



CITY OF WEST LINN PARKS & RECREATION

Activities

**WINTER/SPRING
2017**

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



www.westlinnoregon.gov

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 December 16, 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, walk-in, and mail-in registration begins December 20

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, 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 and the \$10 fee will be waived. All credits are non-refundable.
- After a class has begun, credits 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 Street
SUNSET SCHOOL	2351 Oxford Street
SUNSET PARK	4665 Bittner St
TANNER CREEK PARK.....	3456 Parker Rd
TRILLIUM CREEK SCHOOL	1025 Rosemont Rd
WEST LINN HIGH SCHOOL	5464 West A St
WILLAMETTE PARK	1100 12th St
WILLAMETTE SCHOOL.....	1403 12th St

City of West Linn Parks & Recreation

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

Middle School Recreation Basketball

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.westlinnbasketball.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

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.

Website: www.portlandwaterspectacular.com



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City of West Linn Parks & Recreation Department

22500 Salamo Road #1100, West Linn, OR 97068

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

Advisory Board

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 am-4:30 pm

Call for dates of closure

Presented by

Harmony Road Music Center

17300 SE 82nd Drive, Clackamas • www.harmonyroadoregon.com

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.

FEE: IC \$216/OC \$221

\$20 Materials Fee payable to Harmony Road Music Center.

1/31-6/6	T	10-10:30 am	5000.201
2/3-6/9	F	10-10:30 am	5001.201
2/4-6/10	S	9:30-10 am	5002.201

Hello Music

Ages 3-4

Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program gives your child a strong readiness for our Music in Me series. Parents participate in class.

FEE: IC \$80/OC \$85

1/6-1/27	F	12-12:45 pm	5003.201
1/7-1/28	S	10-10:45 am	5004.201

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.

FEE: IC \$264/OC \$269

\$25 Materials Fee payable to Harmony Road Music Center.

1/30-5/22	M	3:30-4:15 pm	5005.201
1/31-5/23	T	10:30-11:15 am	5006.201
2/3-5/26	F	11:15 am-12 pm	5007.201
2/4-5/27	S	9:30-10:15 am	5008.201

More Music In Me

Ages 4-5

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. Parents participate in class and are guided in follow-up activities. This class prepares you for the Harmony Road 1 Classes.

FEE: IC \$264/OC \$269

\$25 Materials Fee payable to Harmony Road Music Center.

1/31-5/23	T	11:15 am-12 pm	5009.201
2/3-5/26	F	10:30-11:15 am	5010.201
2/4-5/27	S	10:15-11 am	5011.201

Musictime

Ages 4-5

Musictime is an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program prepares your child for our Harmony Road series. Parents participate in class.

FEE: IC \$80/OC \$85

1/5-1/26	Th	4:30-5:15 pm	5012.201
1/7-1/28	S	10:45-11:30 am	5013.201

Harmony Road 1

Ages 4 ½-6

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.

FEE: IC \$375/OC \$380

\$50 Materials Fee payable to Harmony Road Music Center.

1/31-6/20	T	3:45-4:40 pm	6200.201
2/2-6/22	Th	4:30-5:25 pm	6201.201
2/4-6/24	S	11:15 am-12:10 pm	6202.201

Young Musician Primer

Ages 6-7

This primer class introduces your student to music concepts through singing, ear training, note reading, piano solo and ensemble playing. This program gives your child a strong readiness for our Young Musician series. Parents participate in class.

FEE: IC \$80/OC \$85

1/7-1/28	S	12-12:45 pm	6203.201
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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.

FEE: IC \$375/OC \$380

\$50 Materials Fee payable to Harmony Road Music Center.

1/31-6/20	T	4-4:55 pm	6204.201
2/4-6/24	S	11-11:55 am	6205.201

Keyboard Prep Primer

Ages 8-11

This primer class is an exciting introduction to piano playing. Sessions include ear training, solfege singing, note reading, composing, solo and ensemble playing. It is a great preparation for our Keyboard Prep series. Parents participate in class.

FEE: IC \$80/OC \$85

1/3-1/24	T	6-6:45 pm	6206.201
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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.

FEE: IC \$375/OC \$380

\$50 Materials Fee payable to Harmony Road Music Center.

1/30-6/12	M	6-6:55 pm	6207.201
2/1-6/21	W	5-5:55 pm	6208.201

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

1/17	T	6:30-7:30 pm	6210.201
1/20	F	1-2 pm	6211.201
3/14	T	6:30-7:30 pm	6212.201
3/27	F	1-2 pm	6213.201

Presented by



All Classes at
Sunset Firehall

Mini Spring Baking Camp

Ages 7-12

Celebrate the joy of spring with baked treats and fun crafts. Campers will learn simple recipes and techniques used in baking. Campers will bring home a recipe book so they can bake for the family too.

FEE: IC \$78/OC \$83

3/23 & 3/24 Th & F 9 am-3 pm 6100.201

Lego Storybuilders

Ages 4-7

Imagine building a home for the Cat in the Hat or a land for the Dinosaurs to romp. Each week class will start with story time and then move to a building challenge that correlates with the story. Who knows the places they'll go...

FEE: IC \$119/OC \$124

3/27-3/31 M-F 9 am-12 pm 6101.201

Lego Engineering Custom Creations

Ages 7-12

You're a master Lego Builder and need to be challenged! This class expands on our Lego Engineering experience by turning you into the designer. Instead of simply following the instructions to build a project, you'll have to build and test your own designs. We'll give you the challenges and help you create your own original engineering project.

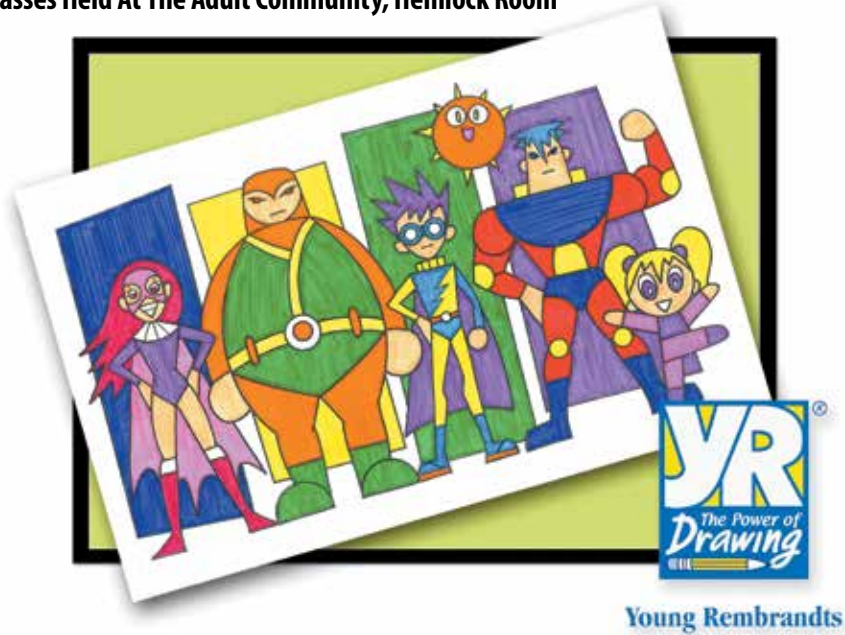
FEE: IC \$179/OC \$184

3/27-3/31 M-F 9 am-3 pm 6102.201



Young Rembrandts Drawing

All Classes Held At The Adult Community, Hemlock Room



Young Rembrandts

Colored Pencil Drawing Session

Ages 11-13

Join us for a 5 week session of concentrating on Drawing & Colored Pencil techniques. Students will have a great time mastering their drawing skills and focusing on shading, cross hatching, etc. All supplies included.

FEE: IC \$66/OC \$71

1/19-2/16 Th 4:05-5:05 pm 6110.201

Anime & Manga Drawing Session

Ages 11-13

Students will have a blast during this wildly popular session. During class students will focus on both People and Animals, learning about Anime & Manga, coloring techniques and more! All supplies included.

