

WEST LINN

# PARKS AND RECREATION

ACTIVITIES GUIDE



..... 2024

# FALL

SEPT-DEC .....

[WESTLINNOREGON.GOV/PARKSREC](http://WESTLINNOREGON.GOV/PARKSREC)

CITY OF  
**West  
Linn**  
PARKS & RECREATION

CITY OF TREES, HILLS, AND RIVERS

## Parks and Recreation Mission Statement

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

## Thank You West Linn/Wilsonville School District

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

## Recreation Program Sites

ADULT COMMUNITY CENTER.....	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL.....	2900 Borland Rd
BOLTON SCHOOL.....	5933 Holmes St
CEDAR OAK PRIMARY SCHOOL.....	4515 Cedaroak Dr
CITY HALL.....	22500 Salamo Rd
COMMUNITY OF FAITH.....	1889 Willamette Falls Dr
HAMMERLE PARK.....	1505 Lewis St
HARMONY ROAD MUSIC CENTER.....	16703 SE Mcloughlin Blv, #C
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 Street
SUNSET PRIMARY SCHOOL.....	2351 Oxford Street
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 Street

## General Information

### How to Register:

- Online Registration:  
[www.westlinnoregon.gov/parksrec](http://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 reservations are taken onsite at the facility weekdays from 9am-3pm, 503-557-4704

### Registration

Registration begins September 4th 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](mailto: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 minimums and maximums.  
Register early to avoid cancellations.**

# City of West Linn Parks and Recreation

## West Linn Sports Associations

Willamette United Football Club- Ages 5 & Up

[www.willametteunitedfc.com](http://www.willametteunitedfc.com)

Boys Lacrosse - Grade School & up

[www.westlinnlax.com](http://www.westlinnlax.com)

Mini Hoopers Basketball - K-2nd Grade

[www.westlinnoregon.gov/parksrec](http://www.westlinnoregon.gov/parksrec)

Parks & Recreation Department

Register September-October

West Linn Youth Basketball Association

[www.westlinnselectbasketball.org](http://www.westlinnselectbasketball.org)

Grades 3-8

West Linn Baseball Association

[www.westlinnbaseball.org](http://www.westlinnbaseball.org)

West Linn Girls Lacrosse - 3rd-8th Grade

[www.westlinngirlslax.com](http://www.westlinngirlslax.com)

West Linn Youth Football League - 3rd-8th Grade

[www.westlinnfootball.org](http://www.westlinnfootball.org)

West Linn Softball Association - Ages 6 & up

[www.westlinnsoftball.org](http://www.westlinnsoftball.org)

West Linn-Wilsonville Youth Volleyball

[www.westlinnwilsonvilleyouthvolleyballprogram.com](http://www.westlinnwilsonvilleyouthvolleyballprogram.com)

Portland Water Spectacular

[www.portlandwaterspectacular.com](http://www.portlandwaterspectacular.com)



## Contents

Special Events.....	4-11
Youth Programs.....	12-19
Adult Programs.....	20-21
Adult Sports & Fitness.....	22-23
ACC/Senior Programs.....	24-27
Parks, Open Spaces & Park Facilities.....	28-39
Facility Rentals.....	30
Registration Form.....	31

## 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  
Call for dates of closure  
Closed National Holidays

# FALL DANCE



SAVE THE DATE  
6-8PM FRIDAY, SEPTEMBER 13TH  
AT THE WEST LINN  
ADULT COMMUNITY CENTER  
COST IS \$10  
TO RSVP CALL 503-742-6068

[NBUDDEN@WESTLINNOREGON.GOV](mailto: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!

An illustration of a forest scene with tall, thin trees and a path covered in fallen leaves. In the foreground, several pumpkins are scattered on the ground. In the middle ground, two white ghost figures with black eyes and mouths are standing on the path. To the left and right of the ghosts are two witches wearing black hats and dresses. The scene is framed by a decorative orange border with a scalloped top and bottom.

# FALL FEST

*in the*

# FOREST



**SAT, OCT 12**

11AM-2PM

MARY S. YOUNG PARK



*Put on your costume and stroll through the woods!*

Have fun trick or treating & pumpkin painting, feast on autumn delights, join the scavenger hunt or enjoy tons of other spooky fun!

# Special Events



CITY OF  
**West Linn**  
PARKS & RECREATION

**NOVEMBER**  
**16-17**  
**9AM - 3PM**

1180 ROSEMONT RD.  
WEST LINN, OR



**ADULT COMMUNITY CENTER**

**HOLIDAY**  
**BAZAAR**

COME SHOP FOR UNIQUES  
AND HANDMADE GIFTS



*West Linn Parks & Recreation Annual*

# HOLIDAY TREE LIGHTING & COMMUNITY CELEBRATION

FRIDAY, DECEMBER 6TH  
6-8PM WEST LINN CITY HALL  
22500 SALAMO RD

- Photos with Santa
- Hot Cocoa & treats
- Music
- Character meet & greets!



CITY OF  
**West Linn**  
PARKS & RECREATION



OREGON  
HEALTHCARE.GOV



TOYOTA



# 2024 HOLIDAY SWEATER DASH

SATURDAY, DECEMBER 14  
4:30PM  
1 MILE DASH



IT'S THAT TIME OF YEAR TO DON YOUR MOST FESTIVE HOLIDAY APPAREL FOR THE ANNUAL HOLIDAY SWEATER DASH. RUNNERS, WALKERS, AND FAMILIES ARE INVITED TO PARTICIPATE. STICK AROUND FOR TREATS AT WILLAMETTE ALE & CIDER HOUSE AFTER THE EVENT.



