

Activities

**FALL/HOLIDAY
2016**

Class Registration

Events Guide

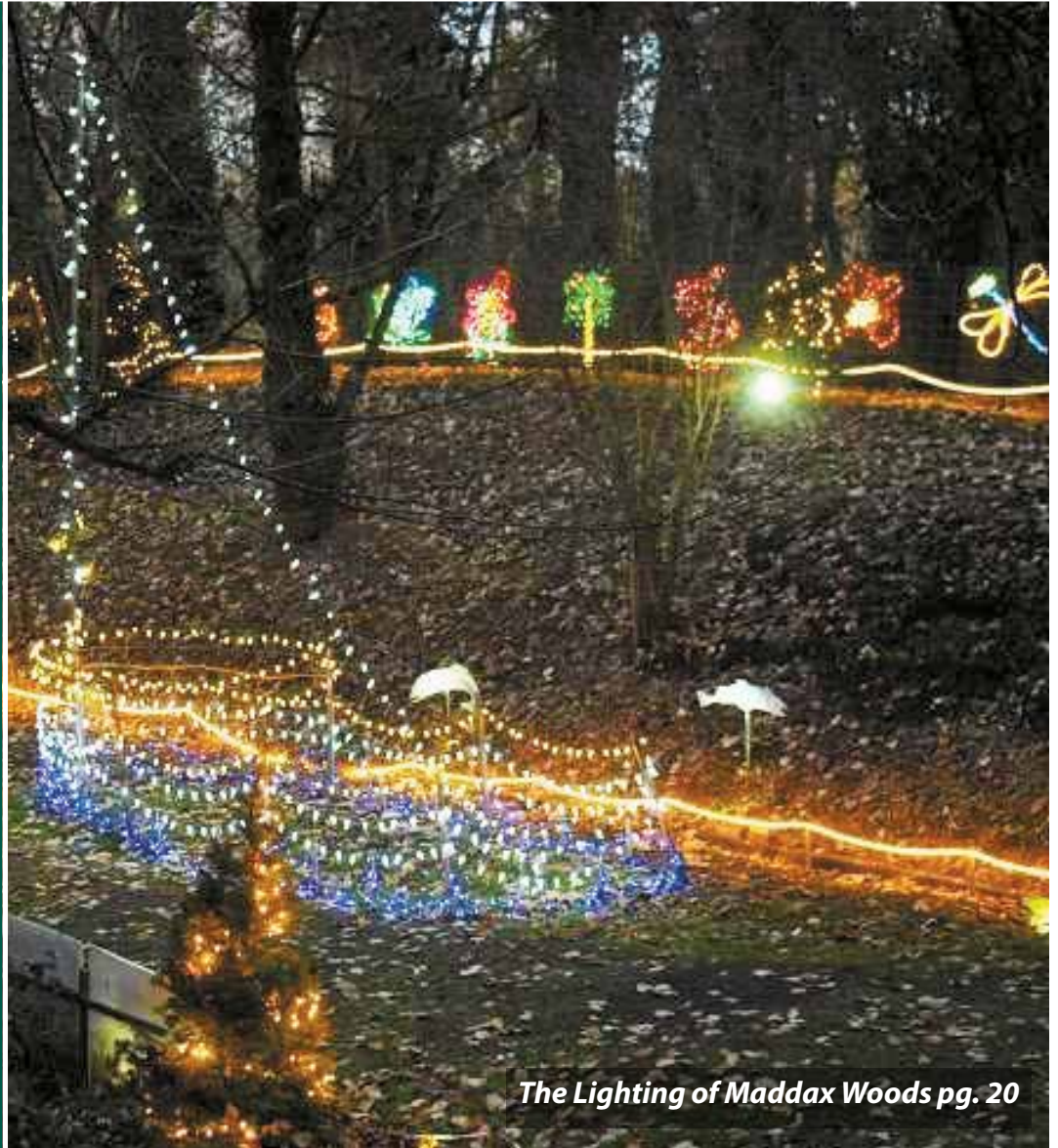
Senior Programs

Park Information

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

22500 Salamo Rd., #1100
West Linn, OR 97068

Phone: 503-557-4700
Fax: 503-656-4106



The Lighting of Maddax Woods pg. 20



City of West Linn Parks & 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.

General Information

Online Registration available at
www.westlinnoregon.gov

Here's How To Register

City Residents – Online, walk-in, phone-in or mail in registration begins August 31, 7:30 am-5:30 pm at the Parks & Recreation Department. Please bring proof that you live in-city. If you prefer not to register in person, phone-in or mail-in registrations will also be accepted. Out-of-City – Online begins September 2 and walk-in registration begins September 4.

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

- 100% refund if City of West Linn cancels class.
- 100% minus a \$10 processing fee (fee applies to each class withdrawn), if you request a refund prior to the first class unless otherwise stated in class description.
- In lieu of a refund, you may request a credit on your account and the \$10 fee will be waived. All credits are non-refundable.
- After a class has begun, credit on your account will be issued on a prorated basis.

West Linn Residency — West Linn residents receive a discounted rate for classes. Most programs have a Non-West Linn resident fee of \$5 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.

Scan and Explore — Use your mobile device to scan the QR code on the left to go directly to West Linn Parks & Recreation's Facebook page. Once there, you can bookmark for future use. You will need to download a QR scanner application for your mobile device.



Register for classes early!!

All of our classes have minimums and maximums, and we do not want you to miss out on one of our great classes. So, please sign up early to avoid cancellations.

Recreation Program Sites

ADULT COMMUNITY CENTER	1180 Rosemont Rd
ATHEY CREEK MIDDLE SCHOOL	2900 Borland Rd
BOLTON SCHOOL	5933 Holmes St
CEDAR OAK SCHOOL	4515 Cedaroak Dr
CITY HALL	22500 Salamo Rd
FLOURISH PILATES	1785 Willamette Falls Dr, Ste. 8
HAMMERLE PARK	1505 Lewis St
HARMONY ROAD MUSIC CENTER	17300 SE 82nd Dr, Clackamas
HAPPY TRAILS RIDING CENTER	20560 Fernview Rd
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
SACHI WELLNESS	2008 Willamette Falls Dr, Suite A
STAFFORD SCHOOL	19875 Stafford Rd
SUNSET FIRE HALL	2215 Long St
SUNSET SCHOOL	2351 Oxford St
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK	3456 Parker Rd
THE CAKE ROOM	2375 Falcon Dr
TRILLIUM CREEK SCHOOL	1025 Rosemont Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL	1403 12th St

West Linn Sports Associations

Willamette United Soccer Inc 5 years & up

Club Administrator-503-638-9777
Website: www.willamettesoccer.com

Boys Lacrosse Grade School & up

Mark Flood-503-650-6343
Website: www.westlinnlax.com

Recreation basketball 1st-8th Grade

www.westlinnoregon.gov/parksrec
Parks & Recreation Department
Register Sept. & Oct.

West Linn Youth Basketball Association

Website: www.wlhoops.com,
Winter Season-Select Teams grade 4-8

West Linn Baseball Association

Website: www.westlinnbaseball.org

West Linn Girls Lacrosse 3rd-8th grade

Website: www.westlinngirlslax.com

West Linn Youth Football League 3rd-8th grade

Website: www.westlinnfootball.org

West Linn Softball Association 6 years & up

Website: www.westlinnsoftball.org

Portland Water Spectacular

www.portlandwaterspectacular.com

No experience necessary! The only thing required is a commitment to have fun. Skiers and support personnel such as Boat Drivers, Boat riders/spotters, actors for shore routines, announcers and sound system personnel, and costume designers are just some of the needed persons.



Table of Contents

Sports Contacts	3
Toddler Programs	4
Youth Programs	4-9
Youth Sports	10-11
Teen/All Ages	12-16
Adult Sports & Family Fitness	16-20
Adult Programs	21-23
ACC/Senior Programs	24-27
Parks, Open Spaces & Park Facilities	28-30
Registration Form	31
Special Events.....	8, 9, 13, 14, 17, 20, 21

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

Don Kingsborough, Vicky Handy,
Rob Waibel, Steve Millage, Sarah Silvernail,
Steve Miesen, and Scott Etheridge

Office Hours:

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

Toddler & Youth Programs

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas

Toddler Tunes

Ages 20 Months-3 years

Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing.

Parents participate in class. \$20 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$216/OC \$221

9/6-1/24	T	10-10:30 am	5000.101
9/9-1/27	F	10-10:30 am	5001.101
9/10-1/28	S	9:30-10 am	5002.101



Music In Me

Ages 3-5

The Music In Me classes are dynamic and creative music readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. Parents participate in class and are guided in follow-up activities. \$25 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$264/OC \$269

9/6-1/10	T	12-12:45 pm	5003.101
9/9-1/13	F	10:30-11:15 am	5004.101
9/10-1/14	S	8:45-9:30 am	5005.101

More Music In Me

Ages 3-5

The More Music In Me classes are dynamic and creative music readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. More Music In Me

prepares students for enrollment in Harmony Road 1 Classes. Parents participate in class and are guided in follow-up activities. \$25 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$264/OC \$269

9/6-1/10	T	11:15 am-12 pm	5006.101
9/9-1/13	F	11:15 am-12 pm	5007.101

Harmony Road 1

Ages 4 1/2-6

Students learn basic music & piano skills through singing, rhythm,

movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series of 4 semesters that provide your child with a strong musical foundation. Parents participate in class. \$50 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$375/OC \$380

8/22-1/23	M	3:30-4:25 pm	6200.101
8/25-1/23	Th	3:30-4:25 pm	6201.101
8/26-1/27	F	12-12:55 pm	6202.101

Young Musician 1

Ages 6-7

Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series of 4 semesters that provide your child with a strong musical foundation. Parents participate in class. \$50 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$375/OC \$380

8/23-1/24	T	5:45-6:40 pm	6203.101
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Keyboard Prep 1

Ages 8-11

Students learn basic music & piano skills through singing, rhythm,

movement, ear training, keyboard activities, solo & ensemble performance. This class is the first of a series of 3 semesters that provide your child with a strong musical foundation. Parents participate in class. \$25 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$375/OC \$380

8/24-1/25	W	6:30-7:25 pm	6204.101
8/25-1/26	Th	4:30-5:25 pm	6205.101

Parent Information Night

for parents of current and prospective students

This class is intended for parents or any participating adult of new/prospective student of Harmony Road Music Center. You will learn how our comprehensive musicianship program will provide music education for the family. Pre-registration Required- for adults only. No childcare is provided.

FEE: Free

10/18	T	6:30-7:30 pm	6208.101
10/21	F	1-2 pm	6209.101

Presented by



All Classes at
Sunset Firehall

Fall Y Chef

Ages 7-12

As the weather starts to turn colder we also change the food we eat. This class will focus on some of those cold weather comfort foods and Fall Classics. Students will learn simple recipes that are tasty and fun to make. Each student will make a recipe book to bring home.

FEE: IC \$42/OC \$47

10/14	F	8:30 am-2:30 pm	6100.101
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Lego Engineering Custom Creations

Ages 7-12

You are a master Lego builder and need to be challenged! This class expands on our Lego Engineering camp by turning you into the engineer. Instead of simply following the instructions to build a project, builders have to build and test their own designs. We give you the challenges and help you create your own original engineering project.

FEE: IC \$42/OC \$47

11/21	M	8:30 am-2:30 pm	6101.101
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Holiday Y Chef

Ages 7-12

The holidays are filled with wonderful eats and treats. During this

session students will learn simple recipes that warm the heart and the stomach. Participants will bring home a cook book and crafts.

FEE: IC \$119/OC \$124

12/19-12/21	M-W	8:30 am-2:30 pm	6102.101
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Lego Engineering Core Concepts

Ages 7-12

Not just any Legos. Our student engineers will build and experiment with the simple machines and motors to build cars that move and much more!

FEE: IC \$119/OC \$124

12/26-12/28	M-W	8:30 am-2:30 pm	6103.101
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Dance Classes

Presented by

Van De Veere Productions

View website at www.misskathleen.net

Classes run throughout the school year,

Sessions 4 & 5 will be available in January.