FEE: IC \$66/OC \$71

2/23-3/23 Th 4:05-5:05 pm 6111.201

Van Gogh Starry Night Chalk Pastel Class

Ages 11-13

Students will create a masterpiece with their own version of Van Gogh's Starry Night painting. Using the proven Young Rembrandts teaching method, students will explore the world of chalk pastels. A popular lesson for older students. All supplies included.

FEE: IC \$30/OC \$35

2/3 F 4:05-6:05 pm 6112.201

Sea Turtle Chalk Pastel Class

Ages 11-13

Students will create a masterpiece with Chalk pastels. Using the proven Young Rembrandts teaching method, students will explore the world of chalk pastels while creating an awesome Sea Turtle. A popular lesson for older students. All supplies included.

FEE: IC \$30/OC \$35

3/10 F 4:05-6:05 pm 6113.201

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

1/17-3/21 T 4-5 pm 6114.201

4/4-6/6 T 4-5 pm 6115.201



Play-Well TEKnologies Super Hero Engineering using LEGO®

Ages 5-11

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build and save a city where ingenuity and imagination can solve any conflict.

FEE: IC \$30 / OC \$35

2/25 S 1-4 pm
Sunset Firehall, Downstairs

6900.201

Minecraft Engineering

Ages 5-11

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether and a moving Minecraft! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® or a seasoned veteran, you'll be hooked on the endless creative possibilities.

FEE: IC \$159 / OC \$164

4/4-5/23 T 3-4:30 pm
Sunset Firehall, Downstairs

6901.201



Princess Pilates Mommy And Me Classes For Kids

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.

FEE: IC \$435/OC \$440 (15 sessions)

Cost is for mother or father, and child to attend

1/7-4/29 Sa 10:10-10:50 am 7126.201

No class 2/18 & 3/18

The Many Benefits Of Pilates For Kids:

Improved Mental Concentration -this can transfer into all aspects of your child's life, resulting in better school performance, sports and extra curricular activities

Increased Flexibility -the positions and exercises taught in Pilates help maintain your child's muscles and tendons limber, which is ideal for dancers and gymnasts.

Improved Posture -as your child learns to maintain neutral spine he or she will integrate this into everyday life resulting in better posture at home and in school

Improvement in Sports -your child will learn to efficiently transfer energy from the back and shoulders into the arms, as well as increase leg power. This is especially great for baseball and soccer.

Enhanced Self Confidence and awareness from the inside-out :)

Presented by Coyle Outside



Fishing Workshop

Ages 8-12

Spend 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. Contact Coyle Outside for details 541-760-0774. Notes: Bring a lunch and water and snacks for the day. Wear clothes and shoes that can get wet and muddy.

Min 5 max 8

FEE: IC \$62/OC \$67

3/4 Sa 9 am -4 pm 7912.201

Mary S Young Park, Shelter

Introduction to Survival Camp

Ages 6-9

This camp is an exciting adventure in experimenting with nature. Instructors with a background in survival and primitive skills use games and scenarios ("what would you do if?") typically seen on popular TV shows to introduce campers to common but fun and challenging skills. Campers work in teams to solve problems such as how to stay warm and dry in bad weather, basic fire building skills, simple traps and various ways to make rope. Fun games that require campers to learn stealthy movement are a big part of each day. The goal of this camp is to develop social skills and self esteem and to have a lot of fun doing it. This class is structured as a pre-cursor to the Advanced Survivor Camp. Tools to build your own emergency kit available for sale at end of class. For questions on course content and details call Dan at Coyle Outside (541-760-0774)

Min 5 Max 8

FEE: IC \$215/OC \$220

3/27 -3/31 M-F 9 am -1 pm 7913.201

Mary S Young Park, Shelter

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

Ages 2-3 1/2

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 \$88/OC \$93

1/28-3/18 Sa 9-9:30 am 7103.201

Willamette primary School, Turf field

4/5-5/24 W 6-6:30 pm 7100.201

4/8-6/3 Sa 9-9:30 am 7101.201

No Class 5/27

Tanner Creek Park

Tot/Pre-soccer

Ages 3 1/2-5

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 \$88/OC \$93

4/5-5/24 W 5:15-5:50 pm 7104.201

4/8-6/3 Sa 9:40-10:15 am 7105.201

No class 5/27

Tanner Creek Park

1/28-3/18 Sa 9:40-10:15 am 7106.201

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 \$88/OC \$93

1/28-3/18 Sa 10:15-11 am 7107.201

Willamette Primary School, Turf field

4/5-5/24 W 4:30-5:15 pm 7108.201

4/8-6/3 Sa 10:15-11 am 7109.201

No class 5/27

Tanner Creek Park

SOCCER 2: Skillz & Scrimmages

Ages 7-10

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Focus is 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 \$88/OC \$93

1/28-3/18 Sa 11-11:45 am 7110.201

Willamette Primary School, Turf field

4/5-5/24 W 3:45-4:30 pm 7111.201

4/8-6/3 Sa 11-11:45 am 7112.201

No class 5/27

Tanner Creek Park

SOCCER 3: Match Play

Ages 10-12

Focus is 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 different teammates. Everyone plays and everyone wins! Each participant receives a soccer jersey. Shin guards are required.

Min 5 Max 24

FEE: IC \$88/OC \$93

4/5-5/24 W 2:45-3:45 pm 7113.201

Tanner Creek Park

Youth Dance

Dance Classes

Presented by

Van De Veere Productions

View website at www.misskathleen.net

Due to the Recital you must enroll in the January session to enroll in February and April.

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 Upstairs at the Sunset Firehall

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

1/2-2/6	M	2:45-3:30 pm	6402.101
2/20-4/10	M	2:45-3:30 pm	6403.201
4/17-5/15	M	2:45-3:30 pm	6404.201

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

1/2-2/6	M	3:30-4:15 pm	6405.101
2/20-4/10	M	3:30-4:15 pm	6406.201
4/17-5/15	M	3:30-4:15 pm	6407.201

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

1/2-2/6	M	4:15-5 pm	6408.101
2/20-4/10	M	4:15-5 pm	6409.201
4/17-5/15	M	4:15-5 pm	6410.201

Mondays With Miss Jeanna Downstairs at the Sunset Firehall

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

1/2-2/6	M	2:45-3:30 pm	6411.101
2/20-4/10	M	2:45-3:30 pm	6412.201
4/17-5/15	M	2:45-3:30 pm	6413.201



FEE: IC \$67/OC \$72

1/2-2/6	M	4:15-5 pm	6417.101
2/20-4/10	M	4:15-5 pm	6418.201
4/17-5/15	M	4:15-5 pm	6419.201

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

1/2-2/6	M	5-6 pm	6420.101
2/20-4/10	M	5-6 pm	6421.201
4/17-5/15	M	5-6 pm	6422.201

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 \$87/OC \$92

1/2-2/6	M	6-7 pm	6423.101
2/20-4/10	M	6-7 pm	6424.201
4/17-5/15	M	6-7 pm	6425.201

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

1/2-2/6	M	3:30-4:15 pm	6414.101
2/20-4/10	M	3:30-4:15 pm	6415.201
4/17-5/15	M	3:30-4:15 pm	6416.201

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.



