

..... CITY OF WEST LINN

PARKS AND RECREATION

ACTIVITIES GUIDE



..... 2024
**WINTER-
SPRING**
JAN-MAY

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
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
- 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 December 8th

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 minimums and maximums.
Register early to avoid cancellations.

West Linn Sports Associations

Willamette United Football Club- Ages 5 & Up

www.willametteunitedfc.com

Boys Lacrosse - Grade School & up

www.westlinnlax.com

Mini Hoopers Basketball - K-2nd Grade

www.westlinnoregon.gov/parksrec

Parks & Recreation Department

Register September-October

West Linn Youth Basketball Association

www.westlinselectbasketball.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.westlinsoftball.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 | Fax: 503-656-4106

Advisory Board

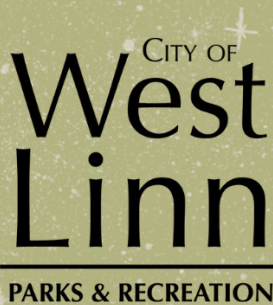
Vicki Handy, John Linman, Todd Olson,
Jane Forbes, Patty Allen, Diana Lavery, and Christopher Owens

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

SPONSORS NEEDED!

PROMOTE YOUR BUSINESS NAME AND SUPPORT FUN IN YOUR COMMUNITY!



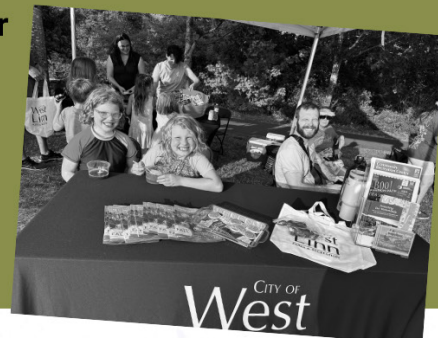
We're looking for businesses to help us make a difference. If you're passionate about this community and want to help us create fun for the entire family this summer we want to hear from you. Donations can be monetary or in kind. We appreciate your support!

Lots of Sponsorship Options for our Summer Events!



If your business is interested in sponsoring one our events, please contact us for more information!

Recreation Team: 503-557-4700
hmcowell@westlinnoregon.gov
westlinnoregon.gov/parksrec/west-linn-event-sponsorship-opportunities



WILLAMETTE RIVER

POLAR PLUNGE

NEW YEARS DAY 2024

12-2PM (PLUNGE AT 1PM)

FREE!

Bernert Landing Boat Ramp,
Willamette Park



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!



TOYOTA



JOIN THE PARKRUN MOVEMENT

WALK, JOG, RUN, VOLUNTEER

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

FRIENDLY, ENJOYABLE 5K EVENTS

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 & EASY TO TAKE PART

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 and head down to your local event:

Mary S. Young parkrun, West Linn
Saturday mornings at 9am, Starting October

CITY OF
**West
Linn**

PARKS & RECREATION

MARDI GRAS

Dance

*DRESS UP IN YOUR MOST
COLORFUL COSTUME!*

6-8 PM FRIDAY

FEBRUARY 9TH

Cost \$10

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!

West Linn Adult Community Center

1180 Rosemont R.

West Linn, OR 97068

RSVP to nbudden@westlinnoregon.gov

or call 503.742.6068

CITY OF
West Linn
PARKS & RECREATION

WEST LINN PARKS & REC PRESENTS

Refreshments
Portrait Photos
CUTIE PIE
Music & Dancing
LOVE YOU
YOU ROCK

SWEETHEART FAMILY DANCE

Twirl the night away with your little sweetheart!
All school-age children are invited to bust a move on the dance floor escorted by their doting parent, grandparent, favorite uncle or aunt, guardian, or any other superhero in their life.

FEBRUARY 10TH, 2024
6PM-8:30PM
WEST LINN ADULT COMMUNITY CENTER
\$15 PER PERSON,
PRE-REGISTRATION REQUIRED

REGISTER:
[HTTPS://WESTLINNOREGON.GOV/PARKSREC/SWEETHEART-DANCE](https://westlinnoregon.gov/parksrec/sweetheart-dance)



2024

LUCKY THE LEPRECHAUN

Hide & Go Seek



Search West Linn's parks & buildings to find Lucky's hiding spots!

March 1st - 16th

Turn in your completed hide & go seek booklet to City Hall by March 16 to be entered into a drawing! Additional prize for the lucky person who turns in their booklet first. Each participant will get a small prize from Lucky's Pot of Gold!

