# WEST LINN PARKS AND RECREATION ACTIVITIES GUIDE

# **REGISTRATION BEGINS ARPRIL 7TH, 8AM**

# MAY-AUG

WESTLINNOREGON.GOV/PARKSREC

**CITY OF TREES, HILLS, AND RIVERS** 

PARKS & RECREATION

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

### **Parks and Recreation Mission Statement**

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

# Thank You West Linn/Wilsonville School District

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

# **Recreation Program Sites**

ADULT COMMUNITY CENTER1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL2900 Borland Rd
BOLTON SCHOOL
CEDAR OAK PRIMARY SCHOOL4515 Cedaroak Dr
CITY HALL22500 Salamo Rd
COMMUNITY OF FAITH1889 Willamette Falls Dr
HAMMERLE PARK1505 Lewis St
HARMONY ROAD MUSIC CENTER16703 SE Mcloughlin Blv, #C
MARYLHURST HEIGHTS PARK1800 Valley View Dr
MARY S. YOUNG PARK19900 Highway 43
ROBINWOOD PARK
ROSEMONT RIDGE MIDDLE SCHOOL20001 Salamo Rd
STAFFORD PRIMARY SCHOOL19875 Stafford Rd
SUNSET FIRE HALL2215 Long Street
SUNSET PRIMARY SCHOOL2351 Oxford Street
SUNSET PARK4665 Bittner St
TANNER CREEK PARK
TILTON'S GYMNASTICS19356 SW Mohace Ct, Tualatin
TRILLIUM CREEK PRIMARY SCHOOL1025 Rosemont Rd
WEST LINN HIGH SCHOOL5464 West A St
WILLAMETTE PARK1100 12th St
WILLAMETTE PRIMARY SCHOOL1403 12th Street

# **General Information**

How to Register:

- Online Registration:
- www.westlinnoregon.gov/parksrecPhone-in Registraiton: 503-557-4700
- 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 9am-3pm, 503-557-4704

# Registration begins April 7th at 8am

### Cancellations

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

### **Refund Policy**

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

### West Linn Residency

West Linn residents receive a discounted rate for classes. Most programs have a Non-West Linn resident fee of \$10 per class. You are a "resident" if you own or rent property inside the city limits of West Linn. If you are not sure if you reside in city limits, call 503-557-4700.

### Scholarships

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

### Special Accommodations

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

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





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

### West Linn Sports Associations

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

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

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

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

West Linn Baseball Association www.westlinnbaseball.org

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

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

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

West Linn-Wilsonville Youth Volleyball www.westlinnwilsonvilleyouthvolleyballprogram.com

Portland Water Spectacular www.portlandwaterspectacular.com



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# City of West Linn Parks & Recreation Department

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

# **Advisory Board**

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

# **Office Hours:**

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

WESTLINNOREGON.GOV/PARKSREC

**SUMMER 2025** 

503-557-4700 3





Pollinator Celebration! Plant and seed giveaways, crafts, vendors, educational booths, scavenger hunt!

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**SUMMER 2025** 

OF WEST LINN

BEE CITY USA

503-557-4700 5

Sponsored by

OREGON HEALTHCARE.gov



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503-557-4700 9



# Safety Town

### Ages 4-6

This camp provides children with the essential skills they need to handle hazardous and potentially dangerous situations in a fun and interactive way. Throughout the program, kids will hear from expert guest speakers, including a trauma nurse from Legacy Emanuel Hospital, Tualatin Valley Fire & Rescue, West Linn Police Department, and First Student. They'll learn important topics like poison awareness, stranger danger, how to call 911, and how to safely wait for and ride the school bus. In addition to engaging lessons, the program includes a T-shirt, daily snacks, and creative crafts, ensuring that kids stay entertained and excited while they gain these life-saving skills. By the end of the camp, children will feel more confident and prepared to stay safe in various situations.

On Friday families are invited to the Bike Rodeo from 11am-12pm. Please bring your child's helmet to camp each day!

Res: \$100 Non-Res: \$110 6/16-6/20 M-F 9am-11am Sunset Firehall

Sponsored by:



# Mini Fun in the Sun

Ages 5-7

This "mini" version of Fun in the Sun is a recreation day camp offered in West Linn parks. Mini Fun in the Sun is based on the traditional day camp model where youngsters play and interact outdoors with other children their age. Our activities are designed to enhance the physical, social and emotional well-being of the child. Activities are related to a weekly theme and include games, arts & crafts, stories and special visitors. (Camper to staff ratio is 10:1) What to bring to camp: Sack lunch, water bottles, sunscreen, appropriate clothing, and towel for water games.

Res \$220 Non-Res \$230 (\* Res \$176 Non-Res \$186)

Dates:		Location:	Time:
6/16-6/20	M-F	Marylhurst Heights Park	9am-3pm
6/23-6/27	M-F	Marylhurst Heights Park	9am-3pm
6/30-7/3*	M-TH	Tanner Creek Park	9am-3pm
7/7-7/11	M-F	Tanner Creek Park	9am-3pm
7/14-7/18	M-F	Sunset Park	9am-3pm
7/21-7/25	M-F	Robinwood Park	9am-3pm
7/28-8/1	M-F	Sunset Park	9am-3pm
8/4-8/8	M-F	Hammerle Park	9am-3pm
8/11-8/15	M-F	Robinwood Park	9am-3pm
8/18-8/22	M-F	Hammerle Park	9am-3pm

Theme: Under the sea Superhero's Animal Kingdom Disney Prehistoric animals Bugs and Butterflies Pokémon Magical Creatures Nature Explorers Outer Space



and 11:30am

amette

Park

# West Linn Public Library 2025 Summer Reading Program

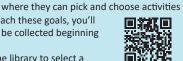


our Grand Prize raffle!

to complete a bingo or do them all for a blackout. Once you reach these goals, you'll receive a ticket to be entered our grand prize raffle. Prizes can be collected beginning on Wednesday, July 9th.

Upon completing their 500 minutes, kids and teens can visit the library to select a

FREE BOOK of their choice, receive a token for \$5 off their fines. Plus one entry into



6/24 Busy Bugs!



westlinnoregon.gov/ library/summer

**10** westlinnoregon.gov/parksrec

**SUMMER 2025** 

June 15th - August 15th

Kids and teens read at least 20 minutes a day for 25 days for a total of 500 minutes.

Adults can participate too in our Bingo log,







### **Art and Nature Camp** Ages 7-11

Our newest camp where art and nature come together! In this hands-on, outdoor adventure, campers will dive into a variety of creative projects while exploring and learning about the natural world around us. Each week will focus on a different nature-related theme, with activities, art projects, and exploration time designed to bring that theme to life. Whether you're an aspiring artist or a nature enthusiast, this camp offers the perfect blend of creativity and outdoor exploration. Campers may take a field trip or have onsite presenters each week. Please bring a sack lunch, water bottle, sunscreen, and appropriate clothing.