Mondays With Miss Christine Adult Community Center 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

1/2-2/6	M	4-4:30 pm	6426.101
2/20-4/10	M	4-4:30 pm	6427.201
4/17-5/15	M	4-4:30 pm	6428.201

Fundamentals Of Tap Beginning Class

Age 6-9

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

1/2-2/6	M	4:30-5:15 pm	6429.101
2/20-4/10	M	4:30-5:15 pm	6430.201
4/17-5/15	M	4:30-5:15 pm	6431.201

Rhythm Tap Level 3/4 Advanced & 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

1/2-2/6	M	5:15-6 pm	6432.101
2/20-4/10	M	5:15-6 pm	6433.201
4/17-5/15	M	5:15-6 pm	6434.201

Acting 101- Acting Techniques & 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

1/2-2/6	M	6-6:45 pm	6435.101
2/20-4/10	M	6-6:45 pm	6436.201
4/17-5/15	M	6-6:45 pm	6437.201

Adult Beginning Tap Dance (Dance Moms, Dads, 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

1/2-2/6	M	6:45-7:30 pm	6438.101
2/20-4/10	M	6:45-7:30 pm	6439.201
4/17-5/15	M	6:45-7:30 pm	6440.201

Tuesdays With Miss Kathleen Adult Community Center, 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

1/3-2/7	T	3:15-3:45 pm	6441.101
2/21-4/11	T	3:15-3:45 pm	6442.201
4/18-5/16	T	3:15-3:45 pm	6443.201

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

1/3-2/7	T	3:45-4:30 pm	6444.101
2/21-4/11	T	3:45-4:30 pm	6445.201
4/18-5/16	T	3:45-4:30 pm	6446.201

Tuesdays With Christine Adult Community Center, 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

1/3-2/7	T	3:15-4 pm	6447.101
2/21-4/11	T	3:15-4 pm	6448.201
4/18-5/16	T	3:15-4 pm	6449.201

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

1/3-2/7	T	4-4:30 pm	6450.101
2/21-4/11	T	4-4:30 pm	6451.201
4/18-5/16	T	4-4:30 pm	6452.201

Continued next page

Youth Dance

Dance continued

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

1/3-2/7 T	4:30-5:15 pm	6453.101
2/21-4/11 T	4:30-5:15 pm	6454.201
4/18-5/16 T	4:30-5:15 pm	6455.201

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

1/3-2/7 T	5:15-6 pm	6456.101
2/21-4/11 T	5:15-6 pm	6457.201
4/18-5/16 T	5:15-6 pm	6458.201

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

1/3-2/7 T	4-5 pm	6459.101
2/21-4/11 T	4-5 pm	6460.201
4/18-5/16 T	4-5 pm	6461.201

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

1/3-2/7 T	5-6 pm	6462.101
2/21-4/11 T	5-6 pm	6463.201
4/18-5/16 T	5-6 pm	6464.201

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

1/3-2/7 T	6-6:30 pm	6465.101
2/21-4/11 T	6-6:30 pm	6466.201
4/18-5/16 T	6-6:30 pm	6467.201

Tuesdays With Miss Becky ACC, Grand Fir Room

Hip Hop Intermediate

Ages 10-16

Join us for this fast paced intermediate hip hop class with the amazing Miss Becky! Get your groove on and stretch, learn choreography and dance to your favorite tunes! A class not to miss!

FEE: IC \$67/OC \$72

1/3-2/7 T	8-8:45 pm	6504.201
2/21-4/11 T	8-8:45 pm	6505.201
4/18-5/16 T	8-8:45 pm	6506.201

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

1/4-2/8 W	5:15-6 pm	6468.101
2/22-4/12 W	5:15-6 pm	6469.201
4/19-5/17 W	5:15-6 pm	6470.201

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

1/4-2/8 W	6-6:45 pm	6471.101
2/22-4/12 W	6-6:45 pm	6472.201
4/19-5/17 W	6-6:45 pm	6473.201

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

1/5-2/9 Th	3-3:30 pm	6474.101
2/23-4/13 Th	3-3:30 pm	6475.201
4/20-5/18 Th	3-3:30 pm	6476.201

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

1/5-2/9 Th	3:30-4:15 pm	6477.101
2/23-4/13 Th	3:30-4:15 pm	6478.201
4/20-5/18 Th	3:30-4:15 pm	6479.201

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

1/5-2/9 Th	4:15-5 pm	6480.101
2/23-4/13 Th	4:15-5 pm	6481.201
4/20-5/18 Th	4:15-5 pm	6482.201

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

1/5-2/9 Th	5-5:45 pm	6483.101
2/23-4/13 Th	5-5:45 pm	6484.201
4/20-5/18 Th	5-5:45 pm	6485.201

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

1/5-2/9 Th	5:45-6:30 pm	6486.101
2/23-4/13 Th	5:45-6:30 pm	6487.201
4/20-5/18 Th	5:45-6:30 pm	6488.201

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

1/5-2/9 Th	7-7:45 pm	6489.101
2/23-4/13 Th	7-7:45 pm	6490.201
4/20-5/18 Th	7-7:45 pm	6491.201

Dance Technique & Conditioning (non-recital) Intermediate/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

1/5-2/9 Th	8:45-9:30 pm	6492.101
2/23-4/13 Th	8:45-9:30 pm	6493.201
4/20-5/18 Th	8:45-9:30 pm	6494.201

**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

1/6-2/10 F	3:15-4 pm	6495.101
2/24-4/14 F	3:15-4 pm	6496.201
4/21-5/19 F	3:15-4 pm	6497.201

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

1/6-2/10 F	4-4:45 pm	6498.101
2/24-4/14 F	4-4:45 pm	6499.201
4/21-5/19 F	4-4:45 pm	6500.201

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

1/6-2/10 F	4:45-6:15 pm	6501.101
2/24-4/14 F	4:45-6:15 pm	6502.201
4/21-5/19 F	4:45-6:15 pm	6503.201

"EVERYONE'S IRISH ON MARCH 17TH"

ST. PATRICK'S DAY DANCE

These dances are planned for the enjoyment of teens and adult age individuals with a diagnosis of physical or cognitive disabilities.



Friday, March 17th

7-9 pm

West Linn Adult

Community Center

1180 Rosemont Road

\$5 per person

**Includes: professional
deejay entertainment
and refreshment**

**CITY OF
West
Linn
PARKS & RECREATION**

For more information contact Terri Jones at
West Linn Parks and Recreation
503-557-4700

DON'T FORGET TO WEAR GREEN !

**APPLY NOW FOR THE
2017 WEST LINN
OLD TIME FAIR COURT**

OPEN TO ALL 8TH GRADE GIRLS IN THE
WEST LINN-WILSONVILLE SCHOOL DISTRICT
WESTLINNOREGON.GOV/PARKSREC



Save the Date:
Daddy Daughter Dance
Friday, June 16th



©Kimberly Elliott

Teen/Adult

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.

FEE: IC \$288/OC \$293

Materials FEE: \$25 payable to Harmony Road Music Center.

1/30-6/12 M 11-11:45 am 6209.201

Harmony Road Music Center

Ukelele and 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 covers parts 1 & 2.
payable to instructor at first class

4/3-5/8 M 6:30-7:15 pm 6770.201



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

5/15-6/12 M 6:30-7:15 pm 6773.201

No class 5/29

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 covers parts 1 & 2.
payable to instructor at first class.

4/3-5/8 M 7:15-8 pm 6771.201

Beginning Guitar Part 2

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

FEE: IC \$52/OC \$57

5/15-6/12 M 7:15-8 pm 6774.201

No class May 29



Drivers Education

offered through a partnership with Oregon Drivers Training Institute

April 4 - June 13, Tuesdays, 4:30 - 7:30 pm.

Check website for when registration opens.

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.**

One-Day Meditation Retreat

Ages 15 and Older

PURPOSE: The day-long retreat will offer the opportunity to deepen your mindfulness practice and allow the time to open up the intuitive side of your mind in ways that facilitate a positive long-term plastic change to the brain map, in accordance with neuroscience. During meditation three conditions are developed that promote the effective use of brain plasticity to induce positive neural changes:

Concentration: Paying undivided attention to the breath provides the necessary medium for plasticity to take effect in the mind so that beneficial neural changes can occur.

Mind training: In neuroscience the axiom is “neurons that fire together wire together.” Consciously directing the mind to the breath when it wanders away during meditation effects changes in the brain, making it more conducive to be directed instead of merely reacting unconsciously.

Rewards: Positive experience (the benefits of relaxation, joy, bliss, and peaceful feelings from meditation) trigger a command for hormone to secrete a biochemical seal to establish the new desired pattern of brain wiring.

Min 12 Max 30

FEE: IC \$25/OC \$30

2/11 5 8:30 am -6 pm 1065.201

Sunset Fire Hall

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.

Meditation for Health & Happiness

All Ages

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

Min 6 Max 30

FEE: IC \$80/OC \$85 Drop-in FEE: \$10 per class to instructor

1/10-3/14 T 7-8:30 pm 1066.201

3/28-5/30 T 7-8:30 pm 1067.201

Rosemont Ridge Middle School,
Classroom D104



Cooking with Surja Tjahaja

Ages 15-Adult

West Linn Adult Community Center

Min 3 Max 12



Chinese Char-Su & Wonton Noodle Soup

This is the original soup from China that Japanese chefs transformed into what we now know as Ramen. We will learn how to make Char-Su (BBQ Pork with honey), wonton dumplings from scratch as well as the perfectly clear broth for this noodle soup.