CITY OF
**West
Linn**

PARKS & RECREATION

**NATIVE SAPLING
GIVEAWAY***

**APRIL 8AM
2-4 5PM**

**WEST LINN
CITY HALL**

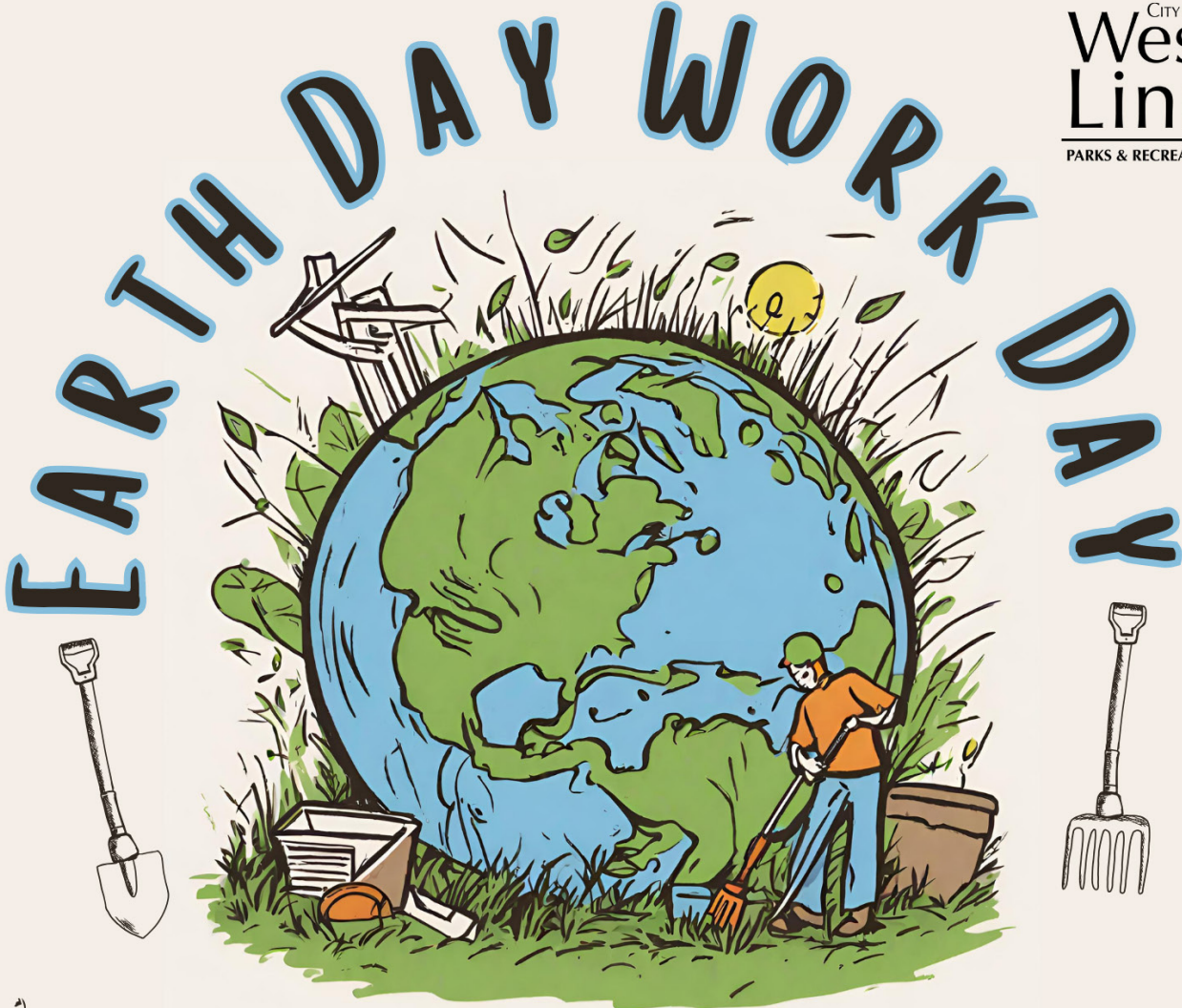
ARBOR WEEK

CELEBRATED NATIONALLY

APRIL 1-5

MORE ACTIVITIES MAY BE ADDED, FIND OUT MORE ONLINE:
WESTLINNOREGON.GOV/PARKSREC/ARBOR-WEEK

*FIRST COME FIRST SERVED,
WHILE SUPPLIES LAST.



APRIL 20TH, 2024 | 9AM-12PM
WILLAMETTE PARK

Join us in restoring the park! Contribute to the environment by helping with tasks such as invasive plant removal, trail maintenance, and more. Lunch provided by the West Linn Lions.



REGISTER ONLINE: SOLVEOREGON.ORG

EXHIBITORS WANTED!



CALLING ALL ARTISAN VENDORS!

WEST LINN OLD TIME FAIR

WILLAMETTE PARK, WEST LINN OR

JULY 2024

Looking for local vendors with
unique, reasonably priced,
handmade goods!

CITY OF
**West
Linn**

PARKS & RECREATION

Applications can be found at:
[westlinnoregon.gov/oldtimefair/
food-and-exhibitor-vendor-booth](http://westlinnoregon.gov/oldtimefair/food-and-exhibitor-vendor-booth)

Application Deadline: May 1st 2024



Little Explorers Playgroup Ages 1.5 – 4.5 (a caregiver must be present)

Little Explorers Playgroup is a great way for toddlers, preschoolers, and their caregivers to connect through activities, storytelling, dancing, crafts, and free play. Each Week Little Explorers will have a different theme that guides them through their 90-minute class, once or twice a week. Children should arrive with a water bottle and their own nut-free snack. Some of the weekly themes include art, animals, rainbows/colors, farm animals, kindness, weather/seasons, transportation, insects, and the ocean. Each class will be unique so feel free to sign up for multiple days! (Babies under 1.5 are welcome to tag along in a carrier) Min 10 Max 20. FEE: \$100/OC \$110 (8 SESSIONS)

1/9 – 2/27	T	11:30am-1pm
1/11 – 2/29	TH	9:30-11am
4/2 – 5/21	T	11:30am-1pm
4/4-5/23	TH	9:30-11am

Sunset Fire Hall



LITTLE EXPLORERS PLAYGROUP

TUESDAYS: 11:30AM-1:00PM
AND/OR
THURSDAYS: 9:30AM-11:00AM

SUNSET FIRE HALL
\$200/ CHILD & CARETAKER (TUES -AND- THURS)
\$100/ CHILD & CARETAKER (TUES -OR THURS)

WINTER SESSION: JANUARY 9TH - FEBRUARY 29TH
SPRING SESSION: APRIL 2ND - MAY 23RD

ACTIVITIES

SONGS & STORIES
CRAFTS & SENSORY PLAY
SOCIAL SKILLS,
INDOOR PLAY
and WEEKLY THEMES

AGES 1.5-4.5 YRS

REGISTER ONLINE AT
[HTTP://COWL.RECDESK.COM](http://COWL.RECDESK.COM)

Teddy Bear Teatime with the West Linn Ambassadors

Ages 4-6

Embark on a regal adventure with the West Linn Ambassadors and indulge in a delightful afternoon of tea and princess lessons. Bring your favorite Teddy Bear for tea and treats. The Ambassadors can't wait to meet you!

FEE: \$15/OC: \$25

3/16 SA 2pm-4pm
McLean House



Engineering for Kids

After School Class: Orbiters and Landers (Aerospace Engineering)

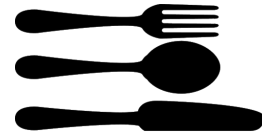


2nd - 5th Grade

During this class, students will take a comprehensive look at NASA's landers and orbiters that are currently conducting important research on Mars. We will examine the anatomy of various orbiters and landers in order to gain a deeper understanding of how they assist in the work of NASA's scientists and engineers. Students will learn about the technology and innovation that is required for aerospace engineers so we can, one day, safely transport human beings to the surface of Mars. Each class will use the EFK's Engineering Design Process to engage in exciting, hands-on STEM challenges with real-world connections to NASA and aerospace engineering. (# of participants, Min 6 Max 14)

FEE: \$320/OC \$330

2/13 - 3/19 T 3-4:30pm
Adult Community Center, Maple Room



Spring Break Camps:

Mechanical Engineering Master Machines

2nd - 5th Grade

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.