CITY OF  
**West Linn**  
PARKS & RECREATION

PRE-REGISTRATION IS RECOMMENDED.  
ADULT \$15 CHILD \$7  
[WESTLINNOREGON.GOV/PARKSREC/SWEATERDASH](http://WESTLINNOREGON.GOV/PARKSREC/SWEATERDASH)





WEST LINN PARKS & RECREATION ANNUAL

# HOLIDAY PARADE

ADVENTURE IN TOYLAND

SATURDAY  
DECEMBER 14TH  
5:00PM  
HISTORIC WILLAMETTE  
MAIN STREET

Parade  
Entries  
Wanted!

[WESTLINNOREGON.GOV/PARKSREC/HOLIDAY-PARADE](http://WESTLINNOREGON.GOV/PARKSREC/HOLIDAY-PARADE)



CITY OF  
**West Linn**  
PARKS & RECREATION



# WILLAMETTE RIVER PLUNGE

JAN 6TH 2025

12-2PM (PLUNGE AT 1PM)

FREE!

Bernert Landing Boat Ramp,  
Willamette Park



FREE COFFEE  
& COCOA

DOUGHNUTS  
AVAILABLE FOR  
PURCHASE

PLUNGE into the New Year with this cool community event! Enjoy a refreshing splash in the Willamette River and stick around for music, a warm fire, and sweet treats! Dress up in your icy best (optional) for our Costume Contest and win a prize!

<https://westlinnoregon.gov/parksrec/willamette-river-polar-plunge-0>

# Special Events



## JOIN THE PARKRUN MOVEMENT

**WALK, JOG, RUN, VOLUNTEER**

or simply come and watch - it's up to you!

### FRIENDLY, ENJOYABLESKEVENTS

Every Saturday morning

### FUN FOR ALL THE FAMILY

Strollers and dogs can take part

### IMPROVE HEALTH & FITNESS

Be active in the open air

### DEVELOP NEW SKILLS

Opportunities to volunteer

### FREE&EASYTOTAKEPART

No need for special equipment or clothing

### YOU DON'T HAVE TO RUN

Walkers are always welcome

### BE PART OF A COMMUNITY

Make new friends & socialize

### BUILD CONFIDENCE

Track progress & achieve goals

Register online at [parkrun.us/marysyoung](https://parkrun.us/marysyoung) and head down to your local event:

Mary S. Young parkrun, West Linn

Saturday mornings at 9:00am

[marysyoung@parkrun.com](mailto:marysyoung@parkrun.com)



Supported by:



## Engineering for Kids



### Industrial Engineering: A-Line Productions

Ages 7-11

During the Industrial Engineering classes, students use the Engineering Design Process to design, create, test, and refine efficient systems for production. Students explore foundational concepts of industrial engineering such as: assembly lines, safety, stamping, sorting and distributing materials. Students see just how fun and creative industrial engineering can be as they create their own ice cream factory and 3-D copies of designs.

Res \$320 Non-Res \$330  
9/18-10/23 W 3-4:30pm  
Adult Community Center, Cedar Room

### Building Cities

Ages 7-11

Cities are incredible feats of engineering. While many cities have developed over hundreds or even thousands of years, in modern times some cities, like Songdo in South Korea, are being built from the ground up in a very short time. Students will take up the role of a team of city planners, looking to design the best city in the world from the ground up. In Building Cities, students will explore civil, electrical, industrial, and environmental engineering. They will explore energy production, filtering of water filtration, and building structures.

Res \$320 Non-Res \$330  
11/6-12/18 W 3-4:30pm  
West Linn Adult Community Center, Cedar Room

### Zany Zoo Engineers

Ages 5-8

There is a big problem at your local zoo; the animals are very unhappy. They have outgrown their cages and are bored by their basic, concrete surroundings. In these lessons students will learn about engineering, mathematics, animals, and habitats while advancing their literacy skills through a variety of read aloud. They will work as zoo engineers and zoologists while using the EFK, Engineering Design Process to design and build solutions to a variety of engineering challenges.

Res \$256 Non-Res \$266  
12/23-12/27 M,Tu, Th, F 9am-12pm (4 Days, No camps on 12/25)  
Sunset Fire Hall



### RoboBattles: Lego Spike Prime

Ages 7-11

It's time for robot basic training! Soldier bots need to be able to follow precise instructions to make it home from battle. In this camp, students will build, modify, and program a robot using the LEGO Spike Prime kit. They will learn to use motors and sensors to detect objects and assist in navigation. Then, they will use the EFK Engineering Design Process to complete a variety of basic training boot camp challenges with their soldier bots.

Res \$256 Non-Res \$266  
12/23-12/27 M,Tu,Th,F 9am-12pm (4 Days, No camps on 12/25)  
Sunset Fire Hall

### Digging for Dinos

Ages 5-8

There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! In these lessons, students will learn about engineering, mathematics, dinosaurs, and fossils, while advancing their literacy skills through a variety of read aloud. They will work as paleontologists and engineers while using the EFK Engineering Design Process to design and build solutions to a variety of engineering challenges.

