

Community Education

How to register:

Please register directly through the Community Education Partner hosting the class you would like to attend. A complete list of partners is available on the next page. Many partners accept online registrations on their websites. If you prefer to mail in your registration, use the form provided below and mail it directly to the partner. Please contact the partner if you have additional questions regarding your classes.

Multiple registrations

To register with more than one community school/senior center, or to register more than one individual per site/class, use separate photocopies of the registration form.

Refunds

Refund policies vary, contact the Community Education partner for details.

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Return your registration form & payment to the Community Education Partner hosting the class. Contact information is on the next page.

COMMUNITY EDUCATION REGISTRATION FORM SUMMER 2017

TODAY'S DATE: / / COMMUNITY EDUCATION PARTNER: SOCIAL SECURITY NUMBER:

LAST NAME: FIRST NAME: MIDDLE INITIAL:

CURRENT ADDRESS Number and street: City: State: Zip:

ETHNICITY: Hispanic or Latino Not Hispanic or Latino
 RACE: (Choose all that apply)
 American Indian / Alaska Native Asian Black or African American Native Hawaiian or other Pacific Islander White

GENDER: Male Female PREVIOUS NAME(S):

EMAIL ADDRESS HOME PHONE: () WORK PHONE: () DATE OF BIRTH*: / /

IN CASE OF EMERGENCY, NOTIFY
 Last name: First name: Phone: ()

SIGNATURE:
 (Parent, guardian or adult student)

Providing your Social Security Number (SSN) is voluntary. If you provide it, the college will use your SSN for keeping records, doing research, aggregate reporting, extending credit and collecting debts. Your SSN will not be given to the general public. If you choose not to provide your SSN, you will not be denied any rights as a student. Providing your Social Security number means that you consent to the use of the number in the manner described.
 * If you're under 18, additional permissions may be required before you can register for classes.

Course No.	Course Title	Time	M	T	W	Th	F	S	Su	Start Date	Location	Tuition	Fee	Total
1.
2.
3.

Clackamas Community College does not discriminate on the basis of race, color, religion, gender, sexual orientation, marital status, age, national origin/ancestry, disability, family relationship or any other protected status in accordance with applicable law. The College's commitment to nondiscrimination applies to curriculum activity and all aspects of operation of the College.

Community Education Partners

Canby Community Education

350 SE 13th Avenue, Canby, OR 97013

Phone: 503-266-0040

- Checks payable to: Canby Community Education
- Phone registration with Mastercard or Visa
- Registration begins immediately

Gladstone Community Education & Recreation

17789 Webster Road, Gladstone, OR 97027

Phone: 503-650-2570 FAX: 503-655-5201

- Registration begins immediately
- Online registration at www.gladstone.k12.or.us. Click on the box that says "Learning for Life Community Education" for registration links.
- Phone/fax/mail/walk-in registration with credit card
- Checks payable to: Gladstone Community School
- Confirmation on request only

North Clackamas Parks & Recreation

7300 SE Harmony Rd, Milwaukie, OR 97222

Phone: 503-794-8080 FAX: 503-794-8085

- Online registration at ncprd.com
- Phone/fax/mail registration with credit card
- Checks payable to: N. Clackamas Parks & Rec

Oregon City Community Education Program and Services

Eastham Community Center

1404 7th St., Oregon City, OR 97045

Phone: 503-785-8520 FAX: 503-657-2536

- Registration begins immediately
- Checks payable to: OCSD
- Online registration https://occe.cr3.rschoolday.com/public/getcategory/program_id/2

*Senior Discount

Seniors 62 years of age or older qualify for discounted tuition for many Community Education classes. Proof of age is required.

Pioneer Community Center

(Oregon City Senior Center)

615 Fifth Street, Oregon City, OR 97045

Phone: 503-657-8287

- Checks payable to: Pioneer Community Center

West Linn Parks & Recreation

22500 Salamo Road, 1100, West Linn, OR 97068

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

- Register online at <http://westlinnoregon.gov/parksrec>
- Fax or mail registrations with check or charge card
- Telephone registrations can be done with charge card once your account is set up online
- Checks made payable to City of West Linn

Wilsonville Parks & Recreation

7965 SW Wilsonville Rd, Wilsonville, OR 97070

503-682-3727

- Register in person or online at WilsonvilleParksandRec.com
- Checks payable to: City of Wilsonville

Community Education Needs You!

Clackamas Community College and the Community School partners are seeking part-time instructors for the Community Education program. If you have the ability and desire to provide a learning experience for seniors, adults and/or youths in your community, your talents are needed. Fill out an interest form at Clackamas.edu/CommunityEducation.

Community Education Locations

Ackerman School

350 SE 13th, Canby

Aikido Northwest

16029 SE McLoughlin, Bldg B, Milwaukie

Allegro Dance Studio

655 SW 2nd Ave, Canby

Balance & Harmony

136 Grant St, Canby

Blue Comm Bldg (Clackamas Heights)

13900 Gain St, Oregon City

The Cake Room

2375 Falcon Dr, West Linn

Canby High School

721 SW 4th Ave, Canby

Canby Swim Center

1150 S. Ivy St, Canby

Clackamas River Racquet Club

790 82nd Dr, Gladstone

Clackamette Park

1955 Clackamette Dr, Oregon City

Club Fit

365 S Redwood St, Canby

Complete Health Chiropractic Center

365 Warner Milne Rd #105, Oregon City

Eastham Community Center

1404 7th St, Oregon City

East Side Milwaukie

4606 SE Boardman, Milwaukie

East Side Clackamas

9100 SE Sunnyside Rd, Clackamas

EcoDive NW

183 King St, Oregon City

The Fitness Studio

181 N. Grant St #106, Canby

Forte Floral Artistry

14222 SE McLoughlin Blvd, Milwaukie

Gladstone High School

18800 Portland Ave, Gladstone

Gladstone Senior Center

1050 Portland Ave, Gladstone

Grand Finale' Dance Studio

875 Portland Ave, Gladstone

Grove Shelter

8300 SW Wilsonville Rd, Wilsonville

Hammerle Park

1505 Lewis St, West Linn

Harmony Road Music Center

17300 SE 82nd Dr, Clackamas

Health Chiropractic Center LLC

365 Warner Milne Rd #105, Oregon City

Highland Stables

16723 S Williams Rd, Beaver Creek

John Wetten Elementary

250 E Exeter, Gladstone

JWE Wetten Gym

255 E Gloucester, Gladstone

King Elementary School

995 South End Rd, Oregon City

Kraxberger Middle School

17777 Webster Rd, Gladstone

Mary S. Young

1990 Willamette Dr. West Linn

Marylhurst Height Park

1800 Valley View Dr, West Linn

Milwaukie Center

5440 SE Kellogg Creek Dr, Milwaukie

North Clackamas Aquatic Park

7300 SE Harmony Rd, Milwaukie

Oregon City High School

19761 S Beaver Creek Rd, Oregon City

Oregon City Pioneer Community Center

615 Fifth St, Oregon City

Robinwood Park

3600 Fairview Way, West Linn

Rose Villa

13505 SE River Rd, Milwaukie

Rosemont Ridge Middle School

20001 Salamo Rd, West Linn

Sachi Wellness

2008 Wilamette Falls Dr #200A, West Linn

Stone Creek Golf Club

14603 S. Stoneridge Dr, Oregon City

Sunset Fire Hall

2215 Long St, West Linn

Swan Island Dahlias

995 SW 22nd Ave, Canby

Rockcreek Middle School

1489 SE Parklane Dr, Happy Valley

Tan Comm Bldg (Oregon City View Manor)

200 S Longview Way, Oregon City

Tanner Creek

3456 Parker Rd, West Linn

Tauchman House

31240 SW Boones Ferry Rd, Wilsonville

Total Body Pilates

655 SW 2nd Ave, Canby

Town Center Village: The Terrace

8709 SE Causey, Happy Valley

Trost Elementary

800S. Redwood St, Canby

Villa Catalana Cellars

11900 S Criteser, Oregon City

West Linn High School

5464 West A St, West Linn

West Linn Adult Community Center

1180 Rosemont Rd, West Linn

Willamette Park

1100 12th St., West Linn

Willamette View

12705 SE River Rd, Milwaukie

Wilsonville Community Center

7965 SW Wilsonville Rd, Wilsonville

Wilsonville Parks & Recreation Admin

29600 SW Park Place Ct, Wilsonville

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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CCC

COMMUNITY EDUCATION

MOTORCYCLE TRAINING

Clackamas Community College partners with TEAM OREGON to offer courses to motorcycle and scooter riders for all levels of ability. You can learn to ride, earn your motorcycle endorsement or take your skills to the next level. Basic and intermediate courses are approved for Oregon's mandatory training requirement, and offer a choice of traditional or online classroom.

Basic Courses: Available to all riders 16 and older; mandatory for new riders under 21. \$199

Intermediate Courses: Available to all riders 21 and older. \$169

Rider Skills Practice (RSP): Available to riders 16 and older with a motorcycle endorsement. \$99

Licensed riders are welcome to attend. Find complete training and licensing information, course schedules and register online at the TEAM OREGON website <http://team-oregon.org>. If you need additional assistance or information, call 800-545-9944.

ROSE VILLA

13505 SE River Rd, Milwaukie

To register: 503-654-3171

YPED-600-1104 FUNCTIONAL FITNESS

FUNctional fitness is using fun ways to improve your body's ability to function better on a daily basis. Improve core strength, balance, cognition, reactive reflex, stretching and muscle strength. All activities can be modified to individual needs. Age 62+ \$20. Rose Villa

11am-12pm MW 6/26 10 \$100 Hall REC HALL

TOWN CENTER VILLAGE: THE TERRACE

8709 SE Causey, Happy Valley

To register: 503-449-4903

YPED-500-1109 CARDIO EXERCISE W/ HANDCHIMES

Musical, chair centered, upper body exercise through music class. Lift, ring handchimes in rhythmic, dynamic motions. Increase upper body strength, agility, coordination. Learn musical skills.

10-11am M 6/26 10 \$50 Hodder CLRM

ZHWL-100-1170 YOUR STORY

Learn how to preserve personal history by remembering and documenting special moments and all of life's essential elements.

9:30-11am W 6/28 8 \$60 Arnold CLRM

WILLAMETTE VIEW

12705 SE River Rd, Milwaukie

Call CCC Community Education for registration information. 503-594-0627

SENIOR YOGA

This class begins with basic deep breathing and relaxation in the chair or on the floor followed by gentle stretches. Focusing on balance and strength for older adults this class offers a very gentle approach to yoga. Age 62+ \$40. No Class 7/4. Willamette View

YPED-100-1102

10:30-11:30am MWF 6/26 10 TBA Higgins CLRM

YPED-300-1166 WATER AEROBICS

Call 503-594-0627 to register. High energy, low impact workout uses a wide range of muscles. Hot tub to relax in after class. Swim skills not necessary. Age 62+: \$27.50. No class 7/4. Willamette View

7:15-8:15pm T/TH 06/20 6 \$55 Stanton POOL

Canby

COMMUNITY EDUCATION

Registration form for Community Education classes on page 51.

For class locations, see page 53.

Phone: 503-266-0040

Arts/Crafts

ZAPA-100-0100 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. Instructor's website: www.oregonphotosafaris.com. Age 16-Adult. Canby High School

9-11am S 7/15 1 \$35 Guvenir 3

ZAPA-100-0101 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. Instructor's website: www.oregonphotosafaris.com. Age: 16-Adult. Canby High School

9am-4pm S 7/15 1 \$100 Guvenir 3

ZAPA-100-0102 PHOTOGRAPHY: COMPOSITION

Great images require great composition! Learn how to craft amazing professional quality images utilizing composition techniques that will transform your images into award winning works of art. Stop taking snapshots and start making art! Advanced Photography is a pre-req. Instructor's website: www.oregonphotosafaris.com. Age: 16-Adult. Canby High School

9am-12pm SU 7/16 1 \$100 Guvenir 3

ZAPA-100-0103 PHOTOGRAPHY: ADV. LIGHTING

Light is the only element that is always required to create photographic images. It's the most important part of proper exposure, composition and story-telling. Advanced Photography is a pre-req. Age: 16-Adult. Canby High School

1-4pm SU 7/16 1 \$100 Guvenir 3

ZAPA-300-0100 OPEN SEWING STUDIO

Do you have a sewing project that you are stuck on and need some guidance to complete? Do you have a project that you want to start but don't know how to proceed. Need some time to finish your project. Sewing instructor Nancy Bishop can help you read a pattern, layout fabric and guide you through sewing techniques. Age: 18-Adult. Ackerman School

6:30-8:30pm W 7/12 1 \$20 Bishop CAFÉ
6:30-8:30pm W 7/19 1 \$20 Bishop CAFÉ

ZAPA-100-0100 'EN PLEN AIR' WATERCOLOR WITH JUDE

En plen air is a term derived from the French which literally means 'in the open air'. Jude will do a demo in watercolor for these classes. Canvas painters are most welcome to join in the fun, and Jude will gladly advise/assist with work, but will not be doing a demo in canvas. Meet at locations listed 30 minutes prior to class to set-up. Email Jude Welter for suggested supply list (judewelter@hotmail.com). Some experience necessary. Ages: 18-Adult.

June Location: Villa Catalana Wine Cellars in Oregon City: This is a beautiful site with stone villa, ponds and rare plants! Visit www.villacatalanacellars.com The June 17 event will have access to their greenhouses for painting, drawing and taking photos.

11am-4pm S 6/3 1 \$55 Welter ON LOCATION
11am-4pm S 6/17 1 \$55 Welter ON LOCATION

August Location: Dahlia Fields Swan Island Dahlias.

11am-4pm S 8/8 1 \$55 Welter ON LOCATION
11am-4pm S 8/29 1 \$55 Welter ON LOCATION

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Business/Financial Planning

ZBUS-100-0100 UNDERSTANDING RETIREMENT, SOCIAL SECURITY & MEDICARE

As baby boomers become SS and Medicare age, most do not know the penalties for not applying on time and how Medicare Supplements and Part D drug programs work. This class will explain the history and organization of Social Security and Medicare. How to determine and claim benefits and how to fit these into your overall retirement plan. Tuition is for 2 family members. Age: 50+ Ackerman School

6-9pm TH 7/13 1 \$25 Blythe 10

Computers

YDPS-100-0100 PHOTOSHOP FOR PHOTOGRAPHY

Learn the key elements to unlocking Photoshop. This isn't a class to learn a few tricks, learn the tools that unlock the full potential of Photoshop. This course will teach you how to make perfect prints on your own. You must bring your own laptop with any version of Adobe Photoshop or Elements. Instructor's website: www.oregon-photosafaris.com. Age: 16-Adult. Canby High School

9am-4pm S 7/29 1 \$100 Guvenir 704

Dance/Theater

ZMDT-300-0100 ACRO & TUMBLING CAMP

Acrobatic movement combines tumbling, spring, limber, and balance skills. Students will strengthen their bodies with flexible, controlled and agile movements. Age: 6 & Up. Allegro Dance Studio

9am-12pm M-F 7/10 1 \$150 Staff STUDIO

ZMDT-300-0100 DANCE & CHEER CAMP

Your week will be filled with dancing, fun and friends. You will learn two dance routines as well as an all camp dance and a hand routine. Age: 6 & Up. Allegro Dance Studio

9am-12pm M-F 7/17 1 \$150 Staff STUDIO

ZMDT-100-0100 MUSICAL THEATRE CAMP

This class teaches the basics of acting and listening on stage. Improve memorization skills, increase stage presence and preparation for auditions. Student must be able to read. Singing not required, but absolutely welcome! Class dates are 8/14, 8/16, & 8/17. Friday, Aug. 18, class time is 9am-3pm. Age: 8 & Up. Allegro Dance Studio

9am-12pm MWTH 8/14 1 \$150 Staff STUDIO

Driver Education

YDRE-200-0101 AARP SAFE DRIVER

Driver training program designed for senior drivers, although any student may enroll. Developed by AARP and approved by Dept. of Motor Vehicles. Fee: \$20; \$15 with AARP card. Minimum 8 students required to run the class. Canby High School