Min 6 Max 14

FEE: IC \$340/OC \$350

3/25 - 3/29 M-F 1-4pm
McLean House

Junior Mechanical Engineering Let's Make Toys K-2nd Graders

Our youngest engineers will be introduced to fundamental concepts of energy, materials, and movement. Students will explore and construct six different toys throughout this unit, including spinners, magical boomerang cans, wind-up whirligigs, and more. Min 6 Max 14

FEE: IC \$340/OC \$350

3/25 - 3/29 M-F 9AM-12PM
McLean House



Manners Matter

D. Spelley

This class teaches the importance of being polite in different situations and why that's important. Students will also be taught how to set the table using plates, glasses, utensils and napkins and the correct way to hold utensils. They will practice proper greetings, handshakes and the polite way to enter a room and conversation. Children will learn the importance of being a polite host/hostess and guest; along with so much more.

Ages 5-7

FEE: IC \$65/OC \$75

3/26 & 3/28 TU & TH 3-4pm
West Linn Adult Community Center, Hemlock Room

Ages 8-10

FEE: IC \$65/OC \$75

3/26 & 3/28 TU & TH 4:15-5:15pm
West Linn Adult Community Center, Hemlock Room

Spring Mini Hoopers Basketball

Ages K, 1st, & 2nd Grade

REGISTRATION JAN 1- MARCH 1 OR WHEN FULL

Mini Hoopers is back for the Spring!

This league introduces young players to the sport of basketball, with an emphasis on participation, good sportsmanship, and skill development. Coaches will coach and act as court officials. 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 t-shirt to keep!

Register Online: westlinnoregon.gov/parksrec/recreation-basketball

K, 1st & 2nd Grades

Weekday Practices, Saturday Games

Practice days during the week will vary for each team in the program. Games will take place on Saturdays at Sunset Primary School between 8am - 8pm.

FEE: IC \$130/OC\$140

4/15-5/18 Weekdays, Saturdays

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 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/recreation-basketball or email acaceres@westlinnoregon.gov



MINI HOOPERS SPRING LEAGUE

**K - 2ND GRADE
APRIL 15-MAY 18**

Introducing Mini Hoopers Spring League! An extra opportunity to learn the sport with an emphasis on participation, sportsmanship, and Skill Development.

REGISTRATION CLOSES MARCH 1*
*or when full

FEES:

\$130 (RES)

\$140 (NONRES)

REGISTER TODAY!

westlinnoregon.gov/parksrec/recreation-basketball



CITY OF
West Linn
PARKS & RECREATION

Youth Programs

Vandevere Dance

Season 24

SESSION 3: 1/2-2/8 FEE: IC \$90 / OC \$100

SESSION 4: 2/19-5/2 FEE: IC \$135/OC \$145

NO CLASSES MARCH 18-29

YOU MUST REGISTER FOR SESSION 3 TO ENROLL IN SESSION 4 DUE TO THIS PROGRAM ENDING THE SEASON WITH A RECITAL.

Mondays At The Sunset

Firehall

Miss K

Ballet Tap Combo Int.

Ages 7-10

Ballet Is The Foundation For Many Other Dance Styles. Beginning In The Youngest Classes, Students Learn Proper Terminology For Ballet Skills, Such As Pliés And Tendus. Ballet Classes 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. Tap Is A Dance Style Involving Rhythm And Dynamics. The Class Emphasis Is On Developing Proper Tap Technique And Producing Clear Tap Sounds. Tappers Start With A Graduated Warm-Up To Loosen Their Ankles And Knees For Proper Execution Of Skills. Following This, Students Practice Center Work To Learn And Perfect Tap Combinations.

M 3:30-4:15pm

Intermediate Ballet

Ages 9 & Up

Ballet is the foundation for many other dance styles. Beginning in the youngest classes, students learn proper terminology for ballet skills, such as pliés and tendus. Ballet classes 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 4:15-5pm

Intermediate Jazz

Ages 9 & Up

Jazz is one of our most popular classes at VDV. Jazz dance includes fast-paced movement based off of strong ballet technique. Each jazz class begins with stretching and conditioning. Dancers next move across the floor with skills such as turns, leaps, and traveling combinations. Jazz choreography is introduced, as dancers master the transitions between skills. This is a high energy class!

M 5-5:45pm



Dream Team Jazz/ Contemporary Team

M 5:45-6:30pm

Beetlejuice Production Team

M 6:30-7:15pm

Broadway Bound Singing Team

M 7:15-8pm

Olin, Solo Tap

M 8-8:45pm

The Moms/Alumni Team Ages 18 & Up

M 8:45-9:30pm

Sunset Firehall Downstairs Miss Rachel

VIPS Hip Hop Team

M 7:15-8pm

VIPS Elite Hip Hop Team

M 8-8:45pm

Emmy And Olin Hip Hop Team Name (Tba)

M 8:45-9:30pm

Tuesdays At The Sunset Firehall Miss K

Creative Ballet

Ages 3-4

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.

T 3:15-3:45pm

Ballet And Tap Combo

Ages 5-7

Ballet is the foundation for many other dance styles. Beginning in the youngest classes, students learn proper terminology for ballet skills, such as pliés and tendus. Ballet classes 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. Tap is a dance style involving rhythm and dynamics.

T 3:45-4:30pm

Musical Theater Song And Dance

Ages 8 & Up

Musical Theater is Miss Kathleen's specialty. At VDV, our musical theater classes consist of dancing, acting, and unlike musical theater style classes elsewhere, singing! Acting and improvisational games help students learn how to project to an audience, portray characters, follow directions, and overcome shyness. Students learn to sing, dance, and act with current and classic Broadway hits.

T 4:30-5:15pm

Voices Singing Team

T 5:15-6pm

Tuesdays At The Adult Community Center Miss Lydia

The Graces Contemporary Team

T 7:45-8:30pm

Heroines Contemporary Team

T 8:30-9:15pm

Thursdays At The Sunset Firehall Miss Becky

Hip Hop And Play Ages 5-7

This 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. Students also develop their own unique style through improvisational hip hop. These classes are fast-paced and high energy.

TH 3:30-4:15pm

Beginning Hip Hop Ages 8 & Up

This 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. Students also develop their own unique style through improvisational hip hop. These classes are fast-paced and high energy.