We Are 16, Going On 17!

Participate in our 17th annual dance recital. Costume fee is \$70 per dancer per class. Tumbling is \$25 per dancer. Payable to the instructors.

Recital Weekend May 20-21, 2017 Canby High School Performing Arts Center

DRESS CODE for classes:

Ballet/Tap Combo classes: Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Black tap shoes. Hair pulled back and up.

Ballet classes: Black leotard, ballet pink tights, pink leather ballet shoes. Hair in a bun.

Tap classes: Booty shorts or leggings. Leotards, Tank tops, half tops. Black tap shoes. Hair pulled back and up.

Jazz/Lyrical/Musical Theater classes: Booty shorts, capris or leggings. Leotards, Tank tops, half tops. Dance paws or pirouette shoes in skin tone color. Hair pulled back and up.

Hip Hop classes: Sweat pants, basketball shorts or loose fitting pants. Tank top, tee shirt/hoodie or half top. Black converse style sneakers. Hair pulled back.

Tumbling classes: Leggings, capris or shorts. T shirt or tank top. Bare feet.

Mondays With Miss Kathleen Sunset Firehall Upstairs

Ballet/Tap Intermediate

Ages 6-9

Perfect for your dancer who wishes to build skills they have learned from last year! Start with ballet stretches, barre and center and then change the pace and build on more complex tap skills and combinations!

FEE: IC \$67/OC \$72

9/12-10/17	M	2:45-3:30 pm	6400.101
10/31-12/12	M	2:45-3:30 pm	6401.101
1/2-2/6	M	2:45-3:30 pm	6402.101

Jazz 3

Ages 9 and up

This class is great for dancers who have at least 2 years or more of jazz and have mastered their double turns, leaps and intermediate jazz skills! Super popular and build your dancers technique with more training!

FEE: IC \$67/OC \$72

9/12-10/17	M	3:30-4:15 pm	6403.101
10/31-12/12	M	3:30-4:15 pm	6404.101
1/2-2/6	M	3:30-4:15 pm	6405.101

Jazz 4

Ages 11 and up

This class is for the advanced intermediate dancer with triple turns, turns in second and advanced leaps! Looking forward to building more technique, strength and advanced center, across the floor and floor work!

FEE: IC \$67/OC \$72

9/12-10/17	M	4:15-5 pm	6406.101
10/31-12/12	M	4:15-5 pm	6407.101
1/2-2/6	M	4:15-5 pm	6408.101

Mondays With Miss Jeanna Sunset Firehall Downstairs

Tumbling

Ages 4-7

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$67/OC \$72

9/12-10/17	M	2:45-3:30 pm	6409.101
10/31-12/12	M	2:45-3:30 pm	6410.101
1/2-2/6	M	2:45-3:30 pm	6411.101

Tumbling

Ages 4-7

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$67/OC \$72

9/12-10/17	M	3:30-4:15 pm	6412.101
10/31-12/12	M	3:30-4:15 pm	6413.101
1/2-2/6	M	3:30-4:15 pm	6414.101

Tumbling

Ages 8-11

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$67/OC \$72

9/12-10/17	M	4:15-5 pm	6415.101
10/31-12/12	M	4:15-5 pm	6416.101
1/2-2/6	M	4:15-5 pm	6417.101

Tumbling II

Ages 11 and up

The Tumbling II class will focus on advanced skills such as aerials, handsprings and back tucks through strength and flexibility drills. Students will also spend time perfecting and adding variations to their flexibility poses and other tumbling skills.

FEE: IC \$87/OC \$92

9/12-10/17	M	5-6 pm	6418.101
10/31-12/12	M	5-6 pm	6419.101
1/2-2/6	M	5-6 pm	6420.101

Tumbling I/II

Ages 11 and up

The Tumbling I & II class will focus on intermediate to advanced tumbling skills such as handstand variations, walkovers. There will

also be a focus on strength and flexibility drills for aerials, handsprings ect.

FEE: IC \$77/OC \$82

9/12-10/17	M	6-7 pm	6421.101
10/31-12/12	M	6-7 pm	6422.101
1/2-2/6	M	6-7 pm	6423.101

Mondays With Miss Christine Adult Community Center Rooms Oak and Pine Rooms

Hip hop and Play

Ages 4-6

This class is great for your dancer with lots of energy! Come and learn the basics of hip hop combined with fun games! Miss Christine makes it fun with upbeat music, clever dance games and fun choreography for your dancer!

FEE: IC \$57/OC \$62

9/12-10/17	M	4-4:30 pm	6424.101
10/31-12/12	M	4-4:30 pm	6425.101
1/2-2/6	M	4-4:30 pm	6426.101

Fundamentals of Tap Beginning Class

Age 6 to 9

This class is designed for the beginning level tap dance student who is interested in learning proper technique and the basics of tap dance. Join Miss Christine for this fun class with rhythm, across the floor, and combinations.

FEE: IC \$67/OC \$72

9/12-10/17	M	4:30-5:15 pm	6427.101
10/31-12/12	M	4:30-5:15 pm	6428.101
1/2-2/6	M	4:30-5:15 pm	6429.101

Rhythm Tap Level 3/4 Advanced and Intermediate Advanced Technique

Ages 10 and up

This class is a technique class design for tappers with experience at the intermediate or advanced level. Continue working on your technique, turns across the floor and faster footwork as you work on clarity and rhythm.

FEE: IC \$67/OC \$72

9/12-10/17	M	5:15-6 pm	6430.101
10/31-12/12	M	5:15-6 pm	6431.101
1/2-2/6	M	5:15-6 pm	6432.101

Youth Programs

Acting 101- Acting Techniques and Scene Study/Improv

Ages 10 and up

Do you love acting? If you have been loving our musical theater classes this is a great class for your actor to work on scene study, skits, improv, acting games, improv and more!

FEE: IC \$67/OC \$72

9/12-10/17	M	6-6:45 pm	6433.101
10/31-12/12	M	6-6:45 pm	6434.101
1/2-2/6	M	6-6:45 pm	6435.101

Adult Beginning Tap Dance (Dance Moms, Vads, Grannies and Grandpas)

You asked for it! Join Miss Christine for the basics and fundamentals for tap dancing for adults. This is great for parents who have knowledge of tap or beginners. Miss Christine will instruct at a great pace for our VDV parents!

FEE: IC \$67/OC \$72

9/12-10/17	M	6:45-7:30 pm	6436.101
10/31-12/12	M	6:45-7:30 pm	6437.101
1/2-2/6	M	6:45-7:30 pm	6438.101

Tuesdays With Miss Kathleen ACC Grand Fir Room

Creative Movement/ Pre Ballet II

Ages 4-5

If your little one danced last year, this is a perfect class for you! Miss Kathleen will continue with skills from last year and introduce new terminology! Stretches, ballet basics and more! See you back in class!

FEE: IC \$57/OC \$62

9/13-10/18	T	3:15-3:45 pm	6439.101
11/1-12/13	T	3:15-3:45 pm	6440.101
1/3-2/7	T	3:15-3:45 pm	6441.101

Musical Theater

Ages 7 and up

Miss Kathleen's MOST POPULAR class! Sing and dance with Miss Kathleen. Learn proper vocal techniques, theater games, musical theater dance styles and work on several songs from your favorite Broadway shows! The ultimate triple threat class!

FEE: IC \$67/OC \$72

9/13-10/18	T	3:45-4:30 pm	6442.101
11/1-12/13	T	3:45-4:30 pm	6443.101
1/3-2/7	T	3:45-4:30 pm	6444.101



Tuesdays With Christine ACC Oak and Pine Rooms

Musical Theater

Ages 5-8

Does your young one love to sing and dance!? Musical theater is our most popular class! Join Miss Christine for vocal warm ups, theater games and Broadway dancing! Fun and high energy!

FEE: IC \$67/OC \$72

9/13-10/18	T	3:15-4 pm	6445.101
11/1-12/13	T	3:15-4 pm	6446.101
1/3-2/7	T	3:15-4 pm	6447.101

Tiny Tappers

Ages 3-5

A perfect class for your little one who loves to tap! This is a NEW class! Learn proper tap technique, and shuffle off to buffalo! Perfect for your beginning tapper! Learn tap warm ups, center and across the floor!

FEE: IC \$57/OC \$62

9/13-10/18	T	4-4:30 pm	6448.101
11/1-12/13	T	4-4:30 pm	6449.101
1/3-2/7	T	4-4:30 pm	6450.101

Hip Hop Beginning

Ages 7-11

Do you love to get funky? Then you will love this class. Join Miss Christine for the freshest moves off the streets of LA. Dance to your favorite upbeat songs as you stretch, dance across the floor and learn funky combos including floor work. This a high-energy class and a great workout!

FEE: IC \$67/OC \$72

9/13-10/18	T	4:30-5:15 pm	6451.101
11/1-12/13	T	4:30-5:15 pm	6452.101
1/3-2/7	T	4:30-5:15 pm	6453.101

Tap Beginning/Intermediate

Ages 7-11

This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$67/OC \$72

9/13-10/18	T	5:15-6 pm	6454.101
11/1-12/13	T	5:15-6 pm	6455.101
1/3-2/7	T	5:15-6 pm	6456.101

Tuesdays With Miss Rosemary Sunset Firehall Upstairs

Ballet 3

Ages 10 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$77/OC \$82

9/13-10/18	T	4-5 pm	6457.101
11/1-12/13	T	4-5 pm	6458.101
1/3-2/7	T	4-5 pm	6459.101

Ballet 4/5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$77/OC \$82

9/13-10/18	T	5-6 pm	6460.101
11/1-12/13	T	5-6 pm	6461.101
1/3-2/7	T	5-6 pm	6462.101

Pointe

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work in pointe shoes, Designed for the serious ballet student.

FEE: IC \$57/OC \$62

9/13-10/18	T	6-6:30 pm	6463.101
11/1-12/13	T	6-6:30 pm	6464.101
1/3-2/7	T	6-6:30 pm	6465.101

Wednesdays With Miss Kathleen Sunset Firehall Upstairs

Ballet 5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$67/OC \$72

9/14-10/19	W	5:15-6 pm	6466.101
11/2-12/14	W	5:15-6 pm	6467.101
1/4-2/8	W	5:15-6 pm	6468.101

Jazz 5

Ages 12 and up

This class is designed for our advanced jazz dancers with triple and quad turns, switch leaps, turns in second and advanced skills.

FEE: IC \$67/OC \$72

9/14-10/19	W	6-6:45 pm	6469.101
11/2-12/14	W	6-6:45 pm	6470.101
1/4-2/8	W	6-6:45 pm	6471.101

Thursday's With Miss Emily Sunset Firehall Upstairs

Creative Movement/Ballet

Ages 3-4

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games, stretching and skills. Your dancer will love dancing with Miss Emily!

FEE: IC \$57/OC \$62

9/15-10/20	Th	3-3:30 pm	6472.101
11/3-12/15	Th	3-3:30 pm	6473.101
1/5-2/9	Th	3-3:30 pm	6474.101

Jazz 1 and 2

Ages 6-10

This class is designed for your beginning level dancer who loves jazz! Learn stretches, then dance in the center and across the floor with turns and leap! High energy and fun! Perfect your single and double turns and work your leaps!

FEE: IC \$67/OC \$72

9/15-10/20	Th	3:30-4:15 pm	6475.101
11/3-12/15	Th	3:30-4:15 pm	6476.101
1/5-2/9	Th	3:30-4:15 pm	6477.101

Lyrical 1/Contemporary-Beginning

Ages 7 and up

Get out of your box and dance with Miss Emily. Explore movement through improv and expression. This is designed for the beginning dancer. Express yourself!