9am-4:00pm S 7/15 1 Fisher 1

Exercise/Fitness

ZOUT-100-0100 BASKETBALL (SKYHAWKS)

Using our professional curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day' and progress in to drills and games making an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs. Ages: 7-12 yrs. Ackerman School

9am-12pm M-F 8/7 1 \$119 Skyhawks GYM

ZOUT-100-0100 FLAG FOOTBALL CAMP (SKYHAWKS)

Through our 'skill of the day', campers will learn skills on both sides of the ball including the core components of passing, catching and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Ages: 6-12 yrs. Trost Elementary

9am-3pm M-F 7/24 1 \$149 Skyhawks FIELD

ZOUT-100-0100 LACROSSE CAMP (SKYHAWKS)

Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing and shooting, all in a fun, non-checking environment. Staff will ensure that campers not only learn the sport of lacrosse, but also important life skills such as respect, teamwork and discipline. Ages: 7-12 yrs. Trost Elementary

9am-3pm M-F 8/21 1 \$149 Skyhawks FIELD

ZOUT-100-0100 MINI HAWKS (SKYHAWKS)

This baseball, basketball and soccer program gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Ages: 4-7. Trost Elementary

9am-12pm M-F 8/7 1 \$119 Skyhawks FIELD

ZPED-400-0100 TAEKWON-DO

Learn this disciplined martial art, using empty hands & bare feet in self-defense. Uniform is suggested/available through instructor. Age: 7-Adult. Ackerman School

6-7:30pm TTH 6/20 9 \$95 Matie CAFÉ

ZPED-400-0100 TAEKWON-DO FOR KIDS

For all 5-6 year old boys and girls! Come try a special beginning class in Taekwon-Do. Uniforms available from instructor but not required. Age: 5-6. Ackerman School

5-5:45pm TTH 6/20 9 \$50 Matie CAFÉ

ZOUT-100-0100 TENNIS CAMP (SKYHAWKS)

In Skyhawks Sports tennis program, players learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Bring a tennis racquet. Ages: 6-12. Canby High School Tennis Courts

9am-12pm M-F 7/24 1 \$119 Skyhawks COURTS

ZOUT-100-0100 TINY HAWKS (SKYHAWKS)

This camp for pre-school aged kids introduces the essentials of one to two sports. Through games and activities, campers explore balance, hand/eye coordination, and skill development. Ages: 3-1/2 – 4 yrs. Trost Elementary

1-1:45pm M-TH 7/17 1 \$49 Skyhawks FIELD

1-1:45pm M-TH 7/31 1 \$49 Skyhawks FIELD

ZOUT-100-0100 SOCCER CAMP (SKYHAWKS)

This camp focuses on dribbling, passing, shooting and ball control. By the end of the camp, your child will have learned new life skills such as teamwork and sportsmanship and improved their soccer skills. Ages: 7-12. Ackerman School

9am-12pm M-F 6/26 1 \$119 Skyhawks FIELD

ZOUT-100-0100 SOCCER/SWIM CAMP (SKYHAWKS)

This camp includes supervised lunch and open swim. Campers will bring a sack lunch and a swimsuit and towel to change into for the afternoon swim portion. Must bring and wear a life-jacket if unable to swim. Soccer camp focuses on dribbling, passing, shooting and ball control. By the end of the camp, your child will have learned new life skills such as teamwork and sportsmanship and improved their soccer skills. Ages: 7-12. Ackerman School

9am-3pm M-F 6/26 1 \$159 Skyhawks FIELD

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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ZOUT-100-0100 VOLLEYBALL (SKYHAWKS)

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player. Ages: 8-12 yrs. Ackerman School

9am-12pm M-F 7/31 1 \$119 Skyhawks GYM

CLUB FIT

Whether you're looking for general fitness or a competitive advantage, Club Fit provides exceptional value. We have memberships and programs for every budget and need. Stop by any time for a tour and FREE week. Club Fit, 365 S. Redwood Street, Canby. *Club Fit Registration deadline: June 20, 2017*

Additional documentation is required by the deadline directly to Club Fit

YPED-200-0100 CORE-FIT MAX EFFORT

Core-Fit Max Effort will consist of plyometrics, Olympic lifts, kettlebells, dumbbells, HIIT, speed and agility, metabolic conditioning, scaled pace running, TRX and just about everything that improves athletic performance and functional movement. Core-Fit Max Effort aids individuals on obstacle racing, adventure runs, triathlons, strength events and short distance racing. Age: 18-Adult. Club Fit

5:15-6:15am MWF 6/26 10 \$189 Staff CFIT

YPED-200-0101 CORPORATE (NOON) WORKOUT

Designed for the busy individual who has limited time during the day. Circuit training, using weight equipment, boxing drills and more. See how this time can reshape your idea of exercise. Age: 18-Adult. Club Fit

12:00-1:00pm MW 6/26 10 \$165 Staff CFIT

TOTAL BODY PILATES

Total Body Pilates specializes in STOTT Pilates training and exercise along with group cardio classes. Well trained and helpful staff would be happy to assist you with developing the perfect workout routine suited to fit your schedule, price range and goals. Located at 655 SW 2nd Avenue, Canby.

YPED-600-0100 BOOTY BARRE'

Booty Barre' is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will tone, define and chisel the whole body. Booty Barre' is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. Age: 18-Adult. Total Body Pilates

6:45-7:45pm W 7/5 9 \$78 Shirrell TOTAL

YPED-200-0102 PILATES MAT CLASS

Class conducted on the floor with mats. Covers exercise variations at a fast pace. Come in comfortable clothing. Class size is limited to ensure all students are doing exercises effectively. Bring your own mat. Age: 18-Adult. Total Body Pilates

9-10am M 7/3 9 \$108 Knopp TOTAL

9-10am S 7/8 8 \$96 Staehely TOTAL

YPED-600-0101 PIYO

A fusion workout based on the principles of yoga and Pilates. It is a low impact, yet high energy workout that will improve your balance, strength and flexibility as well as burn calories and improve muscle tone. Suitable for all fitness levels. No class 7/4. Ages: 18-Adult. Total Body Pilates

7:45-8:45pm T 7/11 8 \$68 Wakefield TOTAL

7:45-8:45pm TH 7/6 9 \$78 Wakefield TOTAL

7:45-8:45pm M 7/10 8 \$68 Wakefield TOTAL

YPED-600-0102 POUND FIT

Turbokick is a combination of intense kickboxing moves, as well as dance moves all perfectly choreographed to high energy and motivating music. Requires no previous kickboxing experience or equipment. Age: 18-Adult. Total Body Pilates

6:30-7:30pm T 7/11 8 \$68 Staff TOTAL

YPED-300-0100 ZUMBA

Zumba is a combination of Latin dance and other forms of dance fitness. It is easy to catch on and is always a blast!

6:30-7:30pm TH 7/6 9 \$78 Wierenga TOTAL

YPED-600-0105 TURBOKICK

Class is a combination if intense kickboxing moves as well as dance moves. It's the ultimate cardiovascular challenge. No previous kickboxing experience required.

6:45-7:45pm M 7/3 9 \$78 Wakefield TOTAL

6:45-7:45pm W 7/5 9 \$78 Wakefield TOTAL

THE FITNESS STUDIO

At The Fitness Studio we believe in training to function efficiently and thrive in the real world. Regardless of your activity level, The Fitness Studio offers the best approach to staying active for life. ACE and ADAPT Certified Personal Trainer, Annette Vaughan specializes in adapting workouts for all fitness levels – including those with limitations due to injury, surgery, or muscular imbalances. (TheFitnessStudio@canby.com)

YPED-600-0103 INNOVATIVE FITNESS

Expect the unexpected with a new take on stairs, TRX suspension training, weights, medicine balls, body weight exercises, obstacles, balance beams, BOSU balls and more. With variety from circuits to high intensity intervals and even range of motion, classes will ensure you are training in all directions to keep your body moving and functioning properly while building strength and endurance. (Contact instructor if you would like to start class on dates not listed below or would like pricing on different session package sizes. TheFitnessStudio@canby.com) See website for periodic updates to class schedule (<http://thefitnessstudio.webs.com>)

6-6:50pm MWTH 7/10 4 \$99 Vaughan STUDIO

6-6:50pm MWTH 8/7 4 \$99 Vaughan STUDIO

6-6:50pm MWTH 9/11 4 \$99 Vaughan STUDIO

YPED-600-0104 INTRODUCTION TO STRENGTH & CARDIO

Whether you are a beginning exerciser, wanting to get back into shape, or just needing to add some structure and/or focus to your current activities, this class is for you! This women-only class focuses on building strength with a mix of cardio – to prevent muscle and bone loss, improve strength and function, and promote weight loss. (Contact instructor if you would like to start class on dates not listed below or would like pricing on different session package sizes. TheFitnessStudio@canby.com) See website for periodic updates to class schedule (<http://thefitnessstudio.webs.com>)

5-5:50pm MW 7/10 4 \$72 Vaughan STUDIO

5-5:50pm MW 8/7 4 \$72 Vaughan STUDIO

5-5:50pm MW 9/11 4 \$72 Vaughan STUDIO

CANBY SWIM CENTER

Canby Swim Center is the fun and healthy place to go! In addition to recreational swim times, there are numerous programs such as water exercise classes and adult/senior activities. Canby Swim Center is located at 1150 S. Ivy Street, Canby.

YPED-300-0101 ADULT/SENIOR SWIM

Fitness is enhanced and those endorphins kick in when swimming! Call 503-266-2761 for rates. Age: Adult. Canby Swim Center

7-8am M-F 6/5 13 Staff POOL

YPED-300-0102 WATER EXERCISE

This fun aquatic exercise class will enhance your flexibility & muscular strength with aerobic conditioning & muscle strengthening. Call 503-266-2761 for rates. Age: Adult. Canby Swim Center

8-9am MWF 6/5 13 Staff POOL

7-8pm TTH 6/6 13 Staff POOL

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Gladstone

COMMUNITY EDUCATION & RECREATION

Registration form for Community Education classes on page 51.
 For class locations, see page 53.
 Phone: 503-650-2570 or 503-655-2777

Arts/Crafts

ZAPA-100-0301 ACRYLICS WITH MELISSA
 Explore acrylic medium using washes, texturing, impasto techniques. Class includes painting landscapes, water, flowers, buildings. Bring imagination & be prepared to use COLOR! Supply list. No class July 5. (Age 62+: \$61) Gladstone High School
 6-8:30pm W 6/14 7 \$74 Gannon CLRM

ZAPA-100-0302 ADVENTURES IN PASTELS
 Use your pastels to portray vibrant landscapes, water, still life. Class will cover drawing, composition, color layering. Supply list. (Age 62+: \$66) No class July 6. Gladstone Senior Center
 2-4:30pm TH 6/15 8 \$82 Gannon MULTI

ZAPA-100-0303 CONCRETE LEAF CASTS
 Learn techniques to create leaf casts for birdbaths, water features, garden art using concrete; make one in class. Bring 2 shallow plastic storage totes/boxes, plastic gloves. Held off Forsythe Rd in OC; info sheet. (Age 62+: \$13+ lab)
 10am-12pm S 7/22 1 \$16 \$5 Hage TBA

ZAPA-100-0304 DRAWING WITH MELISSA GANNON
 Learn to "see" form and shape, create designs, think about perspective. Work in pencil, or if desired, bring colored pencil, pen & ink or medium of your choice, and drawing paper. (Age 62+: \$61) No class 7/3. Gladstone High School
 6-8:30pm M 6/12 7 \$74 Gannon CLRM

ZAPA-300-0305 GLASS BIRD BATH, FLOWERS & TOTEMS
 Create glass totem, garden flowers or birdbath using 'stray' glassware: vases, candlesticks, punchbowls, assorted size plates, glasses-clear and/or colored works great. Supply list or order kit for \$20. (Age 62+ \$13) Gladstone High School
 6:30-8:30pm TH 7/13 1 \$16 Hage CLRM

ZAPA-100-0306 ILLUSTRATING & PAINTING FLOWERS & PLANT LIFE
 Using Pen & Ink with Watercolor, learn basic techniques to capture beautiful colors & details of NW Flowers & Garden Life. Should complete at least one ready to frame artwork. No drawing/painting experience req. All supplies provided for use in class. Bring sack lunch. (Age 62+: \$26+lab) Gladstone Senior Center
 9am-3:30pm S 7/15 1 \$29 \$15 Sevy CLRM

ZAPA-300-0307 LAVENDER TREASURES
 Create lavender wand, bottle and basket using fresh lavender, ribbons. Fragrance is heavenly as breeze drifts through basket, as drawer with wand is opened. Supplies included or may provide own. (Age 62+: \$13+lab) Gladstone High School
 6:30-9:30pm TH 7/6 1 \$16 \$5 Hage CLRM

ZAPA-300-0308 MOSIAC REPURPOSED ART TRAYS & PICTURE FRAMES
 Create tray or picture frame using broken china/ceramic/glass to create your own design, repurposing items normally thrown away. Supplies provided, but bring any broken dishes/jewelry/pottery you'd like to include. Two week class. (Age 62+: \$20+lab) Gladstone High School
 6:30-9:30pm T 7/25 2 \$24 \$8 Hage CLRM

ZAPA-100-0309 PLEIN AIR: PAINT FLOWERS W/WATERCOLOR, PEN & INK
 Experience free-hand illustration & painting on-site at local Garden or Nursery. Learn advantages of plein air painting, tools & techniques most effective, compose, complete plein air paintings. All supplies provided for use in class. No drawing/painting experience req. Bring sack lunch. (Age 62+: \$26+lab) Location TBA
 9am-3:30pm S 6/24 1 \$29 \$15 Sevy TBA

ZAPA-100-0310 OIL PAINTING BOB ROSS STYLE
 Start with a blank canvas, leave with completed masterpiece! De-stress and relax with Judy Stubb. Beginners to advanced welcome. All supplies and canvas provided! View pictures at www.wetpaints.net. Gladstone Senior Center

High Chateau	5:30-9pm	F	6/2	1	\$48	Stubb	MULTI
Mt. Glory	2-6pm	SU	6/11	1	\$48	Stubb	MULTI
Moonlit Lagoon	5:30-9pm	F	6/23	1	\$48	Stubb	MULTI
Snake River Country	5:30-9pm	F	7/14	1	\$48	Stubb	MULTI
Black Seascape	2-6pm	SU	7/16	1	\$48	Stubb	MULTI
Southwest Serenity	5:30-9pm	F	7/28	1	\$48	Stubb	MULTI
Poppies in a Pot	5:30-9pm	F	8/11	1	\$48	Stubb	MULTI
Pinnacle Peak	2-6pm	SU	8/20	1	\$48	Stubb	MULTI
Eagle Cap at Sunset	5:30-9pm	F	8/25	1	\$48	Stubb	MULTI

ZAPA-300-0311 SUMMER ART EXPERIENCE AGES 5-8
 Does your child love to draw and paint? This class offers a range of activities for children interested in art. Drawing and painting will be primary emphasis, some collage. Bring a friend and get ready to create! Monday through Friday camp taught by Jenny Lau. John Wetten Elementary
 9am-12pm M-F 7/31 1 \$80 Lau CLRM

ZAPA-300-0312 SUMMER ART EXPERIENCE AGES 9-12
 Does your child spend hours drawing and painting? Do they want to become better at it? Students will improve their drawing and painting skills, work on collages as well. Monday through Friday camp taught by Jenny Lau. John Wetten Elementary
 1-4pm M-F 7/31 1 \$80 Lau CLRM

ZAPA-100-0313 WATERCOLOR WITH MELISSA (DAY)
 Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, drawing. Supply list. No class 7/5. (Age 62+: \$66) Gladstone Senior Center
 2-4:30pm W 6/14 8 \$82 Gannon MULTI

ZAPA-100-0314 WATERCOLOR WITH MELISSA (EVE)
 Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, & drawing. Supply list. No class 7/4. (Age 62+: \$61) Gladstone High School
 6-8:30pm T 6/13 7 \$74 Gannon CLRM