Res \$220 Non-Res \$230 (\* Res \$176 Non-Res \$186) Location: Dates: Time: 6/23-6/27 M-F Sunset Park 9am-3pm 6/30-7/3\* M-TH Fields Bridge Park 9am-3pm 7/7-7/11 M-F Sunset Park 9am-3pm 7/14-7/18 M-F Fields Bridge Park 9am-3pm 7/21-7/25 M-F Sunset Park 9am-3pm 7/28-8/1 M-F Fields Bridge Park 9am-3pm 8/4-8/8 M-F Fields Bridge Park 9am-3pm 8/11-8/15 M-F Sunset Park 9am-3pm Sunset Park 8/18-8/22 M-F 9am-3pm

Theme: Wildly Creative Feathered Friends Wonders of the Woods **Eco-Engineers** Frogs, Bugs, and Slugs **Geology Rocks** Weather and Water The Secret Life of Plants Colors of Nature



# Fun in the Sun

### Ages 8-12

Fun in the Sun is an exciting recreation day camp offered in West Linn parks. This summer, we are offering one-week sessions of camp at Willamette Park and one week will be at Hammerle park. Register early, as space is limited. Fun in the Sun is a traditional day camp program designed to provide active & diverse activities for youth. Our trained staff works daily to offer enrichment activities in the areas of arts, games, social & cultural activities and nature study. The campers will take varied weekly field trips to local attractions and host onsite presenters and new activities each week. (Camper to staff ratio 10:1) What to bring to camp: Sack lunch, water bottles, sunscreen, appropriate clothing, and towel for water games. The weeks of 6/23-6/27 and 8/11-8/15 have an increased camp cost due to higher expenses from the weekly field trip.

Res \$220 Non-Res \$230 (\* Res \$176 Non-Res \$186 \*\* Res \$230 Non-Res \$240) Dates: Location: Time: 6/16-6/20 M-F Willamette Park 9am-3pm 6/23-6/27\*\* M-F Willamette Park 9am-3pm 6/30-7/3\* M-TH Willamette Park 9am-3pm 7/7-7/11 M-F Hammerle Park 9am-3pm 7/14-7/18 M-F Willamette Park 9am-3pm 7/21-7/25 M-F Willamette Park 9am-3pm 7/28-8/1 M-F Willamette Park 9am-3pm 8/4-8/8 M-F Willamette Park 9am-3pm 8/11-8/15\*\*M-F Willamette Park 9am-3pm 8/18-8/22 M-F Willamette Park 9am-3pm

Field Trip: Frog Pond Farm Oaks Park Top Golf Langers Entertainment Center Movie Theater OMSI **Clackamas Aquatic Park** Super Play Sky Zone Movie Theater



WESTLINNOREGON.GOV/PARKSREC

**SUMMER 2025** 

503-557-4700 11



### Jr. LEGO Robotics: Adventure Stories Ages 4-7

This class is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build an Airplane Rescue, a Giant Escape, and a Sailboat Storm. They also learn how to program and operate their creations using a laptop computer. Res \$319 Non-Res \$329 6/16-6/20 M-F 9am-12pm Location TBD

# Educational MineCraft: Medieval Redstone

### Machinations

### Ages 7-12

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. This class will introduce students to the many uses of Redstone through a Medieval themed adventure of creation, exploration, and castle besieging, with students working together to build their kingdom, and designing traps to defend their castle. Res \$319 Non-Res \$329 6/16-6/20 M-F 1-4pm Location TBD

# Jr. Scratch & MaKey MaKey:

### Musical Adventures Ages 4-7

We are going to explore how different sounds are created and we will create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder, and we will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! Res \$319 Non-Res \$329 6/23-6/27 M-F 9am-12pm Location TBD

### Mechanical Engineering: Master Machines Ages 7-12

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 \$319 Non-Res \$329 6/23-6/27 M-F 1-4pm Location TBD

### Digging for Dinos Ages 4-7

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! Your child's help is needed to excavate these fossils. 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 6/30-7/3 M-Th 9am-12pm Location TBD



# Environmental Engineering: Go Green

### Ages 7-12

During the Environmental Engineering classes, students use the Engineering Design Process to design, create, test, and refine basic solutions related to alternative energy and environmental issues. They learn principles behind crafting efficient wind-powered machines and discover how those machines can be used to help reduce the use of fossil fuels. Res \$256 Non-Res \$266

6/30-7/3 M-Th 1-4pm Location TBD

# Jr. LEGO Robotics: Wild Animals

### Ages 4-7

This class is a perfect mixture of fun and learning, using LEGO® WeDo Robotics. Using LEGO® bricks, students build a hungry alligator, a flying bird, and a roaring lion. They also learn how to program and operate their creations using a laptop computer. Res \$319 Non-Res \$329 7/7-7/11 M-F 9am-12pm Location TBD

### Heroes Week Ages 7-12

Join a league of heroes and compete against other leagues by performing engineering-related challenges, such as saving an ecosystem from a potentially lethal oil spill. Students will explore the fields of environmental engineering, civil engineering, mechanical engineering, and electrical engineering as they design and construct tools that will help them protect the world, as all good superheroes do. Res \$319 Non-Res \$329 7/7-7/11 M-F 1-4pm Location TBD

# Jr. Civil Engineering: Fun Foundations

### Ages 4-7

Get ready to raise the skyline as we delve into the exciting field of civil engineering! This camp introduces students to the foundations of civil engineering, exploring key concepts such as tension and compression, structurally strong geometric shapes, and the critical importance of a solid foundation and core. Res \$319 Non-Res \$329 7/14-7/18 M-F 9am-12pm Location TBD

# Civil Engineering: Strategic Structures

Ages 7-12

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. Students will learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Res \$319 Non-Res \$329

Res \$319 Non-Res \$329 7/14-7/18 M-F 1-4pm Location TBD



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### Jr. Electrical Engineering: Engineering

### Electrified

### Ages 4-7

Get charged up for this exciting week of electrical engineering! You will explore a wide range of foundational concepts related to electricity, such as magnetism, static electricity, circuitry, and more. We will spark your imagination as you tackle electrifying, hands-on engineering challenges using our EFK Engineering Design Process. Res \$319 Non-Res \$329 7/21-7/25 M-F 9am-12pm Location TBD



### Electrical Engineering: High Voltage Hijinks Ages 7-12

Get powered-up for an energetic week of electrical engineering! In this camp you will learn how to generate power using electromagnets, electrical circuits, wind turbines, and solar panels. This is an illuminating experience you won't want to miss! Res \$319 Non-Res \$329 7/21-7/25 M-F 1-4pm Location TBD

# Jr. World Games Engineering

#### Ages 4-7

The competition is heating up with the Engineering For Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Res \$319 Non-Res \$329 7/28-8/1 M-F 9am-12pm Location TBD



### World Games Engineering Ages 7-12

The competition is heating up with the Engineering For Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Non-Res \$329 Res \$319 7/28-8/1 M-F 1-4pm

# Jr. Aerospace Engineering: Taking to the Skies

### Ages 4-7

Location TBD

The Junior Aerospace Engineering classes introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, helicopters, and more. Res \$319 Non-Res \$329 8/4-8/8 M-F 9am-12pm Location TBD

### LEGO EV3 Robotics: Robotic Olympics

### Ages 7-12

The classes in the LEGO® EV3 Robotics Program are designed to introduce students to both robot building as well as programming. The students will build robots to accomplish a specific task while using their imagination to make their robot better than the basic robot.