Res \$256 Non-Res \$266  
12/30-1/3 M,Tu,Th,F 9am-12pm (4 Days, No camps on 1/1)  
Sunset Fire Hall

### Mechanical Engineering: Master Machines

Ages 7-11

Students use the Engineering Design Process to design, create, test, and improve a variety of machines and mechanical systems. Students learn basics of energy, traction, aerodynamics, and durability while constructing roller coasters, eggstreme defense vehicles, and more.

Res \$256 Non-Res \$266  
12/30-1/3 M,Tu,Th,F 1-4pm (4 Days, No camps on 1/1)  
Sunset Fire Hall

# Youth Programs

## Harmony Road Music Classes

Located at 16703 SE McLoughlin Blvd Suite C, Milwaukie, OR 97267



### Toddler Tunes

Ages 20 mo- 3 1/2

You and your toddler will have a joyful experience making music with games, singing, movement, keyboard exploration and group activities. Parents participate in class. Materials Fee of \$25.00 is payable to Harmony Road Music Center at the first class.

Res \$297	Non-Res \$307		
9/10-1/21	Tu	10:30-11am	
9/10-1/21	Tu	3-3:30pm	
9/6-1/17	F	10-10:30am	
9/7-1/18	Sa	9-9:30am	

### Music in Me (MIM)

Ages 3 - 4

Music in Me is a dynamic music readiness program for you and your young preschooler. You will make music together in an active program that includes singing, movement, games and keyboard exploration. Parents participate in class and are guided in follow-up activities. Material Fee of \$35.00 is payable to Harmony Road Music Center at the first class.

Res \$336	Non-Res \$346		
9/10-1/7	Tu	3:30-4:15pm	
9/13-1/10	F	10:30-11:15am	
9/14-1/11	Sa	9-9:45am	

### More Music In Me (MMIM)

Ages 4-5½

More Music in Me is a readiness program for the older preschooler. Students are taught a variety of skills that prepare them for beginning to play the piano through ear training, note-tracking, singing, movement, hand, keyboard and rhythm activities. Parents participate in class and are guided in follow-up activities. Material Fee of \$35.00 is payable to Harmony Road Music Center at the first class.

Res \$336	Non-Res \$346		
9/11-1/8	W	3:45-4:30pm	
9/13-1/10	F	11:15am-12pm	
9/14-1/11	Sa	9:45-10:30am	

### Harmony Road 1

Ages 5-6

Your 5-6 year old will learn basic music & piano skills through a variety of activities. By the end of the 19 week semester, students can play simple 5-finger patterns hands separately as well as perform solos and class ensembles. Parents participate in class. Materials fee of \$68.00 is payable to Harmony Road Music Center at the first class.

Res \$475	Non-Res \$485		
8/26-1/20	M	4-4:55pm	
9/7-1/25	Sa	10:30-11:40am	

### Young Musician 1

Ages 7- 8

Students in the Young Musician class learn basic music and piano skills through a variety of activities. At the end of the 19-week semester, they are able to play simple tunes hands together and are learning to read and write notes on the staff as well as perform solos and class ensembles. Parents participate in class. Materials fee of \$68.00 is payable to Harmony Road Music Center at the first class.

Res \$475	Non-Res \$485		
9/3-1/21	Tu	5:30-6:25pm	
9/5-1/23	Th	4:45-5:40pm	

### Keyboard Prep 1

Ages 9-12

Keyboard Prep is designed for the older beginning student. They learn basic music and piano skills through a variety of activities. They begin playing hands together mid-way through the semester and are introduced to chords by the end of the semester. They are learning to read and write notes on the staff and can perform solos and class ensembles. Parents participate in class. Materials fee of \$68.00 is payable to Harmony Road Music Center at the first class.

Res \$475	Non-Res \$485		
8/26-1/20	M	6:30-7:25pm	



### Oregon Youth Chorale

Ages 6 – 13

"Sing, Sing, Sing, Sing" Come enjoy a vocal experience in an ensemble setting. We will be singing in unison and in two part harmony. We will also be focusing on reading notes, rhythms intervals and pitch through a variety of engaging fun music. Participants will perform in a December Concert and for the West Linn Community on dates to be determined. No audition necessary.

Res \$250	Non-Res \$260		
9/23-12/9	M	5-5:50PM	

Community of Faith, 1889 Willamette Falls Drive, West Linn, OR

# Youth Programs

## Vandevere Summer Camps Season 25

Registration for Teams are by Audition Only

FEE: Res \$90 Non-Res \$100

SESSION 1: 9/16-10/24

SESSION 2: 11/4-12/19, No Class Nov 25-28

SESSION 3: 1/6-2/13

### Mondays at the Sunset Firehall, Upstairs

Miss K

### Intermediate Ballet/Tap

Ages 8-11

Ballet is the foundation for many other dance styles, Tap is a dance style involving rhythm and dynamics. The class emphasis is on developing proper tap and ballet techniques along with producing clear tap sounds.

M 3:30-4:15pm

### Emerge Jazz Team

Ages 7+

M 4:15-5pm

### 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.

M 5-5:45pm

### Intermediate Jazz

Ages 9+

Jazz is one of our most popular classes at VDV. Jazz dance includes fast-paced movement based off of strong ballet technique. This is a high energy class!

M 5:45-6:30pm

### Wonka Production Team

Ages 7+

M 6:30-7:15pm

### Dream Team Jazz Team

Ages 7+

M 7:15-8pm

### Beginning/Intermediate Tap

Ages 9+

Tap is a dance style involving rhythm and dynamics. The class emphasis is on developing proper tap technique and producing clear tap sounds.