TH 4:15-5pm

Beginning/Inter Jazz Ages 8 & Up

Jazz is one of our most popular classes at VDV. Jazz dance includes fast-paced movement based off of strong ballet technique. Each jazz class begins with stretching and conditioning. Dancers next move across the floor with skills such as turns, leaps, and traveling combinations. Jazz choreography is introduced, as dancers master the transitions between skills. This is a high energy class!

TH 5-5:45pm

The Crew Hip Hop Team

TH 5:45-6:30pm



Wednesdays At The Sunset Firehall Miss K

Creative Ballet Ages 4-5

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

W 3:15-3:45pm

Ballet/Tap Combo Ages 6-9

Ballet is the foundation for many other dance styles. Beginning in the youngest classes, students learn proper terminology for ballet skills, such as pliés and tendus. Ballet classes 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. Tap is a dance style involving rhythm and dynamics. The class emphasis is on developing proper tap technique and producing clear tap sounds. Tappers start with a graduated warm-up to loosen their ankles and knees for proper execution of skills. Following this, students practice center work to learn and perfect tap combinations.

W 3:45-4:30pm

Fierce 4 Jazz Team

W 4:30-5:15pm

Advanced Ballet Ages 12 & Up

Ballet Is The Foundation For Many Other Dance Styles. Beginning In The Youngest Classes, Students Learn Proper Terminology For Ballet Skills, Such As Pliés And Tendus. Ballet Classes 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.

W 5:15-6pm

Advanced Jazz Ages 12 & Up

Jazz Is One Of Our Most Popular Classes At Vdv. Jazz Dance Includes Fast-Paced Movement Based Off Of Strong Ballet Technique. Each Jazz Class Begins With Stretching And Conditioning. Dancers Next Move Across The Floor With Skills Such As Turns, Leaps, And Traveling Combinations. Jazz Choreography Is Introduced, As Dancers Master The Transitions Between Skills. This Is A High Energy Class!

W 6-6:45pm

Dream Team Elite

W 6:45-7:30pm



LATE FEES: Registration must be completed within one week of class starting. A \$10 per class late fee will be added 7 days after the start of class.

Skyhawks Sports

Sign up at skyhawks.com



Winter Break Basketball Camp

Ages 6-12

FEE: IC \$179/OC \$189

12/18-12/22 M-F 9am-12pm

Trillium Creek Primary School

Soccer

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.

Ages 2-3

FEE: IC \$109/OC \$119

1/24-2/28 W 9:30-10am

1/20-2/24 Sa 11:30am-12pm

Sunset Fire Hall

Ages 3-4

FEE: IC \$109/OC \$119

1/24-2/28 W 10:15-10:45am

1/20-2/24 SA 12:15-12:45pm

Sunset Fire Hall

Ages 4-6

FEE: IC \$109/OC \$119

1/20-2/24 SA 1-1:45pm

Sunset Fire Hall

Baseball

Learn the fundamentals of fielding, catching, throwing, hitting and base running -all in a fun, positive environment. Specifically designed for beginning and intermediate players.

Ages 3-4

FEE: IC \$109/OC \$119

1/26-3/1 F 5:15-6pm

Multi-Sport: Baseball & Basketball

The essentials are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. This multi-sport program gives children a positive first step into athletics.

FEE: IC \$109/OC \$119

Ages 3-4

1/26-3/1 F 3-3:30pm

Sunset Fire Hall



Basketball

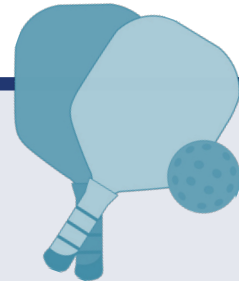
This fun, skill-intensive program is designed for beginning to intermediate players. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Ages 4-6

FEE: IC \$109/OC \$119

1/26-3/1 F 3:45-4:15

Sunset Fire Hall



Youth Pickleball

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! Price is for one class, 2 hours.

FEE: IC: \$50/OC: \$60

1/28 Su 2-4pm

2/25 Su 2-4pm

3/24 Su 2-4pm

4/28 Su 2-4pm

5/26 Su 2-4pm

Willamette Primary School Gym



Soccer Shots

Sign up at
soccershots.com/pdx/



Mini Soccer Class

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. Each season your child takes our Soccer Shots Mini Class, expect them to gain a basic foundation in soccer while developing their bodies' gross motor skills, their character, and their ability to listen to adults (outside of their inner-circle of grownups). Join us today and watch your child's confidence grow as a soccer player and individual! Parent participation is required in each 30-minute class for children ages 2-3. Parents are expected to support children, on field, as they play through a series of interactive and imaginative activities.

FEE: IC \$205/OC: \$215

1/7-2/25	SU	9-9:30am
Sunset Fire Hall		
3/17-5/19	SU	9-9:30am
Hammerle Park		

Classic Soccer Class

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. Each season your child takes our Soccer Shots Classic Class, expect their body's balance, coordination and agility to grow, along with their ability and confidence to use the soccer concepts and skills they're developing. Parent participation* is not expected during this 35-minute class for preschoolers ages 3-5. *We welcome caregivers on the field to help boost children's confidence if they are hesitant, shy or need extra encouragement. If this is their first season of Soccer Shots Classic, our goal is that halfway through the season they can participate on their own.

FEE: IC \$215/OC: \$225

1/7-2/25	SU	9:45-10:20am
Sunset Fire Hall		
3/17-5/19	SU	9:45-10:20am
Hammerle Park		



Classic Soccer Class

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. Each season your child takes our Soccer Shots Classic Class, expect their body's balance, coordination and agility to grow, along with their ability and confidence to use the soccer concepts and skills they're developing. Parent participation* is not expected during this 35-minute class for preschoolers ages 3-5. *We welcome caregivers on the field to help boost children's confidence if they are hesitant, shy or need extra encouragement. If this is their first season of Soccer Shots Classic, our goal is that halfway through the season they can participate on their own.

FEE: IC \$215/OC: \$225

1/7-2/25	SU	10:35-11:10am
Sunset Fire Hall		
3/17-5/19	SU	10:35-11:10am
Hammerle Park		

Premier Soccer Class

Ages 6-7

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. Each season your child takes our Soccer Shots Classic Class, expect their body's balance, coordination and agility to grow, along with their ability and confidence to use the soccer concepts and skills they're developing. Parent participation* is not expected during this 35-minute class for preschoolers ages 3-5. *We welcome caregivers on the field to help boost children's confidence if they are hesitant, shy or need extra encouragement. If this is their first season of Soccer Shots Classic, our goal is that halfway through the season they can participate on their own.