ZAPA-100-0315 WATERCOLOR 101 WITH SHARLA
 Play with color; create beauty. Step-by-step intro to watercolor, how colors blend & change, how to apply washes, glazes, transfer images to paper, Pen & Ink basics. Sharla demos each process while students practice techniques. Beginners order kit for \$30 (recommended) or see supply list. (Age 62+: \$61) Gladstone High School
 6-8:30pm M 6/19 7 \$74 Sevy CLRM

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Culinary

ZEAT-100-0300 CANNING FRUITS & VEGETABLES
Hands-on class to understand basics of 'hot water bath' canning: equipment, which fruits/veggies, hints, hot/cold pack. Make two styles of applesauce in class. Bring sharp paring knife, peeler, towel, small box. (Age 62+: \$13+lab) Gladstone High School
6:30-9:30pm W 6/28 1 \$16 \$8 Hage CLRM

ZEAT-100-0301 JAMS & JELLIES
Hands-on class to learn preserving jams and jellies: hot pack and freezer. Bring box to carry home samples. (Age 62+: \$13+lab) Gladstone High School
6:30-9:30pm W 6/21 1 \$16 \$6 Hage CLRM

Computers

ZDPS-100-0300 IPHONE BASICS
Just purchase a new iPhone? Learn basics of how to use: settings, navigation, gestures, phone tips & tricks, messages, Facetime, clock/ alarm, iCloud, security, Find My iPhone. Bring charged iPhone to class. Prereq: Have Apple Account ID & password. (Age 62+: \$29) 2-day class. Kraxberger Middle School
10am-12pm T/TH 6/20 1 \$34 Chambers CLRM

ZDPS-100-0301 IPHONE INTERMEDIATE
Use camera feature to fullest potential-tips & tricks to improve point-and-click phone photos/videos. Learn to enhance, edit, share w/ family & friends. Bring charged iPhone to class. Prereq: Have Apple Account ID & password, know basics of using iPhone. 2-day class. (Age 62+: \$29) Kraxberger Middle School
10am-12pm T/TH 6/27 1 \$34 Chambers CLRM

Dance/Theater

ZMDT-300-0301 COUNTRY LINE DANCE ULTRA BEGINNING
If you are new to dancing or have never taken a line dance class, let Nadja help you learn easy steps in a relaxed atmosphere. Fun way to enjoy dancing without the need of a partner. (Age 62+: \$50) No class 7/23. Monday at Gladstone Senior Center, Sunday at JWE Wetten Gym
4-5pm M 6/12 8 \$55 Schmaltz MULTI
4-5pm SU 6/11 7 \$55 Schmaltz MULTI

ZMDT-300-0302 COUNTRY LINE DANCE BEGINNING
Line dance is a fun way to dance without the need of a partner. Learn latest dance steps and traditional ones with Nadja. Steps are fun and easy. (Age 62+: \$50) No class 7/23. JWE Wetten Gym (255 E. Gloucester)
6:30-7:30pm W 6/14 8 \$55 Schmaltz GYM
5-6pm SU 6/11 7 \$55 Schmaltz GYM

ZMDT-300-0303 COUNTRY LINE DANCE INTERMEDIATE #1
Do you know the basic line dances and are ready to move on to some intermediate ones? Come by yourself or with a friend. (Age 62+: \$50) No class 7/23. JWE Wetten Gym (255 E. Gloucester).
7:30-8:30pm W 6/14 8 \$55 Schmaltz GYM
6-7pm SU 6/11 7 \$55 Schmaltz GYM

ZMDT-300-0304 COUNTRY LINE DANCE INTERMEDIATE #2
Are you ready to challenge yourself with intermediate to advanced steps and dances? Have fun dancing to country as well as other types of music. (Age 62+: \$50) No class 7/23. JWE Wetten Gym (255 E. Gloucester).
7-8pm SU 6/11 7 \$55 Schmaltz GYM

ZMDT-300-0305 COUNTRY WESTERN PARTNER DANCE
Learn the latest partner dances: Traveling Cha Cha, Horseshoe, Schottische, 2 Step, East Coast Swing. Designed for beginners of all ages, rotation is not necessary. Fee is \$80 per couple. (Age 62+: \$75/ couple) JWE Wetten Gym (255 E. Gloucester)
8:30-9:30pm W 6/14 8 \$80 Schmaltz GYM

ZMDT-300-0306 LINE DANCE SOCIAL
Fun-filled evening of line dancing to country & other genres of music. Come practice your dance steps, get together with friends, meet new people. No lessons, just lots of dancing! Questions, contact Nadja at 503-888-9197. JWE Wetten Gym (255 E. Gloucester)
6:30-10pm F 6/23 8 \$96 Schmaltz GYM

ZMDT-300-0307 CHEER - JUMPS & TUMBLING GRADE K-8
Learn basic to advanced tumbling skills for all levels. Strength and stretching for your best jumps! Bring lunch & water. Conducted by GHS Cheer Coach & Cheerleaders.
9am-2pm S 5/20 1 \$30 Staff GYM

ZMDT-300-0308 CHEER - STUNTING GRADE K-8
Learn the correct building skills for bases, backs and tops. Bring lunch & water. Conducted by GHS Cheer Coach & Cheerleaders.
9am-2pm S 6/24 1 \$30 Staff GYM

ZMDT-300-0309 CHEER - CHEER & DANCE GRADE K-8
Learn sideline cheers and a halftime dance. Bring lunch & water. Performance at 2 pm to show skills learned. Conducted by GHS Cheer Coach & Cheerleaders.
9am-2pm S 7/15 1 \$30 Staff GYM

ZMDT-300-0310 CHEER COMBO - ALL 3 CAMPS SPECIAL PRICE
See individual Cheer camps for more info. Camps for incoming grades K-8.
9am-2pm S 5/20 3 \$75 Staff GYM

ZMDT-300-0311 DANCE FUSION AGES 13-ADULT
Designed for dancers who have intermediate to advanced skill level. Perfect for dancers who are currently on dance team or have been on dance team in the past. Focus on a different genre each week: Jazz, Funk, Lyrical, and Contemporary. Gladstone High School
4-5:15pm T 5/30 4 \$25 Harris GYM

ZMDT-300-0312 JR GLADETTE DANCE CLINIC GRADE K-8
Learn fun dance routines & a parade routine to be performed in Gladstone Community Festival Parade on Aug. 5! Performance for parents at 1 pm the day of the clinic. Note shirt size, bring healthy snack/lunch. Please pre-register. Conducted by GHS Coach Denise Harris & members of GHS Gladette Dance Team.
9am-1pm F 8/4 1 \$30 Harris GYM

ZMDT-400-0313 GUITAR BEGINNING ALL AGES
Fun class designed for absolute beginner. Quickly learn basic chords, simple strumming patterns, EZ songs, how to tune, basic techniques. Please provide guitar. Minimum age 4th grade. No class 7/3. Gladstone High School
7:15-8pm M 6/19 6 \$69 \$8 Price CLRM

ZMDT-400-0314 UKULELE BEGINNING ALL AGES
Easy to play, inexpensive, lots of fun! Quickly learn tuning, simple chords, tons of songs. Great way to have fun with family & friends. Tenor, Soprano, or concert GCEA tuning only. Bring ukulele. Min age 4th grade. No class 7/3. Gladstone High School
6:30-7:15pm M 6/19 6 \$69 \$8 Price CLRM

ZMDT-100-0315 MISSOULA CHILDREN'S THEATRE - TREASURE ISLAND - GR 1-12
Young Jim Hawkins discovers a treasure map and teams up with legendary pirate Long John Silver for epic adventure in Missoula Children's Theatre's musical. Boys and girls grades 1-12 (as of Fall 2017) audition, rehearse, perform in one short week, Mon-Sat. Must attend casting audition Mon. July 24, 9:30am. No advance prep or experience needed, assistant directors also cast. Rehearsal times vary daily between 9:30am-2pm depending on role received. Two performances and dress rehearsal on Sat. Must preregister-only 50 spots. Gladstone High School
9:30am-2pm M-S 7/24 1 \$75 Missoula AUDIT

Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ZMDT-200-0316	SING – PLAY – DANCE- INCOMING GRADE 3-5							ZMDT-300-0318	TAP/JAZZ GRANDE FINALE`						
Come sing, play games and dance this summer. Learn how to sing rounds, simple partner songs, singing games, simple dances, play instruments and music literacy. Recess breaks and snack provided. Taught by Brandy Golston. 4-day camp. John Wetten Elementary 8-11am M-TH 7/10 1 \$65 Golston MUSIC								Get the chance to learn basic jazz and tap skills in a fun dance environment. Students need basic tights and leotard, ballet slippers (any color) and black patent tap shoes. Grande Finale Age 3-4: Tap/Jazz I 4:15-5pm T 6/20 8 \$96 Staff CLRM Age 5-7: Tap/Jazz I 5-6pm T 6/20 8 \$108 Staff CLRM							
ZMDT-400-0317	DRUMMING & XYLOPHONE INCOMING GRADE 4-7							ZMDT-300-0319	TAP BEGINNING ADULT GRANDE FINALE						
Learn basic drumming techniques, basic marimba techniques with smaller xylophones, rhythm & note reading. Group practice, individual practice & one on one support. All instruments provided for duration of camp, no experience necessary. Snack & recess included. 4 day camp. Brandy Golston. John Wetten Elementary 1-4pm M-TH 7/10 1 \$65 Golston MUSIC								Music and rhythms rule the day in this fun upbeat class. Dancers will learn basic tap steps and rhythms. Tap shoes are required. Grande Finale 8-9pm T 6/20 8 \$108 Staff CLRM							
DANCE/TUMBLING AT GRANDE FINALE															
These 8-week classes are held at Grande Finale Dance Studio, 875 Portland Avenue in Gladstone. Class sizes are limited; please register early. No class July 4, but a make-up will be scheduled.															
ZMDT-300-0300	PRE-BALLET GRAND FINALE							ZPED-300-0320	TUMBLING AGES 2.5-4 PARENT/CHILD						
Learn basic ballet positions and steps, be exposed to creative movement to help coordination and overall sense of rhythm, develop listening skills in group setting. Need ballet shoes and dance attire (any color). Grande Finale Age 3-4 3:30-4:15pm T 6/20 8 \$96 Staff CLRM Age 3-5 4-4:45pm TH 6/22 8 \$96 Staff CLRM								Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, handstands! This class includes parent participation. Grand Finale 5:30-6:15pm M 6/19 8 \$96 Staff FLOOR							
ZMDT-300-0313	PRE-BALLET/TAP AGES 3-5 GRANDE FINALE							ZMDT-300-0321	TUMBLING/TAP AGES 2.5-4 PARENT/CHILD						
Learn basic ballet positions and steps, be exposed to creative movement to help coordination and overall sense of rhythm, develop listening skills in group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). Grande Finale 10-10:45am W 6/21 8 \$96 Staff CLRM								Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, handstands! Explore rhythms, learn basic tap steps. Tap shoes needed for kids/parents need hard soled shoes. Class includes parent participation. Grand Finale 10:15-11am T 6/20 8 \$96 Staff FLOOR							
ZMDT-300-0314	BALLET I GRANDE FINALE							ZPED-300-0322	TUMBLING I - II AGES 3-6 GRANDE FINALE						
Develop self-confidence and listening skills while learning basic ballet positions, steps and stretches. Dancers will need pink tights, black leotard, pink ballet slippers. No skirts please. Grande Finale Age 6-8 6-7pm TH 6/22 8 \$108 Staff CLRM Teens Age 10+ 8-9pm W 6/21 8 \$108 Staff CLRM								Kids will work on flexibility, listening skills, basic tumbling skills such as forward rolls, backward rolls and cartwheels in these fun child-only participation classes. Grand Finale 4:45-5:30pm M 6/19 8 \$96 Staff FLOOR 9:30-10:15am T 6/20 8 \$96 Staff FLOOR							
ZMDT-300-0315	HIP HOP I GRANDE FINALE							ZPED-300-0323	TUMBLING TEENS I - II AGES 10+						
Dancers will work on learning fun, hip, energetic routine in a positive upbeat environment. Wear comfortable clothes that allow for movement and clean tennis shoes. Grande Finale Age 4-6 (Mini Hip Hop) 4-4:45pm W 6/21 8 \$96 Staff CLRM Age 6-8 4:45-5:45pm W 6/21 8 \$108 Staff CLRM Age 7-10 5-6pm TH 6/22 8 \$108 Staff CLRM Age 11+ (Teen) 8-9pm TH 6/22 8 \$108 Staff CLRM								Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, handstands! Grand Finale 6:15-7pm M 6/19 8 \$96 Staff FLOOR							
ZMDT-300-0316	JAZZ DANCE I TEENS AGE 11+							Driver Education							
Get the chance to learn basic jazz skills in a fun dance environment. Wear exercise attire that you can stretch and move in (such as yoga pants, tank tops, spandex shorts) and jazz shoes. 7:30-8:30pm M 6/19 8 \$108 Staff CLRM								YDRE-200-0300 AARP DRIVER SAFETY Helps improve driving skills to become a safe and defensive driver. Upon completion of one or two-day classes, may receive discount on auto insurance. Taught by Sharon & Allan Wilson. Call 503-655-7701 to register, pay \$20 at class, \$15 w/AARP card. Gladstone Senior Center 9am-4:30pm S 5/20 1 Wilson MULTI 9am-4:30pm S 7/15 1 Wilson MULTI							
ZMDT-300-0317	LYRICAL CONTEMPORARY DANCE I - II AGE 8+							YDRE-100-0301 DRIVER EDUCATION FOR TEENS ODOT Driver Ed class for high school students with valid Oregon permit teaches lifetime skills proven to reduce crashes & save lives. For teens age 15-17 who complete & pass course before their 18th birthday, DMV will waive driving skills test. Includes 30+ hrs classroom, 6 hrs behind-the-wheel, 6 hrs in-vehicle observation. Attendance mandatory. Add'l \$200 with license, if student gets license OR turns 18 before final class. \$75 discount for free/reduced lunch still age 15-17 at last class with permit. Summer starts 1st week at GHS 5:30-8:30pm on MT, 2nd week moves to Kraxberger in mornings MT from 8:30-11:30am (drive time ends 1st week of August). No class 7/4. Info: 503-650-2570. GHS/Kraxberger TBA MT 6/19 6 \$299 Bjork CLRM							
Explore basics of lyrical/contemporary dance. Basic positions, leaps, turns, improv will be part of class. Dancers will need to either be barefoot or wear dance paws. Wear dance clothes that allow freedom of movement. Grande Finale 6-7pm TH 6/22 8 \$108 Staff CLRM															

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Exercise/Fitness

YPED-300-0300 AEROBICS (HI/LOW IMPACT) +ZUMBA AT CRRC
 Super deal! Attend any or all: Body sculpting, strength training, step variety, MW 5:45 am, MW 9am, TTH 8:30am, MTWTH 4:30 pm, Sat 8 am. ZUMBA M 5:30pm, FS 9am Latin inspired, easy-to-follow! Call 503-650-2570 to register. Clackamas River Racquet Club One price (\$90) includes all these classes, but please sign up for any times you'd like to attend:
 TBA M-S 6/19 13 \$90 Staff CRRC

YPED-300-0321 BODY SCULPTING & STEP VARIETY:
 5:45-6:45 am MW 6/19 13 incl Staff CRRC

YPED-300-0322 BODY SCULPTING
 8:30-9:30am TTH 6/20 13 incl Staff CRRC

YPED-300-0323 CARDIO VARIETY
 9-10am MW 6/19 13 incl Staff CRRC

YPED-300-0325 BODY SCULPTING & STEP VARIETY:
 4:30-5:30pm M-TH 6/19 13 incl Staff CRRC

YPED-300-0326 STEP VARIETY
 8-9am S 6/24 13 Incl Staff CRRC

YPED-300-0327 ZUMBA
 9-10am FS 6/23 13 incl Staff CRRC
 5:30-6:30pm M 6/19 13 incl Staff CRRC

