Jazz Techniques | Ages 18+

Res \$100 Non-Res \$110

TU 8–8:45 PM
Sunset Firehall, Upstairs

Adult Hip Hop | Ages 18+

Res \$100 Non-Res \$110

TU 8:45–9:30 PM
Sunset Firehall, Upstairs

Tuesdays with Miss Rachel

VIPS Hip Hop Team | Ages 7+

Audition Only

Res \$100 Non-Res \$110

TU 8–8:45 PM
Sunset Firehall, Downstairs

Wednesdays with Miss K

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.

Res \$100 Non-Res \$110

W 3:15–3:45 PM
Sunset Firehall, Upstairs

Ballet & Tap Combo | Ages 9-12

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.

Res \$100 Non-Res \$110

W 3:45–4:30 PM
Sunset Firehall, Upstairs



Emergence Jazz Team | Ages 7+

Audition Only

Res \$100 Non-Res \$110

W 4:30–5:15 PM
Sunset Firehall, Upstairs

Advanced Ballet | Ages 11+

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

Res \$100 Non-Res \$110

W 5:15–6 PM
Sunset Firehall, Upstairs

Advanced Jazz | Ages 11+

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

Res \$100 Non-Res \$110

W 6–6:45 PM
Sunset Firehall, Upstairs

Thursdays with Miss Mikayla

Hip Hop & Play | Ages 5-7

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

Res \$100 Non-Res \$110

TH 3:30–4:15 PM
Sunset Firehall, Upstairs

K-Pop/Beginning Hip Hop | Ages 8+

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

Res \$100 Non-Res \$110

TH 4:15–5 PM
Sunset Firehall, Upstairs

Beginning Musical Theater | Ages 7+

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.

Res \$100 Non-Res \$110

TH 5–5:45 PM
Sunset Firehall, Upstairs

The Crew Hip Hop Team | Ages 9+

Audition Only

Res \$100 Non-Res \$110

TH 5:45–6:30 PM
Sunset Firehall, Upstairs

Whirl Jazz Team | Ages 9+

Audition Only

Res \$100 Non-Res \$110

TH 6:30–7:15 PM
Sunset Firehall, Upstairs



Youth Programs



Coding with Kids

Little Coders: Intro to Coding | Ages 5–7

Get them started early! Little Coders introduces children ages 5–7 to coding through fun, age-appropriate tools like Lightbot, Kodable, and Scratch. Beginner students learn foundational concepts such as loops and conditions while creating games, stories, and animations. Returning students build on their skills with new projects and challenges that deepen their coding knowledge and keep them engaged.

Res \$209

Non-Res \$219

9/23–12/2

W

5–6 PM

Adult Community Center, Hemlock Room

Python Coding | Ages 8–12

Whether you're new to coding or ready to advance your skills, this Python class is for you! Using the beginner-friendly Codecademy platform, students create fun games while learning Python, a powerful language used by professionals. Beginners build a strong foundation with variables, loops, functions, and conditionals. Returning and intermediate students tackle more advanced programming concepts, including object-oriented development, while creating increasingly sophisticated games like Space Invaders and Tic-Tac-Toe.

Res \$209

Non-Res \$219

9/21–11/9

M

5–6 PM

Adult Community Center, Hemlock Room





Steamventures

Plants, Animals & Bugs Oh My | Ages 5-10

The world is full of fascinating living things! Through games and hands-on activities, campers explore plants, animals, and insects, learn about ecosystems and classification, play a pollinator game, create nature-inspired art, build and decorate a birdhouse, and make a colorful yarn bird to take home.

Res \$150 Non-Res \$160

10/14-10/16 W-F 9 AM-1 PM

Sunset Firehall, Upstairs

Winter Holiday Experiments & Gifts | Ages 6-10

Join STEAMventures scientists for a fun-filled week of winter STEAM activities! Engineer with gumdrops, marshmallows, balloons, and yarn, grow your own crystals, make fragrant bath bombs and soaps, and enjoy exciting science experiments while creating unique holiday gifts using everyday household materials.