Res \$319 Non-Res \$329 8/4-8/8 M-F 1-4pm Location TBD

# Summertime Splash

Ages 4-7

As spring transitions into summer, the days become longer, the temperatures rise, and nature bursts with life. One of the most exciting things about summer is the vibrant energy all around, from the buzzing of bees and chirping of crickets to the blooming of bright flowers and lush green landscapes. In this program, we will dive into the wonders of summer and discover the fun and excitement this lively season brings. Res \$319 Non-Res \$329 8/11-8/15 M-F 9am-12pm Location TBD

# LEGO Spike Robotics:

### **Rescue Bots**

### Ages 7-12

Welcome to the Rescue Bot Operations Center, a place where robots have fun, compete, and go on exciting adventures. In this program, students will use the EFK Engineering Design Process to take on a variety of rescue missions using the LEGO<sup>®</sup> Spike Prime robotics kit. Students will learn to build robots and use block coding to design a route to help citizens in peril.

Res \$319 Non-Res \$329 8/11-8/15 M-F 1-4pm Location TBD



# Ages 4-7

Our Junior Engineers will be inspired by Mars-themed children's literature featured in this class. The stories will deepen their knowledge and spark their imaginations as they engage in hands-on engineering challenges using EFK's Engineering Design Process. In the stories and challenges, students will explore various topics in science, as well as mechanical, aerospace, geologic, and environmental engineering. Res \$319 Non-Res \$329 8/18-8/22 M-F 9am-12pm Location TBD

### Survival on the Red Planet: Mission to Mars

### Ages 7-12

This class is all about understanding the science, technology, and engineering that will make human habitation on Mars possible. Students will learn about the Artemis Mission and how it is paving the way toward the ultimate goal of sending human beings to Mars. Students will work in teams to design and build a physical prototype of their own Mars base. Res \$319 Non-Res \$329 8/18-8/22 M-F 1-4pm Location TBD





# **LEGO Mechanical Engineers**

### Ages 6-11

In this fun and challenging LEGO Mechanical Engineering camp, campers dive deep into the mechanics of gears, levers, wheels, and pulleys to solve real-world problems and design creative moving machines! Res \$300 Non-Res \$310

7/14-7/18 M-F 9am-12pm Location TBD





### Van De Veere Summer Camps Location: Sunset Firehall

Location: Sunset Filenan

# Summer Camps with Miss Kathleen

# **Creative Ballet Princess Camp**

### Ages 4-7

Come and learn skills with Miss K this summer! Dance and stretch to your favorite Disney songs! Res \$50 Non -Res \$60

7/7-7/9	M-W	11:15-11:45am
7/15-7/17	T-Th	11:15-11:45am
8/5-8/7	T-Th	11:15-11:45am
8/12-8/14	T-Th	11:15-11:45am
8/19-8/21	T-Th	11:15-11:45am

# Ballet and Tap Dance Combo Camp

### Age 7-10

Work with Miss K this summer on your ballet and tap dancing skills. Stretch, dance across the floor and then switch into y our tap shoes for some fun funky footwork.

Res \$60	Non-Res \$70	
7/7-7/9	M-W	11:45am-12:30pm
7/15-7/17	T-Th	11:45am-12:30pm
8/5-8/7	T-Th	11:45am-12:30pm
8/12-8/14	T-Th	11:45am-12:30pm
8/19-8/21	T-Th	11:45am-12:30pm

# Taylor Swift Dance Skills Camp

### Ages 8-12

Taylor Swift Dance Skills Camp is Back! Our most popular camp last season! Stretch, work skills across the floor (legs, turns and leaps) and then work on a new Taylor dance in every camp! Your dancer will love it.

Res \$60 Non-Res \$70

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7/7-7/9		M-W	12:30-1:15pm
7/15-7/17		T-Th	12:30-1:15pm
8/5-8/7		T-Th	12:30-1:15pm
8/12-8/14		T-Th	12:30-1:15pm
8/19-8/21		T-Th	12:30-1:15pm

# Wicked Song and Dance Musical Theater Camp

### Ages 8-12

You asked for it! Musical Theater is our most popular class at the firehall. Come and sing and dance to your favorite WICKED songs! We will focus on a new song in each camp this summer! Sure to be a blast!

### Res \$60 Non-Res \$70

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7/7-7/9	M-W	1:15-2pm
7/15-7/17	T-Th	1:15-2pm
8/5-8/7	T-Th	1:15-2pm
8/12-8/14	T-Th	1:15-2pm
8/19-8/21	T-Th	1:15-2pm

# Dance Skills/Tricks/ Stretch and Improv Camp

### Ages 9+

This camp is right for the dancer who is ready to build on their skills and want to really improve this year. Focus will be on technique, proper placement and stretching, legs, turns and leaps and then connecting everything with improv. Can't wait for this 2 hour camp per day!

Res \$120	Non-Res \$130	
7/7-7/9	M-W	2-4pm
7/15-7/17	T-Th	2-4pm
8/5-8/7	T-Th	2-4pm
8/12-8/14	T-Th	2-4pm
8/19-8/21	T-Th	2-4pm

# Summer Camps with Miss Mikayla

# Hip Hop and Play Camp

### Ages 6-8

A great way to get your little one involved in dance with us! Join us for a fun class with upbeat music, funky moves and fun dance games! Mikayla makes dance fun for your little one!

Res \$65	Non-Res \$75	
7/22-7/24	T-Th	11am-12pm
7/29-7/31	T-Th	11am-12pm

# Jazz Skills Dance Camp

### Ages 7-11

Come and learn some great skills this summer! Miss Mikayla will lead a stretch, across the floor and great techniques for your dance. Perfect for the dancer who is new or one-two years of training.

Res \$65	Non-Res \$75	
7/22-7/24	T-Th	12-1pm
7/29-7/31	T-Th	12-1pm

# **Musical Theater Camp**

### Ages 7-11

Come and sing some of your favorite Broadway songs this summer! We will learn choreography and also work on fun acting games! A great class if you are a HAM for sure! Res \$65 Non-Res \$75

7/22-7/24	T-Th	1-2pm
7/29-7/31	T-Th	1-2pm

# Hip Hop Camp

### Ages 7-11

Get your groove on this summer! We welcome both new and returning students to this class! Upbeat and positive music and movement! Come and join in the fun! Res \$65 Non-Res \$75 7/22-7/24 T-Th 2-3pm 7/29-7/3 T-Th 2-3pm



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**Instructor Experience:** All of the instructors in the park have experience with rigging outdoors from the trees, aerial safety, and knowledge in each apparatus they teach. A-WOL has provided aerial instruction for the past fifteen years and continues to see their adult and youth programs growing. A-WOL hosts numerous teacher training and rigging workshops from experts in each field.