ZPED-400-0302 AIKIDO FOR KIDS
 Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense, discipline. No class 7/4, but a makeup will be available. Aikido Northwest
 AGE 4-7. Specify one day/time.
 5-6pm M 6/19 10 \$60 Staff CLRM
 5-6pm T 6/20 10 \$60 Staff CLRM
 AGE 6-10
 7-8pm W 6/21 10 \$60 Staff CLRM
 AGE 8-10. Specify one day/time.
 6:15-7:15pm T 6/20 10 \$60 Staff CLRM
 4-5pm TH 6/22 10 \$60 Staff CLRM
 AGE 11-18. Specify one day/time.
 6:15-7:15pm M 6/19 10 \$60 Staff CLRM
 5:15-6:15pm TH 6/22 10 \$60 Staff CLRM

ZPED-400-0301 AIKIDO FOR ADULTS
 Aikido is a traditional Japanese Martial Art that develops mind, body, spirit to its fullest potential. Attend any or all: Tues 7:30-8:30pm, Thurs 6:30-7:30pm, basic weapons Thurs 7:30-8:30pm, open mat Tues/Thur. 8:30-9pm. Aikido Northwest
 TBA TTH 6/20 10 \$80 Staff CLRM

YPED-100-0303 H2O-X AQUATIC EXERCISE
 Cardiovascular conditioning, muscle strengthening performed in the water. Aqua dumbbells, floating devices used to enhance strength component while water cushions impact. \$69 for 10 classes/\$124 for 20 classes. East Side Athletic Milwaukie
 9:30-10:30am MWF 6/19 10 EastSideMilw MULTI
 8:30-9:30am TTH 6/20 10 EastSideMilw MULTI

ZPED-400-0306 TAE KWON DO FOR AGES 5-7
 Students learn basic Taekwondo moves while developing respect, discipline and self-esteem. Kids get practice setting goals and gain confidence with individual achievements. Parents invited to participate for free. No class 7/4. Gladstone High School
 6-6:50pm TTH 6/20 7 \$50 Beasley CAFE

ZPED-400-0307 TAE KWON DO FOR AGES 8-15
 Develop mind & body w/ancient disciplined martial art, promotes courtesy, integrity, perseverance, self-control. Parents of new students participate free 1st term, 1/2 price after. Uniforms recommended, can purchase from instr. No class 7/4. Gladstone High School
 6-7:30pm TTH 6/20 7 \$59 Beasley CAFE

ZPED-400-0308 TAE KWON DO ADULT
 Great workout while learning Korean style of martial arts from Master Jaiwhan Woo, past Korean National Champion, dedicated instr. 30+yrs. Strengthen body, mind, spirit. Men and women all ranks welcome. No class 7/4. Gladstone High School
 7:30-9pm TTH 6/20 7 \$59 Woo CAFE

YPED-400-0309 TAI CHI CHUAN BEGINNING
 Tai Chi is a slow, graceful form of Chinese exercise that benefits body, mind and spirit. Yang style 24 Movement short form especially for beginners. Specify mornings or evenings. Non-competitive. (Age 62+: \$55) Gladstone Senior Center
 11am-12pm M 6/19 10 \$69 Schmidt MULTI
 6-7pm M 6/19 10 \$69 Schmidt MULTI

YPED-400-0310 TAI CHI CHUAN INTERMEDIATE
 This Tai Chi class is designed for students who have learned first half of Yang-style 24 Movement form, and wish to learn the 2nd half of form. Specify mornings or evenings. Non-competitive. (Age 62+: \$55) Gladstone Senior Center
 10-11am M 6/19 10 \$69 Schmidt MULTI
 7-8pm M 6/19 10 \$69 Schmidt MULTI

YPED-400-0311 TAI CHI CHUAN ADVANCED LEVEL 1
 Open to Students who have learned the entire Yang Style 24 movement form. Class is for students who are new to the Yang Style Traditional 103 movement long form of Tai Chi Chuan. (Age 62+: \$55) Non-competitive. Gladstone Senior Center
 12-1pm M 6/19 10 \$69 Schmidt MULTI

YPED-400-0313 TAI CHI CHUAN ADVANCED LEVEL 2
 Open to students who have learned the entire Yang Style Traditional 103 movement long form of Tai Chi Chuan. This is an ongoing class with emphasis on form refinement. (Age 62+: \$55) Non-competitive. Gladstone Senior Center
 9-10am M 6/19 10 \$69 Schmidt MULTI

YPED-100-0314 YOGA GENTLE BEGINNING
 Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring mat or blanket. (Age 62+: \$50) No class July 4. Gladstone Senior Center
 9-10am T 6/20 10 \$62 Haye MULTI
 9-10am F 6/23 10 \$62 Haye MULTI

YPED-100-0315 YOGA BASICS
 Feel better physically and reduce stress. Learn simple stretches, breathing and relaxation techniques suitable for all ages. Wear loose clothing, bring a mat or blanket. (Age 62+: \$50) No class July 4. Gladstone Senior Center
 5:25-6:25pm T 6/20 10 \$62 Fegel MULTI
 9-10am TH 6/22 10 \$62 Haye MULTI

YPED-100-0316 YOGA BASICS TO INTERMEDIATE
 Whether you are a beginner or have taken yoga in the past, you are welcome in this class. Wear loose clothing; bring blanket or mat. Stretches, breathing & relaxation techniques. (Age 62+: \$50) Gladstone Senior Center
 6-7pm W 6/21 10 \$62 Haye MULTI

Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
YPED-100-0317	YOGA CONTINUING							ZOUT-100-0322	FOOTBALL CAMP GRADE 3-8						
Feel better physically and reduce stress. Stretches, breathing and relaxation techniques for those who have taken at least one term of Yoga. Wear loose clothing and bring mat. (Age 62+: \$50) No class July 4. Gladstone Senior Center 6:30-7:30pm T 6/20 10 \$62 Fegel MULTI								Players will learn fundamentals of ball handling/passing, tackling, offense, defense in this 4-day camp. Bring football shoes and water bottle. Note t-shirt size. Conducted by GHS Coaching staff. Gladstone High School 6-7:30pm T-F 8/1 1 \$10 Harris FIELD							
YPED-100-0318	YOGA & PILATES BEG-INT AT CRRC							ZOUT-100-0323	SKYHAWKS FLAG FOOTBALL CAMP AGES 6-12						
What a deal! Engage yourself physically & mentally through yoga. Breathing, relaxation, postural alignments. Wear loose clothing; bring mat. Attend any or all MWF 8-9am; TTh 9:30-10:30am, Pilates T 5:30pm Call 503-650-2570 to register. Clackamas River Racquet Club One price (\$100) includes all these classes, but please sign up for any times you'd like to attend: TBA M-F 6/19 13 \$100 Staff CRRC								Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment. Bring water, sunscreen, snack. Five-day camp. John Wetten Elementary 9am-12pm M-F 7/24 1 \$115 Skyhawks FIELD							
YPED-100-0319	YOGA MWF							ZOUT-100-0324	SKYHAWKS GOLF CAMP BEG. AGES 5-9						
8-9am MWF 6/19 13 incl Staff AEROB								Boys & girls learn fundamentals of swinging, putting, body positioning. Using SNAG® (Starting New At Golf) system, young players can make effective transition onto golf course. All equipment provided. Bring water, sunscreen, snack. Five-day camp. John Wetten Elementary 9am-12pm M-F 7/10 1 \$115 Skyhawks FIELD							
YPED-100-0320	YOGA TTH							ZOUT-100-0325	SKYHAWKS TINYHAWK SOCCER AGES 3-4						
9:30-10:30am TTH 6/20 13 incl Staff AEROB								Camp will introduce your child to the fundamentals of the world's most popular sport. No pressure, just lots of fun while working on dribbling, passing, shooting and ball control. Bring water, sunscreen, snack. Four-day camp. John Wetten Elementary 1-1:45pm M-TH 7/17 1 \$45 Skyhawks FIELD							
YPED-100-0321	PILATES							ZOUT-100-0326	SKYHAWKS MINI HAWK CAMP AGES 4-7						
5:30-6:30pm T 6/20 13 incl Staff AEROB								Essentials of soccer, baseball and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Bring shin guards, snacks, water bottle, sunscreen, athletic shoes. Five-day camp. John Wetten Elementary 9am-12pm M-F 7/17 1 \$115 Skyhawks FIELD							
YPED-300-0322	ZUMBA MADE EASY WITH HEATHER							ZOUT-100-0327	SOCCER CAMP GRADE 3-8						
Have fun learning basic steps of Merengue, Salsa, Cha Cha with Heather Ausborn in popular exercise class geared for beginners. (Age 62+: \$30) Try it out - drop in for \$7 per class. No class July 4. Gladstone High School 6:30-7:30pm T 6/20 6 \$35 Ausborn GYM								Boys and girls entering grades 3-8, learn soccer fundamentals or hone skills you already have: dribbling, passing, shooting, ball control, scrimmages. Bring soccer shoes, shin guards, ball w/name on it, water bottle. Coached by Girls Varsity Coach Greg Hess. Kraxberger Middle School 3:40-5:25pm M-TH 8/7 1 \$45 Hess FIELD							
YPED-300-0324	ZUMBA AT EAST SIDE ATHLETIC CLUB							ZOUT-100-0328	SOCCER CAMP BOYS GRADE 8-12						
Zumba classes are exercise in disguise incorporating Latin and Old World rhythms. Choose any combo of ZUMBA classes listed AT ONE LOCATION: 10 classes \$69, 20 classes \$124. Register with Gladstone Community School.								Soccer camp coached by GHS Boys Varsity Coach Ryan Hardwick. T-shirts, games will add to week of fun! Bring soccer shoes, tennis shoes, shin guards, soccer ball with your name, water bottle. Note t-shirt size. Gladstone High School 2:30-5:30pm M-TH 8/7 1 \$45 Hardwick Turf							
MILWAUKIE EASTSIDE:								ZOUT-100-0329							
Tuesday/Thursday 6:05-7:05pm or Friday 9-10am (Zumba) or Friday 11:30am-12:15pm (Zumba Basics: Senior friendly)								SOCCER CAMP GIRLS GRADE 9-12 Soccer camp coached by GHS Girls Varsity Coach Greg Hess. Games and prizes will add to week of fun! Bring soccer shoes or tennis shoes, shin guards, soccer ball w/name, water bottle. Kraxberger Middle School 5:30-8pm M-TH 7/31 2 \$50 Hess Field							
CLACKAMAS EASTSIDE:								ZOUT-100-0330							
Monday 6:05-7:05pm or Tuesday/Thursday 10:30-11:30am or Saturday 9:15-10:15 am TBA TBA 6/19 10 EastSide MULTI								SOFTBALL CAMP FOR GIRLS GRADE 1-8 Three days of Instruction includes offense, defense and pitching. Each day finishes with a scrimmage game. Note Tshirt size. Coached by GHS Varsity Coach David Just. Gladstone High School 9 am-12 pm MTW 6/19 1 \$40 Just Field							
Sports/Outdoor Activities								ZOUT-100-0331							
ZOUT-100-0320 BASKETBALL CAMP BOYS GRADE 4-9								VOLLEYBALL CAMP GRADE 8-12							
Gladiator Hoop Camp for boys will be under the direction of GHS varsity coach Cody Aker. Fundamentals, ball handling, defense, shooting form, games and prizes. Note t-shirt size and grade entering in the fall. Gladstone High School Grade 4-6: 8-10am M-TH 6/26 1 \$50 Aker GYM Grade 7-9 10am-12pm M-TH 6/26 1 \$50 Aker GYM								Fundamentals and proper techniques will be taught, practiced, emphasized during drills & play. Offense, defense, positions of game covered. Coached by GHS Varsity Coach Cathy Mitchell. Gladstone High School 9 am-12 pm T-F 8/8 1 \$65 Mitchell GYM							
ZOUT-100-0321 BASKETBALL CAMP GIRLS GRADE 2-12															
Hoop Camp for girls entering grades 2-12 will work on fundamentals of basketball with emphasis on ball handling, defense, shooting form. Camp coaches will be current Gladiator staff w/some special guests. Games, contests, more. Note t-shirt size. Gladstone High School Grades 2-6: 10am-12pm M-TH 6/19 1 \$25 Scott GYM Grades 7-12 9am-12pm M-TH 6/19 1 \$40 Scott GYM															

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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DAY CAMPS AT EAST SIDE ATHLETIC MILWAUKIE

Participants will swim every day except "field trip" days. Bring swim suit and towel. Children who cannot swim width of pool will be required to wear a life jacket. Bring two snacks, lunch, water bottle and non-marking athletic shoes. Day camp participants may be dropped off as early as 7:30am and must be picked up by 5:30pm. Structured activities run 9am-4:30pm. NO refunds or credits given for refund requests received less than two weeks before the first day of camp, once camp has started, or for missed days. Camps fill quickly. East Side Athletic, Milwaukee.

ZOUT-200-0300 SURVIVOR CAMP AGES 5-11

Form "tribes" and compete throughout week in team games such as Capture the Flag, Scavenger Hunt, Outdoor Adventures, etc. Nobody gets voted out of this camp! Includes adventures outside the club. See info above. East Side Athletic Club, Milwaukee

9am-4:30pm	M-F	6/26	1	\$195	East Side Milwaukee
9am-4:30pm	M-F	7/24	1	\$195	East Side Milwaukee

ZOUT-200-0301 SKILLZ & DRILLZ (3 DAY CAMP)

Kids will work on basic basketball skills such as ball handling, passing and catching, shooting and footwork. See info above. East Side Athletic Club, Milwaukee

AGES 5-8					
9-10am	MTW	7/10	1	\$39	East Side Milwaukee
AGES 8-12					
9-11am	MTW	7/17	1	\$78	East Side Milwaukee

ZOUT-200-0302 VIDEO GAMES UNPLUGGED CAMP AGES 5-11

Real life FUN playing Pac Man Tag, Mario Party Obstacles, Animal Crossing and more! Includes trip to Ultrazone for Laser Tag. See info above. East Side Athletic Club, Milwaukee

9am-4:30pm	M-F	7/10	1	\$210	East Side Milwaukee
9am-4:30pm	M-F	8/14	1	\$210	East Side Milwaukee

ZOUT-200-0303 MOVIN' & GROOVIN' CAMP AGES 5-11

Get up and get movin'! This is your chance to try all sorts of different activities from basketball and pickleball to freeze tag and Zumba. This is a great way to give them ALL a try!

See info above. East Side Athletic Club, Milwaukee

9am-4:30pm	M-F	7/31	1	\$195	East Side Milwaukee
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ZOUT-200-0304 SUPER HERO CAMP AGES 5-11

Caped crusaders, masked knights and brave men and women who save the day in real life. Make comics, play games, create own super hero persona and SAVE THE DAY. Includes visit from our real life local heroes. See info above.

9am-4:30pm	M-F	7/17	1	\$195	East Side Milwaukee
9am-4:30pm	M-F	8/21	1	\$195	East Side Milwaukee

ZOUT-200-0305 SCIENCE CAMP AGES 8-14

Have fun creating experiments, learning about different areas of science, play games to make learning FUN. Experiments include: Rocks, Renewable Energies, Mixing Colors. Includes day trip to OMSI! See info above. (No age exceptions.)

9am-4:30pm	M-F	8/7	1	\$220	East Side Milwaukee
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ZOUT-200-0306 "BEST OF" CAMP AGES 5-11 (3 DAY CAMP)

Only the BEST! Kids will enjoy 3 days of the favorite games from throughout summer. Which games will make the cut? YOU decide! See info above.