Res \$130 Non-Res \$140

12/21-12/23 M-W 9:30 AM-12:30 PM

Sunset Firehall, Upstairs

No Winter Last Forever- Winter Secrets of Plants & Animals | Ages 5-10

Discover what happens to plants and animals during winter! STEAMventures scientists will explore the changing seasons, plant bulbs, build Arctic globes, uncover winter survival secrets, and experiment with dry ice and frozen slime while learning how living things adapt to cold weather.

Res \$160 Non-Res \$170

12/28-12/31 M-TH 9:30 AM-12:30 PM

Sunset Firehall, Downstairs



Instructor Spotlight



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 and ZUMBA certified instructor, and has additional specialized training in Pilates for a variety of back issues including; Scoliosis, Herniated/bulging discs, Whiplash, Sacroiliac Joint Dysfunction, Cervical Spine and Shoulder Stability, Osteoporosis, and Osteoarthritis.



Healthy Back Pilates | Ages 18+

Improve strength, flexibility, tone and decrease risk of back injury. Bring your Pilates Mat and Flex-band. Strengthen your core and the stabilizing muscles of the body and prevent injury while improving posture. Exercises are mostly performed in neutral spine and are easy on the joints. Combat the effects of sitting in a small group and prevent injury. STRONG ABS = STRONG BACK.

Res \$197 Non-Res \$207
9/22-12/15 TU 6:45-7:30 PM
(NO CLASS ON 11/ 10 & 11/ 24)
Adult Community Center, Grand Fir Room

Instructor Spotlight



Sawasdee Kra, I'm Joy Vlcko!

I've been part of the West Linn community since 2014, and you may know me through Lu's Swim School, the Sunset PTSO, or the Rosemont PTO. Raised in a traditional Thai family, I learned that food is more than nourishment—it's a way to preserve culture, create memories, and bring people together.

Through Joy's Family Table, I share authentic family recipes, practical cooking skills, and tips for preparing delicious, affordable meals at home. My classes introduce new ingredients, where to find them, and create opportunities to connect with others in the community.

If these class dates don't fit your schedule or there's a recipe you'd like to learn, I'd love to hear from you! Email me at Joy@JoysFamilyTable.org with your ideas or to suggest future classes.

I look forward to welcoming you to the table!



**New
Classes**

That's How We Roll: Spring & Summer Rolls | Ages 16+

Learn how to make crunchy Spring Rolls with mung bean noodles, cabbage, and pork, plus refreshing Summer Rolls with vermicelli, fresh vegetables, herbs, shrimp, chicken, and peanut sauce. Enjoy the cost savings, fresher ingredients, and greater nutrition that come from making these delicious rolls at home.

Res \$80	Non-Res \$90
9/22 TU	3:30–6:30 PM
11/14 SA	2–5 PM
12/8 TU	4:30–7:30 PM

Adult Community Center Kitchen & Cedar Room

GO CocoNuts! Lemongrass Soup + Ube Milk | Ages 16+

Explore the versatility of coconut milk by preparing hearty Thai Lemongrass Chicken Soup (Tom Kha Gai), satisfying enough for a complete meal. While it simmers, create a creamy, drinkable Ube Milk dessert. Bring containers so you can take home soup and dessert to enjoy later.

Res \$80	Non-Res \$90
10/6 TU	5–8 PM
11/5 TH	4:30–7:30 PM
12/5 SA	2–5 PM

Adult Community Center Kitchen & Cedar Room

Smooth & Silky! Ma-Po Tofu & Steamed Egg Soup | Ages 16+

Discover the delicate textures of tofu and steamed egg in this collection of cherished family recipes. These comforting, melt-in-your-mouth dishes are naturally high in protein, easy to prepare, and include delicious vegetarian options, making them perfect for wholesome, nutritious meals everyone can enjoy together.

Res \$80	Non-Res \$90
10/15 TH	4:30–7:30 PM
11/19 TH	4:30–7:30 PM

Adult Community Center Kitchen & Cedar Room



Union Holistic Health Classes

With Samantha Romanowski,
Certified Holistic Nutritionist

Sourdough Baking at Home | Ages 18+

Learn the basics of sourdough baking with a no-knead method that fits your schedule. Learn how to shape and score a loaf, how to take care of starter as well as other tips and tricks. Please bring a large bowl and a 16oz jar.