**STUDENT DRESS CODE:** Leggings/fitted pants that allow movement, leotard or fitted t-shirts/tank tops, sports bra. Students should bring layers, socks, and a pair of shoes that can slip on and off. Weather in the park can change quickly from very cool to very hot when the sun is directly on the aerial stages. Please avoid loose or baggy clothing, skirts, crop tops, clothing with zippers, and jewelry (no midriff or bare legs to reduce burns from equipment) students who are dressed inappropriately will be asked to observe class. Be sure you have clean bodies, hands, and feet as well as deodorant if needed. Please help us keep our silks clean and free from damage!

# **Tiny Fly Aerial Playground**

### Ages 4-7

Get ready to monkey around in the trees! Develop body awareness, basic aerial skills, and locomotion patterns founded on play and imagination. Bring water and snacks each day.

Res \$387 Non-Res \$397

6/16-6/20	M-F	1-3:30pm
7/14-7/18	M-F	1-3:30pm
8/11-8/15	M-F	9:30am-12pm
Mary S. Young Shelter		

### Weekend Camps

Res \$155 Non-Res \$165 7/12-7/13 Sa-Su Mary S. Young Shelter

10am-12:30pm

# Youth Fly Aerial Playground

### Ages 8-12

Flip your summer upside down! Spend the week learning to climb, invert, and fly on multiple aerial apparatuses. Learn fun aerial skills, develop tumbling, and dance skills, and utilize your creativity and expression. Bring water and snacks each day.

Res \$465 Non-Res \$475

6/16-6/20	M-F	9:30am-12:30pm
7/28-8/1	M-F	9:30am-12:30pm
8/11-8/15	M-F	12:30-3:30pm
Mary S. Young Shelter		

### 3-Day Weekday Camp

Res \$279 Non-Res \$289 6/30-7/2 M-W Mary S. Young Shelter

### Weekend Camps

 Res \$186
 Non-Res \$196

 6/28-6/29
 Sa-Su

 8/16-8/17
 Sa-Su

 Mary S. Young Shelter

10am-1pm 10am-1pm

9:30am-12:30pm



### **Teen Fly Aerial Playground**

### Ages 13-18

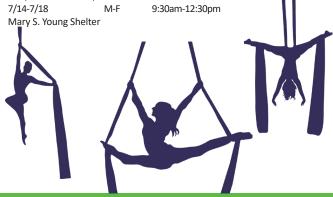
Take your summer up to the next level! Learn to climb, invert, and fly on multiple aerial apparatus in the trees of Mary S Young Park. Learn aerial tricks and transitions and utilize your creativity in the air. This is an open-level camp. No experience is required. Bring water and snacks each day. Res \$279 Non-Res \$289

6/30-7/2 M-W 1-4pm Mary S. Young Shelter

# Youth/Teen Fly Intermediate Aerial Playground

### Ages 9-17

Take your aerial skills to the next level. Spend the week learning new climbs, more advanced skills, and transitions on aerial fabric and trapeze. This is an intermediate-level class for campers with aerial experience. Must be able to complete the prerequisites above. Bring water and snacks each day. IMPORTANT INTERMEDIATE CAMP PREREQUISITES: Students must be able to climb the silks multiple times, invert in the air (from a climb) independently, pullover (in a knot or on a bar), know a basic foot lock, and hip key.Students must meet prerequisites for these camps. Please email education@awoldance.org if you are unsure of your student's level. Res \$465 Non-Res \$475



# **Coyle Outside Summer Camps**

# Fish, Forage, Fire!

### Ages 8-13

Learn the art of being a true outdoorsman! Our primary activities will be fishing, archery and foraging along with skills that help you do those things well. Learn and develop diverse skill sets of food acquisition! Fish lessons, as allows, will include baiting, cleaning and cooking as well as gear, casting and, of course, fishing. Foraging will include plant ID and how to safely harvest in various seasons. Archery practice will occur several times throughout the week with an emphasis on safety, practical use, and form. Bring appropriate clothing, snacks, and lunch. Res \$464 Non-Res \$474 6/23-6/27 M-F 9am-4 pm

7/28-8/1 M-F 9am-4 pm Mary S. Young Shelter

# Intro to Wilderness Survival

### Ages 6-9

No prerequisites needed. Learn the basics of thriving in the wild in this survival camp that covers a bit of everything! Campers learn confidence, initiative, communication, and common sense through fun survival scenarios in teams and on their own. Skills introduced include shelters, fire building, cordage, navigation, knots, traps, primitive skills, and more. We won't get to everything, there's too much, but the week is packed! We play survival themed games, and the week ends with an exciting final scenario and a certificate of achievement parents are invited to attend. No prerequisites. Bring appropriate clothing, snacks, water shoes, bug spray, and lunch. Res \$386 Non-Res \$ 396

1103 9300	NOT THE Y S	
6/16-6/20	M-F	9am-2:30 pm
7/7-7/11	M-F	9am-2:30 pm
7/14-7/18	M-F	9am-2:30pm
8/11-8/15	M-F	9am-2:30pm
8/18-8/22	M-F	9am-2:30pm
Mary S. Yo	ung Shelter	

### **Girls Wildcrafting**

### Ages 9-14

Connect with nature while learning traditional ancestral skills such as fiber arts, fire building, cordage, basket weaving, natural dying, knife skills, plant ID, foraging, and more. Immerse yourself in the skills that interest you and develop creativity to expand your knowledge of the world around you. Nurture new and existing friendships and enjoy the simplicity of slower days filled with community and crafts. Complete the week with a wildcrafting certificate and final ceremony displaying skills cultivated throughout the week. Bring appropriate clothing, snacks, water, water shoes, bug spray, and lunch. Res \$414 Non-Res \$424 7/14-7/18 M-F 9 am-4 pm Mary S. Young Shelter



# Intermediate Wilderness Survival

# Ages 8-11

No prerequisites needed. Full day of building survival skills and testing yourself against real life survival scenarios! Skills taught/practiced include shelters, fire safety/building, knife safety, tracking, foraging teamwork, traps, orienteering, cordage and knots, and primitive skills. We dive even deeper into skills the group finds most engaging. Our goal is building initiative, selfcontrol, and judgment skills while connecting with the natural world and having fun. The week ends with an exciting final scenario and a certificate of achievement. No prerequisites. Bring appropriate clothing, water shoes, bug spray, snacks, and lunch. Res \$424 Non-Res \$434 6/30-7/4 M-F 9am-4pm Mary S. Young Shelter