FEE: IC \$215/OC: \$225

1/7-2/25	SU	11:25am-12:10pm
Sunset Fire Hall		
3/17-5/19	SU	11:25am-12:10pm
Hammerle Park		

Holistic Living

with Samantha Romanowski, Certified Holistic Nutritionist

All Classes held at the Adult Community Center, Cedar Room

Healthy & Easy Breakfast Ideas

Don't have time to make breakfast in the morning? Tired of eggs and oatmeal? This class will help you think outside of the breakfast box. Discover adaptable recipes filled with healthy ingredients that don't require spending precious time at the stove in the mornings. Participants will taste lots of breakfast treats and take home healthy, no-bake granola bars as well as a packet of curated recipes.

FEE: IC \$39/OC \$49

2/5 M 6-8pm



Baking Sourdough At Home

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.)

FEE: IC \$52/OC \$62

3/27 W 6-8:30pm

5/1 W 8:30pm

Adult Community Center, Cedar Room

No-Knead Focaccia (and Pizza)

Golden brown & soft and chewy, focaccia is a crowd pleaser, but pizza is close to our hearts too! Learn the ins & outs of these Italian delights so you can impress your friends at your next gathering. Participants will take home a loaf of focaccia to bake the following day plus recipes for flavored focaccia and delicious dips! (Please bring your own large bowl to take the dough home in.)

FEE: IC \$39/OC \$49

2/29 TH 6-8pm

Plant Based Meal Planning

If you're bored of making the same old veggie sides and want fresh ways to add more plants to your diet, this class is for you! Go beyond basic salads and smoothies and start adding delicious, and filling vegetable dishes to your weekly meal plans. Participants will take home a packet of ideas and recipes as well as a fully prepped vegetarian meal they can prepare at home. Max 15

FEE: IC \$39/OC \$49

4/11 TH 6-8pm

Living Seasonally this Spring

Spring is a time of awakening and of rebirth both in nature and in ourselves. There is anticipation in the air and a palpable feeling of possibility. Led by a holistic nutritionist, this class will help you harness this vital spring energy, through deeper understanding of seasonal lifestyle practices and dietary changes. Participants receive booklet of information and recipes. Nourishing seasonal snacks and drinks provided.

FEE: IC \$26/OC \$36

4/1 M 6-7:30pm

Spring Shrubs and Fruit Syrups

Preserve the freshness of the season and quench your thirst with homemade drinking vinegars and fruit syrups. Learn how to make fruity shrubs, no-cook syrups and beautiful, delicious garnishes for seasonal beverages. Participants will take home a packet of recipes, a jar of fruit shrub and a bottle of fruit syrup! (Please bring a quart and pint jar to take your mixers home.)

FEE: IC \$39/OC \$49

5/20 M 6-8pm



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.

FEE: IC \$58 / OC \$68

1/11	TH	5:30pm – 9pm	Pacific City View
1/27	SA	10am – 2pm	Arctic Beauty
2/8	TH	5:30pm – 9pm	Quiet Mt. River
2/24	SA	10am – 2pm	Seminole Bayou
3/14	TH	5:30pm – 9pm	Storm on the Horizon
3/23	SA	10am – 2pm	Serenity
4/11	TH	5:30pm – 9pm	Mary’s Macaw
4/27	SA	10am – 2pm	Pastel Seascape
5/9	TH	5:30-9pm	Mt. Serenity
5/25	SA	10am-2pm	Super Moon



Pacific City View



Arctic Beauty



Quiet Mt. River



Seminole Bayou



Storm on the Horizon



Serenity



Mary’s Macaw



Pastel Seascape



Mt. Serenity



Super Moon



Parenting the Love and Logic Way

Ages 18 & Up

D. Scott

Learn how to:

- Avoid un-winnable power struggles and arguments
- Stay calm when your kids do incredibly upsetting things
- Set enforceable limits
- Avoid enabling and begin empowering
- Help your kids learn from mistakes rather than repeating them
- Raise kids who are family members rather than dictators and much more!

Workbook included. Complimentary Love and Logic Magic for Early Childhood, Parenting the Love and Logic Way, Raising Teenagers with Love and Logic, or Grandparenting with Love and Logic books as supplies allow.

Min 2 Max 10

FEE: IC \$25 / OC \$35

1/8 – 2/12 M 7-8PM

Adult Community Center

HISTORIC HOME OWNERSHIP WORKSHOP



STEP INTO THE PAST WITH YOUR HISTORIC HOME

Is your home over 50 years old and still sporting its original charm? Unlock the hidden history of your home or building with "Your Historic Home"! Discover the rich stories and find out how to list it on the National Register of Historic Places or as a local historic landmark. Learn how to research your property's history, navigate the nomination process, and discover valuable resources for property research.

This workshop has been financed in part with Federal funds from the National Park Service, U.S. Department of the Interior.

FREE WORKSHOP



REGISTRATION

SCAN THIS QR CODE TO REGISTER
OR GO TO
WWW.WESTLINNOREGON.GOV/PARKSREC

FEBRUARY 27
6:00 PM TO 8:00 PM

City Hall - 22500 Salamo Road



CITY OF
West Linn

Clock Repair: Basics

18 years & up,

S. Lobel

Here is a class designed to help the hobbyist/beginner hone the basic skills to revive the family heirloom. This course covers the theory of horology and how mechanical clocks work. Students will learn the techniques to repair them. Sessions are hands-on; students work at their own pace. Class includes disassembly, cleaning, lubricating, adjusting and reassembly of the movement. Some basic hand tools and special clock tools required. Text is available from the instructor. This is not a repair service. No cuckoos please. Min 2 Max 6

Winter

FEE: IC \$84/OC \$94

1/10-3/28 TH* 7-9:30pm

*Class will be on Wednesday 1/10, 2/7, 3/13

West Linn Adult Community Center, Maple Room

Spring

FEE: IC \$70/OC \$80

4/10-6/12 TH* 7-9:30pm

*Class will be on Wednesday 4/10, 5/8, 6/12

West Linn Adult Community Center, Maple Room

Clock Repair: Advance

18 years & up,

S. Lobel

This class gives the clock enthusiast the ability to expand the skills of clock repair and restoration. Students learn techniques of finely adjusting a movement and developing trouble-shooting proficiency. Use of electronic regulating instruments is part of this course. Students are able to take on more complex movements. Minimum four years' experience required.