FEE: IC \$67/OC \$72

9/15-10/20	Th	4:15-5 pm	6478.101
11/3-12/15	Th	4:15-5 pm	6479.101
1/5-2/9	Th	4:15-5 pm	6480.101

Lyrical 2 /Contemporary-Intermediate

Ages 10 and up

Get out of your box and dance with Miss Emily. Explore movement through improv and expression. This is designed for the intermediate dancer with double turns!

FEE: IC \$67/OC \$72

9/15-10/20	Th	5-5:45 pm	6481.101
11/3-12/15	Th	5-5:45 pm	6482.101
1/5-2/9	Th	5-5:45 pm	6483.101

Lyrical 3 /Contemporary Advanced

Ages 12 and up

Get out of your box and dance with Miss Emily. Explore movement through improv and expression. This is designed for the advanced dancer with multiple turns!

FEE: IC \$67/OC \$72

9/15-10/20	Th	5:45-6:30 pm	6484.101
11/3-12/15	Th	5:45-6:30 pm	6485.101
1/5-2/9	Th	5:45-6:30 pm	6486.101

Thursdays With Miss Emily The Adult Community Center, Grand Fir Room

Ballet 2/3

Ages 9 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$67/OC \$72

9/15-10/20	Th	7-7:45 pm	6487.101
11/3-12/15	Th	7-7:45 pm	6488.101
1/5-2/9	Th	7-7:45 pm	6489.101

Dance Technique and Conditioning (non-recital) Inter/Advanced

Ages 11 and up

This class is designed for our serious dancers. Work on body conditioning, extreme stretching, across the floor and your favorite skills you still want to perfect.

FEE: IC \$67/OC \$72

9/15-10/20	Th	8:45-9:30 pm	6490.101
11/3-12/15	Th	8:45-9:30 pm	6491.101
1/5-2/9	Th	8:45-9:30 pm	6492.101

Fridays With Miss Rosemary Sunset Firehall Upstairs

Ballet 1

Ages 7 and up

This class is designed for the first time or second year ballet student. Learn proper posture and techniques at the ballet barre. Then stretch in center and dance across the floor. Focus is on proper ballet placement and ballet basics.

FEE: IC \$67/OC \$72

9/16-10/21	F	3:15-4 pm	6493.101
11/4-12/16	F	3:15-4 pm	6494.101
1/6-2/10	F	3:15-4 pm	6495.101

Ballet 2

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$67/OC \$72

9/16-10/21	F	4-4:45 pm	6496.101
11/4-12/16	F	4-4:45 pm	6497.101
1/6-2/10	F	4-4:45 pm	6498.101

Ballet 4/5 with Pointe

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes. This class includes pointe and pre-pointe.

FEE: IC \$87/OC \$92

9/16-10/21	F	4:45-6:15 pm	6499.101
11/4-12/16	F	4:45-6:15 pm	6500.101
1/6-2/10	F	4:45-6:15 pm	6501.101



Princess Pilates Mommy and Me Classes

Ages 4-14

Double the fun and Mom gets her workout too. Exercises are performed standing and on the mat and use Resist-a-balls, rings, rollers, weighted balls, bands, and the BOSU balance trainer. Gain strength and flexibility and postural awareness at any age. Learn how to stretch and strengthen muscles to prevent back pain. Develop a strong core and increase self awareness and confidence. The many benefits of pilates for kids:

- Improved Mental Concentration
- Increased Flexibility
- Improved Posture
- Improvement in Sports
- Enhanced Self Confidence and awareness from the inside-out

FEE: IC \$481/OC \$486 (13 sessions)

Cost is for both mother and child to attend
9/6-12/13 Su 6-6:50 pm 7126.101
No class 11/15 & 11/29

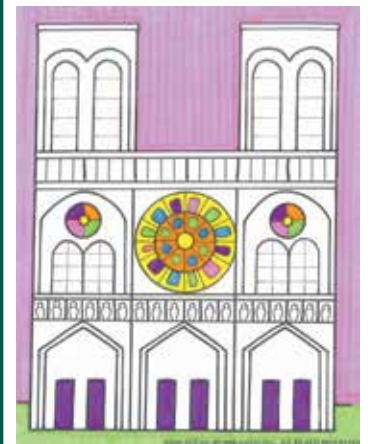
Young Rembrandts Drawing Class

Ages 5-12

Young Rembrandts Fall Session will be a blast with all new lessons. Following our step by step teaching method, students will learn and have fun during their weekly art class. Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. Introducing a new lesson each week, students will explore between Line Art, Still Life, Abstract and Graphic Art. Students will also master their coloring techniques.

FEE: IC \$144/OC \$149

9/27-12/6 T 4-5 pm 6000.101
Adult Community Classroom, Hemlock Room



Youth Programs

Presented by



All Classes Held at Sunset Firehall

Junior Physicist

Ages 7-12

Who thought introducing kids to Physics could be this fun! Campers will experience awesome forces as they explore the energy of motion! Learn about air pressure and levitate ping pong balls in defiance of gravity. Mind boggling fun!

FEE: IC \$36 / OC \$41

10/12 W 9 am-12 pm 6800.101

Junior Chemists I

Ages 7-12

Hop on board the chemistry express for a high-speed science experience! Perform instantaneous experiments in this fast-paced class on split-second reactions that go like mad! Create crazy chemical reactions and a lemon powered battery!

FEE: IC \$36 / \$41

10/13 Th 9 am-12 pm 6801.101

Junior Engineers

Ages 7-12

Become an electrical and civil engineer in just one camp! Don your hard hat to explore the incredible power of simple machines. Explore the shocking field of electricity and learn what it takes to power a circuit.

FEE: IC \$36 / OC \$41

10/14 F 9 am-12 pm 6802.101

Crazy Chemistry

Ages 7-12

Bubbling beakers and glow-in-the-dark solutions! Be a master chemist in our own safe laboratory and examine the minerals and chemicals around us that prove to be truly illuminating.

FEE: IC \$36 / OC \$41

11/11 F 9 am-12 pm 6803.101

Ooey Goopy Chemistry

Ages 7-12

Be ready to wear gloves and goggles as we explore the exciting world of polymers. See how they stretch. Will it ever break? Students make their own slime and conduct a series of experiments to learn more about this fascinating substance.

FEE: IC \$36 / OC \$41

11/11 F 1-4 pm 6804.101

This Fascinating Earth

Ages 7-12

Delve into the invisible forces that make our planet unique and special. Learn about the ups and downs, ins and outs of gravity and recreate the motion of the ocean right in our Mad Science lab in this inescapably fun class!

FEE: IC \$36 / OC \$41

11/21 M 9 am-12 pm 6805.101

Science Saves the Planet

Ages 7-12

Not all webs are made by spiders! Explore ecosystems and discover the complex world of food chains and energy webs. Birds, bees, flowers and trees it's all connected. See what happens when an ecosystem is disrupted and learn what you can do to help.

FEE: IC \$36 / OC \$41

11/22 T 9 am-12 pm 6806.101

Once upon a time in a magical forest...

Enchanted Trail

VOLUNTEERS NEEDED

Character Actors Needed Both Nights

Please Contact Terri Jones 503-557-4700

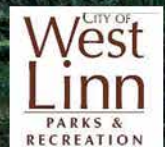
Friday & Saturday, October 28th & 29th

Open from 7:00-9:00 pm

For more information about the event or to purchase ticket

Call 503-557-4700

Or Visit www.westlinnoregon.gov



Junior Naturalist

Ages 7-12

Get ready to explore the natural world around you and learn about animals both on land and sea. Learn how animals adapt and defend themselves within the confines of the Mad Science Laboratory. Campers will truly have a roaring good time.

FEE: IC \$36 / OC \$41

11/23 W 9am-12pm 6807.101

Journey into Outer Space

Ages 7-12

Set your future space explorers on a trajectory to the outer reaches of our solar system! Learn about technology designed for outer space including those intended for the life of an astronaut. Take a closer look at asteroids, comets, satellites and other lights in the night sky. Investigate the four forces of flight, and explore the science involved in model rocket construction and launching as you build your own Skyblazer Rocket that you can take home!

FEE: IC \$180 / OC \$185

12/19-12/23 M-F 9am-12pm 6808.101

Spy Academy

Ages 7-12

Look out 007-Spy Academy is in session! Learn the science behind spy technology. Edible messages, decoding clues and other forms of stealthy communication are the focus of this fast-paced class that lets you experience the life of a spy in action!

FEE: IC \$180 / OC \$185

12/19-12/23 M-F 1-4pm 6809.101

Brixology

Ages 7-12

Engineers shape the world and BRIXOLOGY camp sets the foundation for our next generation of makers! Kids learn about different types of engineering and then team up to construct a different engineering-themed project each day using LEGO bricks and other materials. Let the tinkering begin!

FEE: IC \$108 / OC \$113

12/27-12/29 T-Th 9am-12pm 6810.101

Invention-ations

Ages 7-12

Test your creativity while learning the steps of the scientific method. Students learn how inventors work and that many inventions happen by accident. Through a hands-on approach students will learn that anyone, of any age can be an inventor. What will you create?

FEE: IC \$36 / OC \$41

12/27 T 1-4pm 6811.101

Electric Connection

Ages 7-12

Come discover the different ways electricity and communication are connected. Spend the day exploring electricity through series circuits. Advance to parallel circuits and learn about wireless connections and remote controls. How do you stay connected?

FEE: IC \$36 / OC \$41

12/28 W 1-4pm 6812.101

Junior Chemist II

Ages 1-4

Explore molecules and atoms and see how the building blocks of the universe really stack up. Students will gain an understanding of proper lab techniques while learning about elements in action!

FEE: IC \$36 / OC \$41

12/29 Th 1-4pm 6813.101

Mini-Hooper's 1st & 2nd Grade Basketball League

Registration deadline is September 23, 2016 — Register online www.westlinnoregon.gov/parksrec

This league introduces young players to the sport of basketball, with an emphasis on participation, good sportsmanship, and skill development. Each team will practice one night per week, and will play games on Saturdays throughout the season. League designed boys 1st, boys 2nd, girls 1st, and Girls 2nd (grades combined if necessary)

Coaches will coach and act as on the court officials. Games will be played on modified 8-1/2 foot hoops, smaller basketball courts and have some modified rules.

The Mini Hooper's Basketball season is late October, November & December

- Practice days during the week will vary for each team in the program.

- All teams will play games on Saturdays
 - All practices and games will be located in local schools
 - Practices begin the week of October 17
 - Games November 5-December 17
 - Teams for this program will be set up randomly.
 - One buddy request per player allowed. Both buddy requests must match to be considered.
- PROGRAM FEE: \$90

Registration fee includes team T-shirt/uniform to keep!

Deadline: When program is FULL or September 23, 2016

Register online www.westlinnoregon.gov/parksrec

Skyhawks Basketball Camp

Ages 7-12

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day' and progress in to drills and games making an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs. Bring lunch, snack and water bottle.

FEE: IC \$125/OC \$130

12/19-12/22 M-Th 9 am-3 pm 7113.101
Stafford School, Gym

Recreation Basketball — 3rd through 8th Grades

West Linn Parks and Recreation Department (WLPRD) offers a recreational basketball program for all youth in grades 3rd-8th. The intent of this program is to provide a quality recreational-level youth basketball organization.

West Linn's newest basketball program will offer leagues for boys and girls: Junior Hoopers (grades 3 and 4) and Senior Hoopers (grades 5-8). The Hooper's program will emphasize age-appropriate skill development and techniques, while encouraging teamwork and sportsmanship in a fun environment. The competitive-level select basketball program, serving the West Linn High School area, will continue to be run by West Linn Youth Basketball www.wlhoops.com

Junior Hoopers League

Girls 3 & Girls 4; Boys 3 & Boys 4

Junior Hoopers will have one weeknight practice starting in November with Saturday games beginning in December. Third grade teams will play with smaller ball and some modified rules.

One buddy request per player is allowed. Both players' buddy requests must match in order to be considered. Volunteer coaches may request practice day/time and we will try to meet the request. Jersey included. Register by selecting your player's 2016-17 grade level.