### Ninja Warrior Parkour Ages 9-14

Led by expert instructor Ryland Lanagan learn to jump, vault, tumble, bounce, and spin your way under, over, and through whatever obstacles and features you come across. Develop control and confidence through martial arts movements like Judo and Capoeira. Campers build strength, timing, balance, flexibility, and explosiveness as instructors take participants through a challenging and fun progression of skills and exercises. Instructors incorporate obstacle courses, martial art forms, acrobatic movements, and props to learn and choreograph key parkour and free running movements. The week ends with a final showcasing of skills. Learn from expert instructors who travel nationally to teach and compete in parkour and movement classes and events. Play fun games, make new friends, and earn a skills certificate. Bring appropriate clothing, water, snacks, and lunch. Res \$432 Non-Res \$442

Res \$432 Non-Res \$442 6/16-6/20 M-F 9am-3pm Mary S. Young Shelter



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# **Advanced Wilderness** Survival

### Ages 10-14

No prerequisites needed. This camp goes in depth into critical survival skills using fun, challenging real life scenarios. Participants work on their own and in teams to problem solve various skills challenges and scenarios while learning skills such as shelter, fire, tool use, knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation, and more! Instructors help participants build initiative, self-control, confidence, and communication skills while making new friends. We play survival themed games, and the week ends with an exciting final scenario! Parents are welcome to join the final ceremony the final half hour of camp. Bring appropriate clothing, water shoes, bug spray, snacks, and lunch. Res \$424 Non-Res \$434 8/4-8/8 M-F 9 am-4 pm Mary S. Young Shelter

### **Bush Crafting Camp** Ages 9-14

Build. Cool. Stuff. This camp is all about tool use, creativity, and engineering. Each day we will introduce a new building project that participants will work on throughout the week to bring home. Projects are generally themed for camping and outdoors. We even try to build the tools we will use to build the other things! Projects may include creating a wood baton, natural fiber cordage, hand carved wood spoon and/or bowl, paracord survival bracelets or belts, dream catchers, feather sticks, natural dye projects, walking sticks, fishing spears/traps, and more. Projects vary depending on instructor and group/individual interest. Participants practice focus, follow through, patience, and develop problem solving and common sense as they work through projects.

Res \$426 Non-Res \$436 7/21-7/25 M-F 9am-4 pm Mary S. Young Shelter



# **Paddlesports Day Camp**

### Ages 8-13

West Linn Parks and Recreation is excited to partner with eNRG Kayaking again this year for its paddling day camp program. Our certified instructors will oversee the camps to instruct youth on water comfort, risk management and proper paddling techniques. Campers will have the opportunity to try out canoes, kayaks and stand up paddle boards while incorporating fun games and activities on the Willamette River; no experience required. Non Por \$400

Res \$395	Non-Res \$405	
6/30-7/2	M-W	10am-3pm
7/21-7/23	M-W	10am-3pm
7/28-7/30	M-W	10am-3pm
8/4-8/6	M-W	10am-3pm
8/11-8/13	M-W	10am-3pm
Willamette	e Park, Kayak Launch	







Jordan Kent's Just Kids Skill Camps Sign up at jordankentcamps.com

# Multi-Sport Camp

Ages 6-12

Jordan Kent's Just Kids Skill Camps offer a well-rounded experience that enhances sports skills, builds confidence, and fosters a love for sports. Featuring agility training, nutrition education, and character development, the camp emphasizes teamwork, perseverance, and leadership. Founded by Jordan Kent, a UO Hall of Fame 3 sport athlete, the camp creates a positive, supportive environment where campers improve athletically and grow personally. Choose between basketball, football, soccer, or do them all!

 \$169 Partial Day (9am-1pm)
 \$199 Full Day (9am-3pm)

 7/14-17
 M-Th
 9am-1pm or 9am-3pm

 8/11-14
 M-Th
 9am-1pm or 9am-3pm

 Hammerle Park
 Park

# Softball Camp

Ages 6-12

Join the Just Kids Skill Camps Softball Camp! Designed for all skill levels, this camp offers a fun, supportive environment where campers learn essential softball techniques, improve their hitting, pitching, and fielding, and build confidence. With engaging drills, friendly competitions, and personalized coaching, campers will develop their skills while making new friends and having a blast. Whether you're new to the game or looking to refine your abilities, this camp is the perfect fit! \$129

7/28-31 M-Th 9am-12pm Willamette Park Fields 2 & 3

# Pickleball Camp

Ages 6-12

Get ready for an action-packed Pickleball Camp for kids ages 6-12! Whether you're a beginner or have some experience, this camp teaches the fundamentals of pickleball in a fun and energetic atmosphere. Campers will learn key skills like serving, volleying, and court positioning through exciting drills and games. With expert coaching and friendly competition, kids will improve their game, build teamwork, and make lasting memories. It's the perfect place for young athletes to discover the thrill of pickleball! \$129

6/30-7/3 M-Th Hammerle Park

9am-12pm







Sign up at kidokinetics.com

### **Summer Sports Play**

10-week program

### Ages 3-4

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warmup, an introduction to a new sport or activity, free play, cool down, and an age-appropriate anatomy and physiology lesson. \$89/month or \$223 for all 10 weeks 6/12-8/14 Th 4pm-4:45pm

Willamette Park

### Ages 5-7

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warmup, an introduction to a new sport or activity, free play, cool down, and an age-appropriate anatomy and physiology lesson. \$89/month or \$223 for all 10 weeks 6/12-8/14 Th 4:45pm-5:30pm Willamette Park

# Hoops, Scoops, and Shots Camp

### Ages 4-7

A combination of four popular sports to create a fun learning experience with: basketball, lacrosse, jai alai, and hockey to learn agility, accuracy, flexibility, balance, endurance, coordination, and speed. Res \$150 Non-Res \$160 6/25-6/27 W-F 9am-12pm Tanner Creek Park

# **Ninja Play Camp**

Ages 4-7

During Ninja Play kids develop skills around stability, agility, balance, jump distance and more. Every class is designed for optimal skill development m and of course-optimal FUN! Each day features and warm up, sport-specific skills and drills, free play, cool down, and an ageappropriate anatomy and physiology lesson. Res \$150 Non-Res \$160 7/14-7/16 M-W 9am-12pm

Robinwood Park

# **Sports Play Camp**

### Ages 4-7

Kids will spend their days off school getting active! This camp will feature all kinds of fun organized games, learning several net games - tennis, pickleball, volleyball, badminton, basketball, lacrosse and more - as well as ageappropriate anatomy and physiology education on muscles and bones. 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 introduction to 6-8 new sports or activities, free play, cool down and an age-appropriate anatomy and physiology lesson- all in a non-competitive environment!