9am-4:30pm	MTW	8/28	1	\$125	East Side Milwaukee
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Financial/Retirement Planning

YBUS-100-0301 INVESTING FOR FUTURE SERIES

Save! Sign up for all five classes for only \$49 (couples \$59): Investment Basics, Investing for Income, Mutual Funds, The Stock Market, and Tax-Advantaged Investments. Workbook included in series price. (Age 62+: \$29) Gladstone High School

6:30-8:30pm	W	6/21	5	\$49	Horn	CLRM
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ZBUS-100-0302 INVESTMENT BASICS

Learn basic concepts and ground rules to investing including importance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72. Rebecca recommends you take this class before other investing classes. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	6/21	1	\$15	Horn	CLRM
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ZBUS-100-0303 INVESTING FOR INCOME

Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relationship between interest rates and bond market. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	6/28	1	\$15	Horn	CLRM
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ZBUS-100-0304 MUTUAL FUNDS

What are they, how do they work, what do they cost, what should I expect from them, what are my choices, what is "no load"? Learn the many options that are so popular! (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	7/5	1	\$15	Horn	CLRM
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ZBUS-100-0305 STOCK MARKET

Learn about income stocks, growth stocks, what to look for when buying or selling stocks, how to make sense of all the numbers. Learn easy formulas essential to basic stock analysis. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	7/12	1	\$15	Horn	CLRM
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ZBUS-100-0306 TAX-ADVANTAGE INVESTMENTS

Traditional and Roth IRAs, 401K, 403B, TSA, 457, Annuities, plans for Small Business Owners. Discuss each type; learn how to handle a rollover or transfer of retirement funds. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	7/19	1	\$15	Horn	CLRM
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ZBUS-100-0307 WILLS, TRUSTS, ESTATE PLANNING

What is difference between will & living trust? What happens if you die without will? When do estates have to go through probate? Do you need power of attorney or advance directive? What if relatives disagree with my wishes? Plan ahead to help preserve assets, gain peace of mind with attorney Brian Yapko. Gladstone Senior Center

6-7:30pm	T	6/27	1	\$10	Yapko	CLRM
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Gardening/Landscape/Farming

ZPLT-300-0310 ROCK WALLS & GARDEN PATHS

Find out which type of path is best for your needs and your environment, and how to install. Discuss different types of walls for edges: retention, decoration, installation tips. (Age 62+: \$13) Gladstone High School

6:30-9:30pm	TH	6/29	1	\$16	Hage	CLRM
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Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Health/Wellbeing/Safety

ZFAM-200-0300 BABYSITTING-AGES 11 & UP

Class includes book, responsibilities of babysitter, safety, basic child care, emergency skills and much more! Bring sack lunch. Please pre-register, as these classes with Kecia Melton fill quickly. Specify date. Kraxberger Middle School

9am-3pm	T	6/20	1	\$40	Melton	CLRM
9am-3pm	T	6/27	1	\$40	Melton	CLRM

XHLT-100-0302 MEDIC BASIC FIRST AID/CPR

Medic First Aid helps gain knowledge, skills, confidence necessary to manage medical emergency until more advanced help is available. Adult/Child/Infant CPR, AED, Basic Emergency First Aid, Intro to bloodborne pathogens. Two year CPR/First Aid card, OSHA compliant. Gladstone High School

6-9pm	TH	6/29	1	\$50	VanGelder	CLRM
6-9pm	TH	7/20	1	\$50	VanGelder	CLRM

ZHLT-100-0303 ORTHO-BIONOMY® LIVING IN COMFORT & FUNCTION

Do you live with chronic pain, been told there is nothing else you can do? Ortho-Bionomy®, one of newest options in alternative health is neurological bodywork that works w/natural reflexes of body, supports finding own best comfort & function. See demo by Practitioner Abby Beauchamp w/options to receive some work on body as well as self-care techniques. (Age 62+: \$10) Gladstone High School

6:30-8pm	W	6/21	1	\$15	Beauchamp	CLRM
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Language Studies

YFLS-100-0300 SPANISH PART 1 BEGINNING (BOOK 1)

Practical, fun, easy! Native speaker Jorge Sotelo will focus on basics of Spanish language, grammar, culture. Ideal for travelers or those needing Spanish in working environment. New 5th edition Book #1 used in Part 1-3. (Age 62+: \$49+lab) Gladstone High School

6:30-9pm	M	6/19	5	\$59	\$38	Sotelo	CLRM
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YFLS-100-0301 SPANISH PART 3 (BOOK 1)

Continuation from Beginning Part 2 class, work on the last chapters of Book #1 in this class. Book fee for new students only. No class July 4. (Age 62+: \$49+lab) Gladstone High School

6-9pm	T	6/20	4	\$59	\$38	Sotelo	CLRM
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Writing/Literature

ZHWL-100-0300 TELL YOUR STORY - MEMOIR WRITING WORKSHOP

This workshop will help you transform your memories into hard-hitting stories. You'll learn how to use the tools available to memoir writers, receive respectful and constructive feedback from other participants — and find your voice. No class 7/4. (Age 62+: \$39). Gladstone High School

6:30-8:30pm	T	6/20	6	\$49	\$5	Reed	CLRM
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North Clackamas PARKS AND RECREATION

Registration form for Community Education classes on page 51.

For class locations, see page 53.

Please pre-register at ncprd.com or by calling 503-794-8080, ext. 0 for classes offered through the North Clackamas Parks & Recreation District or 503-794-8092 for classes held at the Milwaukie Center. For a complete list of classes and programs offered through North Clackamas Parks & Recreation, visit <http://www.ncprd.com> or request a program guide by calling 503-794-8080, ext. 0.

Arts/Crafts

ADULT ACTIVITIES

ZAPA-100-1200 OIL PAINTING

Develop skills in composition and color mixing with one-on-one instruction that will guide you through each step of the process, from canvas preparation to finished project. Materials list available at ncprd.com. Age 62+ \$94. Milwaukie Center

12p-2:30pm	TH	6/29	10	\$125	Wilson	CLRM
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Computers

YDPS-100-1200 COMPUTER WINDOWS 10

Level 2. Learn how to navigate Windows 10 effectively and learn why it's so different. You will learn about pinning and unpinning tiles, Live tiles, Windows Store app, the new browser Edge, voice commands, system-wide search, how the OneDrive works and how to create a recovery USB drive. Res. \$70, Non-Res. \$80. Bring \$2 for materials. Milwaukie Center

9-11am	F	6/16	4	King	CLRM
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Dance/Theater

YOUTH ACTIVITIES

ZMDT-300-0400 DANCE AROUND THE WORLD

Ages 4-7. Explore the world through dance. Discover exciting dance choreography and techniques from different cultures around the globe, including the customs and costumes that bring each dance to life. Dancers will also make accessories to wear for a final presentation. Res. \$85, Non-Res. \$95. Milwaukie Center

9:30-11:30am	M-F	7/31	Staff	CLRM
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ZMDT-100-0400 DRAMA CAMP – TORTOISE VS THE HARE

Ages 6-18. A weeklong camp offered by the Missoula Children's Theater provides children the opportunity to act, sing and dance. Rehearsal times vary depending on part received. Performances: 7/15 at 3pm and 5pm. Pre-registration is required. Register online at ncprdsports.com Res. \$80, Non-Res. \$90. Rock Creek MS

TBA	M-S	7/10	1	Staff	CLRM
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ZMDT-300-0401 HAWAIIAN HULA DAYS

Ages 4-7. Hawaii comes to you! Explore songs and dances from the islands. Study the language and culture, play ancient Hawaiian games, make leis and accessories for an end-of-camp hula performance. Discover your voice and get to know the world of others. Res. \$85, Non-Res. \$95. Milwaukie Center

9:30-11:30am	M-F	6/26-6/30	Staff	CLRM
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ZMDT-300-0402 TINY TOTS PRE-BALLET

Ages 3-4. This class, open to boys and girls, helps teach body awareness, rhythm and classroom technique, ballet positions and free movement. Parents are welcome to watch the last 5 minutes of class. See ncprd.com for dance attire. Res. \$66, Non-Res. \$76. Milwaukie Center

4-4:30pm	W	7/5	8	Grant	CLRM
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Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

ZMDT-300-0403 LITTLE DANCERS BALLET & JAZZ

Ages 5-6. This innovative class, open to boys and girls, is designed to explore ballet and jazz dance styles while increasing agility, grace and coordination. There is a focus on stretching technique, ballet positions, center work and across-the-floor combinations. Parents are welcome to watch the last 5 minutes of class. See ncprd.com for dance attire. Res. \$66, Non-Res. \$76. Milwaukie Center
4:40-5:10pm W 7/5 8 Grant CLRM

ADULT ACTIVITIES

ZMDT-300-1200 LINE DANCE – BEGINNER LEVEL 1

Everyone can dance! Learn some basic patterns to look cool on the dance floor. No partner needed. This class is a pre-requisite for Level 2, or consult with instructor. No class 7/4. Age 62+ \$26. Milwaukie Center
11:20am-12:20pm T 6/27 8 \$35 Weisenberg CLRM

ZMDT-300-1201 LINE DANCE – HIGH BEGINNER LEVEL 2

This class picks up where Level 1 leaves off and moves at a faster pace. Expect to learn a variety of dances to all genres of music. Age 62+ \$30. Milwaukie Center
12:30-1:30pm TH 6/29 7 \$35 Weisenberg CLRM

ZMDT-300-1203 LINE DANCE – INTERMEDIATE

For those with experience and/or understanding of basic line dancing; continue building your repertoire with this class. Age 62+ \$23. Milwaukie Center
1:35-2:35pm TH 6/29 6 \$30 Mattson CLRM

ZMDT-300-1204 WALTZ AND RUMBA NEW CLASS!

Come learn the joy of the American social waltz. It's a lovely gliding progressive ballroom dance, developing "graceful movement" and "poise. The American rumba, a lovely romantic dance done to slower Latin music. No class Aug. 4. Age 62+ \$30. Milwaukie Center
10:30-11:30am F 7/7 9 \$40 Drewry CLRM

Exercise/Fitness

ADULT EXERCISE INTENSITY GUIDE

Level 1 - Need Support (Chair Fitness)
For people who may have physical limitations. A chair is provided to sit or stand next to for balance.

Level 2 - Just Getting Started (Beginners)
For people who do not have physical limitations and have not exercised for a long time. Classes are basic, gentle, and go at a slower pace.

Level 3 - Active Now (Intermediate)
For people who are doing moderate exercises at least twice a week and have the ability to do floor work.

Level 4 - Athlete (Advanced)
For people who are physically active almost every day. These classes are for people looking for higher intensity and more challenging workouts.

MIND/BODY CLASSES

YPED-600-1201 INNERGYSTICS

Levels 3 & 4. Using light weights, body weight and isometrics, class combines movement rhythmically to optimize joint and muscle function that ends with a muscle stretching cool down. Bring a mat and water bottle. Milwaukie Center
12:15-1:15pm M 6/26 10 \$40 Blosser CLRM
Age 62+ \$30. No class July 31 and Aug. 7.
11:15am-12:15pm TH 6/29 10 \$40 Blosser CLRM
Age 62+ \$30. No class Aug. 3 and 10.

YPED-400-1206 QIGONG

Levels 2-4. Simple movements and breathing are used to increase circulation, strengthen tendons and increase stamina. Age 62+ \$38. Milwaukie Center
5:30-6:30pm T 6/27 10 \$50 Thompson CLRM

ZPED-700-1200 MINDFULNESS MEDITATION

Levels 1-4. Actively develop a healthy mind and body with comfortable meditation postures (standing, sitting, lying down). Good for all health conditions and pain management. Res. \$85, Non-Res. \$95. Milwaukie Center
6-7:30pm W 6/28 10 \$85 Tjahaha CLRM

YPED-400-1201 TAI CHI, BEGINNER

Levels 2 & 3. Learning a condensed, simplified, non-competitive Tai Chi form helps beginning students to relax and strengthen the major joint areas of the body, while also increasing flexibility and balance. Age 62+ \$68. Milwaukie Center
4-5pm MW 7/3 9 \$90 Lusk CLRM

YPED-400-1202 TAI CHI, BEG & INT

Levels 2 & 3. Increase your coordination, energy and focus by using Tai Chi and Qigong meditation. Gain muscle strength, balance/coordination, improve core strength and relieve stress. Age 62+ \$68. Milwaukie Center
6:35-7:35pm MW 7/3 9 \$90 Lusk CLRM

YPED-400-1205 TAI CHI, INTERMEDIATE

Levels 2 & 3. Continued practice of the 37 Yang Empty-Hand provides time for refinement of Tai Chi moves to increase stability, flow and whole body coordination. Learn to move from the core and take stress off of the body's major joint areas. Age 62+ \$76. Milwaukie Center
10:10-10:55am MWF 7/3 9 \$101 Lusk CLRM

YPED-400-1204 TAI CHI, ADVANCED FORMS & SWORD

Levels 3 & 4. Continued practice of "Beauty of the Sunset" Fan Form and 56 Traditional Sword Form. Standing meditation, push hands and martial applications. Benefits include cardio, strength, balance/coordination and core. Milwaukie Center
9:20-10:05am MWF 7/3 9 \$101 Lusk CLRM
Age 62+ \$76.
5:30-6:30pm MW 7/3 9 \$90 Lusk CLRM
Age 62+ \$68.

YPED-100-1203 CHAIR YOGA

Levels 1 & 2. Meditate, stretch, strengthen, and balance in chairs. This class is a great stress reliever. Age 62+ \$38. Milwaukie Center
1:30-2:30pm M 6/26 10 \$50 Jones CLRM

YPED-100-1204 YOGA, STRENGTH & RELAXATION

Levels 2 & 3. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance, and brings it to the middle-aged to older adult body. Bring a mat. Age 62+ \$38. Milwaukie Center
2:40-3:40pm M 6/26 10 \$50 Jones CLRM
2:15-3:15pm W 6/28 10 \$50 Bracht CLRM
2:45-3:45pm TH 6/29 10 \$50 Staff CLRM

CARDIO/STRENGTH CLASSES

YPED-200-1210 GOLD TONING

Levels 2-3. Learn to sculpt and tone your body through a creative and fun dance routine using hand-held weights. Listening to world music with great rhythm will get you pumping for more. Great for your posture and core muscles. Milwaukie Center
1:05-1:50pm W 6/28 9 \$34 Bezerra CLRM
Age 62+ \$26.
12:15-1:15pm F 6/30 9 \$45 Dobson CLRM
Age 62+ \$41.

YPED-500-1207 SIT-N-B-FIT

Levels 1 & 2. Strengthen muscles and improve range of motion, mobility and balance! Great for those with some physical limitations. Age 62+ \$29. Milwaukie Center
11:05-11:50am M 6/26 10 \$38 Stauss CLRM
11:05-11:50am W 6/28 10 \$38 Stauss CLRM
11:05-11:50am F 6/30 10 \$38 Stauss CLRM

Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
YPED-300-1206	ZUMBA							YPED-600-1209	ANTI-AGING CIRCUIT TRAINING						
Levels 3 & 4. This is a fun, effective class that combines fast and slow Latin rhythms for a great workout. Includes music and dance styles of Merengue, Salsa, Cha Cha, Flamenco and more. Milwaukie Center 6:40-7:40pm T 6/27 10 \$40 Miratsky CLRM Age 62+ \$30. No class 7/4, 8/8 6:40-7:40pm TH 7/6 9 \$40 Miratsky CLRM Age 62+ \$30 No class 8/10								Levels 3 & 4. Work your way through a number of exercise stations to get a full body workout. Benefit by getting a great cardio workout while strengthening different parts of your body. Exercises may include calisthenics, weights and floor work. Age 62+ \$34. Milwaukie Center 12:30-1:30pm T 6/27 10 \$45 Hall CLRM							
YPED-300-1201	ZUMBA GOLD							ZPED-300-1200	OUTDOOR FITNESS EQUIPMENT TRAINING						
Levels 2 & 3. Zumba Gold is designed to take exciting Latin and International dance rhythms and bring them to the active older adult. Includes Merengue, Salsa, Cha Cha, Flamenco and more. Milwaukie Center 12:15-1pm W 6/28 9 \$34 Bezerra CLRM Age 62+ \$26								Learn new exercises to incorporate into your workout routine on the recently-installed outdoor fitness equipment. Pre-register to get your body moving and take advantage of using these fitness stations all summer long. Milwaukie Center Levels 2-4 12:30-1:15pm TH 6/1 1 Free Hall CLRM Levels 2-3 11:15am-12pm M 6/5 1 Free Bezerra CLRM Levels 3-4 6-6:45pm W 6/7 1 Free McClenahan CLRM							
YPED-600-1205	FUNCTIONAL FITNESS							ZPED-300-1201	WWW – WALKING WITH WAYNE						
Levels 2 & 3. This class will help you gain strength to do everyday tasks to help you take care of yourself. Some hand-held weights are used. For people who are able to walk and stand without any kind of support. Milwaukie Center 10:20-11:05am T 6/27 10 \$34 Hall CLRM Age 62+ \$26. No class 7/4. 10:20-11:05am TH 6/29 9 \$34 Hall CLRM Age 62+ \$26								Levels 3-4. Wayne Sabin leads the Wednesday Walking group around North Clackamas Park every Wednesday at 10am. Meet by the red sculpture. Please call 503-794-8092 for more information. No fee.							
YPED-600-1217	INTERVAL-OCITY							NORTH CLACKAMAS AQUATIC PARK							
Levels 3 & 4. Using a variety of tools (i.e. weights, stretch bands) and training techniques, this class will challenge the “inner athlete” with exercises that increase cardiovascular, muscular and core strength. Background music will be used to motivate participants. Age 62+ \$38. Milwaukie Center 5:30-6:30pm TH 6/29 10 \$50 McClenahan CLRM								The North Clackamas Aquatic Park offers year ‘round recreational swim opportunities in our exclusively indoor facility. Whether you are interested in aquatic exercise, lap swimming or recreational swimming, you can find it here. Please visit our website, www.ncprd.com or call 503-557-7873 (SURF) to verify the availability of these activities with our current schedule.							
YPED-300-1210	EZ-DOES-IT AEROBICS							ZPED-800-0400	TEEN WAVE						
Level 3. Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout. Age 62+ \$29 Milwaukie Center 8:30-9:15am M 6/26 10 \$38 Stauss CLRM 8:30-9:15am W 6/28 10 \$38 Stauss CLRM 8:30-9:15am F 6/30 10 \$38 Stauss CLRM								This class provides individuals (in a group setting) 13 years and older, the opportunity to learn swimming skills at one’s own pace with a certified instructor. Res. \$40, Non-Res. \$53. North Clackamas Aquatic Park 7-7:30pm TTH 7/18 4 Staff POOL							
YPED-300-1222	LOW IMPACT AEROBIC/STRENGTH							ZPED-300-0400	TAKE THE PLUNGE						
Level 2. perfect for people just getting started or coming back from an extended break. Alternate between simple and safe, low impact movements. Use stretch bands and light weights that help condition the whole body, while listening to fun motivating music. Age 62+ \$29. Milwaukie Center 4:30-5:15pm TH 6/29 10 \$38 McClenahan CLRM								Adults work at their own pace with a certified Instructor. Res. \$40, Non-Res. \$53. North Clackamas Aquatic Park 7-7:30pm TTH 7/18 4 Staff POOL							
YPED-200-1202	STRETCH & FLEX							YHLT-300-0400	RED CROSS LIFEGUARD TRAINING						
Level 3. Learn to breathe and stay flexible as you build strength and balance in this relaxing non-aerobic approach to exercise. Bring an exercise mat; includes floor time. Bring a stability ball the last six weeks of class. Milwaukie Center 8:30-9:15am T 6/27 10 \$34 Hall CLRM Age 62+ \$26. No class 7/4. 8:30-9:15am TH 6/29 9 \$34 Hall CLRM Age 62+ \$26								Fee includes instruction, pool time and certificates. Participants are trained in safety and water rescue skills for a controlled environment, first aid, CPR/PR and AED. Please order textbook (503-284-1234) prior to the first class. Res. \$160, Non-Res. \$185. North Clackamas Aquatic Park 6-9pm TTH 7/11 4 Staff POOL							
YPED-600-1215	COMPLETE CONDITIONING							AQUATIC EXERCISE							
Level 3. Feel good working on your whole body using aerobics, weights and other strength training exercises. This class is for more active people who have been taking fitness classes at least twice a week. Milwaukie Center 9:25-10:10am T 6/27 10 \$34 Hall CLRM Age 62+ \$26. No class 7/4. 9:25-10:10am TH 6/29 9 \$34 Hall CLRM Age 62+ \$26								Aquatic Exercise is a fitness program designed to enhance your health and wellness. Admission per class: Res. \$4.50, Non-Res. \$5.50. 18 class punch card: Res. \$72, Non-Res. \$90.							
								YPED-300-0400	DEEP H2O						
								Deep H2O is held in the dive well with the assistance of floatation equipment. This non-weight bearing routine enhances flexibility and muscular strength. North Clackamas Aquatic Park 8-9am MWF 6/26 11 Staff POOL 6-7pm M-TH 6/26 11 Staff POOL 7:30-8:30am S 6/24 11 Staff POOL							
								YPED-300-0401	H2O FITNESS						
								H2O Fitness is a water exercise program designed to enhance health and wellness. North Clackamas Aquatic Park 8-9am MWF 6/26 11 Staff POOL 9-10am MWF 6/26 11 Staff POOL 10-11am MWF 6/26 11 Staff POOL 7-8pm MWTH 6/26 11 Staff POOL							

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

YPED-300-0402 H2O GYM
 H2O Gym is a basic strength training class in the water designed to reduce body fat, improve muscle mass and increase endurance. North Clackamas Aquatic Park
 7-8pm T 6/27 11 Staff POOL

YPED-300-0403 SMILE
 Slow Movement Interactive Leisure Exercise. Experience a gentle water exercise class for a modified and prudent exercise routine. North Clackamas Aquatic Park
 11-11:45am MWF 6/26 11 Staff POOL

SWIM LESSONS
 Swimming lessons consist of eight 30-minute classes per session. Monday-Thursday classes, held over 2 consecutive weeks: Session 1: June 26-July 6 (morning classes only). Session 2: July 10-20. Session 3: July 24-August 3. Session 4: August 7-17. Session 5: August 21-31. Saturday class, held over 8 consecutive weeks: July 8-August 26. Res. \$40, Non-Res. \$53.

ZPED-800-0401 WATER BABIES, AGES 8-18 MOS
 Adults accompany students in the water to experience a positive approach to water adjustment. North Clackamas Aquatic Park
 Sessions 1-5
 10:20-10:50am M-TH 2 Staff POOL
 5:15-5:45pm M-TH 2 Staff POOL
 Saturday Session
 10:45-11:15am S 8 Staff POOL

ZPED-800-0402 AQUA TOTS, AGES 19-35 MOS
 Adults accompany students in the water with emphasis on swimming progression and safety skills. North Clackamas Aquatic Park
 Sessions 1-5
 9:10-9:40am M-TH 2 Staff POOL
 5:50-6:20pm M-TH 2 Staff POOL
 Saturday Session
 9:35-10:05am S 8 Staff POOL

ZPED-800-0403 SEALS INTRO, AGES 3-5
 Entry level swimming lesson. Introduces students to basic swimming and water safety skills. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 8-8:30am M-TH 2 Staff POOL
 8:35-9:05am M-TH 2 Staff POOL
 9:45-10:15am M-TH 2 Staff POOL
 10:20-10:50am M-TH 2 Staff POOL
 10:55-11:25am M-TH 2 Staff POOL
 11:30am-12pm M-TH 2 Staff POOL
 4:05-4:35pm M-TH 2 Staff POOL
 4:40-5:10pm M-TH 2 Staff POOL
 5:15-5:45pm M-TH 2 Staff POOL
 6:25-6:55pm M-TH 2 Staff POOL
 Saturday Session
 9-9:30am S 8 Staff POOL
 9:35-10:05am S 8 Staff POOL
 10:10-10:40am S 8 Staff POOL
 11:20-11:50am S 8 Staff POOL

ZPED-800-0404 SEALS, AGES 3-5
 Eligibility for Seals swim class is based on instructor recommendation. Builds on basic swimming and water safety skills while focusing on independent swimming, glides and underwater skills. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 8-8:30am M-TH 2 Staff POOL
 8:35-9:05am M-TH 2 Staff POOL
 10:55-11:25am M-TH 2 Staff POOL
 4:05-4:35pm M-TH 2 Staff POOL
 4:40-5:10pm M-TH 2 Staff POOL
 5:15-5:45pm M-TH 2 Staff POOL

Saturday Session
 9-9:30am S 8 Staff POOL
 9:35-10:05am S 8 Staff POOL
 11:20-11:50am S 8 Staff POOL

ZPED-800-0405 SWIMMING SEALS, AGES 3-5
 Eligibility for Swimming Seals swim class is based on instructor recommendation. Begins the basics of front crawl with a continued focus on independent swimming and introduces back crawl skills. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 8:35-9:05am M-TH 2 Staff POOL
 9:45-10:15am M-TH 2 Staff POOL
 5:50-6:20pm M-TH 2 Staff POOL
 6:25-6:55pm M-TH 2 Staff POOL
 Saturday Session
 9-9:30am S 8 Staff POOL
 11:20-11:50am S 8 Staff POOL

ZPED-800-0406 MIGHTY SEALS, AGES 3-5
 Eligibility for Mighty Seals class based on instructor recommendation. Students will be familiarized with back crawl and finning; elementary backstroke is introduced. Front crawl and rotary breathing refinement continued. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 9:10-9:40am M-TH 2 Staff POOL
 10:20-10:50am M-TH 2 Staff POOL
 4:40-5:10pm M-TH 2 Staff POOL
 6:25-6:55pm M-TH 2 Staff POOL
 Saturday Session
 10:10-10:40am S 8 Staff POOL

ZPED-800-0407 LEVEL 1, AGES 5+
 Entry level swimming lesson. Introduces students to basic swimming and water safety skills. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 8-8:30am M-TH 2 Staff POOL
 9:10-9:40am M-TH 2 Staff POOL
 9:45-10:15am M-TH 2 Staff POOL
 10:55-11:25am M-TH 2 Staff POOL
 11:30am-12pm M-TH 2 Staff POOL
 4:05-4:35pm M-TH 2 Staff POOL
 4:40-5:10pm M-TH 2 Staff POOL
 5:15-5:45pm M-TH 2 Staff POOL
 5:50-6:20pm M-TH 2 Staff POOL
 Saturday Session
 9-9:30am S 8 Staff POOL
 10:10-10:40am S 8 Staff POOL
 10:45-11:15am S 8 Staff POOL
 11:20-11:50am S 8 Staff POOL

ZPED-800-0408 LEVEL 2, AGES 5+
 Builds on basic swimming and water safety skills while focusing on front crawl, breath control and endurance, and introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park
 Sessions 1-5
 8-8:30am M-TH 2 Staff POOL
 8:35-9:05am M-TH 2 Staff POOL
 9:10-9:40am M-TH 2 Staff POOL
 9:45-10:15am M-TH 2 Staff POOL
 10:20-11:50am M-TH 2 Staff POOL
 10:55-11:25am M-TH 2 Staff POOL
 11:30am-12pm M-TH 2 Staff POOL
 4:05-4:35pm M-TH 2 Staff POOL
 4:40-5:10pm M-TH 2 Staff POOL
 5:15-5:45pm M-TH 2 Staff POOL
 5:50-6:20pm M-TH 2 Staff POOL

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
Saturday Session										Sessions 1-5									
9:35-10:05am	S				8			Staff	POOL	11:30am-12pm	M-TH				2			Staff	POOL
10:10-10:40am	S				8			Staff	POOL	6:25-6:55pm	M-TH				2			Staff	POOL
10:45-11:15am	S				8			Staff	POOL	Saturday Session									
										10:45-11:15am	S				8			Staff	POOL

ZPED-800-0409 LEVEL 3, AGES 5+

Begins refinement of front crawl with a focus on rotary breathing. Continues to familiarize students with back crawl, while introducing finning and elementary backstroke. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1-5	Time	Days	Wks.	Tuition	Fee	Instructor	Room
8-8:30am	M-TH		2			Staff	POOL
9:10-9:40am	M-TH		2			Staff	POOL
9:45-10:15am	M-TH		2			Staff	POOL
10:20-10:50am	M-TH		2			Staff	POOL
10:55-11:25am	M-TH		2			Staff	POOL
11:30am-12pm	M-TH		2			Staff	POOL
4:05-4:35pm	M-TH		2			Staff	POOL
4:40-5:10pm	M-TH		2			Staff	POOL
5:15-5:45pm	M-TH		2			Staff	POOL
5:50-6:20pm	M-TH		2			Staff	POOL
Saturday Session							
9-9:30am	S		8			Staff	POOL
10:10-10:40am	S		8			Staff	POOL
10:45-11:15am	S		8			Staff	POOL

ZPED-800-0410 LEVEL 4, AGES 5+

Develops student's ability to swim front crawl for increased distances with a mastery of rotary breathing, while continuing improvement in back crawl and elementary backstroke. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1-5	Time	Days	Wks.	Tuition	Fee	Instructor	Room
8:35-9:05am	M-TH		2			Staff	POOL
9:45-10:15am	M-TH		2			Staff	POOL
11:30am-12pm	M-TH		2			Staff	POOL
4:05-4:35pm	M-TH		2			Staff	POOL
5:50-6:20pm	M-TH		2			Staff	POOL
Saturday Session							
9:35-10:05am	S		8			Staff	POOL

ZPED-800-0411 LEVEL 5, AGES 5+

Introduces breaststroke, dolphin kick and treading water. Promotes swimming endurance while establishing student's ability to demonstrate front crawl, back crawl and elementary backstroke for greater distances. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1-5	Time	Days	Wks.	Tuition	Fee	Instructor	Room
8-8:30am	M-TH		2			Staff	POOL
9:45-10:15am	M-TH		2			Staff	POOL
10:55-11:25am	M-TH		2			Staff	POOL
4:05-4:35pm	M-TH		2			Staff	POOL
5:50-6:20pm	M-TH		2			Staff	POOL
Saturday Session							
11:20-11:50am	S		8			Staff	POOL

ZPED-800-0412 LEVEL 6, AGES 5+

Increases swimming endurance in front crawl, back crawl, and elementary backstroke; as well as improve breaststroke and treading water for 1 minute 30 seconds and introducing sidestroke. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1-5	Time	Days	Wks.	Tuition	Fee	Instructor	Room
8:35-9:05am	M-TH		2			Staff	POOL
11:30-12pm	M-TH		2			Staff	POOL
6:25-6:55pm	M-TH		2			Staff	POOL
Saturday Session							
10:10-10:40am	S		8			Staff	POOL

ZPED-800-0413 LEVEL 7, AGES 5+

Explores circle swimming, workout equipment, stretching, body alignment and diving from the side and board. Continues to use and improve previously learned strokes. Choose session dates from description above. North Clackamas Aquatic Park

Health/Well-Being/Safety

MILWAUKIE CENTER RESOURCES

ZHLT-200-1200 A PLACE AT THE CENTER

Check out this social activities program designed for people with memory loss or confusion due to stroke, Alzheimer's or related disorders. This valuable respite program allows caregivers to take some "time out" from caring for their loved ones. For enrollment info call 503-653-8100. Milwaukie Center

12:30-4pm	W	Staff	CLRM
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ZHLT-200-1201 BLOOD PRESSURE CHECK

Drop in and get your blood pressure checked by volunteer nurses. 1st Monday, 3rd Tuesday and 4th Friday of the month. No fee. Milwaukie Center

9:45-11:45am	MT	Staff	CLRM
10:30am-Noon	F	Staff	CLRM

ZHLT-200-1202 FOOT CARE

The Milwaukie Center offers a foot care clinic on the first and third Tuesday of the month. This service is offered by podiatrist Jason Keeler and Mary Nametka, a family nurse practitioner and foot care specialist. The services includes a comprehensive foot care exam: toenail and callus trims and foot rub for a fee of \$35. Please call 503-653-8100 and leave your name and phone number for a return call.

ZHLT-200-1203 DIABETES SUPPORT & EDUCATION GROUP

Information, education and sharing for people with Type 2 diabetes, their families and friends. Meets 1st Wednesday of each month. No fee. Milwaukie Center

1:30-3pm	W	Staff	CLRM
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ZHLT-200-1204 SENIOR LAW CLINIC

Local, volunteer elder law attorneys provide up to ½ hour consultation on legal issues related to seniors. No charge for this service; however, donations are appreciated. Phone 503-653-8100. Appointments available 1st and 3rd Tuesday each month. Milwaukie Center

TBA	T	Staff	CLRM
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ZHLT-200-1205 IT'S ALL ABOUT MEMORY

A weekly, half-day activity program specifically designed for individuals experiencing early memory loss. The program's focus is on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. This confidential, social educational program provides opportunities to have fun, meet with peers who are experiencing memory loss and gain social support. Call 503-653-8100 and speak with Abby or Lisa. Milwaukie Center

10am-2pm	F		CLRM
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ZHLT-200-1206 MEALS ON WHEELS

Volunteers deliver hot, healthy meals to homebound seniors over 60 or qualified Medicaid under 60 disabled residents of North Clackamas Parks and Recreation District. Call Social Services at 503-653-8100 to learn about program qualifications and how to apply.