M 8-8:45pm

### Kinky Boots Adult Production Team

Ages 7+

M 8:45-9:30pm

### Mondays at the Sunset Firehall, Downstairs

Miss Rachel

### VIPS Elite Hip Hop Team

M 7:15-8pm

### Hot Steppaz Hip Hop Team

M 8:45-9:30pm

### Tuesdays at the Sunset Firehall, Upstairs

### Ballet/Tap-Miss K

Ages 4-6

Ballet is the foundation for many other dance styles. Beginning in the youngest classes, students learn proper terminology for ballet skills, such as plies and tendus. Tap is a dance style involving rhythm and dynamics. Tappers start with a graduated warm-up to loosen their ankles and knees for proper execution.

Tu 3:30-4:15pm

### Intermediate Musical Theater-Miss K

Ages 8+

Musical Theater is Miss Kathleen's specialty. Class consists of dancing, acting, and unlike musical theater style classes elsewhere, singing! Students learn to sing, dance, and act with current and classic Broadway hits.

Tu 4:15-5pm

### Voices Singing Team- Miss K

Ages 7+

Tu 5-5:45pm

### Broadway Bound Singing Team-Miss K

Ages 7+

Tu 5:30pm-6:15pm

### Legacy Contemporary Team-Miss Lydia

Ages 7+

Tu 6:15-7pm

### Swag Hip Hop Team-Miss Rachel

Ages 7+

Tu 7-7:45pm

### Heroines Team-Miss Lydia

Tu 7:45-8pm



# Youth Programs



## Turns, Jumps, Tricks-Miss Lydia

Ages 9+

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

Tu 8:30-9:15pm

## Tuesdays at the Sunset Firehall, Downstairs

## Stretch & Conditioning-Miss Lydia

Ages 9+

Join Miss Lydia for a class to boost your strength and balance. Improve your flexibility, build muscle and confidence through conditioning and stretching exercises!!

Tu 7-7:45pm

## VIPS Hip Hop Team-Miss Rachel

Ages 7+

Tu 7:45-8:30pm

## Tuesdays at the Adult Community Center, Grand Fir Room Miss Lydia

## Beginning Musical Theater

Ages 7-11

Musical theater classes consist of dancing, acting, and unlike musical theater style classes elsewhere, 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 3:45-4:30pm

## Beginning Contemporary

Ages 8+

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

Tu 4:30-5:15pm

## Beginning Hip Hop

Ages 8+

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

Tu 5:15-6pm

## Wednesdays at the Sunset Firehall, Upstairs

Miss K

## Creative Ballet

Ages 3-5

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/Tap

Ages 6-8

Ballet is the foundation for many other dance styles. Beginning in the youngest classes, students learn proper terminology for ballet skills, such as plies and tendus. Tap is a dance style involving rhythm and dynamics. Tappers start with a graduated warm-up to loosen their ankles and knees for proper execution.

W 3:45-4:30pm

## 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.

W 5:15-6pm

## Advanced Jazz

Ages 11+

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+

W 6:45-7:30pm

## Thursdays at the Sunset Firehall, Upstairs

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 dance combos across the floor and learn center choreography.

Th 3:30-4:15

## Beginning Hip Hop

Ages 8+

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 4:15-5pm

## Beginning Jazz

Ages 8+

Jazz is one 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/Contemporary Team

Ages 7+

Th 5:45-6:30pm

## The Crew Hip Hop Team

Ages 7+

Th 6:30-7:15pm

# Youth Programs



## Youth Pickleball Clinic

Ages 8-14

Never played before? Already know how to play and want to up your game? This class is for you! This clinic is open to all skill levels. Come make new friends who love pickleball as much as you do! Paddles and balls will be provided.

Res \$50	Non-Res \$60
9/15	Su 3-4pm
10/13	Su 3-4pm
11/10	Su 3-4pm
12/8	Su 3-4pm

Willamette Primary School Gym

## Youth Pickleball Open Play

Ages 8-14

Join the members of the Willamette River Pickleball Club for some fun rotating play. All levels are welcome, however, players should know the rules, be able to dink, and serve. We will use a paddle queue and follow the "2 in - 2 out" rotation. One court will be reserved for advanced players. Paddles and balls will be provided.

Res \$5	Non-Res \$15
9/29	Su 3-4pm
10/27	Su 3-4pm
11/24	Su 3-4pm
12/22	Su 3-4pm

Willamette Primary School Gym

## 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 \$130 Non-Res \$140

10/28-12/14 Weekday Practices, Saturday Games

No practice 10/31, 11/25-29, No game 11/30

Trillium Creek Primary School, Cedar Oak Primary School, Sunset Primary School



### Volunteer Coaches Needed!

This program is dependent on volunteer coaches! Basketball coaching experience is desirable, but not required- the only requirement is basic knowledge of basketball, a good attitude and the will to coach! Background checks are performed on all coaches.

To find out more about coaching visit:

[westlinnoregon.gov/parksrec/recreationbasketball](http://westlinnoregon.gov/parksrec/recreationbasketball)  
or email [lmeis@westlinnoregon.gov](mailto:lmeis@westlinnoregon.gov)





# Youth Programs

## Soccer Shots

Sign up at

[soccershots.com/pdx/](http://soccershots.com/pdx/)



### Soccer Shots Mini

Ages 2-3

Soccer Shots Mini program is a high-energy class introducing children to fundamental soccer principles, such as using your feet, dribbling, changing direction, and shooting. Through fun games, songs, and positive reinforcement, children will experience the joy of playing soccer and being active.