Res \$150 Non-Res \$160 7/28-7/30 M-W/ 9am-12pm Hammerle Park

# **Run the Bases Camp**

### Ages 4-7

There is no better feeling than running across home plate. We will learn the basics of what it means to run bases while we rotate between kickball, T-Ball and cricket. Kids will learn basic skills for each of these sports as well as work on their cardiovascular endurance and teamwork. Res \$150 Non-Res \$160 8/13-8/15 W-F 9am-12pm Fields Bridge Park





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# **Multi-Sport & Art Camp**

Ages 6-9

Get ready for a summer full of fun, energy, and creativity at Playmakers USA! Our multi-sports and art camp is designed for kids ages 6-9, offering a perfect blend of sports, teamwork, and artistic expression. Campers will enjoy basketball, soccer, kick ball, and wiffle ball, where they build skills, stay active, and learn the value of teamwork in a fun and supportive environment. In addition to sports, our daily art sessions will spark creativity, giving kids a chance to explore their imagination through hands on projects. Whether your child is an aspiring athlete, a young artist, or both, this camp is the perfect place to grow, make new friends, and have a blast all summer long! Res \$219 Non-Res \$229

6/16-6/19 M-Th 10am-2:30pm 6/23-6/26 M-Th 10am-2:30pm **Fields Bridge Park** 

New



# **Soccer Shots**

soccershots.com/pdx/

Sign up at



# Soccer Shots Mini

### Ages 2-3

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

Res \$210 6/15-8/17 Su 9am-9:30am Hammerle Park

# Soccer Shots Classic

### Ages 3-4

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

Res \$220 6/15-8/17 Su 9:45am-10:20am Hammerle Park

### Ages 4-5

Res \$220 6/15- 8/17 Su Hammerle Park

10:35am-11:15am

# **Soccer Shots Premier**

Su

### Ages 5-7

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

Res \$230 6/15-8/17 Hammerle Park

11:30am-12:15pm





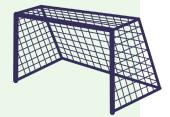


# Sudy Soccer Camp

Program focus is building cooperation, self-esteem, and leadership skills through soccer. Players will engage in a fun and friendly environment where everyone feels welcomed and learning basic to advanced skills. Teaching basics of the game and cooperative and sportsmanship skills through fair play, games, and competition. You will improve individual and team skills including Skill drills (dribbling and passing), heading, defense and offense, shooting ranging from beginner to advanced levels. Besides learning new skills, campers make new friends, and be the best you can be! Play relay games, tag games, compete in fun competitions! All skill levels welcome (groups are split by ability/grade level) please bring snack, lunch, sunscreen, and water. Come out to play and join the fun!

Ages 5-7 Res \$185 Non-Res \$195 8/18-8/22 M-F 9am-12pm Mary S. Young, Soccer Fields

Ages 8-10 Res \$185 Non-Res \$195 8/18-8/22 M-F 1pm-4pm Mary S. Young, Soccer Fields



# **Adult Programs**

# **Bob Ross Oil Painting**

With 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
4/10	Th	5:30-9pm
4/26	Sa	10am-2pm
5/8	Th	5:30-9pm
5/24	Sa	10am-2pm
6/12	Th	5:30-9pm
6/28	Sa	10am-2pm
7/17	Th	5:30-9pm
7/26	Sa	10am–2pm
8/14	Th	5:30-9pm
8/30	Sa	10am–2pm
Adult Community Center, Maple Classroom		

Moonlit Seas A Hint of Spring **Oriental Falls** Bald Eagle in Flight Lakeside Sunset Patriot Rose Twilight Path Desert Sunset Moonlit Falls **Tropical Paradise** 



**Moonlit Seas** 





Patriot Rose





Twilight Path



**Oriental Falls** 



Bald Eagle in Flight



Lakeside Sunset



**Desert Sunset** 



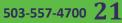
Moonlit Falls



**Tropical Paradise** 



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# **Adult Programs**



# **Union Holistic Heath Classes**

With Samantha Romanowski, Cerified Holistic Nutritionalist

# **Baking Sourdough at Home**

### Ages 18+

Learn the basics of sourdough baking. This class will guide you through a no-knead method of baking. Participants will learn how to shape, fold and score a loaf, how to take care of your starter, and what to do with leftover starter. 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 the 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 6/23 M 6-8pm Adult Community Center, Cedar Room



# Hearty Summer Salads

### Ages 18+

Go beyond the basic garden salad this summer and learn how to make hearty, filling salads with seasonal ingredients. In this class we'll cover how to increase your veggies every day with plant based meals that are delicious, filling and easy. You'll learn how to make savory, healthy salads, grain bowls and dressings. Participants will taste a variety of vegetarian salad style meals, and take home a savory salad with dressing as well as a packet of information and recipes.

Res \$50 Non-Res \$60 8/6 W 6-8pm Adult Community Center, Cedar Room

# Let's Get Flyfishing!

### Ages 16 & Up

This well rounded & engaging introduction to flyfishing includes ; basic etymology, necessary knots, hands on experience with fly rod to dial casting stroke, proper presentation & line control. Class notes available upon request. Super opportunity to demystify & enjoy an amazing sport! Please wear hat/ sunglasses. Flyrod rental \$10 cash. Res \$65 Non-Res \$75

(Additional \$10 for flyrod rental, pay instructor onsite)			
6/4 W 9:30-11am			
6/18	W	9:30-11am	
7/16 W 9:30-11am			

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7/30	W	9:30-11am
8/13	W	9:30-11am
8/27	W	9:30-11am
Willsmoth	Do Dork	Sprav-pad

Willamette Park, Spray-pad

### **Holistic Heath**

With Melanie Draper, Certified Natural Holistic Health Coach

# Natural Health: A Step-By-Step Approach

### Ages 16+

In this transformative course, participants will explore the foundational principles of natural health and learn how to take control of their health naturally. Through an integrative approach, participants will discover how to nourish the mind, body, and sprit using nature's wisdom. Emphasis is placed on understanding the interconnectedness of physical, mental, and emotional well-being, and how to promote optimal health from the inside out, including recommendations necessary to care for the self, one's family, and our community.

Res \$105	Non-Res \$115	
6/20 & 6/27	F	6-7:30pm
8/8 & 8/15	F	6-7:30pm
Adult Commu	inity Center, Maple R	oom



# Gut Health 101

### Ages 16+

In this insightful and empowering class, participants will discover the powerful connection between gut health and overall well-being. Learn how a healthy gut influences everything from your immune system to mental health, energy levels, and more. Through expert guidance, you'll explore the intricate relationship between gut bacteria and the body, understanding how it impacts digestion, inflammation, and overall physical and mental health. Whether looking to improve digestion, boost immunity, or simply feel better every day, this class will provide the knowledge and tools to take charge of your health and enhance your quality of life from the inside out.