Min 2 Max 9

Winter

FEE: IC \$84/OC \$94

1/9-3/26 TU 7-9:30pm

West Linn Adult Community Center, Maple Room

Spring

FEE: IC \$70/OC \$80

4/9-6/11 TU 7-9:30PM

West Linn Adult Community Center, Maple Classroom



Open Rec Pickleball

Ages 15 & Up

Join the members of the Willamette River Pickleball Club for some fun rotating play. All levels are welcome, however, players should know the rules and 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. Price is for one day.

FEE: IC: \$8/OC: \$18

1/7	SU	2-4pm
1/21	SU	2-4pm
2/4	SU	2-4pm
2/18	SU	2-4pm
3/3	SU	2-4pm
3/17	SU	2-4pm
4/7	SU	2-4pm
4/21	SU	2-4pm
5/5	SU	2-4pm
5/19	SU	2-4pm

Willamette Primary School Gym

Intro to Pickleball for Beginners

Ages 15 & Up

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 with a ratio of 3 participants to 1 teacher. The second hour will focus on rotating play where participants will learn how to play games and rotate partners. Price is for one class, 2 hours.

FEE: IC \$75/OC \$85

1/14	SU	2-4pm
2/11	SU	2-4pm
3/10	SU	2-4pm
4/14	SU	2-4pm
5/12	SU	2-4pm

Willamette Primary School





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! 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. Min 6 Max 16.

FEE: IC \$90/OC \$100

1/16-3/19 TU 9-10am

1/20-6/22 SA 9-10am

4/9-6/18 TU 9-10am

No class on 5/28

4/13-6/22 SA 9-10am

Sunset Fire Hall, Upstairs

T'ai Chi (Taiji) Intermediate

S.V. Miller

Enhance the Flow! Increase all the benefits you receive from Taiji by incorporating the Principles of Taiji to expand your technique. This class is for the student who is confident playing the Yang-Style 24-Movement Form solo. Enrollment requires Instructor's permission. Min 6 Max 16.

FEE: IC \$90/OC \$100

1/16-3/19 TU 10-11am

4/9-6/18 TU 10-11am

No class on 5/28

Sunset Fire Hall, Upstairs

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

S.V. Miller

The ancient Chinese Yang-Style Form of T'ai Chi (Taiji) is an excellent fitness practice which also benefits health and well-being. Strengthen your immune system! Stimulate your brain! This class will introduce you to a 40-Movement version of the traditional Yang-Style Form. Previous training in Yang-Style 24-Movement Form required. Min 6 Max 16.

FEE: IC \$90/OC \$100

1/20-3/23 SA 10-11am

4/13-6/22 SA 10-11am

No class on 5/25

Sunset Fire Hall, Upstairs

Yoga, Beginning I

D.Rohrbacker

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

FEE: IC \$100/OC \$110 (10 SESSIONS)

1/8-3/18 M 7:30-9pm

No class 1/15

4/1-6/10 M 7:30-9pm

No class 5/27

Adult Community Center, Grand Fir Room

Yoga II

D.Rohrbacker

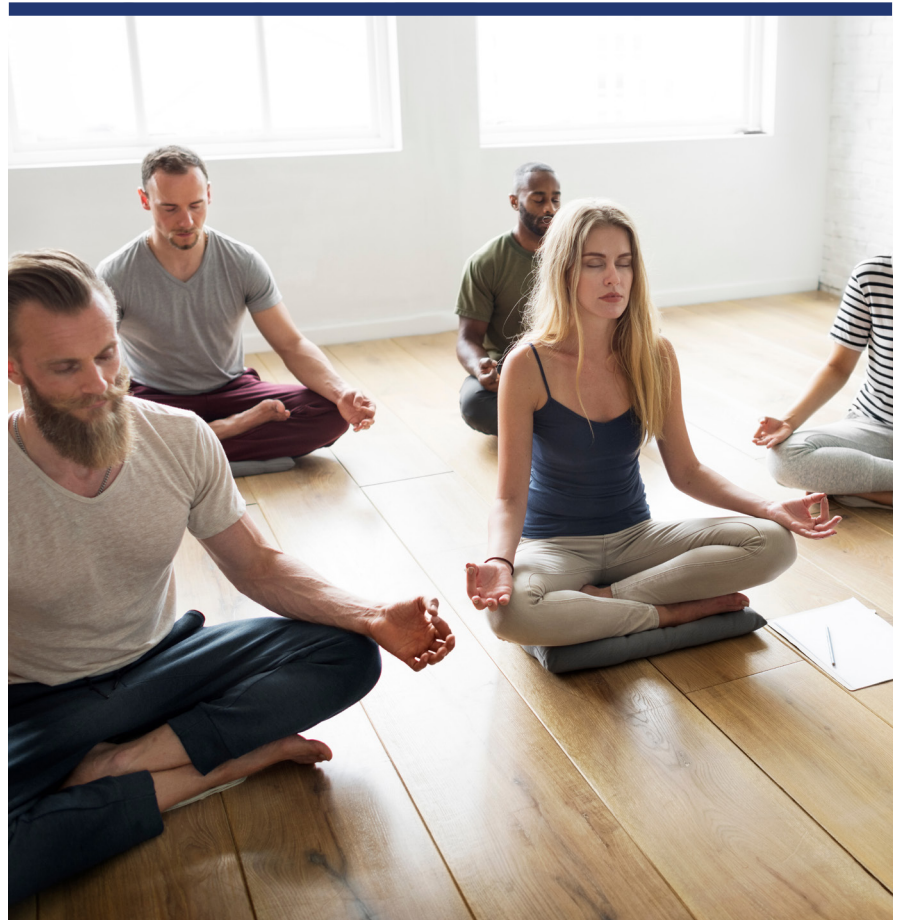
Yoga II is an active practice built around a series of poses strung together in a flow known as Vinyasas. A more aerobic class than Yoga I, offered on Monday. Yoga II addresses endurance as well as strength and flexibility. Taken together yoga I & II can offer the best approach to total well being. There is also a Pranayama meditation component, one of the few offered in the area. This course is led by a registered Yoga Teacher with more than 15 years teaching experience. Bring a Mat and/ or blanket, comfortable clothes, an empty stomach and a positive frame of mind.

FEE: IC \$100/OC \$110 (10 SESSIONS)

1/10-3/13 W 7:30-9pm

4/3-6/5

Adult Community Center, Grand Fir Room



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 12/25, 12/1, 1/15, 2/19, 5/27



Services

Foot Clinic

Foot Care is provided by a visiting nurse for \$30. Clinics are held the 1st & 3rd Tuesday of every month. Call to schedule appointment at the Adult Community Center.