Res \$205 Non-Res \$215  
9/15-11/17 Su 9am-9:30am  
Hammerle Park

### Soccer Shots Classic

Ages 3-4

Soccer Shots Classic program utilizes creative and imaginative games to focus on building children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field.

Res \$215 Non-Res \$225  
9/15-11/17 Su 9:40am-10:15am  
Hammerle Park

### Soccer Shots Classic

Ages 4-5

Soccer Shots Classic program utilizes creative and imaginative games to focus on building children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field.

Res \$215 Non-Res \$225  
9/15-11/17 Su 10:25am-11:00am  
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.

Res \$215 Non-Res \$225  
9/15-11/17 Su 11:10am-11:55am  
Hammerle Park

### Soccer Shots Mini

Ages 2-3

Soccer Shots Mini program is a high-energy class introducing children to fundamental soccer principles, such as using your feet, dribbling, changing direction, and shooting. Through fun games, songs, and positive reinforcement, children will experience the joy of playing soccer and being active.

Res \$205 Non-Res \$215  
12/8-2/16 Su 9am-9:30am  
Sunset Fire Hall

### Soccer Shots Classic

Ages 3-4

Soccer Shots Classic program utilizes creative and imaginative games to focus on building children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field.

Res \$215 Non-Res \$225  
12/8-2/16 Su 9:40am-10:15am  
Sunset Fire Hall

### Soccer Shots Classic

Ages 4-5

Soccer Shots Classic program utilizes creative and imaginative games to focus on building children's foundational soccer skills, like dribbling, passing, and shooting. We highlight positive character traits each session, such as respect, teamwork, or appreciation, with the goal of positively impacting children's lives on and off the field.

Res \$215 Non-Res \$225  
12/8-2/16 Su 10:25am-11:00am  
Sunset Fire Hall

### 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.

Res \$215 Non-Res \$225  
12/8-2/16 Su 11:10am-11:55am  
Sunset Fire Hall



# Youth Programs

## Kidokinetics

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



# Kidokinetics

PLAY CONFIDENT



## Hoops, Scoops, and Shots Camp

Ages 5-8

A combination of four popular sports creates a fun learning experience with: basketball, lacrosse, jai alai, and hokey to learn agility, accuracy, flexibility, balance, endurance, coordination, and speed.

Res \$50 Non-Res \$60  
9/28 Sa 9-11am  
Tanner Creek Park

## Sports Play 12-week program

Ages 3-7

A fun 12-week program with an introduction to sports designed to help kids get moving and build confidence! Sports play focuses on a different sport each week, including- volleyball, football, hockey, lacrosse, frisbee, and more. Each day features a warmup, an introduction to a new sport or activity, free play, cool down and an age-appropriate anatomy and physiology lesson.

Res \$270 Non-Res \$280  
9/19-12/5 Th 4-4:45pm  
9/15-12/1 Su 2:30-3:15pm  
Hammerle Park

## Football and Flag Fun Camp

Ages 5-8

Watch your kid set a new standard with sprints, hand-eye coordination and teamwork using classics like flag football, and capture the flag, as well as high-energy games like flag tag, parachute, and steal the tails. Kids of all ages have a blast and all in a non-competitive environment!

Res \$50 Non-Res \$60  
9/14 Sa 9-11am  
Willamette Park

## Sports Play Camp

Ages 5-8

Learn the basics of a ton of different sports! A fun introduction to sports designed to help kids get moving and build confidence! This camp features a warm-up, an introduction to 3-4 new sports or activities, free play, cooldown, and an age-appropriate anatomy and physiology lesson all in a non-competitive environment!

Res \$50 Non-Res \$60  
10/12 Sa 9-11am  
Tanner Creek Park

## Ninja Play Camp

Ages 5-8

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

Res \$50 Non-Res \$60  
10/26 Sa 9-11am  
Marylhurst Heights Park



## Skyhawks

Sign up at [skyhawks.com](http://skyhawks.com)

## HoopsterTots (Grasshoppers)

Ages 2-3

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
9/14-10/12 Sa 9-9:40am  
North Willamette Park

## HoopsterTots (Froggies)

Ages 3-4

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
9/14-10/12 Sa 9:50-10:30am  
North Willamette Park

## HoopsterTots (Kangaroos)

Ages 4-5

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
9/14-10/12 Sa 10:40-11:20am  
North Willamette Park

## Basketball

Ages 6-8

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Res \$75 Non-Res \$85  
9/14-10/12 Sa 9-9:50am  
Tanner Creek Park

## Basketball

Ages 8-12

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Res \$75 Non-Res \$85  
9/14-10/12 Sa 10-10:50am  
Tanner Creek Park

## SoccerTots (Cubs)

Ages 2-3

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
9/11-10/9 W 3:30-4:10pm  
Tanner Creek Park

# Youth Programs

## SoccerTots (Bears)

Ages 3-4

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
9/11-10/9 W 4:20-5:00pm  
Tanner Creek Park

## SoccerTots (Grizzlies)

Ages 4-5

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

Res \$90 Non-Res \$100  
9/11-10/9 W 5:10-5:50pm  
Tanner Creek Park

## SoccerTots (Cubs)

Ages 2-3

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent Participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
10/19-11/16 Sa 9-9:40am  
Tanner Creek Park