Res \$105 Non-Res	s \$115	
6/18 & 6/26	W&Th	6-7pm
8/6 & 8/13	W	6-7pm
Adult Community Ce	nter, Maple R	loom





# **Adult Programs**



# **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 \$95	Non-Res \$105	
4/8-6/17	Tu	9-10am
		No class on 5/27
4/12-6/21	Sa	9-10am
		No class on 5/24

Sunset Fire Hall, Upstairs 4/10-6/12 Th 1:30-2:30pm Adult Community Center, Grand Fir Room

# **Yoga Classes**

With Don Rohrbacker

### Yoga I

Summer is a great time to keep moving. Maintain or improve flexibility and reduce soreness. We build strength and flexibility while reducing stress. We do this through movement and easy meditation techniques, appropriate for all levels of ability. The course is led by a registered Yoga Teacher with more than 15 years teaching experience. Bring a mat and/or blanket, comfortable clothing, an empty stomach and a positive frame of mind.

Res \$100 Non-Res \$110 6/9-8/11 M 7:30-9pm Adult Community Center, Grand Fir Room

# Yoga II

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 \$100 Non-Res \$110 6/11-8/13 W 7:30- 9pm Adult Community Center, Grand Fir Room



# T'ai Chi (Taiji) Intermediate

### Ages 18+

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	
4/8-6/17	Tu	10-11am
		No class on 5/27
4/12-6/21	Sa	11am-12pm
		No class on 5/24

Sunset Fire Hall, Upstairs

### T'ai Chi (Taiji) 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, commencing Form left and commencing Form right. Enrollment requires Instructor's

permission. Res \$95 Non-Res \$105 4/8-6/17 Tu

11am-12pm No class on 5/27

Sunset Fire Hall, Upstairs

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

### Ages 18+

This class will introduce you to the 40-Movement version of the traditional Yang-Style Form. Previous training in Yang-Style 24-Movement Form required. Res \$95 Non-Res \$105 4/12-6/21 Sa 10-11am

10-11am No class 5/24

Sunset Fire Hall, Upstairs

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



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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 5/26, 6/19, 7/4, 9/1





# 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 aride or a week early. Pick-ups begin around 9:30 am. Let them know if you require use ofthe 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 1:00-2:30pm. If you or a loved one has Parkinsons, please join us for Table Tennis. No cost to play and is a great way to get exercise and meet new friends.

### Parkinsons Support Group

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

### Caregiver Support Group

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



# **ACC Classes & Activities**

### **Coffee Social Time**

Come join others for a cup of coffee and some comradery at the WLACC. Gather with old friends and meet some new ones. M 11am

# 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

# **Band Jam**

Bring your own instrument or come and sing along. W 1-3pm

# **Knitting Group**

Bring your knitting and/or crocheting and join inwith a fun social group.Th10am-12pm

# **Knitting Group**

Bring your knitting and/or crocheting and join in with a fun social group. Th 10am-12pm

# Quilting

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

# **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

# Book Club

Titles and descriptions listed inside this newsletter. 2nd Wed of the month 1pm



Plated Lunch

Join us for great food and even better company! \$8 W 12pm

### **Card Games**

Bridge M 12-3 pm

Hand & Foot M 10am-12pm

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

Texas Hold 'Em \$5 buy-in F 12pm

Whist F 10am

Mah Jongg F 12pm



### Footcare

with Dr. Gaia By appointment only every 1st and 3rd Thursday of the month. See front desk for sign up. \$40. (please bring 2 towels with you) \$45

# **Attorney Consultations**

with Nicole Sakys from Edgel Law Group

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

Wednesday, April 2nd &

30th at 1:00pm at the

West Linn Adult

**Community Center** 



Prevent and Decrease Urinary Incontinence

A special, two-part presentation for women led by Kelly Bradley, licensed Physical Therapist, specializing in women's holistic pelvic healing and Founder of Age Well Home & Lifestyle.

 Did you know that urinary incontinence can often be prevented or reduced by learning to connect with and relax your pelvic floor? The myth that you "just need to do kegels" is outdated and incomplete. For many women, pelvic floor muscles are too tight and weak--and tightening them further isn't the solution. Join Kelly for session 1 & 2 for this important workshop.



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### 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			
4/18-6/13 T&F	8:30-9:30am	No class 5/9	
6/17-8/15 T&F	8:30-9:30am	No class 7/4	
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
 4/15-6/10
 Tu
 10-11am
 No class 5/6

 Res \$55
 Non-Res \$65
 \$10 drop in per class
 6/17-8/5
 Tu
 10-11am

 Adult Community Center, Oak Room
 10-11am
 10-11am
 10-11am
 10-11am

# Gentle Yoga

### Lyndalea Ruffner

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Res \$44 Non-Res \$54 \$10 drop in per class 5/6-6/24 Tu 8:30-9:30am No class 6/19 Res \$44 Non-Res \$54 \$10 drop in per class 7/8-8/26 Tu 8:30-9:30am 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. FEE: Res \$65 Non-Res \$75 \$10 drop in per class 5/9-6/27 F 10-11:30am No class 6/20 Res \$75 Non-Res \$85 \$10 drop in per class 7/11-8/29 F 10-11:30am Adult Community Center, Grand Fir Room

# Qigong

### Lyndalea Ruffner

All classes include Qigong breathing, selfmassage, 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 5/5-6/23 Μ 10am-12pm No class 5/26 Res \$75 Non-Res \$85 \$10 drop in per class 7/7-8/25 Μ 10am-12pm 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. FEE: Res \$42 Non-Res \$52 \$10 drop in per class 5/8-6/26 Th 11:30am-12:30pm No class 6/19 FEE: Res \$48 Non-Res \$58 \$10 drop in per class 7/10-8/28 Th 11:30am-12:30pm Adult Community Center, Oak Room

# 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. Res \$95 Non-Res \$105 4/10-6/12 Th 1:30-2:30pm Adult Community Center, Grand Fir room

# Zumba Gold

Lvndalea Ruffner Join us for a fun class that is designed for active. older adults. This modified Zumba class recreates 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 \$84 Non-Res \$94 \$10 Drop in per class 5/5-6/26M &Th8:30-9:30am No class 5/26 & 6/19 Res \$96 Non-Res \$106 \$10 Drop in per class 8:30-9:30am 7/7-8/28 M&Th 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 \$96
 Non-Res \$106

 \$10 drop in per class
 \$5/5-6/30
 M&W
 8:30-9:30am
 No class 5/26

 Res \$96
 Non-Res \$106
 \$10 drop in per class
 \$7/7-8/27
 M&W
 8:30-9:30am

 7/7-8/27
 M&W
 8:30-9:30am
 Adult Community Center, Grand Fir Room

# **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

# 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 weatherand if rain is falling they take advantage of the cover near Safeway. No charge.

M, W, F 8:30 -9:30am



26 westlinnoregon.gov/parksrec



It will be a paw-some dog party where tails wag and smiles are seen all over.

FRIDAY, JULY 8TH 10:30 AM WEST LINN ADULT COMMUNITY CENTER

Sign up at the WLACC front desk



Vest

### 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.

### 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!

Ibach Nature Park

Parkview Terrace. 1.2 acres

viewing.

With access from the western

Maddax Woods Park

Features pathways and trails

through the peaceful woods,

Mary S. Young Park 19900 Willamette Dr, 126 acres

viewing and river access.

area, and river access.