Senior Hoopers League

Girls 5, Girls 6, Girls 7 & 8 ; Boys 5, Boys 6, Boys 7 & Boys 8

Senior Hoopers will have one weeknight practice starting in November with Saturday games beginning in December. Teams will be formed following player skills assessments in late October. Volunteer coaches may request practice day/time and we will try to meet the request. Jersey included. Register online by selecting your player's 2016-17 grade level.

- Player skills assessment is a brief series of drills and scrimmage observed by the league coordinators and coaches. The purpose of player assessments is to help form well-balanced teams within each division. Players not attending the skills assessment will be

randomly assigned to a team.

- Practice days during the week will vary for each team in the program.
- All teams will play games on Saturdays.
- All practices will be located in local schools
- Practices begin in November, Mondays-Fridays
- Games December-February (no games during winter break)
- Games played home and away with neighboring leagues

Registration FEE

\$110 per player and includes jersey to keep.

Registration Deadline:

Late October (exact date TBD based on enrollment numbers)

Player Assessment Dates: November TBD

Register online at

www.westlinnoregon.gov/parksrec

VOLUNTEER COACHES ARE NEEDED FOR ALL HOOPERS LEAGUES.
WLPRD depends on volunteers to run successful programs.

Volunteers will be provided basic information and skills training necessary to successfully instruct program participants. If interested in coaching please register as "Coach" at registration site or contact Ken Warner at kwarnar@westlinnoregon.gov

Presented by

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer . . . "Where the score is always FUN to FUN!"™



Mommy/Daddy & Me Soccer

Ages 2-3.5

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

Min 5 Max 20

FEE: IC \$68/OC \$73

9/14-10/19 W 6-6:30 pm 7100.101

9/17-10/22 Sa 9-9:30 am 7101.101

Tanner Creek Park

11/5-12/17 Sa 9-9:30 am 7102.101

No class 11/26

Willamette Primary School, Turf field

Tot & Pre Soccer

Ages 3.5-5

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill

development through fun soccer games and introduces small children to the group setting. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Min 5 Max 24

FEE: IC \$68/OC \$73

9/14-10/19 W 5:15-5:50 pm 7103.101

9/17-10/22 Sa 9:40-10:15 am 7104.101

Tanner Creek Park

11/5-12/17 Sa 9:40-10:15 am 7105.101

No class 11/26

Willamette Primary School, Turf field

Soccer 1 Techniques & Teamwork

Ages 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Min 5 Max 24

FEE: IC \$68/OC \$73

9/14-10/19 W 4:30-5:15 pm 7106.101

9/17-10/22 Sa 10:15-11 am 7107.101

Tanner Creek Park

11/5-12/17 Sa 10:15-11 am 7108.101

No class 11/26

Willamette Primary School, Turf field

Soccer 2: Skillz & Scrimmages

Ages 7-10

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! All participants receive a Kidz Love Soccer jersey!

Min 5 Max 24

FEE: IC \$68/OC \$73

9/14-10/19 W 3:45-4:30 pm 7109.101

9/17-10/22 Sa 11-11:45 am 7110.101

Tanner Creek Park

11/5-12/17 Sa 11-11:45 am 7111.101

No class 11/26

Willamette Primary School, Turf field

Soccer 3: Match Play

Ages 10-12

Come join Kidz Love Soccer for some intense soccer fun! Each week we will focus on the fun and fast-paced action of non-competitive match play. Teams are formed at each class meeting and vary from week to week encouraging players to develop individually in a variety of positions with a variety of different teammates. Everyone plays and everyone wins! Each participant receives a soccer jersey. Shin guards are required.

Min 5 Max 24

FEE: IC \$68/OC \$73

9/14-10/19 W 2:45-3:45 pm 7112.101

Tanner Creek Park

Fishing Workshop by Coyle Outside

Ages 8-12

Spent the day learning various fishing techniques. We will be fishing this spot at a peak time when we should catch LOTS of fish! Learn how to cast, set up a rod, fly fishing techniques and how to clean the fish you catch (We will get a fire going and cook them for lunch!). Learn what bait or lures to use for the type of fish you're trying to catch. You'll also learn primitive fishing methods including various fish traps and trot lines. Bring a lunch and water and snacks for the day. Wear clothes and shoes that can get wet and muddy. Contact Coyle Outside for details 541-760-0774.

Min 5 Max 8

FEE: IC \$62/OC \$67

11/5 S 9 am-4 pm 7912.101

Mary S Young Park, Shelter

Teen/Adult/All Ages

Piano Street for Teens/Adults

Ages 12 & up

Our Piano Street program is a unique and motivating experience designed specifically for teen & adult beginners. Students are introduced to many musical concepts through ear training, note reading, use of chords, solo/ensemble playing and composing. Parent participation in class is optional for younger students. \$25 Materials Fee payable to Harmony Road Music Center.

FEE: IC \$288/OC \$293

9/12-1/23 M 11-11:45 am 6206.101

9/12-1/23 M 6:45-7:30 pm 6207.101

Harmony Road Music Center

Mindfulness Meditation: A Way to Health and Happiness

Surja Tjahaja

Ages 15 and older

Actively develop a healthy mind & body, and remove stress with comfortable meditation postures. Good for all health conditions, pain management, and open to all abilities.

FEE: IC \$64/OC \$69 Drop-in FEE: \$10 per class to instructor

9/6-10/25 T 7-8:30 pm 1066.101

11/1-12/20 T 7-8:30 pm 1067.101

West Linn Adult Community Center

About the Instructor: Surja Tjahaja holds a MBA degree from USC. He has practiced meditation for the past XX years and is especially interested in how meditation promotes neuroplasticity of the brain and healing. A graduate of the Chaplaincy Program at the Sati Center for Buddhist Studies in California, Mr. Tjahaja has served as a volunteer chaplain at Laguna Honda Hospital and Rehabilitation Center in San Francisco. He currently teaches weekly meditation classes open to people of all ages and health conditions through the Parks and Recreation Departments of Lake Oswego and West Linn.



Drivers Education

offered through a partnership with Oregon Drivers Training Institute

**Tuesdays 4:30pm-7:30pm September 13-November 29th
NO CLASS NOVEMBER 22nd.**

West Linn High School, Room B 104

FIRST CLASS SESSION IS MANDATORY FOR PARENTS

- 33 hours class time
- 6 hours driving-scheduled outside of class time
- 6 hours observing-Scheduled outside of class time
- ODOT & DMV Approved Course
- Instructors ODOT & DMV Certified

Students 15-17 who pass the course will receive a certificate that waives the driving portion of the licensing test

FEE for non licensed driver, under 18 is IC \$340/OC \$345

- PERMIT NUMBER REQUIRED AT TIME OF REGISTRATION
- There is a mandatory parent meeting held the first class session in WLHS Forum
- The above schedule is for classroom time only. All class sessions are mandatory
- We recommend 10 hours of driving prior to behind-the-wheel lessons
- Last day to register is Friday before class or when class is full
- BRING A PHOTOCOPY OF PERMIT TO THE FIRST CLASS.



**Register here: <http://www.oregondrivertraining.com>
or contact Oregon Driver Training Institute at 503-225-0770 for further questions.**

15th Annual

Tree Lighting & Community Celebration

Friday, December 2, 2016

6:00 - 8:00 pm

CITY HALL • 22500 SALAMO RD

ENTERTAINMENT— COOKIE DECORATING— FACE PAINTING

COMPLIMENTARY REFRESHMENTS

UGLY SWEATER DASH EARLY PACKET PICK-UP WITH
ADVENTUROUS EVENTS





21900 Willamette Drive, West Linn



Come Enjoy the Great Shops!
Enjoy Oktoberfest in West Linn!



September 9-10, 2016

5:30 to 9:30 pm

The Alpine Echoes Band

Call Alice Richmond, 503-723-0101, for more information

BARN DANCE

This is a social event with particular consideration to the enjoyment of young adults with a diagnosis of physical or cognitive disabilities

SAT 9/24 7-9PM

Happy Trails Riding Center
20560 Fernview Rd.
WestLinn, Oregon 97068

\$5/person at the door
Friends and family welcome!

Bob Ross Oil Painting J. Stubb

Ages: 12 years to 99

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.

Min 2 Max 15

FEE: IC \$48/OC \$53 (Includes All Supplies)

9/8	Th	5:30-9 pm	The Windmill	1040.101
9/24	S	10 am-2 pm	Mt. Hood	1041.101
10/13	Th	5:30-9 pm	Evening Campfire	1042.101
10/22	S	10 am-2 pm	Snowy Egret	1043.101
11/10	Th	5:30-9 Pm	Ocean Breeze	1044.101
11/26	S	10 am-2 pm	Winter Sunset	1045.101
12/8	Th	5:30-9 pm	Winter Friends	1046.101
12/17	S	10 am-2 pm	A Copper Winter	1047.101

Adult Community Center, Classroom

About the Instructor: Judy has been painting with the 'wet on wet' technique for over 20 years and has been a certified Bob Ross Instructor for 10 years. She has taught at many Michael's stores and 6 parks and recreation facilities as well as private lessons and 'painting parties'. She also teaches at Valley Christian Church and the Woodburn Art Center. Judy is experienced in teaching ADD, ADHD, and students with mild dementia symptoms. Many of her paintings are proudly displayed in homes across the United States. View paintings at, www.wetpaints.net



The Windmill



Mt. Hood



Evening Campfire



Snowy Egret



Ocean Breeze



Winter Sunset



Winter Friend



A Copper Winter

Cooking with Surja Tjahaja

Ages 15-Adult
Min 3 Max 12
West Linn Adult Community Center

Pad Thai

You asked for it! We're going to make two versions of this trendy Thai noodle dish: one with the authentic sauce using tamarind and another version that is popular in the US. You decide which version you prefer. Either way you will become a master at making Pad Thai. We will use fish sauce, palm sugar, complex spices, and fresh noodles. A feast awaits.

Min 3 Max 12
FEE: IC \$35/OC \$40 per person
Materials fee: \$8 payable to instructor
9/25 Su 10 am-1:30 pm 1013.101

The Secrets For Cooking Great Japanese Ramen

Ramen is here! This popular noodle soup has made its way from Japan and China to become part of our trendy Portland food

scene. It's a great dish for the cool season and for soothing colds/flu. In this 3-part series, we'll create three different varieties of ramen as served at fine restaurants. Pick your favorite Ramen or learn them all:

Shoyu Ramen

Shoyu Ramen is the lightest broth for ramen stock. We will learn the technique for making perfectly clear (not cloudy) broth. This is very soothing, aromatic broth is a pleasure to quaff on a cold day. Great for soothing colds. Made with chicken, nitamame (soft-boiled egg), vegetables and traditional wheat based noodles (gluten free options available).

Min 3 Max 12
FEE: IC \$35/OC \$40 per person
Materials fee: \$6 payable to instructor
10/16 Su 10 am-1:30 pm 1010.101



We Need You!

Areas of Opportunities include:

- Parks and Trails
- Adult Community Center
- Event Planning Committees
- Summer Camps
- Haunted Trail
- Instructors
- And more...

BECOME A VOLUNTEER

Good for you and great for the community!

The Parks and Recreation Department provides a variety of opportunities for individuals and groups to volunteer on a one-time or regular basis.



West Linn Parks and Recreation
22500 Salamo RD
West Linn, OR 97068
503-557-4700
<http://westlinnoregon.gov/parksrec/volunteer-parks-and-recreation>



Miso Ramen

Miso Ramen very tasty and full of umami flavor thanks to miso, the key ingredient. Did you know that miso, a fermented soy bean paste, has ten times the antioxidants of red wine? Miso Ramen is made with chasu (a braised pork that we'll make in class), nitamame (soft-boiled egg), vegetables and traditional wheat based noodles (gluten free options available).