Res \$58

Non-Res \$68

9/15 TU

6–8:30 PM

11/10 TU

6–8:30 PM

Adult Community Center Kitchen & Cedar Room



Adult Programs

Bob Ross Oil Painting

With Judy Stubb, Certified Bob 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	
9/10	TH	5:30–9 PM	VIEW FROM MT. MANZANITA
9/26	SA	10 AM–2 PM	BARN AT SUNSET
10/8	TH	5:30–9 PM	AUTUMN BIRCHES
10/24	SA	10 AM–2 PM	SEASIDE CAVE
11/12	TH	5:30–9 PM	MT. RIDGE
11/28	SA	10 AM–2 PM	A SPECTACULAR VIEW
12/10	TH	5:30–9 PM	GLACIER MOUNTAIN
12/19	SA	10 AM–2 PM	ARCTIC FOX

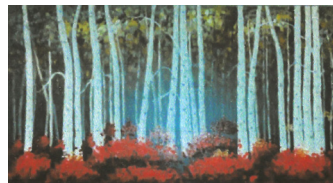
Adult Community Center, Maple Room



View from Mt. Manzanita



Barn at Sunset



Autumn Birches



Seaside Cave



Mt. Ridge



A Spectacular View



Glacier Mountain



Arctic Fox



Adult Programs



Adult Dance Classes

With Hannah Munsey

Swing Dance – West Coast Swing | Ages 18+

Ever wanted to learn Swing dancing? In this class, you will learn West Coast Swing. 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!

Res \$65	Non-Res \$75
9/23–10/14	W 7–8:30 PM

Adult Community Center, Grand Fir Room

Ballroom/Latin Dancing – Cha Cha | Ages 18+

Ever wanted to learn Ballroom/Latin dancing? In this class, you will learn the Cha Cha. 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!

Res \$65	Non-Res \$75
10/21–11/11	W 7–8:30 PM

Adult Community Center, Grand Fir Room

Relax and Restore Sound Bath | Ages 18+

Experience deep relaxation through soothing sounds from the gong, crystal singing bowls, and other healing instruments in a peaceful garden setting, where birdsong and nature become part of the soundscape. Indoor location provided for inclement weather. No experience needed—simply rest and receive.

Res \$30	Non-Res \$40
9/8 TU	10–11:15 AM
10/13 TU	10–11:15 AM
11/10 TU	10–11:15 AM
12/8 TU	10–11:15 AM
9/16 W	7–8:15 PM
10/21 W	7–8:15 PM
11/18 W	7–8:15 PM
12/16 W	7–8:15 PM

McLean House & Park



Adult Programs



Yoga Classes

With Don Rohrbacker

Yoga I | Ages 16+

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 \$88	Non-Res \$98
9/14–11/2	M 7:30–9 PM
Res \$77	Non-Res \$87
11/9–12/21	M 7:30–9 PM
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 \$88	Non-Res \$98
9/16–11/4	W 7:30–9 PM
Res \$77	Non-Res \$87
11/11–12/23	W 7:30–9 PM
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
9/15–11/17	TU 9–10:15 AM
9/19–11/21	SA 9–10:15 AM
Sunset Fire Hall, Upstairs	
9/17–11/19	TH 1:30–2:45 PM
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 completion of at least three Beginning class sessions and Instructor's permission.

Res \$96	Non-Res \$106
9/15–11/17	TU 10:15–11:15 AM
9/19–11/21	SA 11:15 AM–12:15 PM
Sunset Fire Hall, Upstairs	



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

This class will introduce you to the 40-Movement version of the traditional Yang-Style Form. Enrollment requires a proficiency with the Yang-Style 24-Movement Form, completion of three Intermediate/Advanced class sessions, and Instructor's permission..

Res \$96	Non-Res \$106
9/19–11/21	SA 10:15–11:15 AM
Sunset Fire Hall, Upstairs	

More T'ai Chi with Sharon
at the ACC on **page 27**

West Linn Adult Community Center

The Adult Community Center

1180 Rosemont Road
503-557-4704

Open: Monday-Friday 9 AM–3 PM

Closed: 9/7, 11/11, 11/26, 11/27, 12/21–1/1

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.