## SoccerTots (Bears)

Ages 3-4

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
10/19-11/16 Sa 9:50-10:30am  
Tanner Creek Park

## SoccerTots (Grizzlies)

Ages 4-5

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

Res \$90 Non-Res \$100  
10/19-11/16 Sa 10:40-11:20am  
Tanner Creek Park

## Soccer

Ages 6-8

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

Res \$75 Non-Res \$85  
10/19-11/16 Sa 9-9:50am  
Tanner Creek Park

## Soccer

Ages 8-12

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

Res \$75 Non-Res \$85  
10/19-11/16 Sa 10-10:50am  
Tanner Creek Park

## HoopsterTots (Grasshoppers)

Ages 2-3

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
10/18-11/15 F 3:30-4:00pm  
Sunset Fire Hall

## HoopsterTots (Froggies)

Ages 3-4

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

Res \$90 Non-Res \$100  
10/18-11/15 F 4:15-5pm  
Sunset Fire Hall



# Adult Programs

## Union Holistic Health Classes

With Samantha Romanowski, Certified Holistic Nutritionist

All classes held at the Adult Community Center, Cedar Room

### Fermented Foods are Fun!

Ages 18+

Not sure how or why to add fermented foods to your diet? This class is for you! Participants will be able to taste a variety of fermented foods including kombucha, sauerkraut and kimchi. We'll also discuss the health benefits of fermented foods and how to make delicious, healthy condiments and snacks. Participants will take home a packet of recipes, a jar of sauerkraut and a jar of lacto-fermented pickled vegetables. Please bring a quart and pint size jar or Tupperware to class.

Res \$45 Non-Res \$55  
11/4 M 6-8pm



### Perfecting Scones

Ages 18+

Scones can be sweet or savory, perfect with coffee and tea, as a snack or really, anytime of day! Learn tips and tricks to master uniquely crisp and buttery scones with crumbly corners and a soft, flaky interior. Participants will leave with scones to bake the following day plus a packet of recipes and info. Please bring a bowl to take your dough home in.

Res \$50 Non-Res \$60  
11/19 Tu 6-8pm

### Baking 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 hands-on class. Learn all the tips and tricks to making delicious overnight brioche cinnamon rolls, cinnamon swirl bread and other brioche dough based delights. Participants will get to taste delectable treats and take home 9 cinnamon buns to bake the next day as well as a packet of recipes and info!

Res \$50 Non-Res \$60  
10/28 M 6-8:30pm



### 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. You'll take home strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket! You will also leave with a knowledge and confidence you need to start baking sourdough at home regularly. Please bring a small jar or container to take your starter home as well as a bowl to take your dough home.

Res \$57 Non-Res \$67  
12/16 M 6-8:30pm



### Fall Mocktail Mixers

Ages 18+

Create seasonal, delicious beverages for your next gathering with homemade drinking vinegars and fruit syrups. Learn how to make fruity shrubs, no-cook syrups and beautiful, delicious garnishes for Fall & Winter flavored seasonal beverages. Participants will take home a packet of recipes, a jar of fruit shrub and a bottle of syrup! Please bring a 32oz and a 16oz jar or similar size Tupperware/deli containers.

Res \$45 Non-Res \$55  
9/16 M 6-8pm

# Adult Programs

## Bob Ross Oil Painting

Judy Stubb, Certified Ross Instructor  
Ages 12 & Up



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		
9/12	Th	5:30-9pm	Pathway to Autumn
9/28	Sa	10am-2pm	Wilderness Falls
10/10	Th	5:30-9pm	Autumn Images
10/26	Sa	10am-2pm	Chrysanthemums
11/14	Th	5:30-9pm	Ocean Sunrise
11/30	Sa	10am-2pm	Birches in the Snow
12/12	Th	5:30-9pm	Snowbound Cabin
12/28	Sa	10am-2pm	A Perfect Winter Day

Adult Community Center, Maple Classroom



Pathway to Autumn



Wilderness Falls



Autumn Images



Chrysanthemums



Ocean Sunrise



Birches in the Snow



Snowbound Cabin



A Perfect Winter Day



# Adult Programs



## Lower Cholesterol Naturally Using Diet and Lifestyle

Katherine Ferruzzi MScN

Ages 18+

This 4 week course is based on both science and practical advice. It is designed to help students gain knowledge about the foods and lifestyle adjustments that make the biggest impact on lowering cholesterol levels naturally. After the first week students will have enough knowledge of lifestyle habits that improve their health. Students will receive a workbook with all the information discussed in this course.

Res \$200 Non-Res \$210

9/25-10/16 W 6:30-8pm

10/23-11/13 W 6:30-8pm

Adult Community Center, Cedar Room

**New  
Class**

## Intro to Pickleball for Beginners

Ages 15+

This class will focus on the basic mechanics of playing pickleball. Topics will include rules of the game, the non-volley zone, dinking, serving, and keeping score. The first hour will focus on instruction. The second hour will focus on rotating play where participants will learn how to play games and rotate partners. Paddles and balls will be provided.

Res \$50 Non-Res \$60

9/8 Su 3-5pm

10/6 Su 3-5pm

11/3 Su 3-5pm

12/1 Su 3-5pm

Willamette Primary School Gym

## Open Rec Pickleball

Ages 15+

Join the members of the Willamette River Pickleball Club for some fun rotating play. All levels are welcome, however, players should know the rules, be able to dink, and serve. We will use a paddle queue and follow the "2 in - 2 out" rotation. One court will be reserved for advanced players. Paddles and balls will be provided.