Home Medical Equipment

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

For those with PD:

TABLE TENNIS FOR PARKINSONS

EVERY TUESDAY
1:00PM - 2:30PM

NO EXPERIENCE OR SIGN UP NECESSARY
THE WEST LINN ADULT COMMUNITY CENTER
1180 ROSEMONT RD. WEST LINN

West Linn
OREGON

CALL THE ACC AT (503) 557-4704 FOR MORE INFORMATION

ACC Classes & Activities

Wood Carving

This group ranges from novice to expert carvers. Join us! Bring your own tools and supplies.

M 9am-12pm

Knitting Group

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

TH 10am-12pm



Marimba Ensemble

Gather together once each week and learn and perform repetitive patterns and parts on the various instruments in our ensemble.

\$15 PER CLASS.

TH 12-1pm

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

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

Quilting

Every other TH (Call the front desk for specific dates) 10:00am-12:00pm



Card Games Bridge

M 12-3 pm

Hand & Foot

M 10am-12pm

Pinochle

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

Texas Hold 'Em

\$5 BUY-IN

F 12pm

Whist

F 10am

Mah Jongg

F 12pm



Footcare

with Nurse Jan

By appointment only every 1st and 3rd Tuesday of the month. See front desk for sign up. \$30. Please note, currently booking at 6 weeks out.

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

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.

\$55 IC, \$65 OC; \$10 DROP IN

2/6-3/26

T

10-11am

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.

\$44 IC, \$54 OC; \$10 DROP IN

1/11-2/29

TH

11:30am-12:30pm

\$44 IC, \$54 OC; \$10 DROP IN

3/7-5/2

TH

11:30am-12:30pm

Strength & Balance

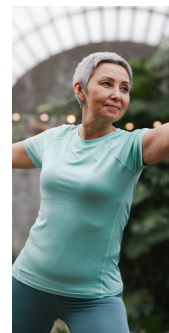
Improve your strength and balance to conquer those every day activities. You will utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist, Certified Sports Nutrition Specialist and Certified NASM Trainer.

\$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

1/5-2/27 T&F 8:30-9:30am

3/1-4/23 T&F 8:30-9:30am

Adult Community Center, Oak and Pine 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 weather and if rain is falling they take advantage of the cover at the Oregon City Shopping Center.

NO CHARGE

M & W 8:30-9:30am

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. Min 6 Max 12. April 27th-July 13th.

\$90 IC, \$110 OC

1/18/3/21 TH 1:30-2:30pm

4/11-6/13 TH 1:30-2:30PM

Adult Community Center, Grand Fir room



Gentle Yoga

Lyndalea Ruffner

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Min 5, Max 10.

\$44 IC, \$54 OC; \$10 DROP IN

1/9-2/27 T 8:30-9:30am

3/5-5/2 T 8:30-9:30am (no class 3/26&3/28)

\$39 IC, \$49 OC; \$10 DROP IN

5/7-6/25 T 8:30-9:30am (no class 5/28&5/30)

Adult Community Center, Oak room

Gentle Yoga (Tuesday Thursday 10am class)

\$88 IC, \$98 OC; \$10 Drop in (T only \$44 IC, \$54 OC; Th only \$44 IC, \$54 OC)

1/9-2/29 T&Th 10-11am

\$88 IC, \$98 OC; \$10 Drop in (T only \$44 IC, \$54 OC; Th only \$44 IC, \$54 OC)

3/5-5/2 T&Th 10-11am (no class 3/26&3/28)

\$77 IC, \$87 OC; \$10 Drop in (T only \$39 IC, \$49 OC; Th only \$39 IC, \$49 OC)

5/7-6/27 T&Th 10-11am (no class 5/28 & 5/30)

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. 5 min, 20 max

\$75 IC, \$85 OC; \$10 DROP-IN

1/12-3/1 F 10-11:30am

3/8-5/3 F 10-11:30am (no class 3/29)

\$70 IC, \$80 OC

5/10-6/28 F 10-11:30am (no class 5/31)

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. Min 5, Max 20

\$130 IC, \$140 OC; \$10 drop-in (M only \$60 IC, \$70 OC, W only \$80 IC, \$90 OC.)

1/8-2/28 M&W 10am-12pm (no class on 1/15&2/19)

\$150 IC, \$160 OC; \$10 drop in (M only \$80 IC, \$90 OC, W only \$80 IC, \$90 OC)

3/4-5/1 M&W 10am-12pm (no class 3/25&3/27)

\$120 IC, \$130 OC; \$10 drop in (M only \$70 IC, \$80 OC, W only \$60 IC, \$70 OC)

5/6-6/26 M&W 10am-12pm (no class 5/27, 5/29& 6/19)

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 in a unique teaching style designed to move the body, increase range of motion and build joint strength. Bring a Yoga mat & blocks. Drop-ins welcome class size permitting. Min 3, Max 15

\$72 IC, \$82 OC; \$10 drop-in (M only \$30 IC, \$40 OC; W only \$42 IC, \$52 OC)

1/17-2/28 M&W 8:30-9:30am (no class on 2/19)

\$84 IC, \$94; \$10 drop-in (M only \$42 IC, \$52 OC; W only \$42 IC, \$52 OC)

3/4-4/29 M&W 8:30-9:30am (no class on 3/25&3/27)

Adult Community Center, Grand Fir room

Parks & Open Spaces

Benski Park

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

Burnside Park

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

Camassia Natural Area

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

Cedar Island

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

Douglas Park

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

Fields Bridge Park

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

Hammerle Park

1505 Lewis St, 5.81 acres
Facilities include picnicking, a covered shelter, play equipment, restroom, athletic field, pickleball courts, tennis court and a water spray pad.

Ibach Nature Park

Parkview Terrace, 1.2 acres
With access from the western edge of Sahallie Illahee Park. The park offers hiking trails and wildlife viewing.

Maddax Woods Park

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

Mary S. Young Park

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

Marylhurst Heights Park

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

Midhill Park

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

North Willamette Park

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

Palomino Park

6405 Palomino Way, .5 acres
Offers new, updated play equipment, basketball pad and turf areas for picnicking, games.

Robinwood Park

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

Sahallie Illahee Park

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

Skyline Ridge Park

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

Sunburst Park

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

Sunset Park

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

Swiftshore Park

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

Tanner Creek Park

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

The White Oak Savanna

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

Wilderness Park

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

Willamette Park

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

Boat Ramps

Cedaroak Boat Ramp

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

Bernert Landing Boat Ramp

1905 Volpp Street, 2 acres
Located where the 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 March 1st - October 31st. Prices vary by group size, and residency. Summer months fill up quickly!