Check out
the ACC
Newsletter!



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 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.

Support Groups & Specific Populations

Table Tennis for Parkinsons

Every Tuesday 1-2:30 pm. 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 1-2:30 pm. 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 1-2:15 pm. 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 Thursday of the month, 1-2:30 pm. 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.

Grief Support Group

Every 1st and 3rd Thursday of the month 1-2:30. Explore and express your grief in a safe and supportive group. Learn how to develop a support system, exchange practical information, talk about your experiences, hear from others how they are dealing with their grief and talk through obstacles and find ways to cope.



West Linn Adult Community Center

ACC Classes & Activities

Coffee Social Time

MONDAYS 11 AM

Open Crafting

2ND & 4TH MONDAYS 1 PM

Uke Jam; "mele o nā kūpuna"

TUESDAYS 1-2 PM

Writing group-Honoring Your Memories

TUESDAYS 10 AM-12 PM

Band Jam

WEDNESDAYS 1-3 PM

Knitting Group

THURSDAYS 10 AM-12 PM

Quilting for a Cause

1ST & 3RD THURSDAYS 10 AM-12 PM

Open Painting

FRIDAYS 10 AM-12 PM

Book Club

2ND WEDNESDAYS 1 PM

Card Games

BRIDGE	MONDAYS	12-3 PM
HAND & FOOT	MONDAYS	10 AM-12 PM
PINOCHLE	TU, W & F	12:30-3 PM
TEXAS HOLD 'EM	FRIDAYS	12 PM
\$5 BUY-IN		
MAH JONGG	FRIDAYS	12 PM
MEXICAN TRAIN	THURSDAYS	1 PM

Footcare

with Dr. Gaia

By appointment only every 1st and 3rd Thursday and 3rd Wednesday of the month.

See front desk for sign up. \$45. (please bring 2 towels with you)

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

MONDAYS, WEDNESDAYS, & FRIDAYS 8:30-9:30 AM

Plated Lunch

Join us for great food and even better company! Salad, entree, and dessert! Advance Sign ups preferred.

\$8

WEDNESDAYS 12 PM

Call 503-557-4704 for the menu.



WEST LINN ADULT COMMUNITY CENTER

TALENT SHOW

WHAT'S YOUR TALENT?
SHOW IT OFF AT THE SHOW!

SAVE THE DATE:

WRITINGS?
CLOWN?
JUGGLE?
SING?
PAINT?

TUESDAY
OCT 13TH 1PM

Treats kindly sponsored by:

Rose Linn

SIGN UP AT THE ACC FRONT DESK

CITY OF
West Linn
PARKS & RECREATION

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
1X a week: Res \$55 Non-Res \$65
\$10 drop in per class

9/11–11/3 TU & F 8:30–9:30 AM

2X a week: Res \$105 Non-Res \$115
1X a week: Res \$55 Non-Res \$65
\$10 drop in per class

11/6–1/15 TU & F 8:30–9:30 AM

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
 9/29–11/17 TU 10–11 AM
 11/24–1/26 TU 10–11 AM
 (NO CLASS 12/22, 12/29)

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
 9/15–11/3 TU 8:30–9:30 AM
 (NO CLASS 10/13)

Res \$34 Non-Res \$44 \$10 drop in per class
 11/10–12/15 TU 8:30–9:30 AM

Adult Community Center, Oak Room



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
 9/11–11/6 F 10–11:30 AM
 (NO CLASS 10/16)

Res \$35 Non-Res \$45 \$10 drop in per class
 11/13–12/18 F 10–11:30 AM
 (NO CLASS 11/20 & 11/27)

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.

Res \$65 Non-Res \$75 \$10 drop in per class
 9/14–11/2 M 10 AM–12 PM

Res \$55 Non-Res \$65 \$10 drop in per class
 11/9–12/14 M 10 AM–12 PM

Adult Community Center, Grand Fir Room

Chair Yoga | Lyndalea Ruffner

Chair 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.