Min 3 Max 12
FEE: IC \$35/OC \$40 per person
Materials fee: \$8 payable to instructor
11/6 Su 10 am-1:30 pm 1011.101

Tonkotsu Ramen

Tonkotsu is the thickest broth for ramen and is especially loved by ramen aficionados, due to its rich umami flavor. We will learn the technique for making the prized pork bone broth, along with the chasu (braised pork), nitamame (soft-boiled egg), and vegetables that top off the bowl of traditional wheat based noodles (gluten free options available).

Min 3 Max 12
FEE: IC \$35/OC \$40 per person
Materials fee: \$10 payable to instructor
12/4 Su 10 am-1:30 pm 1012.101

Adult/All Ages

Expedition Old Growth presents A Tour of the Tree Canopies

Who doesn't love climbing trees? Reminisce to those summer days where you were hanging carefree with a smile on your face. You can relive those memories, and create new ones, with a bit of a twist! Expedition Old Growth will provide a guided ascent to the upper most canopies of the majestic trees right here in our local parks. Along the way creating a greater appreciation for the living habitat and unique flora thriving within the park's forest floor and up into the tree-tops. Bring the kids for an ultimate family experience. Life within the trees – experience, learn and appreciate.

Min 6 Max 12

FEE: IC \$135/OC \$140

10/22 Sa 9 am-1pm 2200.301

Location: Mary S Young Park, meet at the end of the gravel parking lot.

General Safety Details

Minimum age is 5 yrs old with the ability to take instruction and fit within the standard children's harness.

Maximum weight limited to 250 pounds.

You will be emailed your assigned climb/arrival time prior to the event date.

A waiver will be required for each participant that includes an indication of good health standing with no physical limitations that may cause a safety concern for participant, guides or other guests.

Power Volleyball, Open Gym

This open gym program is designed for the experienced volleyball player. Players with previous team experience and knowledge of the rules will enjoy this competitive open gym program. This program is not for the beginning player (see Rec Volleyball program)

(2 courts, AA and A). On-going program each Tuesday,

\$2 per person per night

9/20-12/27 Tuesdays 8-10 pm

Not held on 10/18

Athey Creek Gymnasium.

For further information, contact Steve Young
503-750-6151 or sytees@hotmail.com

Adult Open Gym Recreational Co-ed Volleyball

Over 18 years of age,

New teams created weekly, usually two nets, with teams rotating in round robin play.

Nets are at men's height. Class leader provide some training, skills & rules are taught & Practiced.

On-going program each Monday.

Min 4 Max 28

FEE: \$2 per person per night, pay at door

Mondays 8-10 pm

September 19-December 19

For information contact David Nepom 503-305-5366 or dnepom@gmail.com

Willamette Primary School, gym

Ugly Holiday Sweater Dash

Saturday, December 10, 2016
In Historic Willamette District
of West Linn

Runners, walkers and families are invited to come out before the Holiday Parade for the family-friendly, Ugly Holiday Sweater Dash.

Wear your best holiday sweater for this event.

5 K Run 9:00 a.m. 1 Mile Dash—9:30 a.m.

Registration and information at www.westlinnoregon.gov/parksrec
Check in location : 1817 Willamette Falls Drive



West Linn Parks and Recreation

HOLIDAY

BAZAAR



**Saturday, November 12, 2016
Adult Community Center
1180 Rosemont Rd.
9am - 4pm**

**Join us at our 8th Annual Holiday Bazaar
With over 25 vendors featuring
Handcrafted Gifts, Jewelry, Woodworks,
Paintings, Sweets and more.**

Call 503-557-4700 for more information

CITY OF
**West
Linn**
PARKS & RECREATION



FREE ADMISSION!





Health and Well-Being
for the Entire Family

Classes Held at Sachi Wellness Center,
2008 Willamette Falls Dr, Suite 200A, West Linn
503-607-0018

\$12 to drop in for most classes



Yoga Level 2

This class is designed for the yoga student with some experience. Special attention is given to postural alignment, Core strength, and pose breakdowns while incorporating twists, inversions, and balance work.

FEE: IC \$63/OC \$68 (7weeks)

9/13-10/25 Tu 9-10:15 am 2001.101

9/15-10/27 Th 9-10:15 am 2002.101

11/3-12/22 Th 9-10:15 am 2003.101

No Class 11/24

FEE: IC \$72/OC \$77 (8 weeks)

11/1-12/20 Tu 9-10:15 am 2004.101

All Levels Yoga: Discovering Your Roots

This vinyasa based class focuses on beginning to intermediate student with emphasis on breath, balance, and strength which all help to build each student's individual practice. Modifications are offered for the different levels of students, times of life, and personal preference.

FEE: IC \$63/OC \$68 (7weeks)

9/14-10/26 W 6-7:30 pm 2005.101

FEE: IC \$72/OC \$77 (8 weeks)

11/2-12/21 W 6-7:30 pm 2006.101

Gentle, Nurturing Yoga

Give yourself the gift of slowing down and centering within, while listening to your body. This class promotes balance to your mind, body and spirit through the conscious expression of movement infused with healing energy. Basic Hatha yoga is practiced while using stress clearing techniques leaving you deeply relaxed and restored.

FEE: IC \$135/OC \$140 (15 weeks)

9/11-12/18 Su 8:45-10 am 2007.101

9/12-12/19 M 6:30-7:45 pm 2008.101

FEE: IC \$126 OC \$131 (14 weeks)

9/15-12/22 Th 11-12:15 pm 2009.101

No class 11/24

Mindful Movement

Breathwork, visualization, meditation, and flexibility. These are all components of this gentle movement yoga class that is designed to awaken the sense of a balanced well-being.

FEE: IC \$135/OC \$140 (15 weeks)

9/14-12/21 W 9:30-10:45 am 2010.101

Bellydance Beginning-Technique 1

Bellydance basics-Introduction to basic movement and music in a fun, safe and supportive environment. www.maiabellydancer.com

FEE: IC \$69/OC \$74 (5 weeks)

9/9-10/7 F 12-1:30 pm 2011.101

11/11-12/9 F 12-1:30 pm 2012.101

Stretch and Meditate

This class includes gentle stretching and strengthening practices based on restorative yoga. We'll combine these with relaxing breathing and meditate technique to you release tension and calm the mind. So soothing!

FEE: IC \$110/OC \$115 (12 weeks)

9/13-12/13 Tu 6:30-7:30 pm 2013.101

No class 9/27 or 10/4

T'ai Chi

S.V. Miller

Beginning T'ai Chi

Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape.

Min 5 Max 20

Fee One Class Per Week: IC \$72/OC \$77

Two Classes Per Week: IC \$132/OC \$137

9/21-11/16 W 6-7 pm 2014.101

No class 11/2

Rosemont Ridge, Commons

(10/12 class at West Linn High School, Forum)

9/24-11/19 Sa 9:15-10:15 am 2015.101

No class 11/5

Sunset Fire Hall Upstairs

Register for Wednesday & Saturdays as listed above #2016.101

Advanced T'ai Chi Intermediate

T'ai Chi Ch'uan is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. This class is for the self-motivated T'ai Chi Player who can perform the 24-Movement Yang-Style Form solo. Enrollment requires Instructor's permission.

Min 5 Max 20

FEE: IC \$72/OC \$77

9/21-11/16 W 7-8 pm 2017.101

No class 11/2

Rosemont Ridge, Commons

(10/12 class at West Linn High School, Forum)

Advanced T'ai Chi with Fan Form

T'ai Chi Ch'uan is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. This class is for the experienced T'ai Chi Player and will focus on the Yang-Style 36-Movement Fan Form. Enrollment requires Instructor's permission.

Min 5 Max 20

FEE: IC \$108/OC \$113

9/24-11/19 Sa 10:15-11:45 am 2018.101

No class 11/5

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 the 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 \$96/OC \$101 (12 sessions)

9/19-12/12 M 7:30-9 pm 2029.101

No class on 10/10

Willamette Primary School, Cafeteria

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 \$96/OC \$101 (12 sessions)

9/21-12/21 W 7:30-9 pm 2030.101

No class on 10/12 & 12/7

Willamette Primary School, Cafeteria



Nia

Tony Buscemi

New instructor Tony is Black Belt trained in Nia. Nia is a mind, body, body and spirit practice that teaches students to become aware of body sensation, monitor physical activity, seek pleasure in movement over pain. The practice is a whole body integrated conditioning program.

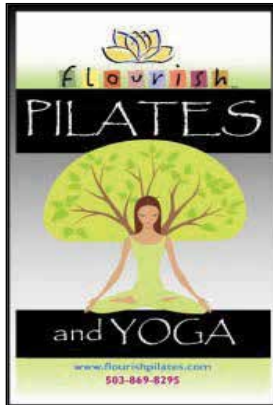
FEE: IC \$64 /OC \$69 (7 weeks) \$10 drop in

9/16-10/28 F 9:30-10:30 am 2031.101

11/4-12/23 F 9:30-10:30 am 2032.101

No class 11/25

Sunset Fire Hall, Upstairs



Pilates Mat & Reformer Classes & Personal Training

Instructor: Flourish Pilates (Clare Baxter & Staff)

Address & facility location:

1785 Willamette Falls Drive, Suite #9 West Linn, OR 97068

www.Flourishpilates.com

Phone: 503-869-8295 • e-mail: clare@flourishpilates.com

Clare baxter is the owner of Flourish Pilates Studio in West Linn since 2007. Clare has been teaching since 1999, and is a certified stott pilates instructor, afaa fitness instructor, and has additional specialized training in pilates for; pregnancy, scoliosis, herniated/bulging discs, whiplash, sacroiliac joint dysfunction, cervical spine and shoulder stability, osteoporosis, and osteoarthritis. Clare and her certified instructors provide personal training and small group classes.

Pilates Mat Classes In A Small Group Of Up To 8 People:

Pilates Mat With Props

Improve strength, flexibility & tone with balls, rings, rollers, & bands!

FEE: IC \$254/OC \$259 (13 sessions)

9/19-12/12 M 5:30-6:30 pm 2019.101

Standing Pi-Yo (Pilates/Yoga)

Combines the beneficial stretching of Yoga with the strength training benefits of the Pilates. Exercises are performed standing to increase balance and functional fitness. Benefit from strength & toning in this challenging and safe workout. Combat the effects of sitting in a small group and prevent injury.

FEE: IC \$254/OC \$259 (13 sessions)

9/12-12/12 M 9-10 am 2020.101

No class 11/21

Small Group Training On The Reformer Of Up To 5 People:

Introduction To Pilates Reformer & Spring-Wall

Exercise on the Pilates Reformer machine with beginners in a small group of up to 5 people. Get back into fitness gently with the Pilates Spring-wall and stretch, lengthen and strengthen muscles at the same time. Gain core strength and tone your entire body! Increase flexibility, improve posture, and prevent injury by balancing out the body.

FEE: IC \$429/OC \$434 (13 sessions)

9/7-12/14 W 10-11 am 2021.101

No class 10/12 & 11/23

Intermediate Pilates Reformer & Spring-Wall

Exercises involve more coordination, strength, and experience practicing Pilates than the

Intro to Reformer or Mat classes. Work in a small group of up to 5 people. Lengthen and strengthen tight muscles, prevent injury, and balance out the body with weight training using the Pilates Reformer and Pilates Spring-wall to increase tone and strength gradually.

FEE: IC \$429/OC \$434 (13 sessions)

9/12-12/12 M 10-11 am 2022.101

No class 11/21

9/19-12/12 M 6:30-7:30 pm 2023.101

9/20-12/13 T 9:30-10:30 am 2024.101

9/13-12/13 T 6-7 pm 2025.101

No class 11/22

9/8-12/15 Th 6-7 pm 2026.101

No class 9/15 & 11/24

Pi-Yo (Pilates/Yoga) Beg/Int. Reformer/Spring-Wall

Combines the beneficial stretching of Yoga with the strength training benefits of the Pilates Reformer machine and Spring-wall. Perform traditional Yoga moves on the Pilates Reformer. Benefit from more strength & toning.