Picnic Area & Field Reservations

Reservations for 2024 begin January 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



Mary S. Young Park



Marylhurst Heights Park



Sunset Park



Tanner Creek Park

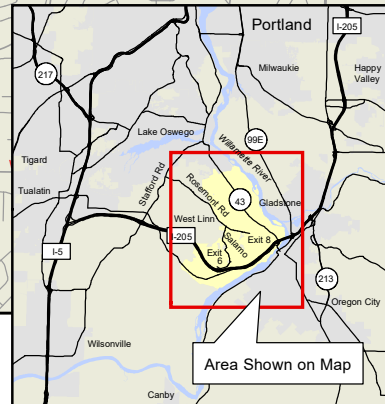
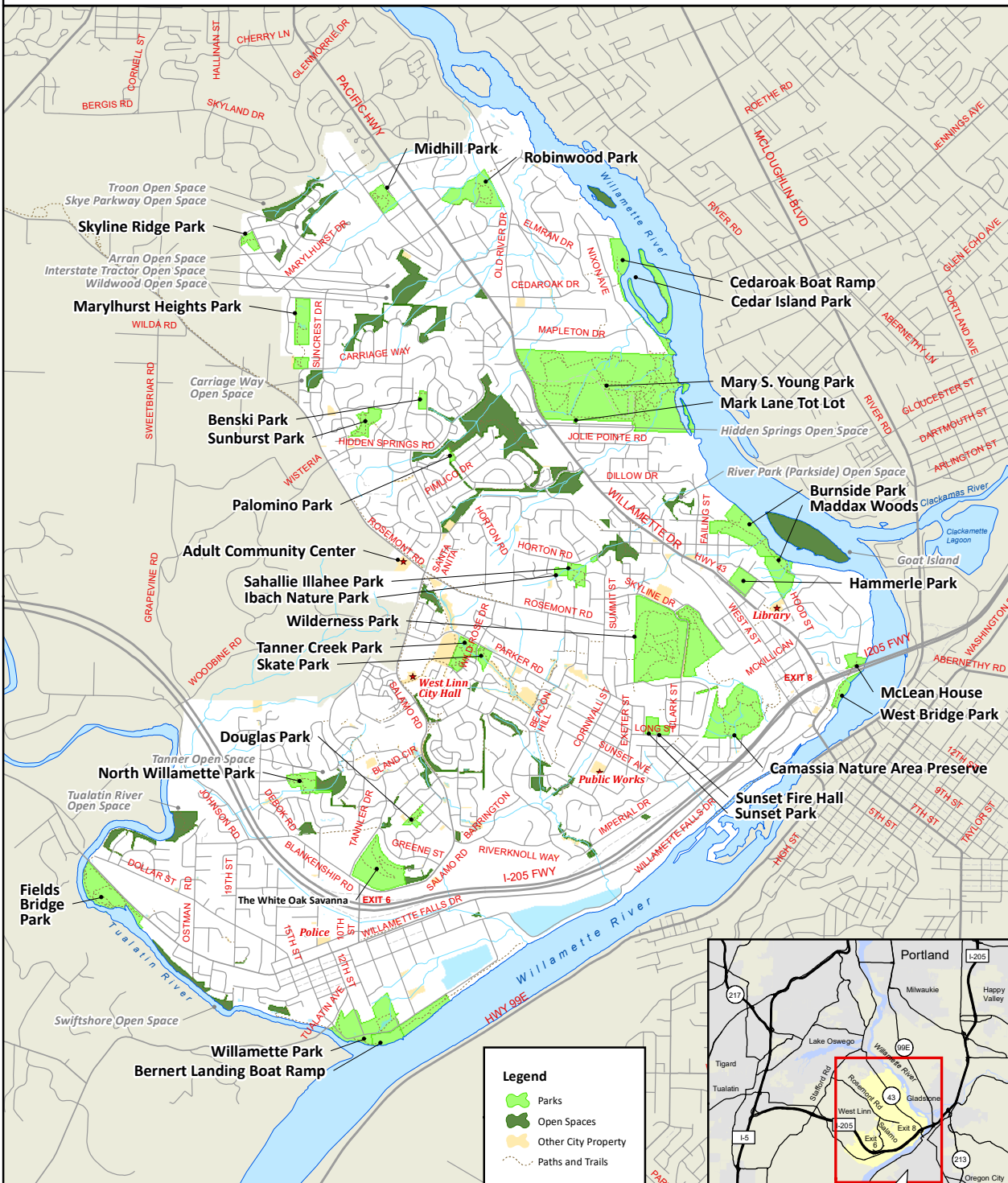


Willamette Park

Picnic Reservations
are ONLINE
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

0 0.25 0.5 1 Miles

PARKS\SYSTEMMAPS\PARKSANDOPENSACES_v2.MXD | FURSDSON | 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. Call 503-557-4700 for Reservations.



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 | 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. The house and park are currently undergoing a loving restoration. It is the site of weddings, family and corporate celebrations as well as small events and business meetings. The house has a large living room with a piano, a sunroom, a formal dining room and modern kitchen on the first floor. Folding tables and chairs are available for your use. There are three rooms on the second floor. The Friends of McLean House and Park manage the property. Consider holding your next special event at this local landmark that's right in your own back yard.

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

Register online at www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F _____ DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONTITION, ETC. _____

IF YOU HAVE A DISABILITY AND REQUIRE AN 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.

Proud partner of



I HAVE READ THE ABOVE WAIVER AND UNDERSTAND THE CONTENTS

 SIGNATURE (PARENT OR GUARDIAN)



CITY OF
West Linn

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

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Winter/Spring 2024 Events at a Glance

1/1: Willamette River Polar Plunge


2/10: Sweetheart Family Dance

3/1-16: Lucky the Leprechaun Hide & Seek

4/1-5: Arbor Week

4/20: Earth Day Work Day

Summer Hiring!



Keep an eye out for summer jobs with Parks & Recreation. Job postings will go up in the springtime, usually around March. Find out more information and read job descriptions here: westlinnoregon.gov/parksrec/parks-recreation-now-hiring