Res \$48 Non-Res \$58 \$10 drop in per class
 9/10–11/5 TH 11:30 AM–12:30 PM
 (NO CLASS 10/15)

Res \$24 Non-Res \$34 \$10 drop in per class
 11/12–12/17 TH 11:30 AM–12:30 PM
 (NO CLASS 11/19 & 11/26)

Adult Community Center, Grand Fir Room





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 \$84 Non-Res \$94 \$10 drop in per class
9/2–10/28 M & W 8:30–9:30 AM
(NO CLASS 9/7,9/14,9/16)

Res \$72 Non-Res \$82 \$10 drop in per class
11/2–12/14 M & W 8:30–9:30 AM
(NO CLASS 11/11)

Adult Community Center,
Oak Room on M, Grand Fir room on W

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.

Res \$90 Non-Res \$100 \$10 Drop in per class
9/14–11/5 M & TH 8:30–9:30 AM
(NO CLASS 10/15)

Res \$60 Non-Res \$70 \$10 Drop in per class
11/9–12/17 M & TH 8:30–9:30 AM
(NO CLASS 11/19 & 11/26)

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. Staying active while we age keeps our bodies strong and our minds sharp. 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
9/14–11/2 M 12:30–1:30 PM

Res \$36 Non-Res \$46 \$10 drop in per class
11/9–12/14 M 12:30–1:30 PM

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. .

More T'ai Chi on **Page 23**

Res \$120 Non-Res \$130
9/17–11/19 TH 1:30–2:45 PM
Adult Community Center, Grand Fir 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 natural 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 Tualatin River meets the Willamette River next to Willamette Park. River access including boat ramp, dock system, and wildlife viewing.