ZHLT-200-1207 TRILLIUM LUNCH

Community members can enjoy a healthy, affordable meal Monday-Friday at noon. Groups of six or more require a reservation. Ages 60 and older, \$3 donation; under 60, \$5 per person. For more information or a menu, call the Nutrition Coordinator at 503-654-3030.

ZHLT-200-1208 PETE'S CAFE

Open to the public 9am-1pm. Enjoy delicious meals including homemade soups, fresh specialty salads, sandwiches, hamburgers and hot dogs, beverages and desserts at very reasonable prices. All proceeds help fund the Milwaukie Center's Meals on Wheels program in North Clackamas County.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

ZHLT-200-1209 TRANSPORTATION

The Transportation Program offers seniors and people with disabilities the freedom of staying connected to the community. We offer door-to-door service to and from the Milwaukie Center for lunch, classes and other activities. We also provide bus transportation to a local grocery store on Tuesday and Thursday each week. For a full list of services and fee information, call the Transportation Coordinator 503-794-8014.

ZHLT-200-1210 VIEWS SUPPORT GROUP

This confidential senior support group is led by peer counselors from Volunteers Involved for the Emotional Well-being of Seniors. The focus is to develop new ways of coping with life's challenges. For additional information, phone 503-261-6181. No fee. Milwaukie Center

2-3 pm T CLRM

ZHLT-200-1211 CAREGIVER'S SUPPORT GROUP

It's important to take care of yourself while you are caring for a loved one. Participants will receive tips on self-care, stress reduction and learn pertinent information from monthly guest speakers; facilitated by staff from Serenity Hospice. Meets the 2nd Wednesday of each month. Milwaukie Center

1-2:30pm W CLRM

HEALTHY AGING SEMINARS

The Milwaukie Center offers Healthy Aging seminars focused on a variety of education and health topics presented by local professionals. To register for these seminars or for additional information, call Social Services at 503-653-8100 or check on line at ncprd.com/milwaukie-center.

ZHLT-200-1212 GIVING UP YOUR KEYS

We are all familiar with the joys and freedom of driving, but how does it feel when it's time to give up your keys? Explore new ways to cope and exchange ideas for maintaining mobile independence. Facilitated by Volunteers Involved with the Emotional Wellbeing of Seniors (VIEWS). Registration is required. No fee. Milwaukie Center

1-2:30pm W 5/24 CLRM

ZHLT-200-1213 WHO AM I NOW

Our roles and responsibilities change throughout life, as we take on new roles and give some up to others. Join a group of peers to discuss the pros and cons of these changes, and to bring clarity to how you define yourself during this stage of your life. Facilitated by VIEWS. Registration is required. No fee. Milwaukie Center

10:30am-noon M 6/12 CLRM

ZHLT-200-1214 RETHINKING HOUSING

Many older adults don't have sufficient funds to maintain their homes, pay raising property taxes and/or may not be living in a home suitable for "aging in place." Learn from housing and mortgage professionals as they discuss some creative options for meeting and maintaining an older adult's housing needs. Registration is required. No fee. Milwaukie Center

10am-noon M 6/19 CLRM

ZHLT-200-1215 FORGETFULNESS: WHERE DID I LEAVE MY KEYS

Have you ever walked into a room to get something, then forget why you were there? While these situations may be concerning, they may just be a normal part of aging. Come join others and share ideas about ways to strengthen your memory, as well as how to cope with forgetfulness. Facilitated by VIEWS. Registration is required. No fee. Milwaukie Center

10:30am-noon M 7/17 CLRM

Languages

YFLS-100-1200 SPANISH I

Students with little or no Spanish language experience will learn the basic Spanish words, phrases and grammar. For questions about the class, please email Lucia at trilma@msn.com. No class July 3. Age 62+ \$45. Milwaukie Center

2-3:30pm M 6/26 9 \$60 Torres CLRM

YFLS-200-1200 SPANISH II

For students who have a basic knowledge of Spanish, this class provides continued development of reading, writing and speaking skills. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class July 3. Age 62+ \$53. Milwaukie Center

12:15-2pm M 6/26 9 \$70 Torres CLRM

YFLS-300-1200 SPANISH CONVERSATION I

A casual conversation class for people who can speak some Spanish. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class July 3. Age 62+ \$45. Milwaukie Center

10:30am-12pm M 6/26 9 \$60 Torres CLRM

YFLS-300-1201 SPANISH CONVERSATION II

A casual conversation class for people who are in a higher level Spanish class. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class July 3. Age 62+ \$45. Milwaukie Center

9-10:30am M 6/26 9 \$60 Torres CLRM

YFLS-300-1202 SPANISH IMMERSION

Go on a field trip to another country without leaving. Scenarios will be set up for students to prepare themselves for situations in Spanish speaking countries. Students will also learn to tell stories in Spanish to broaden their way of communicating to others. There will be a half hour break for lunch on Monday. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. Fee \$50. Age 62+ \$45. Milwaukie Center

9:30am-2pm M 6/19

10:30am-1:30pm TU 6/20

10:30am-1:30pm W 6/21

Music

ZMDT-400-1200 BEGINNING UKULELE JAM GROUP

Bring your ukulele and practice strumming some popular songs in this casual atmosphere. Please call 503-794-8092 or email recreation@ncprd.com for more info and to get on the email list. Activity fee: \$1 per session. Milwaukie Center

6-7:15 pm W CLRM

ZMDT-400-1201 UKULELE JAM GROUP

Practice and play songs in this casual, drop-in atmosphere. Activity fee: \$1 per session. Milwaukie Center

9:30-11am TH CLRM

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Special Events

MOVIES IN THE PARK

Bring a blanket and enjoy movies under the stars! All movies are free and begin at dusk. For movie descriptions and ratings to decide if the movie is appropriate for your family, visit commonsensemedia.org. Go to ncprd.com/parkmovies for a full listing of movies, dates and locations.

RECMOBILE

The RecMobile is coming to a park near you. Come play games, make crafts, meet new friends and have a blast! Join our recreation staff Monday through Friday at select parks throughout North Clackamas Parks and Recreation District. Each week will feature a different theme to ignite your imagination. Children under age 6 must be accompanied by a parent or guardian. Go to ncprd.com/recmobile for a listing of dates and locations.

CINCO DE MAYO

Join us for a festive meal or drop in for an Ice Cream Nacho for \$1. Proceeds from this event benefit the Milwaukie Center Nutrition Program. For more information, call the Nutrition Program at 503-654-3030. Fee 60+, \$3 donation; under 60, \$5 per person.

noon-1pm F 5/5

OREGON BALLET

Enjoy an evening of ballet with OBT2 as they perform classical and contemporary choreography from the repertoire of Oregon Ballet Theatre. Discover the magic of ballet, and get the chance to meet the dancers after! All proceeds go toward the NCPRD scholarship program. Fee \$2 suggested donation.

6:30-7:30pm F 5/12

FIELD DAY IN THE PARK

Join thousands of others across the nation in celebrating National Senior Health and Fitness Day. Find your inner kid and come play with us. This event is free and includes fun for all activity levels, healthy refreshments and door prizes. Activities take place by the ballfield at North Clackamas Park. Ages 50+. Interested in volunteering? Call 503-794-8092 for more info.

10am-noon W 5/31

GOLDEN ANNIVERSARY

Have you and your partner been together for 50 years or longer? We would like to honor you. Renew your vows and celebrate your dedication. The ceremony takes place at 11 a.m., followed by a gourmet lunch, live music and dancing. Join us in this beautiful and inspiring celebration. Please call 503-794-8092 to reserve your space. Free.

11am-1pm F 6/23

GREAT AMERICAN BBQ

Mark your calendars for a flame-grilled lunch at the picnic shelter at North Clackamas Park. Tap your toes to the lively music of Mark Cash and Chihuahua Desert, and watch a special performance by the Westernaires Line Dance Team. Groups of six or more require a reservation. For more information or to make a reservation, call the Nutrition Program at 503-654-3030. Fee 60+, \$3 donation; under 60, \$5 per person.

Noon-1pm TH 7/6

ICE CREAM SOCIAL & BEACH BUM DAY

Have fun with friends and neighbors while enjoying a banana split or sundae, sponsored by Team Walters. Wear your favorite island attire and win a trip through the ice cream line. Proceeds from this event benefit the Milwaukie Center Nutrition Program. For more information, call the Nutrition Program at 503-654-3030. \$2 per sundae.

12:30-1:30pm TU 8/29

Special Interests/Hobbies

INTEREST & ACTIVITY GROUPS

(The Milwaukie Center will be closed on Tuesday, July 4.)

ZAPA-300-1200 DAYTIME BINGO

Play for fun with small prizes. Drop in. 25 cents per card. Large print cards now available. Milwaukie Center

1-2pm TTH Staff CLRM

ZAPA-300-1201 EVENING CASH BINGO

Cash prizes and refreshments. Drop in. \$5 first packet; \$4 second packet, \$1 for special games. Milwaukie Center

6:30-9pm TH Staff CLRM

ZAPA-300-1202 CRIBBAGE

Beginners and experienced players welcome. No experience necessary. Activity fee: \$1 per session. Milwaukie Center

1:30-3:30pm TH Staff CLRM

ZAPA-300-1203 CHINESE MAH JONGG

The objective of the game is to be the first to Mah Jongg where all your tiles form four sets plus one pair. If interested in learning, contact Angela Wright at englishimport@gmail.com or 503-679-9182.

Activity fee: \$1 per session. Milwaukie Center
12:30-3:30pm M Staff CLRM

ZAPA-300-1204 MAH JONGG

Mah Jongg originated in China and is a game of skill, strategy and chance. Experience preferred. If interested in learning, please contact Judy Hervey at cjchervey@sbcglobal.net. Activity fee: \$1 per session. Milwaukie Center

12:30-3:30pm W Staff CLRM

ZAPA-300-1205 PARTY BRIDGE

Ages 18+ and for those who already play the game. Group rules apply. Drop in. Activity fee: \$1 per session. Milwaukie Center

12:30-3:30pm TH Staff CLRM

ZAPA-300-1206 BILLIARDS

Two pool tables with open play. Activity fee: \$1 per session. Milwaukie Center

8:30am-5pm M-F Staff CLRM

ZAPA-300-1207 WOODCARVING

Activity period for novice to advanced wood carvers, with guidance for starter projects, instruction on safety and tool care. Activity fee: \$1 per session. Milwaukie Center

8:30-11:30am W Staff CLRM

ZAPA-300-1208 GENEALOGY

Learn where to find information and what to do with it. The group will meet regularly the 4th Wed. of the month: June 28, July 26, Aug. 23. Activity fee: \$1 per session. Milwaukie Center

9:30am-11:30am W Staff CLRM

ZAPA-300-1209 MT. DULCIMER JAM

Bring your Mountain Dulcimer and jam with the group. Please call 503-794-8092 for more information. First and third Wednesdays. Activity fee: \$1 per session. Milwaukie Center

1-3pm W Staff CLRM

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Sports/Outdoor Activities

YOUTH ACTIVITIES

ZOUT-100-0400 HORSEBACK CAMP

Ages 8-18. Highland Stables provides professional instruction in English-style riding, grooming and tack. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn. Riding helmets provided. Fee: Res. \$285, Non-Res. \$295. Highland Stables. Register online at ncprdsports.com.

9am-12pm	M-F	6/26	1					Staff	ARENA
9am-12pm	M-F	7/3	1					Staff	ARENA
9am-12pm	M-F	7/10	1					Staff	ARENA
9am-12pm	M-F	7/17	1					Staff	ARENA
9am-12pm	M-F	7/24	1					Staff	ARENA
9am-12pm	M-F	7/31	1					Staff	ARENA
9am-12pm	M-F	8/7	1					Staff	ARENA
9am-12pm	M-F	8/14	1					Staff	ARENA
9am-12pm	M-F	8/21	1					Staff	ARENA

Travel/Trips/Tour

MILWAUKIE CENTER 39ERS

Enjoy the scenery, make new friends and relax as we take you to interesting, exciting destinations. From day excursions to "Out to Lunch Bunch" (OTLB) trips, there's always something for everyone. All trips leave from and return to the Milwaukie Center. Standing and walking is required on most trips. Wear comfortable shoes and dress appropriately. Bring money for lunch unless otherwise noted. For more information about trips contact the Travel Desk at 503-794-8026. Register for trips in person at the Travel Desk inside the Milwaukie Center, Mon-Fri, 9am-1pm. Full payment by check or cash is required at the time of registration to reserve a seat. NOTE: These are tentative dates/times and fees. Subject to change.

HIGHLAND STILLHOUSE & MCGLOUGHLIN HOUSE

Lunch at the Highland Stillhouse then tour the historic McLoughlin House in Oregon City to hear of the life and accomplishments of John McLoughlin, known by many as the "Father of Oregon." Res. \$12, Non-Res. \$14.

11:30am-2:30pm	F	6/2							
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OVERNIGHT TRIP TO BEND

Stay overnight in Bend, visit the High Desert Museum, and spend some hours in Sisters. Check in with the Travel Desk for more information.

OREGON CULINARY INSTITUTE

Enjoy a delicious three-course meal prepared and served by current Oregon Culinary Institute students. The \$15 charge for lunch is included in the fee. Res. \$26, Non-Res. \$30.

11:30am-2:30pm	T	6/13							
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HUBER'S CAFE

Huber's traditional Thanksgiving dinner - turkey and all the fixin's or choose something else from the menu. Wait staff will make Huber's famous Irish coffee right at your table. Bring money for lunch. Res. \$11, Non-Res. \$13.

11:30am-2:30pm	TH	6/22							
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LA CARRETA -- GRESHAM

Classic Mexican dishes come in a warm, family-friendly dining room along with a variety of drinks. Bring money for lunch. Res. \$12, Non-Res. \$14.

11:15am-2pm	T	6/27							
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KIDD'S TOY MUSEUM

The toy museum is a private collection comprised of 1869 to 1939 toys, including mechanical banks and vehicles. Make a stop at McGrath's Fish House for lunch before the toy museum. Bring money for lunch. Res. \$15, Non-Res. \$18.

11:30am-3pm	F	7/7							
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LANDMARKS OF THE GORGE CRUISE

Cruise on the "Historic Columbia River Scenic Waterway" on the Columbia Gorge Sternwheeler. Glide past such natural and historic landmarks as Multnomah Falls, Beacon Rock, Bonneville Lock and Dam, and many others - all from the best view on the Columbia. Your day will be complete with fresh Northwest cuisine, which is included in the fee. Res. \$110, Non-Res. \$127.

8:15am-4:30pm	W	7/12							
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BEACHES, VANCOUVER

Always a great dining experience on the river's edge. Bring money for lunch. Res. \$12, Non-Res. \$14.

11:15am-2:15pm	TH	7/20							
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MYSTERY TRIP

A mystery trip that is sure to delight. Bring money for lunch. Res. \$18, Non-Res. \$21.

11:15am-3:30pm	TH	8/3							
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PORTLAND SPIRIT RIVER CRUISE

Live entertainment, delicious Northwest cuisine and amazing views provide the perfect ingredients for a Portland lunch to remember on this two-hour cruise on the Willamette River. Lunch is included in the fee. Res. \$61, Non-Res. \$71.

11am-2:30pm	W	8/9							
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TIMBERLINE LODGE

Take a trip to the mountain and spend the day with us as we travel to Timberline Lodge for lunch in the Cascade Dining Room. Bring money for lunch. Res. \$30, Non-Res. \$35.

10:30am-5pm	F	8/18							
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SEASIDE

Have a cool time on a warm day with a trip to the coast. Experience some of the great things Seaside has to offer. Bring money for lunch. Res. \$42, Non-Resident \$49.