Res \$8 Non-Res \$18

9/22 Su 3-5pm

10/20 Su 3-5pm

11/17 Su 3-5pm

12/15 Su 3-5pm

Willamette Primary School Gym



# Adult Programs

## Yoga I

D. Rohrbacker

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 \$100 Non-Res \$110

9/16- 11/18 M 7:30- 9pm

West Linn Adult Community Center, Grand Fir Room

## Yoga II

D. Rohrbacker

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 wellbeing. 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 \$100 Non-Res \$110

9/25-11/27 W 7:30- 9pm

West Linn Adult Community Center, Grand Fir Room



## T'ai Chi (Taiji) Beginning

S.V. Miller

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 \$95 Non-Res \$105

9/17-11/19 Tu 9-10am

9/21-11/23 Sa 9-10am

Sunset Fire Hall, Upstairs

9/19-11/21 Th 1:30-2:30pm

Adult Community Center, Grand Fir room

## T'ai Chi (Taiji) Intermediate

S.V. Miller

Increase all the benefits you receive from Taiji by incorporating the Principles of Taiji to enhance the Flow. This class is for the student who is confident playing the Yang-Style 24-Movement Form solo. Enrollment requires Instructor's permission.

Res \$95 Non-Res \$105

9/17-11/19 Tu 10-11am

9/21-11/23 Sa 11am-12pm

Sunset Fire Hall, Upstairs

## T'ai Chi (Taiji) Advanced

S.V. Miller

"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, commencing Form left and commencing Form right. Enrollment requires Instructor's permission.

Res \$95 Non-Res \$105

9/17-11/19 Tu 11am-12pm

Sunset Fire Hall, Upstairs

## T'ai Chi (Taiji) Yang-Style 40-Movement Form

S.V. Miller

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 \$95 Non-Res \$105

9/21-11/23 Sa 10-11am

Sunset Fire Hall, Upstairs



# West Linn Adult Community Center

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.

The Adult Community Center  
1180 Rosemont Road  
503-557-4704  
Open Monday-Friday 9 am-3 pm  
Closed 9/2, 11/11, 11/28, 11/29, 12/25, 1/1



## Services

### Home Medical Equipment

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

### 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

### Memories in the Making (MIMS)

Every Thursday at 1:00pm. In partnership with the Alzheimer's Association, this is an opportunity for those living with mild to moderate dementia to engage socially and reminisce about meaningful life moments through the process of watercolor painting. No prior art experience is necessary!

### 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 1pm. 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.

Caregiver Support Group: Every 3rd Thursday of the month 1:30-2:30pm. 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.

### Alzheimer's Support Group

Every 1st and 3rd Monday of the month 1:00-2:30pm. Begins April 1st. 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.

### 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 Lyn Ruffner. If your loved one is mobile and comfortable traveling, they are welcome to join us at the center. They will be attended in another area by Lyn during that hour.



## ACC Classes & Activities

### Knitting Group

Bring your knitting and/or crocheting and join in with a fun social group.

Th 10am-12pm



### Band Jam

Bring your own instrument or come and sing along.

W 1-3pm

### Uke Jam; "mele o nā kūpuna"

Bring your own ukulele and come ready for fun.

Tu 1-2pm

### Writing group- Honoring Your Memories

Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

Tu 10am-12pm

### Men's Group

Come join Dr. Scott McKinzie for a unique experience exploring the stories of famous men who made historic contributions that had lasting effects.

M 11am

### Quilting

1st & 3rd TH (Call the front desk for specific dates) 10:00am-12:00pm

### Open Painting

Bring your painting project and supplies and enjoy some social time while painting your works together. Instruction provided if desired.

F 10am-12pm

### Card Games

#### Bridge

M 12-3 pm

#### Hand & Foot

M 10am-12pm

#### Pinocle

Tu, W & F 12:30-3:00pm

#### Texas Hold 'Em

\$5 buy-in  
F 12pm

#### Whist

F 10am

#### Mah Jongg

F 12pm

### Book Club

Titles and descriptions listed inside this newsletter.

2nd Wed of the month 1pm



### Footcare

#### with Nurse 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) Notice: Price increase beginning Jan 1, 2025: \$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.

## ACC Fitness Classes

### Walking Group

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

### Aerobics Class

Come join this group morning video exercise class. What a great way to start your day! No charge.  
M, W, & F 10-11am



## ACC Fitness Classes



### T'ai Chi (Taiji) Beginning

S.V. Miller

Improve your balance! Increase your vitality. Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. 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.

FEE: Res \$95 Non-Res \$105

9/19-11/21 Th 1:30-2:30pm

Adult Community Center, Grand Fir room

### 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.

FEE 2X a week: Res \$105 Non-Res \$115

FEE 1X a week: Res \$55 Non-Res \$65

\$10 drop in per class

7/30-10/1 T & F 8:30-9:30am No class 9/3 & 9/6

10/4-11/26 T & F 8:30-9:30am

Adult Community Center, Grand Fir Room



**New Class**

### 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.

FEE: Res \$90 Non-Res \$100

\$10 Drop in per class

9/9-10/31 M & Th 8:30-9:30am

No class on 10/14

Res \$66 Non-Res \$76

\$10 Drop in per class

11/4-12/19 M & Th 8:30-9:30am

No class 11/11, 11/14 & 11/28

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

### Sit and Be Fit

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.