FEE: IC \$429 OC \$434 (13 sessions)

9/10-12/17 S 9-10 am 2027.101

No class 10/15 & 11/26

Ballet Barre! & Pilates Reformer

Improve your posture & lift your BOOTY with Ballet Barre and and tone up with the Reformer. This great workout works the hips, gluts, arms, abs, and legs. This is a fluid workout, safe for the non-dancer. By strengthening the hips and gluts, we can also prevent many back issues. Combat the effects of sitting in a small group.

FEE: IC \$429/OC \$434 (13 sessions)

9/8-12/15 Th 9-10 2028.101

No class 10/13 and 11/24

Adult Fitness

Boot Camp-Get Fit!

Age 18-Adult, under 18 permitted with signed waiver.



Get fit using a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns! This class is challenging and fun!! Bring small hand held weights, water and a yoga mat. Attend one, two or three days a week. Classes begin the first Tuesday/Thursday/Friday of the month.

Thursday 6:30-7:30 am
at Adult Community Center

Tuesday & Friday 5:30-6:30 pm
Rosemont Ridge Middle School

EXCEPTION DATES:
Tuesday, September 6th at ACC-Grand Fir Room
Friday, October 14th ACC-Grand Fir Room
No Class Tuesday, December 20th
Friday, December 27th ACC-Grand Fir Room

Min 3 Max 10

1x/wk FEE: IC \$56/OC \$61 Drop-in \$18

2x/wk FEE: IC \$112/OC \$117 Drop-in \$18

3x/wk FEE: IC \$144/OC \$149 Drop-in \$18

September	1x/wk	2160.101
September	2x/wk	2161.101
September	3x/wk	2162.101
October	1x/wk	2163.101
October	2x/wk	2164.101
October	3x/wk	2165.101
November	1x/wk	2166.101
November	2x/wk	2167.101
November	3x/wk	2168.101
December	1x/wk	2169.101
December	2x/wk	2170.101
December	3x/wk	2171.101

About the Instructor: Jacquelyn Rodgers is a NASM Certified Instructor, CPR & AED trained, Certified running coach.

Kettlebell Morning Fitness

Teen-Adult

Focus on kettlebell basics. Kettlebell increases flexibility, strengthens core, abs, back, and glutes! Class also integrates use of bands, body weight exercise, jump rope, and dumb bells. Please call the Adult Community Center for introductory class information.

Min 3 Max 10

FEE: IC \$80/OC \$85 Drop-in \$18

9/7-10/26 W 7-7:45 am 2070.101
West Linn Adult Community Center,
MPR Oak/Pine

About the Instructor: Janet DuBack is a HKC certified Kettlebell coach who has been teaching Kettlebell for over 5 years. She specializes in assessing for dysfunctional movement. She is nationally certified for FMS functional movement screening an RRCA running coach and ground force method.

The lighting of
Maddax Woods
November 19th - December 31st

Tour the woods
each night 4-9pm

5785 River Street
West Linn, Oregon

Medical Marijuana

Discover the truth about this emerging medical topic from Dr. Kris Ritchey, ND. Studies around the world have linked the healing properties of this herb to the reduction of migraines, MS, cancer, pain and many other conditions. Even weight loss. Learn ways to obtain and use the product safely. 60 min, 15 min Q&A.

Min 6 Max 30

FEE: IC \$30/OC \$35

9/22 Th 7-8:15 pm 6745.101

West Linn Adult Community Center,
Hemlock Room

Thrive Instead of Survive the Holiday Season

Whether you dread or anticipate the holidays, one thing is for sure, they can take a toll on your health and well-being. You may over eat, over drink, over stress, overspend and under sleep. Sign up for one or both of the supportive and informative classes designed to help you thrive throughout the upcoming season.

Class 1, Food & Drink Are you tempted by a continual rotation

of holiday sweets, fatty delights & overeating? Dreading the extra pounds? Take heart there are plenty of other options. We'll cover no guilt, delicious, easy to make healthy food & beverage recipes. You'll be a trend setter at your seasonal gathering. 60 min, 15 min Q&A.

Class 2, Take Care of You We're promised chestnuts roasting on an open fire, but for some of us it's cold & flu care tea simmering in a teapot. The excess sugary foods we eat, coupled with holiday stress & weather changes take

a big toll on our immune system. This class is devoted to ways to keep you and your family healthy through the cold, flu and holiday season. 60 min, 15 min Q&A.

Min 6 Max 30

FEE: IC \$55/OC \$60

10/13 & 10/20 Th 7-8:15 pm 6746.101

West Linn Adult Community Center,
Hemlock Room

*Join us for the annual holiday parade...
Walking in a Winter Wonderland*



Saturday, December 10th

Parade begins at 10am
Registration opens at 9am
10th Street and
Upper Willamette Falls Drive



Visit with Santa after the parade at the
Willamette Fire Station
where donations of non-perishable food and new
unwrapped toys will be collected for local families.



CITY OF
**West
Linn**
PARKS &
RECREATION

TVALR
Tualatin Valley
Fire & Rescue



Adult Programs

Adult Dance

D. Crandell/16-Adult

PARTNERS REQUIRED-NO PARTNER ROTATION

Min 8 Max 24

West Linn Adult Community Center, Oak & Pine Rooms
(MPR1&2)

Beginning Waltz

One of the most popular dance classes! An all-time favorite!

FEE: IC \$45/OC \$50 per person

9/8-9/29 Th 7-8 pm 1020.101

Beginning Night Club 2 Step

Not to be confused with Country Western 2 Step.

Min 8 Max 24

FEE: IC \$45/OC \$50 per person

10/6-10/27 Th 7-8 pm 1021.101

Beginning Tango

A fun and easy dance to learn!

Min 8 Max 24

FEE: IC \$45/OC \$50

11/3-11/17 Th 7-8:15 pm 1022.101

Beginning Rumba

A very cool Latin dance!

Min 8 Max 24

FEE: IC \$45/OC \$50

12/1-12/22 Th 7-8 pm 1023.101

Adult Dance/Intermediate Level Session 1

A different dance each session for the more experienced dancer. This class is beyond the beginning level. Call 503-637-6295/email jivehop@netzero.com for more information. Fees are per person.

Beyond Beginning Jitterbug Swing

FEE: IC \$45/OC \$50 per person

9/8-9/29 Th 8:15-9:15 pm 1024.101

Intermediate Waltz

FEE: IC \$45/OC \$50

10/6-10/27 Th 8:15-9:15 pm 1025.101

Beyond Beginning Night Club 2 Step

FEE: IC \$45/OC \$50

11/3-11/17 Th 8:15-9:30 pm 1026.101

Beyond Beginning Tango

FEE: IC \$45/OC \$50

12/1-12/22 Th 8:15-9:15 pm 1027.101

About instructors, Dave and Jody Crandell, they have been teaching dance for more than two decades. They danced competitively in a world class dance circuit for 10 years and competed in the world championships. They have taught, competed and performed all over the western US and Canada. They take a fun and unintimidating approach with their teaching. They have instructed thousands of successful students.



Clock Repair

R. Lloyd

Fascinated with clocks and time keeping? Learn what makes them tick. Acquire the skills to restore that family heirloom or maintain your growing clock collection. Bring your spring or weight driven clock and a group of clock enthusiasts will teach you the fundamental skills to make it run. Classes are in a workshop hands-on environment perfect for the novice hobbyist or the budding collector. Learn more at www.clockclasses.com

Min 8 Max 25

FEE: IC \$60/OC \$65 (10-weeks)

10/4-12/13 T 7-9:30 pm 1520.101

No class 11/22

Stafford Primary School Cafeteria/Commons



Voice Overs: NOW is Your Time!

A One-time 2-Hour Program for Adults

You've heard Lisa Foster on tv and radio commercials! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Min 4 Max 40

FEE: IC \$35/OC \$40

10/27 W 6:30-8:30 pm 1055.101

West Linn Adult Community Center, Hemlock Room

Writing the Middle Grade and Young Adult Novel

For new writers as well as veteran writers who want to hone their craft with former American University writing teacher Jennifer Johnston and Graham Salisbury, author of 19 novels for young readers including the critically acclaimed "Under the Blood Red Sun," winner of multiple awards and designations, including the Scott O'Dell Award for Historical Fiction and the California Young Reader Medal. The class will focus on the basic elements of writing a story that resonates with readers including structure, theme, premise, and an understanding of the motivation one must have to write at all.

Min 3 Max 25

FEE: IC \$150/OC \$155

9/15-10/6 Th 7-8:30 pm 2122.101

West Linn High School-Room A104

About the Instructors: Jennifer Johnston studied writing at the University of Oregon where she received her MA in interdisciplinary writing studies and went on to receive her EdM in teaching writing from the Harvard Graduate School of Education. She has taught writing across the country from American University and Johns Hopkins University to community colleges in Florida and Oregon. She writes non-fiction under the pen-name JJ Stier and poetry under the pen name Mary Winslow. She has written several yet-to-be-published novels for young adults and young readers. Graham Salisbury: Graham Salisbury grew up in the Hawaiian Islands, where his family has lived since 1820. He graduated from California State University, and received an MFA from Vermont College of Fine Arts, where he was a member of the founding faculty of the MFA program in writing for children. He is the author of twenty books, including Under the Blood-Red Sun, Blue Skin of the Sea, Night of the Howling Dogs, Eyes of the Emperor, and the Calvin Coconut series. He lives in Lake Oswego, Oregon. Visit him at: www.grahamsalisbury.com

Photography Instruction

Dwon Guvenir, Craftsman Photographer,

Instructor's website www.oregonphotosafaris.com

Ages 16-Adult

Photography Basic

This is the first 2 hour introduction of the Advanced Photography class, an overview of how modern digital and film cameras function to create art. Its a great place to start if you're not really sure you want to take the time to develop your skills as a photographer. This course is not a prerequisite for the Advanced Photography course. Bring camera and manual.

Min 5 Max 20

FEE: IC \$35/OC \$40

10/3 M 7-9 pm 1050.101

West Linn High School, Classroom A101

Photography Advanced

Craftsman Photographer Dwon Guvenir will teach you the skills necessary to be in complete control of your photography, both the tech and the art of photography. This class brings students of all levels up to the "advanced" level. No prerequisite. Bring camera and manual.

Min 5 Max 20

FEE: IC \$100/OC \$105

10/3-10/5 M-W 7-9 pm 1051.101

West Linn High School, Classroom A101

CALLING ALL INSTRUCTORS!

West Linn Parks and Recreation is looking for qualified contract instructors who may be interested in teaching.

If you have a skill you would like to share with the West Linn community, we want to hear from you!

Program ideas for youth, adult and 55+ are welcomed.

Ukulele & Guitar Instruction

B. Price

Youth-Adult

West Linn Adult Community Center- Hemlock Room

Min 5 Max 20

Beginning Ukulele Part 1

Ukulele is easy to play, inexpensive, and lots of fun! In this popular class you will quickly learn tuning, simple chords, and tons of songs. A great way to have fun with family and friends. Tenor, Soprano, or concert GCEA tuning only. Please provide your own ukulele.

FEE: IC \$62/OC \$67

Materials fee: \$8

payable to instructor at first class.

9/19-10/24 M 6:30-7:15 pm 6770.101

No Class 10/17

Beginning Ukulele Part 2

This class picks up where PART 1 left off. More great songs, strumming, and chords. Tenor, Soprano, or concert GCEA tuning only.

FEE: IC \$62/OC \$67

11/7-12/12 M 6:30-7:15 pm 6773.101

No Class 11/21

Beginning Guitar Part 1

This fun and popular class is designed for the absolute beginner. Quickly learn basic chords and simple strumming patterns known to all guitar players. EZ songs, how to tune, basic techniques, and much more. Please provide your own guitar.

FEE: IC \$62/OC \$67

Materials fee: \$8

payable to instructor at first class.

9/19-10-24 M 7:15-8 pm 6771.101

No Class 10/17

Beginning Guitar Part 2

This class picks up where PART 1 left off. More great songs, strumming, and chords

FEE: IC \$52/OC \$57

Materials fee: \$8

payable to instructor at first class;

covers parts 1 & 2.