Material fee: \$7/person

Min 3 Max 12

FEE: IC \$35/ OC \$40 per person

Materials fee: \$7 payable to instructor

1/19 Su 10 am -1:30 pm 1017.201

West Linn Adult Community Center

Beef Stew Noodle Soup

This popular, aromatic stew popular from Taiwan uses dried orange peel, Chinese red wine and some other exotic spices to create and awesome noodle soup dish. The stew is dark brown and served with bok choy. A hearty, savory welcome home for the cold winter season.

Material fee: \$8/person

FEE: IC \$35/ OC \$40 per person

Materials fee: \$8 payable to instructor

2/19 Su 10 am-1:30 pm 1018.201

Tonkotsu Ramen

Due to high demand Chef Surja is once again offering Tonkotsu Ramen. It is the thickest broth for 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), nitamaga (soft-boiled egg), and vegetables that top off the bowl of traditional wheat based noodles (gluten free options available).

FEE: IC \$35/ OC \$40 per person

Materials fee: \$10 payable to instructor

3/5 Su 10 am -1:30 pm 1012.201

Tea-Smoked Duck With Steamed Buns

This is an exotic dish, beautiful to behold and delicious to eat. The wood chip smoke and marinade made with tea, Chinese red wine and exotic spices make it so flavorful. Thin slices of the duck are served on steamed buns with a touch of hoisin sauce. Imagine having your friends and family to enjoy this incredible dish at your own kitchen.

FEE: IC \$35/OC \$40 per person

Materials fee: \$10 payable to instructor

3/26 Su 10 am -1:30 pm 1019.201

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)

1/12	TH	5:30-9 pm	Grey Winter	1040.201
1/28	S	10 am-2 pm	Heart of Tranquil Mt.	1041.201
2/9	TH	5:30-9 pm	Weathered Barn	1042.201
2/25	S	10 am-2 pm	Clown Conductor	1043.201
3/9	TH	5:30-9 pm	Mountain Glory	1044.201
3/25	S	10 am-2 pm	Crimson Tide	1045.201
4/13	TH	5:30-9 pm	Dock Scene	1046.201
4/29	S	10 am-2 pm	Mountain Waterfall	1047.201
5/11	TH	5:30-9 pm	Apple Blossoms	1048.201
5/20	S	10 am-2 pm	High Tide	1049.201

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



Grey Winter
Thu. Jan 12, 5:30 - 9:00 pm



Heart of Tranquil Mt.
Sat. Jan 28, 10 am - 2 pm



Weathered Barn
Thu. Feb 9, 5:30 - 9:00 pm



Clown Conductor
Sat. Feb 25, 10 am - 2 pm



Mountain Glory
Thu. Mar 9, 5:30 - 9:00 pm



Crimson Tide
Sat. Mar 25, 10 am - 2 pm



Dock Scene
Thu. Apr 13, 5:30 - 9:00 pm



Mountain Waterfall
Sat. Apr 29, 10 am - 2 pm



Apple Blossoms
Thu. May 11, 5:30 - 9:00 pm



High Tide
Sat. May 20, 10 am - 2 pm



Evergreens at Sunset
Sat. June 3, 10 am - 2 pm



High Chateau
Thu. June 15, 5:30 - 9:00 pm

Volunteer Opportunities

There are many options to volunteer with the Parks & Recreation Department. Below are a few opportunities. You can find more at: www.westlinnoregon.gov/parksrec or by calling 503-557-4700.

Park Volunteer Work Parties Join your neighbors to return the parks to their native habitat by the removal of invasive plants, the reintroducing of appropriate native plants, and the restoration of streambeds, the flora, and fauna.

Mary S Young Park Solve Work parties resume in February, 1st Saturday of the month, register at www.solveoregon.org. School or organization work parties can be scheduled with Dave Kleinke 503-799-1777 or msypvolunteercoordinator@gmail.com.

Burnside and Maddax Woods Parks volunteers meet every 3rd Saturday, 9am-Noon 5785 River Street, group contact person Steve 503-722-9581 or email smiesen@hotmail.com

Friends of McLean House The Friends are sponsoring several work days to maintain and beautify the grounds and house during the next several months and are seeking volunteers to assist our endeavors. The Friends encourage volunteers with special skills (painting, carpentry, record keeping, event coordinating, catering to contact McLean Park and House 503-655-4268. Volunteers are requested to bring work shoes, gloves, and layered clothing. Contact: Telephone 503-655-4268, www.mcleanhouse.org

Take Care of West Linn Day, May 20, 2017, 9 am-12 pm

Your organization can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying, planning and promoting your project. Additionally, they will help obtain additional volunteers, and to recognize the effort of your volunteers. Contact Ken Warner at 503-557-4700 or email kwarn@westlinnoregon.gov to set up a group project or find more details.

Old Time Fair, July 14-16, 2017

The West Linn Parks and Recreation would like to invite community members to the planning committee for the 2017 Old Time Fair. The volunteer planning committee is working hard to make the 2017 Fair the biggest and best in years. Call 503-557-4700 for information.

If you are interested in being involved with this dedicated group, or sitting in on one of the monthly planning meetings, give the Parks & Recreation Department a call at 503-557-4700.

Bus Drivers Needed Volunteer Drivers with current C.D.L. needed to drive 18 passenger bus for Senior Adult Programs at the West Linn Adult Community Center
Call Tiffany at 503-557-4704

NW Discoveries



All trips are for adults and 11-18 year olds that are accompanied by adults; unless otherwise noted.

Meet location, directions, and equipment lists also available on website: www.nwdiscoveries.com

Trips and lessons go rain or shine.

Snowshoe Lesson & Tour

Beg. & Int.

Join this fast growing sport of hiking on top of the snow. The day will start with a short introduction to snowshoeing before we start our tour. Trips will take advantage of Mt Hood's weather patterns and either snowshoe the east or west side depending on the best conditions. Guides will be with you at all times to ensure your safety and satisfaction. Bring waterproof hiking boots and proper equipment.

FEE: IC \$83/OC \$88

1/22 Su 8:25 am -5:05 pm 2100.201

2/11 Sa 8:25 am -5:05 pm 2101.201

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220

Cross Country Ski Lesson & Tour

Beg & Int.

Take up cross country skiing to keep yourself in shape as you explore the wonders of the winter landscape. This is an introductory class that starts with 2 hours of instruction focusing on techniques for flat terrain and small hills. Then you go on a nice tour to enjoy the crystal paradise. Cost includes transportation and guide. A stop will be made en route to rent ski equipment, cost not included, usually under \$15.

FEE: IC \$76/OC \$81

1/21 Sa 8:25 am -5:05 pm 2102.201

Meet Location: Gateway Max Station, (at NE 99th NE Pacific St), 9816 NE Pacific St., Portland, OR 97220

Touring Kayak Beginning Lesson

Learn how to use touring kayaks. The first half will include discussion on kayak equipment, steering strokes, paddling in a straight line, bracing and rescues. The second half will be a tour on a local waterway in which we will have the chance to become proficient in our skills. We use very stable solo and tandem kayaks that have big cockpits. This class is a great introduction for beginners to the sport of kayak touring and sea kayaking. Cost includes kayak equipment and guide. Trips go rain or shine.

FEE: IC \$45/OC \$50

4/15 Sa 2:30 -5:30 pm 2103.201

Meet location is Willamette Park
SW Macadam Ave, Portland, OR 97219
(not West Linn)

Touring Kayak Long Tour & Lesson No Transit

Beg/Int

Explore our local waterways at a leisurely pace in touring kayaks. These stable and responsive kayaks will allow you to quickly become pro-

ficient paddlers. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour. Cost includes kayak equipment and guide. Trips go rain or shine.