FEE: Res \$48 Non-Res \$58

\$10 drop in per class

8/13-10/1 T 10-11am No class 9/3

FEE: Res \$55 Non-Res \$65

\$10 drop in per class

10/8-11/26 T 10-11am

# West Linn Adult Community Center



## 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  
 9/10-10/29 T 8:30-9:30am  
 No class 10/15  
 Res \$33 Non-Res \$43  
 \$10 drop in per class  
 11/5-12/17 T 8:30-9:30am  
 No class 11/12  
 Adult Community Center, Oak Room

## Gentle Yoga

Lyndalea Ruffner

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. If registering for just one day a week, please see fee options in RecDesk or call to inquire.

Res \$83 Non-Res \$93  
 \$10 drop in per class  
 9/10-10/31 T & Th 10-11am  
 No class 10/15  
 Res \$60 Non-Res \$70  
 \$10 drop in per class  
 11/5-12/19 T & Th 10-11am  
 No class 11/12, 11/14 & 11/28  
 Adult Community Center, Grand Fir Room

## Gentle Yoga with Meditation

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  
 9/13-11/1 F 10-11:30am  
 Res \$50 Non-Res \$60  
 \$10 drop in per class  
 11/8-12/20 F 10-11:30am  
 No class 11/15 & 11/29  
 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. Wednesdays class specifically focuses on balance. There is a \$10 discount for full term, both Monday and Wednesday.

Res \$70 Non-Res \$80  
 \$10 drop in per class  
 9/9-10/28 M 10am-12pm  
 No class on 10/14  
 Res \$60 Non-Res \$70  
 \$10 drop in per class  
 11/4-12/16 M 10am-12pm  
 No class on 11/11  
 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. Taught by Lyndalea Ruffner, certified Yoga and Master Qigong Instructor.

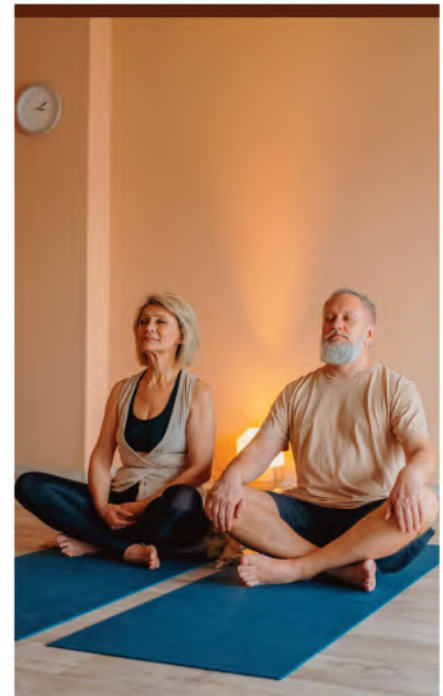
Res \$44 Non-Res \$54  
 \$10 drop in per class  
 9/12-10/31 Th 11:30am-12:30pm  
 Res \$28 Non-Res \$38  
 \$10 drop in per class  
 11/7-12/19 Th 11:30am-12:30pm  
 No class 11/14 & 11/28  
 Adult Community Center, Oak Room

## 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 \$48 Non-Res \$58  
 \$10 drop in per class  
 11/4-12/4 M & W 8:30-9:30am  
 No class 11/11  
 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 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 Elman 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.

## 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 2025 begin February 1st.

Applications for ball fields and courts will be approved as soon as the City has coordinated with local youth sports organizations for in season use.

## Parks with Reservable Picnic Areas



Hammerle Park



Marylhurst Heights Park



Tanner Creek Park



Mary S. Young Park



Sunset Park



Willamette Park

Picnic Reservations  
are ONLINE  
[cowl.recdesk.com](http://cowl.recdesk.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](http://WESTLINNOREGON.GOV)

0 0.25 0.5 1 Miles

PARKS\GIS\MAPS\PARKSANDOPENSACES\_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](http://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 503-557-4704 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 advance.  
[events@robinwoodstation.org](mailto: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](http://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 ACCOMMODATION IN ORDER TO PARTICIPATE, PLEASE EXPLAIN HERE

CITY OF WEST LINN RESIDENT? YES NO

CLASS #                      ACTIVITY TITLE                      START DATE/TIME                      \$

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOTAL AMOUNT DUE \$ \_\_\_\_\_

### Recreation Scholarship Fund:

YES, I would like to contribute \_\_\$1.00 \_\_ \$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 to: City of West Linn Parks and Recreation Program

Mail to:

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

I HAVE READ THE ABOVE WAIVER AND UNDERSTAND THE CONTENTS

Proud partner of





# CITY OF West Linn

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

PRSR STD  
U.S. Postage  
PAID  
West Linn, OR  
Permit #8

ECRWSS

Postal Customer



## SAT, OCT 12

11AM-2PM

MARY S. YOUNG PARK

*Put on your costume and stroll through the woods!*  
Have fun trick or treating & pumpkin painting, feast on autumn delights, join the scavenger hunt or enjoy tons of other spooky fun!



[westlinnoregon.gov/parksrec/fall-fest-forest](http://westlinnoregon.gov/parksrec/fall-fest-forest)

CITY OF  
**West Linn**  
PARKS & RECREATION



**TOYOTA**



OREGON  
HEALTHCARE.gov