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 2027 Open Feb 1st, 2027

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



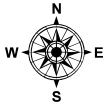
Tanner Creek Park



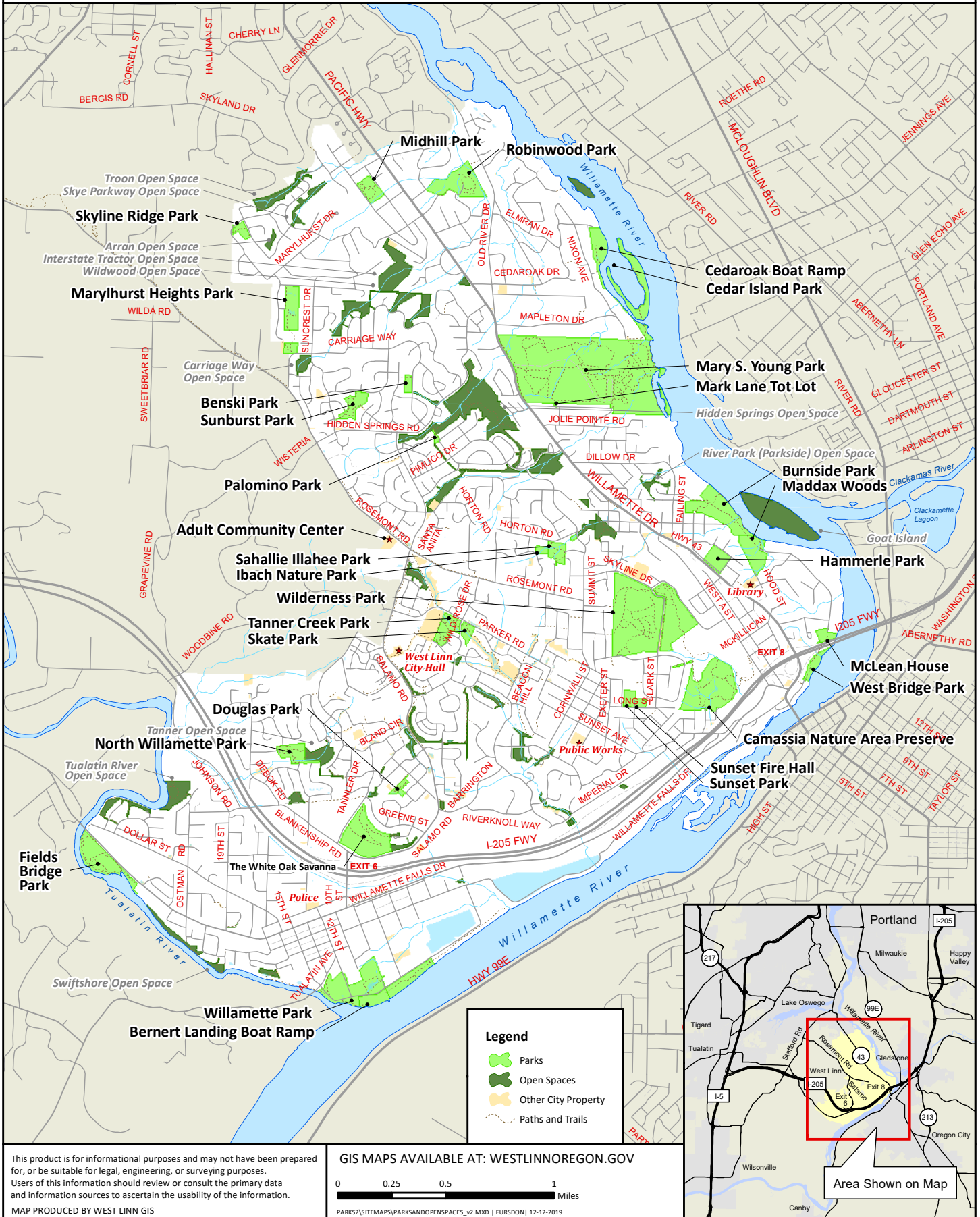
Willamette Park

**Picnic Reservations
are ONLINE**
www.cowlrecdesk.com





West Linn Parks & Open Spaces



This product is for informational purposes and may not have been prepared for, or be suitable for legal, engineering, or surveying purposes. Users of this information should review or consult the primary data and information sources to ascertain the usability of the information.

MAP PRODUCED BY WEST LINN GIS

GIS MAPS AVAILABLE AT: WESTLINNOREGON.GOV

0 0.25 0.5 1 Miles

PARKS2\ITEMAP\SPARKSANDOPENSACES_v2.MXD | FURSDON | 12-12-2019

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, open lounge area with gas fireplace. Amenities available include round, square, and rectangular tables, and chairs. Call 503-742-6068 for Reservations.



Robinwood Station

3706 Cedar Oak 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 Cedar Oak Drive just over one block east of Hwy 43 and the TriMet 35 bus. Robinwood Station accepts new reservations 12 months in advance.

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 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

ACTIVITY TITLE _____ START DATE/TIME _____ \$ _____

TOTAL AMOUNT DUE \$ _____

Recreation Scholarship Fund:

YES, I would like to contribute ___\$1.00 ___ \$2.00 ___ \$5.00, 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 payable to: City of West Linn

Mail to: West Linn Parks and Recreation 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 (COWL), I hereby acknowledge that I understand that there are risks of accidents resulting in bodily harm to me/my dependent arising out of those activities. I understand that Recreation activities are planned with the safety of the participants in mind, but there is the risk of injury to myself/my dependent from participating in this program. I further acknowledge that COWL is relying on my judgment as well as my doctor's judgment after examination, to determine that I/my dependent has the physical capacity reasonably necessary to engage in Recreation activity for which I have enrolled. I agree to assume the risks associated with this program. 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/my dependent's behalf. By doing so, I hereby waive all claims against 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 arise due to accident, sickness, injury or death, which I might suffer out of our resulting from my participation in Recreation programs.

COWL Photo Policy:

COWL staff may photograph or record participants at programs, events, or on COWL property. By participating, you grant the City of West Linn and its representatives' permission to use these images for City-related publications and media, including print and electronic formats, without compensation or prior approval.

My Signature below indicates that I have read, understood, and accept the Program & Event Participation Terms.

SIGNATURE (PARENT OR GUARDIAN) _____

Proud partner of



CITY OF
**West
Linn**

PARKS & RECREATION

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

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**FALL REGISTRATION
BEGINS**
ONLINE, PHONE, IN-PERSON



HOLIDAY BAZAAR
ADULT COMMUNITY CENTER
| 9AM-3PM



FALL FEST IN THE FOREST
MARY S. YOUNG PARK
| 11AM-2PM



HOLIDAY PARADE
WILLAMETTE MAIN STREET
| 5PM

All event information:



westlinnoregon.gov/parksrec/special-events

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