FFE: IC \$64/OC \$69

4/15 Sa 8:30 am-1:30 pm 2104.201

Sauvie Island,

Meet Location: Sauvie Island Bridge off Highway 30
(14001 NW Gillihan Loop Rd., Portland, OR 97231)

Touring Kayak Long Tour & Lesson With Transit

Beg/Int

Explore our local waterways at a leisurely pace in touring kayaks. These stable and responsive kayaks will allow you to quickly become proficient paddlers. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour. Cost includes kayak equipment and guide. Trips go rain or shine. Trip includes transportation from Portland area.

FFE: IC \$90/OC \$95

4/22 Sa 8:15 am-6 pm 2105.201

Nehalem Bay,

Meet Location: Sunset TC Garage, Beaverton
(10470 SW Barnes Road, Beaverton)

Family & Adult Fitness

Kettlebell Fitness

Teen-Adult

Kettlebell Mornings

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. New Students are required to attend Orientation Workshop prior to attendance at weekly class. See details below.

Min 3 Max 10

FEE: IC \$80/OC \$85 (8-week sessions)

Drop-in \$18 class drop-in fee.

1/4- 2/22 W 7-7:45 am 2070.201

3/1- 4/19 W 7-7:45 am 2071.201

4/26- 6/14 W 7-7:45 am 2072.201

West Linn Adult Community Center,

MPR Oak/Pine

Orientation Workshop

Required prior to attending weekly classes

Kettlebell Fitness Classes require a one-time, orientation to learn to safely and properly execute Kettlebell fundamental exercises. Participants are required to be barefoot or in flat sneakers. Wristbands are recommended.

Min 3 Max 10

FEE: IC \$40/OC \$45

1/14 S 10- 11:30 am 2270.201

West Linn Adult Community Center,

MPR Oak/Pine

About the Instructor: Janet DuBack

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.

1/23-3/20 M 7:30 -9 pm 2033.201

No class on 2/20

4/3-6/5 M 7:30 -9 pm 2034.201

No class on 4/10 & 5/29

Willamette Primary School, Cafeteria

Yoga I I

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 \$64/OC \$69 (8 sessions)

1/25-3/15 W 7:30 -9 pm 2035.201

4/12-5/31 W 7:30-9 pm 2036.201

Willamette Primary School, Cafeteria

T'ai Chi

S. V. Miller

Min 5 Max 20

T'ai Chi Beginning

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.

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

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

1/18-3/15 W 6-7 pm 2014.201

No class 2/8

4/5-5/31 W 6-7 pm 2015.201

No class 5/10

West Linn Adult Community Center -Oak & Pine Room

1/21-3/11 Sat 9:15-10:15 am 2016.201

4/8-6/3 Sat 9:15-10:15 am 2017.201

No Class 5/27

Sunset Fire Hall Upstairs.

Class 2/11 at Adult Community Center

Register for Wed. & Sa. as listed above:

Jan.-March #2018.201, April-June #2019.201

T'ai Chi Intermediate/Advanced

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.

FEE: IC \$72/OC \$77

1/18-3/15 W 7-8 pm 2020.201

No class 2/8

4/5-5/31 W 7-8 pm 2021.201

No class 5/10

West Linn Adult Community Center - Oak & Pine Room

T'ai Chi Advanced 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.

FEE: IC \$108/OC \$113

1/21-3/11 Sa 10:15-11:45 am 2022.201

4/8-6/3 Sa 10:15-11:45 am 2023.201

No class 5/27

Sunset Fire Hall Upstairs

Class 2/11 at Adult Community Center

Body Transformation Boot Camp

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 once or twice a week. Classes begin the first Tuesday/Thursday/ Friday of the month.

Min 3 Max 10

1x/wk FEE: IC \$56/OC \$61 Drop-in \$15

2x/wk FEE: IC \$112/OC \$117 Drop-in \$15

January 1x/wk 2160.201

January 2x/wk 2161.201

No class 1/10, 1/12, 1/13

February 1x/wk 2162.201

February 2x/wk 2163.201

March 1x/wk 2164.201

March 2x/wk 2165.201

April 1x/wk 2166.201

April 2x/wk 2167.201

May 1x/wk 2168.201

May 2x/wk 2169.201

Tuesday and Thursday classes 6:30-7:30 am

Friday evening classes 5:30-6:30 pm

West Linn Adult Community Center,

Grand Fir Room

ABOUT THE INSTRUCTOR: Jacquelyn Rodgers is certified in the following: NASM Certified Instructor, CPR & AED, running coach, sports nutritionist, and senior trainer.



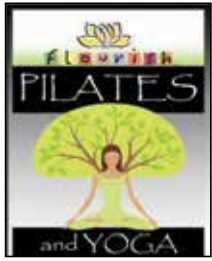
Yoga Beginning I

D. Rohrbacker

Mindfulness is now seen as key to effective, healthy living. Yoga is all about mindfulness. This course will bring a mindful approach 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 \$64/OC \$69 (8 sessions)

Pilates Mat & Reformer Classes and Personal Training



For more information please visit
www.flourishpilates.com
 and www.pilatesmommy.com

All classes are located at Flourish Pilates,
 1785 Willamette Falls Drive, Suite 8, West Linn
 503-869-8295 E-MAIL: clare@flourishpilates.com

INSTRUCTOR: FLOURISH PILATES
 (Clare Baxter & Staff)



Clare Baxter is the owner of FLOURISH PILATES studio in West Linn (www.flourishpilates.com) since 2007. Clare has been teaching since 1999, and is a certified STOTT PILATES instructor, AFAA fitness 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 provides small group classes. Improve strength, flexibility & tone and decrease risk of back injury. **STRONG ABS = STRONG BACK**

Healthy Back Mat Pilates...

Improve strength, flexibility & tone with balls, rings, rollers, & bands! Combines Yoga stretches with the strength training benefits of the Pilates. Some 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 \$292/OC \$297 (15 sessions)
 1/2-4/24 M 5:30 -6:30 pm 2039.201
 No class 1/16 & 3/20

Cardio & Core Balance...

This class kicks butt! Burn calories and fat and tone your abs while having fun! Balance your body & your muscles while burning fat. Aerobic moves that are easy to follow are mixed with challenging 60 second anaerobic intervals. Cardio exercises are performed on a BOSU Balance trainer that makes the abs work to balance and challenge the heart rate. Improve balance, coordination, agility, and core strength. Wear athletic shoes & get ready to sweat!

FEE: IC \$292/OC \$297 (15 sessions)
 1/3-4/25 T 9 -10 am 2040.201
 No class 1/17 & 3/21

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 \$495/OC \$499 (15 sessions)
 1/4-4/26 W 10 -11 am 2041.201
 No class 3/15 & 3/22
 1/6-4/28 F 9 -10 am 2042.201
 No class 3/17 & 3/24

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 \$495/OC \$499 (15 sessions)
 1/3-4/25 T 9 -10 am 2043.201
 No class 1/17 & 3/21
 1/5-4/27 Th 5:30 -6:30 pm 2044.201
 No class 3/16 & 3/23

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 \$495/OC \$499 (15 sessions)
 1/2-4/24 M 10 -11 am 2045.201
 No class 1/16 & 3/20
 1/3-4/25 T 5:30 -6:30 pm 2046.201
 No class 1/17 & 3/21
 1/7-4/29 Sa 9 -10 am 2047.201
 No class 2/18 & 3/18

Ballet Barrel & 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 \$495/OC \$499 (15 sessions)
 1/5-4/27 Th 9 -10 am 2048.201
 No class 3/16 & 3/23

Nia

with Tony Buscemi

New instructor Tony is Black Belt trained in Nia. Nia is a mind, 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 \$81 / OC \$86 (9 weeks) \$10 drop in
 1/20-3/17 F 9:30 -10:30 am 2037.201
 3/24-5/19 F 9:30 -10:30 am 2038.201
 Sunset Fire Hall, Upstairs

Family & Adult Fitness/Adult Sports



Health and Well-Being
for the Entire Family

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

\$12 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 \$108/OC \$113 (12 weeks)

1/3-3/21 Tu 9-10:15 am 2001.201

1/5-3/23 Th 9-10:15 am 2002.201

FEE: IC \$81/OC \$86 (9 weeks)