11/7-12/12 M 7:15-8 pm 6774.101

No Class 11/21

West Linn Adult Community Center

Photo by Expressions of Eden



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.

Open Monday-Friday, 9 am-3 pm

Closed all legal Holidays and when Schools are closed due to inclement weather

Scheduled Closures This Session:

Labor Day-September 5th

Veteran's Day—November 11th

Thanksgiving—November 24th and 25th

Christmas holiday—December 26th-30th

The Adult Community Center is located at

1180 Rosemont Road

(west of Salamo, just past Rosemont Ridge Middle School)

503-557-4704

Services

Congregate Meals Meals are served Mondays, Wednesdays and Fridays at noon. Attendees are asked for a meal donation of \$5.

In cooperation with the Oregon City Pioneer Center the citizens of West Linn are able to receive social services support. Some of the services available are:

Meals on Wheels 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 older, homebound or unable to get to a meal site; or disabled of any age referred by Medicaid. Call 503-657-8287.

Transportation A lift-equipped bus is available to pick up West Linn residents. Call in a minimum of two days in advance of the day you need a ride or a week early. Pick-ups begin around 9:30 am. Let them know if you require use of the lift. A minimum donation per round trip ride of \$2.00 is suggested. Call 503-657-8287.

Transportation Reaching People (TRP) A program managed by the Clackamas County Social Services. It provides transportation for elderly, disabled, or rural Clackamas County residents for medical appointments, shopping, and personal errands. A four working day notice is required for a ride. Donations are greatly appreciated and needed for TRP's continued operation. Volunteers in their personal cars provide this service. Please call 503-655-8208 to register and schedule your ride.

Information and Assistance If you are looking for current information on opportunities and services available within our community you can contact us at 503-557-4704. The City of West Linn contracts with the Pioneer Community Center in Oregon City for client services, Meals on Wheels and in house assessments. Call 503-657-8287.

Health and Wellness Programs provided at/or through the West Linn Adult Community Center are:

Foot Clinic Foot Care is provided by a visiting nurse for \$25. Clinics are held every 1st Wednesday and Friday 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 at 503-557-4704 to request an item.

Acupuncture Treatment Chihiro Aber, Lac., MSOM provides healing services to members of the Friends of the West Linn Adult Community Center the 1st and 3rd Thursday of each month at the Sachi Wellness Center, located at 2008 Willamette Falls Drive, Suite A in West Linn. Services are provided at a reduced fee of \$40 for Friends of the ACC (FACC) members. To schedule your appointment, call the Adult Center at 503-557-4704.

Upcoming Presentations, Cooking Classes and Special Events

Join us for various presentations on health and senior living topics. Some talks may get scheduled after the printing time of this brochure.

Please call or stop in at the ACC front desk for up to date information. 503-557-4704

Coming This Fall Memory Café

We hope you'll check in with us if you are either interested in volunteering or attending the Memory Café. The challenges of living with memory loss can sever connection at a time when it's needed most. Memory Café gatherings are one way people with memory loss and their companions can come together to make new friendships, support one another and feel accepted in a safe community setting. We need volunteers to provide normalcy for those experiencing memory loss. Visit, make new friends and enjoy the conversation.

Tuesday, September 20th at 1 pm.

Public Transit

Ride Connection's, Christina Cooper will talk to us about transportation options available to older adults, with a focus on public transportation.

Tuesday, October 11th at 1 pm

Fall Prevention Seminar from OHSU

Join us for a two hour interactive class to learn about: Pedestrian safety, exercises for strength, endurance and balance, concussion education and prevention, community resources and fall prevention methods. Free safety item and free snack provided, courtesy of Tanner Springs Assisted Living.

Tuesday, October 25th at 1:30 pm

HealthNet Medicare presentation



Cooking Classes

Whether you're looking to improve your cooking skills or just want to enjoy a fabulous meal with others in the community, our cooking classes will provide a fun and educational atmosphere that will leave you with new skills, new friends and a satisfied, enjoyable early dinner. Cooking classes are \$20 each and include the meal. 6 person minimum is required for each class. Please register at the West Linn Adult Community Center.

Greek Linguini-Thursday, September 8th, 3:30-5:30 pm

Chicken, artichoke hearts, feta cheese, Kalamata olives, fresh tomatoes and spinach in a light cream sauce. Topped with green onions.

\$20.00, 6 people minimum for class to proceed.

Stuffed Chicken Breast-September 22nd, 3:30-5:30 pm

Mozzarella, fire roasted red bell pepper and fresh basil stuffed chicken breast, roasted and served with seasonal vegetables and garlic pesto french bread.

\$20.00, 6 people minimum for class to proceed.

Mushroom soup and sandwich-October 6th, 3:30-5:30 pm

Homemade cream of mushroom soup with chanterelle, wood ear, morel and an assortment of other mushrooms in light cream base. Served with a chicken sandwich with avocado, lettuce, tomato, red onion and herb aioli on focaccia bread.

\$20.00, 6 people minimum for class to proceed.

Chicken Roulade-October 20th, 3:30-5:30 pm

Pounded chicken breast stuffed with a ricotta, spinach and Italian cheese blend. Then breaded in panko bread crumbs and baked. Topped with marinara sauce. Served with steamed broccoli and bow tie pasta in olive oil and garlic with parmesan cheese.

\$20.00, 6 people minimum for class to proceed.

Thanksgiving Hors d'oeuvres-November 3rd, 3:30-5:30 pm

A hands on class! Caprise salad skewers, olive tapenade on top of crostini, smoked salmon mousse on top of English cucumber and stuffed cherry tomatoes with dill cream cheese. All great appetizers to learn to make for your Thanksgiving meal or anytime you're entertaining.

\$20.00, 6 people minimum for class to proceed.

About our cooking instructor--Danial James is a member of the local community. He has spent many years working in fine dining establishments where he learned from some of the best head chefs in the state. He is happy to share that knowledge with us. He has a passion for cooking in all of its various styles. When he isn't in the kitchen you can find him at Safeway where he works in the produce department.

Reading Do you have a favorite author? Then come enjoy our great lending library. No check out-no return date or late fees. We have an expansive list of authors and always accept current books for donation.

West Linn Adult Community Center

Adult Coloring (art meditation)

Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or borrow one from us. Coloring pencils will be provided.

Thursdays, 1-3 pm
No Charge

Aerobics Class

Come join this group morning video exercise class. What a great way to start your day!

Mon, Wed and Fri 10-11 am.
No charge

Book Club

This gathering is designed to be able to hold lively, well balanced book discussions. Call the Center for the name of current titles.

2nd Wed of each month 1-2 pm
No charge

Bus Trips

We have regular bus trips that go to various locations around the area. Please call 503-557-4704, stop in or check online for current bus trips that are scheduled as all trips are subject to change. Please go to <http://westlinnoregon.gov/parksrec/acc-newsletter> to see the current trip schedule online.

Computer Use and Instruction

The computers are available for individual use on your own or you can schedule a one-on-one session geared to your level of knowledge.

The individual instruction is offered free of charge and by appointment.

Tues, Thurs and Fri mornings.
(Call Center for appt.)
No charge

Core Strength

Instructor, Jacquelyn Rodgers, certified through NASM, a yoga instructor, running coach and arthritis certified, will be leading



this 1/2 hour floor exercise and resistance training program to build core strength.

Tues, Thur & Fri 8-8:30 am
(8 week session 9/29-11/17)
\$40 for 2 classes per week,
\$60 for 3 classes per week or a
Drop-in anytime \$4

Curtain Call

Are you a theatre buff? Do you enjoy stage productions? If so, call or stop by the ACC for titles and dates of upcoming shows for the Lakewood Center for Arts in Lake Oswego.

Drama group: Age-Cured Hams

A drama group focusing on funny. Volunteers for sets, costuming, and performance night always needed.
Mon 1-3 pm, excluding holidays.
No charge.

Garden Appreciation

Join our garden group and you will learn all the tips that are needed to have that lovely garden you have only dreamed about. Surely someone in the group can help with almost any gardening problem or question you may have. So stop by and see if they can help you with your questions.

Wednesdays, 11am-12 pm
No charge

Honoring Our Memories

Our "Honoring Our Memories" class is designed to encourage writing as a celebration of life. Through this celebration we leave stories that impact beliefs, life lessons, hopes and dreams for our loved ones. Please come and join us on Tuesday mornings.

Tues 10 am-12 pm No charge

Knitting & Crocheting

Do you enjoy good conversation while working on a project? Bring your knitting and/or crocheting and join this fun Thursday morning group. Any knowledge level is welcome.

Thurs 10 am-12 pm
No charge

Meditation Changes Everything

Come experience the peace and relaxation that meditation offers. Learn how to take time out of your busy lives to quiet your mind, reduce stress, manage pain, and experience more joy in your daily lives as you learn to truly live in the moment. In this six week class, taught by Claudette Pelletier, you will discover for yourself the immediate benefits of a meditation practice.

Fridays, 1-2 pm, 9/9-10/14
(6 wk session) \$50.00

Nia-Music & Movement

Nia is music and movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Its practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way.

Tues. and Thurs. 11:15 am-12 pm.
Monthly Pass \$40 (8 classes) \$7 drop in.

Qigong (Jade Body Qigong)

This class will include routines for daily practice, including, but not limited to breathing, immune boosting Qigong and Six Sound Meditation for the lungs, stomach and spleen. These exercises will assist the students in obtaining a peaceful, calm transition from summer to fall and fall to winter. An in depth description of this class is listed at the ACC. Please inquire if you'd like to see more. Taught by Master Qigong teacher, Lyndalea Ruffner, certified by the LGIHQS.

Mondays, 10-11:30 am September 19th-November 14th (No class on 9/26) \$55.00 or \$7 drop in fee

West Linn Adult Community Center

Pilates with Foam Rolling

Pilates is a system of physical and mental conditioning that uses resistance rather than impact to strengthen and stretch the entire body, as well as to calm and focus the mind. The Emphasis is on quality of movement rather than quantity of reps or weight lifted. This results in a strong core, longer, leaner muscles, strong, stable joints, reduced stress, increased endurance, circulation, flexibility and much more.

We will also incorporate foam rolling into our practice in a variety of ways. You will learn a variety of different ways to use the foam roller. You will practice rolling it over your muscles slowly, stopping and holding on sore trigger points until the tension is released, usually in about 30 to 60 seconds. Applying sustained pressure with a foam roller can release tension in the muscles and tissues, and minimize constriction and also restores

heart rate and blood pressure levels after a workout. Bring yoga mat and a foam roller.

Fridays, 9:45-10:45 am,
On going classes.
(8 week session, 10/7-11/25)
\$48 for 8 week term, \$6 drop in

Rosemont Rhythm Band

Playing and singing great cover tunes of our time! All instruments/singers are welcome. Come join the fun!

Wednesdays 1-3 pm.

Share Singers

We travel to assisted living facilities and share conversations and sing-along's with residents. Some Thursdays. Please call for schedule. No charge.

Strength & Balance

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. This always popular exercise

class is also taught by Jacquelyn Rodgers (see Core Strength for further information).

Tues, Thur & Fri 8:30-9:30 am
(8 week session, 9/29-11/14)
\$70 for 2 classes per week,
\$108 for 3 classes per week
Drop-in anytime \$5

T'ai Chi

(instructor lead)
Taught by Sharon Miller, increase your vitality, coordination and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. Non-Competitive.

Tuesdays 11 am-12 pm,
Session I 8/30-10/18
Session II 10/25-12/13
\$48/8 weeks (8 classes)

Tai Chi

A calming form of exercise that is believed to be effective for a wide range of health problems including: headaches, high blood pressure, arthritis, back pain and others. It helps to restore natural circulation and relieves tension in muscles. This class in an open floor, self-led class.

Mon 8:30-9:30 am.
No charge

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. Mon, Wed and Fri 8:30-9:30 am.

No charge

West Linn Uke Jam

Come join others who enjoy playing the Ukulele. Your skill level is unimportant, just bring your Ukulele, and your willingness to join in, learn and have fun!