Midhill Park

restroom.

restroom.

pad.

picnic tables, natural areas, wildlife

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

Marylhurst Heights Park

1800 Valley View Dr, 7 acres

Features walking paths, open

turf area, playground, labyrinth,

18505 Upper Midhill Dr, 7 acres

This nature oriented park offers

picnic tables, play structure, nature

paths and trails, open turf area and

North Willamette Park

1500 Rosemarie Drive, 7 acres

areas, tennis court, basketball

6405 Palomino Way, .5 acres

equipment, basketball pad and turf

Offers new, updated play

areas for picnicking, games.

Palomino Park

This park features 2 playground

courts, trails, small turf area and

restrooms, 2 shelters, water spray

5785 River St, 7 acres

edge of Sahallie Illahee Park. The

park offers hiking trails and wildlife

### Picnic Area & Field Reservations

### **Reservations for 2025 Now Open!**

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

### Robinwood Park

3600 Fairview Way. 15 acres This park offers an open field area, basketball pad, play equipment, restrooms, water spray pad and skate area.

### Sahallie Illahee Park

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

### Skyline Ridge Park

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

### Sunburst Park

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

### Sunset Park

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

### Swiftshore Park

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

### Tanner Creek Park

3456 Parker Rd, 10 acres The park offers play structures, a shelter, water spray pad, basketball court, pickleball courts, tennis court, restrooms, a fitness court and a skate park.

### The White Oak Savanna

2425 Tannler Drive, 20 acres The upper portion covered with White Oaks that are currently receiving work in the area of preservation and restoration. This natural area includes trails and benches from key viewpoints.

#### Wilderness Park

22101 Clark St, 51.4 acres This large nature area offers numerous hiking trails and wildlife viewing.

### Willamette Park

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

### **Boat Ramps**

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

### Bernert Landing Boat Ramp

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

**Picnic Reservations** 

are ONLINE

www.cowl.recdesk.com



Tanner Creek Park

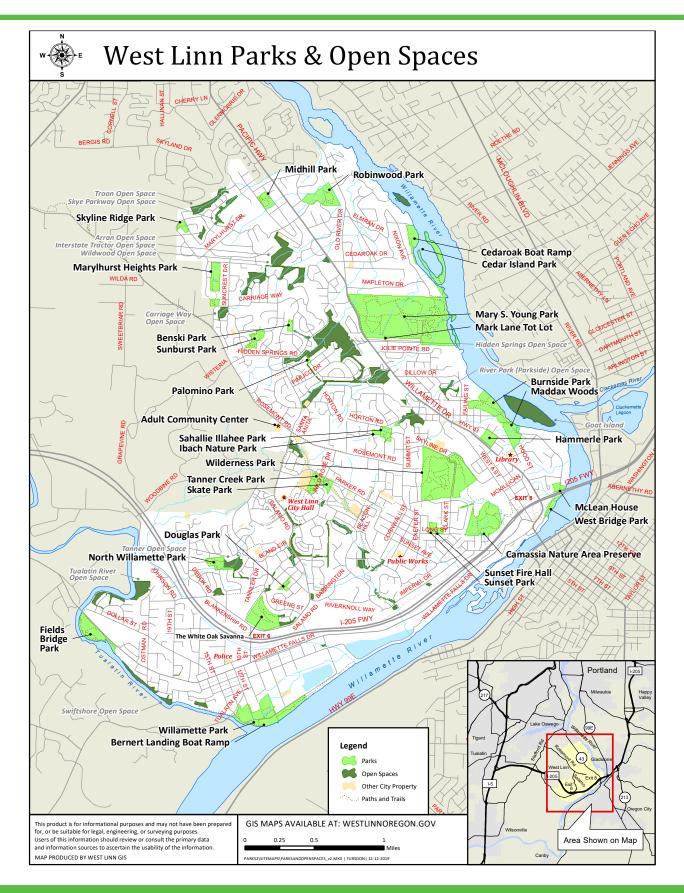
Willamette Park

**28** WESTLINNOREGON.GOV/PARKSREC

**SUMMER 2025** 



Sunset Park



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

# **Facilities**



# **Sunset Fire Hall**

### 2215 Long St.

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



### West Linn Adult Community Center 1180 Rosemont Road

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



# **Robinwood Station**

### 3706 Cedaroak Dr

Robinwood Station is a West Linn Community Center, operated by the Friends of Robinwood Station. The station can accommodate two separate events as it has a bay about 35' x 40', a board room, dining room and kitchen. The Station is located at 3706 Cedaroak Drive just over one block east of Hwy 43 and the TriMet 35 bus. Robinwood Station accepts new reservations 3 months in 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	СІТҮ		ZIP
PHONE NUMBER	E-MAIL		
EMERGENCY CONTACT	PHONE		
ANY MEDICAL CONTITION, ETC.			
IF YOU HAVE A DISABILITY AND REQUIRE AN A	ACCOMMODATION IN OR	DER TO PARTICIPATE, PL	EASE EXPLAIN HERE
CITY OF WEST LINN RESIDENT? YES NO			
ACTIVITY TITLE		START DATE/TIME	\$
	TO.	FAL 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

# 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 Recreation activity for which I have enrolled. In case of emergency, accident or illness, I give my permission to be treated by a professional medical person and admitted to a hospital if necessary. I agree to be the party responsible for all medical expenses which are incurred in my behalf. It is understood and agreed that the City, its Mayor, City Council, Boards, employees, volunteers and agents shall be held harmless against all claims, damages, loss or expenses including attorney's fees arising out of or resulting from my participation in recreation programs. I agree pictures taken may be used for future promotions.

I HAVE READ THE ABOVE WAIVER AND UNDERSTAND THE CONTENTS



Community College

503-557-4700 31

SIGNATURE (PARENT OR GUARDIAN)



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

**ECRWSS** 

# Postal Customer

# **SUMMER 2025 SAVE THE DATES**



8AM

SUMMER REGISTRATION BEGINS

COWL.RECDESK.COM | 503-557-4700





westlinnoregon.gov/parksrec/special-events



SPRAY PADS OPEN HAMMERLE PARK, MARYLHURST HEIGHTS PARK, ROBINWOOD PARK, TANNER CREEK PARK, WILLAMETTE PARK



WEST LINN OLD TIME FAIR WILLAMETTE PARK



SUMMER CAMPS Begin



MUSIC IN THE PARK BEGINS THURSDAYS | 6:30-8:30PM TANNER CREEK PARK



POLLINATOR WEEK CELEBRATION 4PM | MARY S. YOUNG PARK



MOVIES IN THE PARK BEGIN TUESDAYS | DUSK WILLAMETTE PARK



PROMOTE YOUR BUSINESS NAME AND SUPPORT FUN IN YOUR COMMUNITY! SPONSOR AN EVENT IN 2025 westlinnoregon.gov/parksrec/west-linn-event-sponsorship-opportunities