4/4-5/30 Th 9-10:15 am 2003.201

4/6-6/1 Tu 9-10:15 am 2004.201

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 \$108/OC \$113 (12 weeks)

1/4-3/22 W 6-7:30 pm 2005.201

FEE: IC \$81/OC \$86 (9 weeks)

4/5-5/31 W 6-7:30 pm 2006.201

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 \$99/OC \$104 (11 weeks)

1/8-3/19 Su 8:45-10 am 2007.201

FEE: IC \$108/OC \$113 (12 weeks)

1/2-3/20 M 6:30-7:45 pm 2008.201

1/5-3/23 Th 11 am-12:15 pm 2009.201

FEE: IC \$81/OC \$86 (9 weeks)

4/2-5/28 Su 8:45-10 am 2010.201

4/3-5/29 M 6:30-7:45 pm 2011.201

4/6-6/1 Th 11 am-12:15 pm 2012.201

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 \$108/OC \$113 (12 weeks)

1/4-3/22 W 9:30-10:45 am 2013.201

FEE: IC \$81/OC \$86 (9 weeks)

4/5-5/31 W 9:30-10:45 am 2014.201

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)

1/13-2/10 F 12-1:30 pm 2015.201

3/3-4/7 F 12-1:30 pm 2016.201

No Class 3/31

4/28-5/26 F 12-1:30 pm 2017.201

Hatha Flow

This class combines the warmth of a flow class with hatha yoga in an all move to hatha yoga to open and expand the muscles and mind.

FEE: IC \$108/OC \$113 (12 weeks)

1/3-3/21 Tu 1-2:15 pm 2018.301

FEE: IC \$81/OC \$86 (9 weeks)

4/4-5/30 Tu 1-2:15 pm 2019.201

Partners Yoga

Traditionally, yoga is seen as an individual practice, but Partners Yoga brings people together through movement, play, breath and touch. It can be practiced by any two people and is a great way to strengthen a relationship by fostering trust and communication.

FEE: IC \$108/OC \$113 (12 weeks)

1/5-3/23 Th 5:30-6:45 pm 2020.201

FEE: IC \$81/OC \$86 (9 weeks)

4/6-6/1 Th 5:30-6:45 pm 2021.201

Cardio Circuit Workout

This circuit-style class incorporates strength and cardio into one high-impact workout. You will target all muscles groups for a full body training session. Circuits are broken down into 40-60 minute intervals. Be ready to break a sweat.

FEE: IC \$108/OC \$113 (12 weeks)

1/3-3/21 Th 5:30-6:30 pm 2022.201

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

1/3-6/13 Tuesdays 8-10 pm

Athey Creek Gymnasium

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

Adult Recreational Co-ed Volleyball Open Gym

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.

Minimum 4, Maximum 28 participants for class

FEE: \$2 per person per night, pay at door. No online registration

Mondays 8-10 pm January 9-June 12

Except 1/16, 1/23, 2/20, 3/27 and 5/29

Willamette Primary School, gym

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

Take Care of West Linn Day

May 20, 2017, 9 am-12 pm

Appreciation Barbecue at Mary S Young Park, 12-1:30 pm

The Parks & Recreation Departments mission for Take Care of West Linn Day is to promote the value of volunteerism and community pride by making available opportunities for community members to participate in projects to give back to their community and protect one of the cities greatest assets- its parks. Our goal is to facilitate projects for up to 500 volunteers at projects throughout the City.

The types of projects you or your group may choose to organize include:

- Natural Area cleanups
- Park plantings
- Invasive species removal
- Park improvement projects
- Trail maintenance
- Community landscape projects
- Tree planting
- And many others

Your group can choose to organize your own project, partner with another organization, or send volunteers to another organization's project. The Parks and Recreation Department will help with identifying a project, planning your project, promoting your project to obtain additional volunteers, and recognizing the effort of your volunteers.

Please let us know by May 1, 2017 if your organization is interested in participating in Take Care of West Linn Day in some form. Contact Ken Warner at 503-557-4700 or email kwarner@westlinnoregon.gov to set up a group project or find out more details.



Adult Classes

Adult Dance

D. & J. Crandell

Age 16-Adult

PARTNERS REQUIRED — NO PARTNER ROTATION

Min 8 Max 24

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

Beginning Jitterbug Swing

One of our most popular dances!
Done to old time R & R, Big
Band and contemporary music.
No acrobatic moves but some
very cool material!

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

1/12-2/2 Th 7-8 pm 1020.201

Beginning Waltz

The ever popular waltz.

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

2/9-3/2 Th 7-8 pm 1021.201

Beginning Lindy Hop Swing

A very fun and popular dance!
The Granddaddy of all swing
dances.

FEE: IC \$45/OC \$50

3/9-3/30 Th 7-8 pm 1022.201

Beginning Fox Trot

The backbone dance of Ballroom
dancing!

FEE: IC \$45/OC \$50

4/6-4/27 Th 7-8 pm 1023.201

Beginning Cha Cha

A popular Latin dance!

FEE: IC \$45/OC \$50

5/4-5/25 Th 7-8 pm 1024.201

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 unimimidating approach with their teaching. They have instructed thousands of successful students.



Adult Dance-Intermediate Level

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

Min 8 Max 24

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

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

Session 1

1/12-2/2 Th 8:15-9:15 pm 1025.201

Session 2

2/9-3/2 Th 8:15-9:15 pm 1026.201

Session 3

3/9-3/30 Th 8:15-9:15 pm 1027.201

Session 4

4/6-4/27 Th 8:15-9:15 pm 1028.201

Session 5

5/4-5/25 Th 8:15-9:15 pm 1029.201

Have you been told you have a great speaking voice?

"Voice-Overs... Now is Your Time!"

Attend our two hour class about this lucrative industry **AND** find out if you have what it takes!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERICALS! 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

4/25 T 6:30-8:30 pm 1055.201

West Linn Adult Community Center, Classroom-Hemlock Room

Photography Instruction

Instructor: Dwon Guvenir, Craftsman Photographer www.oregonphotosafaris.com

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. It's 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

1/9 M 7-9 pm 1050.201

4/10 M 7-9 pm 1052.201

West Linn High School, Classroom A105

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

1/9-1/11 M-W 7-9 pm 1051.201

4/10-4/12 M-W 7-9 pm 1053.201

West Linn High School, Classroom A105

NEW CLASS- Introduction to Hand Embroidery

A. Frazier

Students will learn 10 hand-embroidery stitches while creating a modern version of a traditional 17th century design. Materials will be provided, including fabric, threads and needle. Bring small scissors and a 6-7 inch embroidery hoop.

Min 4 Max 12

FEE: IC \$60/OC \$65

2/21-3/14 T 6:30 -9:30 pm 1515.201

West Linn Adult Community Center,
Hemlock Room



NEW CLASS- Chalk Painting

T. Okamura

Adult

Learn through a hands-on approach how to use chalk-paint to refinish furniture and create signs on wood. This is a popular method currently used to refinish furniture inexpensively. The outcome is unique and beautiful! Fee includes all supplies, wood, paint brushes, and aprons. Student will take home a completed project valued at \$30.00.

Min 4 Max 15

FEE: IC \$45/OC \$50

1/28 S 10 am-1 pm 1530.201

2/25 S 10 am-1 pm 1531.201

3/25 S 10 am-1 pm 1532.201

4/29 S 10 am-1 pm 1533.201

5/27 S 10 am-1 pm 1534.201

West Linn Adult Community Center,
Hemlock Room



NEW CLASS- Pop-Up Cooking

B. Ward-Strauss

Teen- Adult - Min 8 Max 15

West Linn Adult Community Center, Kitchen and Dining Rooms

New Cooking Classes with Bonnie Ward-Strauss are perfect for individuals or for a bonding multi-generational experience. Cooking nurtures those we care about, cultivates self-sufficiency and allows for creative expression. Join the fun!



Gumbo 101

Get ready for Mardi Gras! Learn the basics of an authentic New Orleans gumbo from New Orleans born and trained cook. This class includes the history and technique of this special dish - including the all-important roux! Enjoy tasting the finished product.