Tuesdays 2-3:30 pm.
No charge

Woodworking

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

Mondays 9 am-12 pm.
No charge

Yoga

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. Class taught by Tiffany Carlson.

Tuesday & Thursday 10-11 am
Session I 9/13-11/3
Session II 11/8-12/22
\$60/8 weeks or Drop-in \$6.50



We always encourage suggestions of new activities.

Call the Center at

503-557-4704

and we'll see what we can do!

Park Facility Reservations

The West Linn Parks system has park facilities available on a first come first served basis. However, if you are anticipating a large group, you may wish to make a reservation in advance. The Parks Department has reservations available at parks for your convenience, all with restroom facilities, for your group.

Picnic Area & Field Reservations

Reservation applications for picnic areas and ball fields/court areas may be submitted 6 months prior to your event date for reservations between March 1st October 31st. 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 1505 Lewis St.

This 6 acre park offers the following amenities: picnic shelter, 2 small softball/baseball fields, tennis court, sand volleyball court, playground, water spray park, horseshoe pit, water and power. This park offers a picnic area, with a shelter with many shade trees as well as open turf areas.

Mary S. Young Park 19900 Hwy. 43

Located on Highway 43 in West Linn. This scenic park is part of the West Linn Park System. It features athletic fields, walking & running trails, a Covered shelter, off leash dog run area, open views of the Willamette River and wildlife viewing.

Marylhurst Heights Park 1800 Valley View Dr.

Located off of Valley View Drive, this 7+ acre park offers 2 small shelters, play structure, water spray park, a labyrinth, open field area and restrooms.

Sunset Park 4665 Bittner St.

Located at Long and Bittner Streets, this 5.1 acre park offers a rustic setting with many tall firs in the center of the City. Amenities include picnic shelter, playground, tennis court, basketball hoops, and softball field, water and power.

Tanner Creek Park 3456 Parker Rd.

This park offers a shelter, water spray park, play structure, open field area, basketball court, tennis court, restrooms and a skate park.

Willamette Park 1100 12th St.

Located at 12th & Volpp Street where the Tualatin River meets the Willamette River, this 15 acre park offers the following amenities: 3 picnic shelters, stage, baseball field, 3 softball fields, 2 volleyball courts, horseshoe pits, river access including boat ramp and docks, playground, water spray park, water and power.

Parks & Open Spaces

Benski Park

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

Burnside Park

10 acres located on the Willamette River with access from the end of Holmes Street, Buck Street and Edgewater Court. This natural area has hiking trails, river access and wildlife viewing.

Camassia Natural Area

22.5 acres owned and maintained by the Nature Conservancy. This nature area offers unique and rare plant species, wildlife viewing and hiking trails.

Cedaroak Boat Ramp

16.5 acres located at the end of Elmran Avenue. This boat ramp facility also offers river access, hiking trails, restroom, fishing and wildlife viewing.

Cedar Island

14 acre island in the Willamette River. Boat access from the river and Cedaroak Boat Ramp. Pedestrian access from Mary S. Young State Park, by bridge, during spring, summer, and fall. Activities include fishing from platforms, hiking trails and wildlife viewing.

Douglas Park

This 2 acre park has walking trails, open turf area, basketball court and play structure.

Fields Bridge Park

19.8 acres located on the banks of the Tualatin River at 821 Willamette Falls Drive. Contains beautiful open space with river access, walking/running trails, community gardens, basketball court, baseball fields, playground, Willamette Meteorite Interpretive Trail and restrooms.

Hammerle Park

5.81 acres located on Highway 43 at Lewis Street. Facilities include picnicking, a covered shelter, play equipment, restroom, athletic field, tennis court and a water spray park.

Ibach Nature Park

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

Maddax Woods

Located at 5785 River St., this 7 acre park offers pathways and trails through the peaceful woods. Complete with picnic tables, natural areas, wildlife viewing and river access.

Mary S. Young Park

Located on Highway 43. The 126 acres park offers you a peaceful place to walk or sit by the Willamette River. This quiet, forested park is great for urban birders. There are also many walking/running trails, sports fields, a restroom, shelter and an off leash dog area.

Marylhurst Heights Park

This 7 + acre park has walking paths, open turf area, playground, labyrinth, restrooms, shelters and water spray park

Midhill Park

A full 7 acres, this nature oriented park offers picnic tables, play structure, nature paths and trails, open turf area and restroom.

North Willamette Park

7 acre park with open space and trails is located at the end of either Rosemarie Drive or Matheny Drive, 2 playground areas, tennis court, basketball courts, trails, small turf area and restroom.

West Linn Parks & Open Spaces

Palomino Park

.5 acre located on Palomino Way offers play equipment, basketball pad and turf areas for picnicking, games, etc.

Robinwood Park

15 acres of park land, with 7 acres currently developed. Access from Fairview Way. This park currently offers an open field area, basketball pad, play equipment, restrooms, water spray park and skate area.

Sahallie Illahee Park

4.26 acres with access from Horton Road and Nelco Circle. This park offers play equipment, basketball pad, turf area for picnicking and games, hiking trails and wildlife viewing.

Skyline Ridge Park

2.5 acres located at the corner of Troon Drive and Stonehaven Drive. Facilities at this site include tennis courts, basketball pad, play equipment, and turf areas for picnicking, games, etc.

Sunburst Park

6.5 acres has access from Derby Street, Suncrest Drive, and Bellevue Terrace. This park offers play equipment, a basketball pad, and turf areas for picnicking, games, etc.

Sunset Park

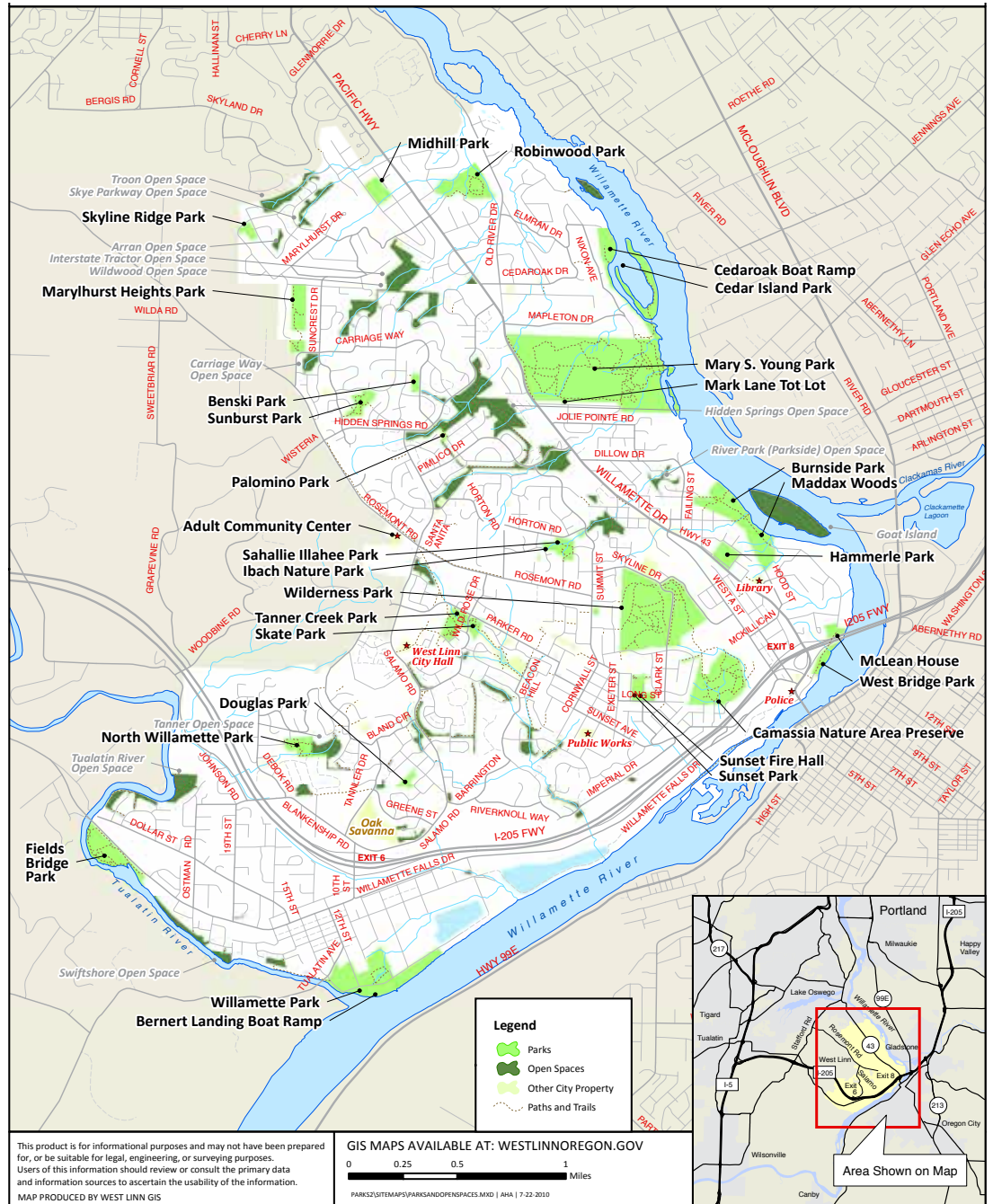
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

Swiftshore Park

2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

Tanner Creek Park

10 acres located on Parker Road. The park offers play structures, a shelter, water spray park, basketball court, tennis court, restrooms and a skate park. The shelter is available for reservations with a limited capacity of 50 people.



The White Oak Savanna

14 acres located at 2425 Tannler Drive. 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

51.4 acres with access from Clark Street, Skyline Drive, and Windsor Terrace. This large nature area offers numerous hiking trails and wildlife viewing.

Willamette Park/Bernert Landing Boat Ramp

22.5 acres located at 12th & Volpe on the banks of the Tualatin and

Willamette Rivers. This park offers river access, riverfront picnicking areas, 3 covered shelters, play equipment, restroom, athletic fields, volleyball courts, 5 horseshoe pits, water spray park, boat ramp, wildlife viewing and an outdoor stage.

Does your group need a place to meet?

Is your house too small for that special party?

Can't find a location for your wedding reception?

The City of West Linn may be able to meet your needs utilizing the Community Rooms located at Sunset Fire Hall, the West Linn Adult Community Center or the Historic McLean House.

The Sunset Fire Hall and Adult Community Center are available through the Parks & Recreation Department at 503-557-4700 for Sunset Fire Hall and 503-557-4704 for the Adult Community Center.

For McLean Park and House contact the coordinator for a private tour by calling 503-655-4268.

The 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 baby grand piano.

Sunset Fire Hall

2215 Long Street



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.

McLean House

5350 River Street



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. You can also visit www.mcleanhouse.org or call 503-655-4268 for further information.

ACTIVITY REGISTRATION FORM CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnoregon.gov

PARTICIPANT NAME _____ M or F DOB _____ GRADE _____

PARENT/GUARDIAN NAME _____ SCHOOL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ E-MAIL _____

EMERGENCY CONTACT _____ PHONE _____

ANY MEDICAL CONDITION, ETC. _____

IF YOU HAVE A DISABILITY AND REQUIRE AN ACCOMMODATION IN ORDER TO PARTICIPATE, PLEASE EXPLAIN HERE

CITY OF WEST LINN RESIDENT? _____ YES _____ NO _____

CLASS #	ACTIVITY TITLE	START DATE/TIME	\$

TOTAL Amount Due \$ _____

Recreation Scholarship Fund:

YES, I would like to contribute __\$1__ \$2__ \$5, 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 Recreation Program

Mail to:

City of West Linn

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

SIGNATURE (PARENT OR GUARDIAN)

Proud partner of





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

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The City of West Linn Parks and Recreation Department would like to thank our summer event sponsors!



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Debby Hennessy - Hasson Realty
Mark Hanson—American Family Insurance



Thank you for investing in our city!