FEE: IC \$35/OC \$40 per person

1/30 M 6-8:30 pm 1400.201

Cream Puffs and Eclairs

A profiterole, cream puff, or choux à la crème is a filled French choux pastry usually filled with a sweet and moist filling of whipped cream, custard, or ice cream. You will learn to make this surprisingly simple pastry and custard for your own delicious cream puffs and eclairs. Enjoy tasting the finished product!

FEE: IC \$35/OC \$40 per person

2/27 M 6-8:30 pm 1401.201

Brownies 2 Ways - Attention chocoholics!

In this class you will learn to make 2 crowd pleasers: Fudgy brownies with a shiny chocolate

ganache glaze, and a cake-like brownie with cream cheese swirl. Enjoy tasting the finished product!

FEE: IC \$25/OC \$30 per person

3/27 M 6-8:30 pm 1402.201

Italian Meatballs

In this cooking class we will focus on the delicious Italian specialty of moist meatballs. Learn how to prepare authentic savory meatballs from grass-fed beef. The class will share the fruits of their labor with crusty French bread.

FEE: IC \$35/OC \$40 per person

4/24 M 6-8:30 pm 1403.201

Bonnie Ward-Strauss grew up in New Orleans where she worked in various restaurants as a prep cook and in the front and had a catering business. She later moved to Bend, Oregon where she shared her expertise at her small 13 table New Orleans-style restaurant. Since relocating to Portland in 2014 Bonnie has catered, served as a personal chef, collaborated with wine shops for special tasting (pairings) events, had secret and pop-up dinners. A special joy has been teaching private, group, and team-building cooking classes. Helping people have fun while gaining confidence in the kitchen is her mission.

Adult Classes

INSTRUCTORS WANTED

Are you interested in teaching a class for Parks & Recreation?

The Parks & Recreation Department is always looking for instructors. We are excited about the possibility of working together to reach our common goals and to serve our community.

The Parks and Recreation Department is dedicated to building strong families through the provision of recreational opportunities. We believe that the benefits of participating in recreational programs, classes, and events are often as important as the activity itself.

Please review and/or download Our Instructors Handbook to explore your opportunities working with the City of West Linn Parks & Recreation Department.

For more information Call 503-557-4700 or visit our website: <http://westlinnoregon.gov/parksrec/contract-instructor-handbook>

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)

1/10-3/14 T 7-9:30 pm 1520.201

Stafford Primary School Cafeteria/Commons

Speaking Power

J. Puukka

Adult

Speaking in public can be frightening, but it's a vital skill. This class explores foundational and advanced techniques to help you empower your voice and defy expectations! Min 12 Max 20

FEE: IC \$90/OC \$95

1/23- 3/13 M 6:30-8 pm 1515.201

West Linn High School, Classroom tbd

The Business Block Workshop

Leeanne Krusemark

Min 4 Max 12

West Linn Adult Community Center,
Hemlock Room

Earn Extra Money with a Mystery Shopping Business (prerequisite)

FEE: IC \$10/OC \$15

Materials fee: \$10 to be paid directly to instructor

3/7 T 5-6 pm 1560.201

Cash in with a Successful Home-Based Business

FEE: IC \$20/OC \$25

Materials fee: \$20 to be paid directly to instructor

3/7 T 6-8 pm 1561.201

Make Money with a Typing/WP/Virtual Assistant Business

(prerequisite)

Min 4 Max 12

FEE: IC \$10/OC \$15

Materials fee: \$10 to be paid directly to instructor

3/7 T 8-9 pm 1562.201

ABOUT THE INSTRUCTOR: LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, and an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark).



Project: Earth Day Work Day at Mary S. Young Park

Date & Time: Saturday, April 22nd from 9 am – noon

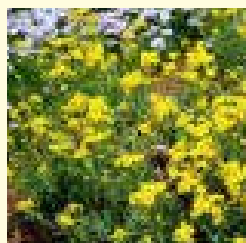
Meeting Location: Covered shelter next to paved parking

Contact: Terri Jones at West Linn Parks and Rec 503-557-4700

Support clean and healthy parks, neighborhoods and natural areas with SOLVE!

~ Annual Plant Sale ~
May 11 & 12, 10 am -3 pm

West Linn Adult Community Center



Select from a variety of
hanging baskets, perennials
and vegetable starts.

Proceeds benefit programs at the
West Linn Adult Community Center

Mothers Day Tea



Monday May 8, 11:30 am
Adult Community Center

Advance tickets will be available early-April for
this delightful annual event celebrating mothers and
other wonderful women who bring joy to our lives.

City of West Linn

Event Partnership Opportunities!

*Would you like to increase your business or organization visibility,
support local events, or just be more involved in your community?*



The City of West Linn hosts
numerous events throughout the year.

Take Care of West Linn Day • Movies in the Park
Street Dance • Old Time Fair • Music in the Park
The Great West Linn Outdoor Adventure • Haunted Trail
Community Tree Lighting • Holiday Parade

Contact Ken Warner for more details.
503-723-2553 or kwarners@westlinnoregon.gov



The 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:

Scheduled Closures This Session:

January 16th--Martin Luther King Day

February 20th—President's Day

May 29th – Memorial Day

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 \$4.

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 \$30. Clinics are held every 1st Wednesday and Friday of every month. Call 503-557-4704 to schedule an appointment.

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 503-557-4704.

** Please note: the AARP Tax Aide will be held at the West Linn Library again this year but please schedule your appointment by calling the front desk at the ACC, 503-557-4700.*

The West Linn Adult Community Center

Upcoming Presentations

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. Please RSVP for any below presentation.

January 19th, 12:30 pm

Please bring a sack lunch if you wish

How to Pay for Long-Term Care Without Going Broke

A presentation by attorney Liz Jessop will include a CD "Medicaid and how to pay for long-term care without going broke," a 15 page elder law guide and newsletters that they have authored on:

- Asset protection strategies
- Veteran's benefits
- Medicare
- Long-term care insurance
- In-home care issues
- Medicaid

Thursday, January 26th at 12:30 pm

A light lunch will be sponsored by G&L Acupuncture.

Natural and Effective Relief for Chronic Pain and More!

A wellness talk presented by G&L Acupuncture and Wellness Center.

You might have heard of acupuncture but do you know how and why it works? Come attend our lunch talk and learn more about the fastest growing natural treatment that has been changing the lives of thousands of people who suffer from chronic conditions such as rheumatoid arthritis, lower back pain, plantar fasciitis, frequent migraines, and more!

Come grab a bite to eat and learn about how to improve your life, stay healthier, and feel better!

Thursday, February 16th at 12:30 pm

A light lunch will be provided and both the presentation and lunch is sponsored by the Friends of the Adult Community Center.

Be Safe, Strong and Empowered!

Michelle Moore will be leading a non-contact self-defense presentation that will teach you what to look out for and how to protect yourself.

Thursday, March 23rd at 12:30 pm

A light lunch will be provided and both the presentation and lunch is sponsored by the Friends of the Adult Community Center.

Neuroplasticity: How we can use it to improve our well-being.

By Surja Tjahaja

In this presentation, we are going to learn what Neuroplasticity is, how it works, and how we can use it to deliberately improve our well-being, quality of life, health, and pain management.

NEW!

Meeting monthly on January 5th at 1:00 pm,

February 1st at 12:45 pm,

March 2nd at 1:00 pm,

April 6th at 1:00 pm and May 4th at 1:00 pm

Brain Fitness

Memory games and activities are important for our mental health! Stephanie with Clackamas County Behavioral Health will be starting a new program here at the Adult Community Center most first Thursdays of the month, with the exception of the first Wednesday of the month in February. She will be organizing a variety of fun brain games and activities that will help stimulate learning processes and enhance memory. Join us for this free new activity. Drop-ins welcome!

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. 8 person minimum is required for each class. Please register at the West Linn Adult Community Center. Classes are 3:30-5:30 pm.

Thursday, 1/5: Beef chuck pot roast with roasted vegetables, mashed potatoes and pan gravy.

Thursday, 1/19: Curry coconut chicken, with carrots, peppers celery and onion. On top of jasmine rice.

Thursday, 2/2: Cajun blackened tilapia topped with mango pineapple salsa. Served with red beans and rice and swiss chard. Learn how to make your own Cajun spice and have your fish with as much heat as you want.

Thursday, 2/16: Chicken marsala with cremini mushrooms. Served with herb roasted red potatoes and broccoli.

Thursday, 3/2: Cioppino seafood soup. A hearty tomato based fish soup with manila clams, salmon, cod and shrimp. Served with crusty French bread.

Thursday, 3/24: Chicken radatore pasta with cremini mushrooms, fresh tomatoes in a creamy Dijon sauce.

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.

The 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. No charge.

Thursdays, 1-3 pm

Aerobics Class

Come join this group morning video exercise class. What a great way to start your day! No charge. Mon, Wed and Fri 10-11 am.

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. No charge.

2nd Wed of each month 1-2 pm

Bus Trips

We have regular bus trips that go to various locations around the area. We encourage you to 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. No charge.

Tues, Thurs and Fri mornings.
(Call Center for appt.)

NEW! Core Conditioning

Strength training using a combination of free weights, stretch bands and medicine balls as well as your own body resistance. This is a Pilates, yoga and strength training fusion workout. We focus on core strength, flexibility and total body conditioning. Bring small hand-held weights, yoga mat, towel and



water. Classes are ongoing. Please call the front desk for registration information. \$48 or \$6 per class. Fridays from 9:45-10:30 am.

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. \$40 for 2 classes per week, \$60 for 3 classes per week or a \$4 drop in. On going classes. Drop in anytime during an 8 week session or new session begins February 2nd.

Tues, Thur & Fri 8-8:30 am

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. No charge.

Mondays 1-3 pm.

Garden Appreciation Group

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. No charge.

Wed 11am-12 pm

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. It's fun and free! No charge.

Tues 10 am-12 pm

Knitting and Crocheting Group

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. No charge.

Thurs 10 am-12 pm

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. Every 2nd Wednesday of the month from 1:30-3:00 PM

Nia- Music and 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. Monthly Pass \$40 (8 classes) \$7 drop in.

Tuesday, Thursday 11:15 am-12 pm

Qigong (Dai Mai Qigong)

Dai Mai Qigong is one of the best Qigong methods to reinforce your immune system. This style

The West Linn Adult Community Center

of Qigong helps conditions such as constipation, weight control, all gynecological and digestive issues. An indepth description is located at the front desk. Please visit or call for further details. Taught by Master Qigong teacher, Lyndalea Ruffner, certified by the LGIHQS. \$55.00 or \$7 drop in fee (\$15 booklet recommended but not required)

Mondays, 10-11:30 am,
January 23rd-March 15th.

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). On going classes. Drop in anytime during an 8 week session or new session begins February 2nd. \$70 for 2 classes per week, \$108 for 3 classes per week or a \$5 drop in Tues, Thur & Fri 8:30-9:30 am

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. Session begins 1/17 (8 week term, 8 classes) \$48. Tuesdays 11 am-12 pm

Tai Chi—self lead

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

Walking Group

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

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! No charge. Tuesdays 2-3:30 pm.

Woodworking

The group ranges from novice to expert carvers. Join us! Bring

your own tools and supplies. No charge. Mondays 9 am-12 pm.

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. Classes are on going and drop in is encouraged at any time during the term. New term begins January 3rd-February 23rd \$60/8 weeks or \$6.50 drop-in. Tuesday & Thursday 10-11 am

**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. Reservable parks all have onsite restroom facilities.

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

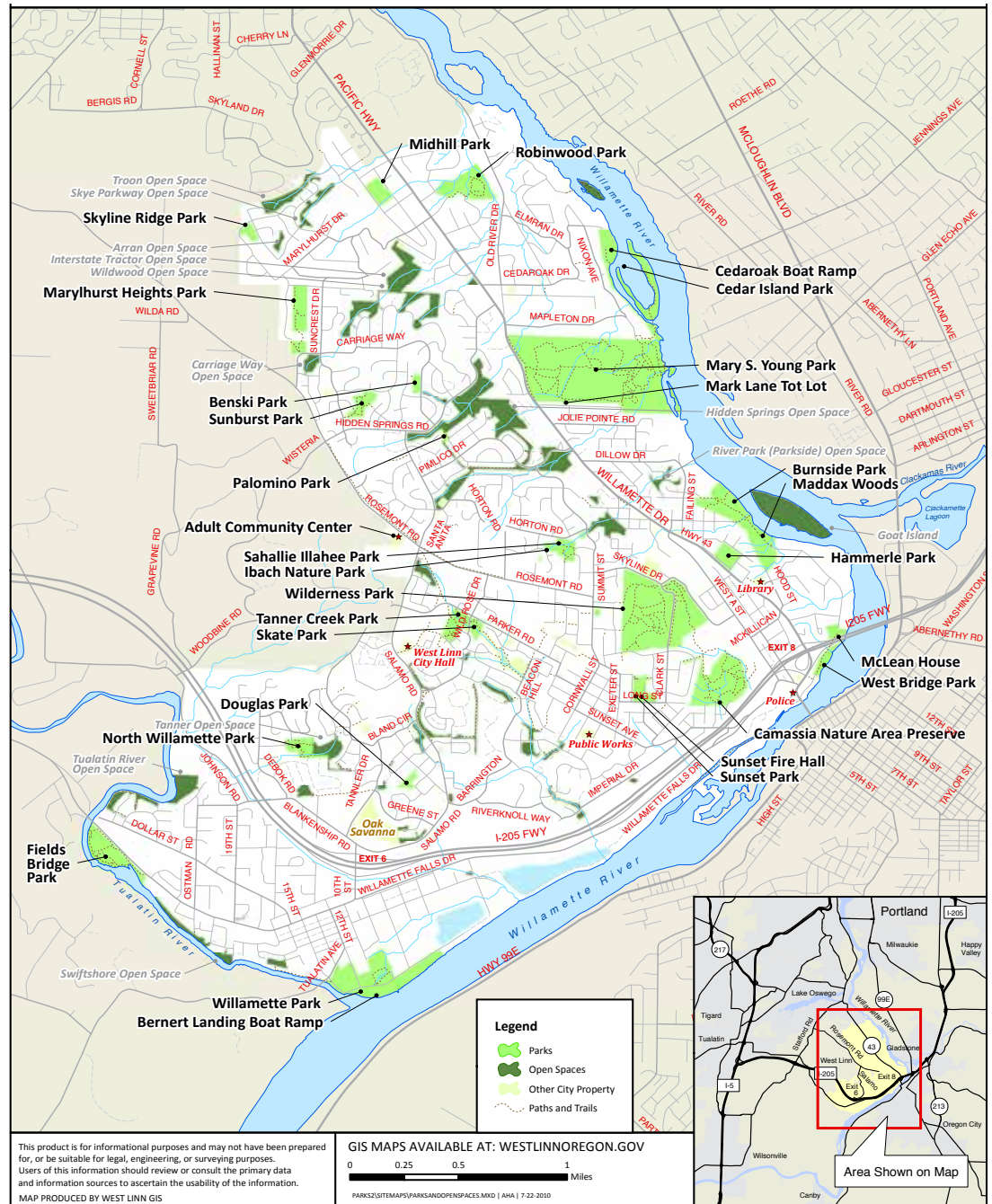
2.44 acres located at the corner of Long Street and Bittner Street. The park contains picnicking areas, a covered shelter, play equipment and restrooms.

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 & Volpp 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.

Facilities

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





CITY OF
West Linn

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

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Arbor Week

West Linn Oregon

Tree City USA

April 2-8, 2017



Events
tentatively scheduled include:

Tree Giveaway at City Hall

(limited quantity, first-come, first-serve)

Tree plantings

**Youth tree planting
projects**

The activities will mark West Linn once again the Tree City USA award from the National Arbor Day Foundation. West Linn has won the award every year for over a decade. To qualify for the award, West Linn has tree ordinances governing removal and care, a street tree program, and observes Arbor Day.

Please contact our Parks and Recreation Department
at 503-557-4700 for further details or to set up an event for your group.