9am-5pm	TH	8/24							
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MULTNOMAH FALLS

Experience a natural wonder with this end-of-summer trip to the historic Falls, and enjoy Northwest style cuisine at the restaurant. Bring money for lunch. Res. \$20, Non-Resident \$23.

11:15am-2:30pm	T	8/29							
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TRIPS IN PARTNERSHIP WITH COLLETTE TRAVEL SERVICES

NCPRD will have a Collette representative at the Milwaukie Center on September 6th at 1 pm to give a presentation of trips for 2018. Trips being considered include a Panama trip in the spring and a New England Color trip in the fall. More information will be coming. Contact the Milwaukie Center Travel Desk at 503-794-8026 for more info.

Writing/Literature

ZHWL-100-1200 CREATIVE WRITING

This class stimulates creative thinking and stretches students' abilities to see and write in fresh new ways. Age 62+ \$53. Milwaukie Center

1-2:45pm	W	6/28	8	\$70		Arnold	CLRM
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ZHWL-100-1201 YOUR STORY

Learn how to preserve personal history by remembering and documenting special moments and all of life's essential elements. Age 62+ \$53. Milwaukie Center

1-2:45pm	TH	6/29	8	\$70		Arnold	CLRM
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Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

Oregon City COMMUNITY EDUCATION PROGRAMS

Please read carefully, some of the local businesses take their own registrations.

Registration form for Community Education classes on page 51

For more class information & to register on line: OCSD62.ORG, click on OCCE logo (left side)

Eastham Community Center 1404 7th St. Oregon City

Office hours: 7am-4pm Mon-Fri Phone: 503-785-8520

For class locations, see page 53.

Art/Crafts

FORTE FLORAL ARTISTRY

New location! 14222 SE McLoughlin Blvd. Milwaukie. 503-659-4000. Classes start back up fall term!

Child Care/Activities

ZFAM-200-0500 EARLY CHILDHOOD PROGRAMS-EASTHAM COMMUNITY CENTER

Limited spots available

Birth - 5 years of age. 7am-6pm. 3, 4, & 5 day a week preschool education and child care options available. Successfully preparing your young child for entering modern kindergarten is our purpose! Contact Cheryl Howell 503-785-8520 ext: 7312 and schedule a tour. \$560 - \$925 (monthly rates). Eastham Community Center

ZOUT-200-0500 ADVENTURE LAND SUMMER DAY CAMP

Kindergarten – fifth grade. 7am-6pm. Check our website for updated information <http://ocsd62.org/community-education/seasonal-camps>. Start June 20. End August 24. No camp July 3 & 4. Different theme set for each week of camp. Swim @ OC Pool on Tue & Thur. Cost Mon-Thur-\$50/day; Field Trip Fridays-\$65/day; Weekly-\$235. Contact Hayden Kutsch @ 503-785-8520 ext: 0

Driver Education

YDRE100-0500 ODOT TEEN DRIVER EDUCATION SAFETY CLASS

Age: 15-17. <http://ochspioneers.org/driver-education> for complete information, click on the calendar link to view summer term dates. Student will also be assigned a drive lab in addition to the classroom time. Must have learners permit at time of registration. If student has a license/obtains license while taking class/or is 18-older before completing class, add'l \$210 charged. Free/reduced lunch eligible students receive a \$75 discount on tuition. Refunds given up to 1 week prior to start date of class, minus \$30 non-refundable fee, less than 1 week prior to start date, no refund. Oregon City High School

Exercise/Fitness

BEGINNING & INTERMEDIATE TAEKWON DO W/ WILL COULTER

Age: 7-Adult. Traditional Korean martial art of self-defense. Beginning students: Stretch/strengthen their bodies while learning basic strikes/blocks/kicks. Completing beginner course, students will be well prepared for intermediate class. Intermediate student: ranked blue belt and above practice skills to strengthen your mind/body. King Elementary

ZPED-400-0500	7-8:15pm	TTH	6/20	6	\$84	Coulter	GYM
No class 7/4, class held on 7/6. Last class 7/27.							

ZPED-400-0501	7-8:15pm	TTH	8/1	6	\$84	Coulter	GYM
Last class 9/7.							

YPED-200-0500 PILATES MAT CLASS

Age: Adult. Strengthen & tone muscles, improve flexibility, balance & posture. Move from your core. Exercises done lying on floor. Some student supplied props required. Tan comm. Bldg. 200 Longview Way, Oregon City.

Note: classes will be held in blue bldg. 7/12, 8/9.

6-7pm	W	6/28	10	\$95	Groshong	BLDG
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OREGON CITY JAZZERCISE

Age: 11-Adult. For more information call 971-219-0790 or visit oregoncityjazz@yahoo.com. Combine cardio to enhance endurance & burn calories/strength training to define muscles/strengthen your core/stretching to increase flexibility. Hand weights/resistance tubes/balls. Workout while blasting fat & having fun. Eastham Community Center

YPED-300-0500	5:45-6:45am	MWF	6/19	Staff	GYM
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YPED-300-0501	8-9am	M-S	6/19	Staff	GYM
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YPED-300-0502	9:15-10:15am	M-S	6/19	Staff	GYM
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YPED-300-0503	4-5pm	SU	6/18	Staff	GYM
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YPED-300-0504	4:40-5:40pm	M-F	6/19	Staff	GYM
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YPED-300-0505	5:50-6:50pm	M-TH	6/19	Staff	GYM
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Health/Well-Being/Safety

ZHLT-100-0500 CHILD BABYSITTING SAFETY COURSE

Age: 11-15. CABS teaches teenagers safety essentials to stay home alone during the day or night. Trains teen to stay home alone w/ smaller children/keep them safe & entertained. Basic CPR/First Aid covered. Receive 1 yr certification in CPR/First Aid. Practical skills both child/infant CPR. Written exam taken in order to receive certificate. Class broken down into childcare/babysitting/stay home alone sections that combine practical information as well as using graphics to keep the students engaged. Eastham Community Center.

9am-12pm	M	7/10	1	\$85	Hazapis	209
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XHLT-100-0500 PEDIATRIC PLUS

Age: 13-Adult. Dual certification combining Adult Basic First Aid/CPR AED and Child/Infant CPR. Receive certificate at a one time class instead of attending two separate classes. Eastham Community Center.

6-9pm	M	7/10	1	\$95	Hazapis	209
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COMPLETE HEALTH CHIROPRACTIC CENTER LLC

Ages 12-Adult. To inquire and/or register for free classes offered to the community, please call 503-557-9266. Complete Health Chiropractic Center LLC is located at 365 Warner Milne Rd. Suite 105, Oregon City.

Sports/Outdoor Activities

OREGON CITY COMMUNITY EDUCATION YOUTH SPORTS

Call for information on all sports programs. 503-785-8520.

HIGHLAND STABLES

Classes held in a Country setting, indoor/outdoor arenas w/ a warm viewing room for visitors at Highland Stables 16723 S. Williams Rd, Beaver Creek. English style riding for balance (bases for all riding disciplines), helmets provided. Boots are required w/ 1 inch heel.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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ZOUT-200-0500 BEGINNER 1 LESSONS-ENGLISH STYLE
 Age: 8-Adult. Beginners or those returning. Learn basic horsemanship skills in riding/care of horse/equipment.

2-3pm	T	8/1	4	\$150	Staff	ARENA
2-3pm	W	8/2	4	\$150	Staff	ARENA
2-3pm	TH	8/3	4	\$150	Staff	ARENA
2-3pm	F	8/4	4	\$150	Staff	ARENA

ZOUT-200-0501 BEGINNER 2 LESSONS-ENGLISH STYLE
 Age: 10-Adult.

3-4pm	T	8/1	4	\$150	Staff	ARENA
3-4pm	W	8/2	4	\$150	Staff	ARENA
3-4pm	TH	8/3	4	\$150	Staff	ARENA
3-4pm	F	8/4	4	\$150	Staff	ARENA

ECODIVE NW, LLC
 To register or for questions: Ecodivenw@gmail.com or learn more about our program through our web page www.ecodivenw.com. Instructors are experienced professional educators.

ZOUT-200-0502 SCUBA DIVING
 Immerse yourself in this six course teaches you everything you need to know to be a safe, Pacific Northwest Scuba diver. Class includes instruction, books, rentals, and fully prepares you for the open water certification. Must have own mask/fins/snorkel/booties which you can purchase from us at the student rate. \$350 for classroom/pool rental/pool sessions. Open water certification \$120 plus lodging and gear rental.

ZOUT-200-0503 ADVANCED SCUBA DIVER
 Let your underwater adventure continue! Apply your scuba skills as you explore new dive sites & activities under the supervision of your NAUI Instructor. You will complete a minimum six open water dives/three separate dives for navigation/night/low visibility/deep diving plus three different specialty dives. \$225 books & e-learning materials. \$85 Open water. \$30 per dive plus lodging.

NW DISCOVERIES
 IMPORTANT: For complete information on each trip listed below, directions and meet locations and what to wear it is important to go to <http://www.nwdiscoveries.com>. Youth 11 years & older can register w/adult.

ZOUT-200-0504 TOURING KAYAK BEGINNING LESSON
 Age: Adult. 1st half will include discussion on kayak equipment/sterning strokes/paddling in a straight line/bracing & rescues. 2nd half will be a tour on a local waterway in which to become proficient in our skills. Very stable solo & tandem kayaks are used. Great introduction for beginners. Trips go rain or shine. Pick up point is Clackamette Park, Portland.

1-4pm	SU	7/9	1	\$60	Staff	RIVER
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ZOUT-200-0505 TOURING KAYAK LONG TOUR/LESSON-NO TRANSIT
 Pick up point is Tualatin River.

8:30am-12:30pm	S	7/8	1	\$76	Staff	RIVER
8:30am-12:30pm	SU	7/9	1	\$76	Staff	RIVER

Pick up point is Clackamette Park.

STONE CREEK GOLF COURSE
 Stone Creek Golf Club is located at 14603 Stoneridge Drive, Oregon City, Oregon 97045. Phone: 503-518-4653.
 Registration forms located at: <http://www.stonecreekgolfclub.net/instruction/>

ZOUT-200-0506 JUNIOR PLAY DAY 2017
 Age: 9-17 yrs. 7-9 hole rounds (supervised) and weekly instruction. Play a supervised round of golf on Sundays, starting at 6pm that includes a year end tournament. Play dates are 7/9, 7/16, 7/23, 7/30, 8/6, 8/13 with tournament August 20. At 5:30pm, prior to tee off, instruction will be available for all participants. \$140.00.

ZOUT-200-0507 JUNIOR GOLF CAMP 2017
 Age: 7-11 & 12-17. Join the two-time Oregon PGA Junior Golf Leader Award winner Ted Westling, PGA and staff to learn or re-enforce the fundamentals of the game of golf while having lots of fun-lunch, t-shirt and prizes. Grip-stance-full swing-chipping-putting-rules & etiquette will all be covered in the 3-day camp.

9am-12pm	T	7/11, 7/12, 7/13	\$125	Westling	COURSE
9am-12pm	T	7/18, 7/19, 7/20	\$125	Westling	COURSE
9am-12pm	T	7/25, 7/26, 7/27	\$125	Westling	COURSE
9am-12pm	T	8/8, 8/9, 8/10	\$125	Westling	COURSE

Oregon City Pioneer COMMUNITY CENTER

Registration form for Community Education classes is on page 51.
 Please Note: Pioneer Center registration begins on Thursday, May 25 at 9:00am.
 Payment—Cash or check preferred. Full payment is due before the first class begins.
 Cancellations—Classes, programs or events may be cancelled due to lack of participation.
 Refunds—A full refund will be given only if requested before the first day of class. No refund is given if a class has already begun. For class locations, see page 53. Phone: 503-657-8287
 Classes held at Pioneer Community Center. Center is open Monday through Friday from 9am to 4pm.
 Holiday Closures: Tuesday, July 4.

Arts/Crafts

ZAPA-100-1300 ACRYLIC & OIL PAINTING
 For beginning and experienced artists. Emphasis on learning brush techniques, color mixing, shading and composition. To register, call Shirlee at 503-722-3845 at least 1 week before class begins. Senior discount \$62. No Class July 5 & 26.

9:30-11:30am	W	6/28	11	\$95	Lind	CRAFT
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ZAPA-300-1300 BUSY BEES
 Have fun making crafts, sewing quilts, aprons, etc. for fundraisers. Group meets every Monday.

9am-12pm	M			Free	Staff	CRAFT
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ZAPA-100-1302 WATERCOLOR WITH MELISSA GANNON
 Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, and drawing. All levels welcome. Please call Melissa at 503-557-3963 to register for class. Senior discount \$60. No Class July 6.

11am-1:30pm	TH	6/22	9	\$100	Gannon	CRAFT
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Computers

ZDPS-100-1300 COMPUTERS AVAILABLE FOR USE
 Computers are available for use Monday-Friday, 9-4pm. No printers.

9am-4pm	M-F				Staff	COMP
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YDPS-100-1300 INTRODUCTION TO WINDOWS 10-LEVEL 1 CLASS
 Learn how to navigate Windows 10 effectively and why it's so different. You will learn how to pin and unpin tiles, live tiles, and the Windows Store app. Explore the new browser Edge, voice commands with Cortana, and system-wide search. You will also learn how to create a recovery USB drive and how the OneDrive works. Call Jerry King, 503-723-9497 to register.

TBA	M	4	\$65	King	BASEMENT
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YDPS-100-1301 COMPUTER FIRST STEPS-LEVEL 1 CLASS
 Instruction focuses on learning to communicate with the computer: Understanding computer signs and symbols; the restore down and close commands; repositioning a window, saving/printing files; and an Internet introduction. Call Jerry King, 503-723-9497 to register.

TBA	M	4	\$65	King	BASEMENT
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Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

YDPS-100-1302 COMPUTER BASICS—LEVEL 2 CLASS

This course opens with a survey of computer terminology/components. Learn to set up folders and create shortcuts. Discover different ways to connect to the internet, search engines and e-mail. Call Jerry King, 503-723-9497 to register.

TBA M 4 \$65 King BASEMENT

YDPS-100-1303 WORD PROCESSING—LEVEL 3 CLASS

Students build on the basics to fine tune their word processing skills. Improve your typing skills by learning keyboard short cuts, default settings, commands, macros/tables, and mail merges. Call Jerry King, 503-723-9497 to register.

TBA M 4 \$65 King BASEMENT

YDPS-100-1304 MASTERING EMAIL—LEVEL 3 CLASS

Focus is exclusively on email. Set up your own account, learn how to send carbon/blind carbon copies, attach pictures, set up reminders, calendars, and much more. Call Jerry King 503-723-9497 to register.

TBA M 4 \$65 King BASEMENT

Dance/Theatre

ZMDT-300-1300 BALLROOM DANCING

Come and dance to the music of the Glenn Tadina 15-piece Big Band - waltzes, rumba, cha-cha, tango, etc. The Black Magic Band alternates every other Wednesday. \$5 per person/per week. Call Glenn Tadina 503-769-5598 for more information.

12:45-3pm W Tadina MP

ZMDT-300-1304 BALLROOM DANCE - NEW COURSE!

Come learn the basics of American waltz and East Coast Swing. Waltz develops graceful movement in a progressive manner around the floor, for social dancing and holiday parties. Swing dance is an upbeat dance that swings to the music of big bands like Duke Ellington, and Benny Goodman. Senior discount \$28

9:15-10:15am W 6/28 8 \$40 Drewry MPIII

ZMDT-300-1301 LINE DANCING—BEGINNING

Learn line dance basics and simple dances even if you have two left feet. No partner needed. This class is ongoing. 50¢ fee per class.

1-2pm M Staff MPIII

ZMDT-300-1302 LINE DANCING—BEGINNING

Learn all the latest line dance steps and some traditional ones as well. No partner needed. This class is ongoing. 50¢ fee per class.

12-1pm T Staff MPIII

ZMDT-300-1303 LINE DANCING—INTERMEDIATE

Learn all the latest line dance steps and some traditional ones as well. No partner needed. This class is ongoing. 50¢ fee per class.

1-3pm T Staff MPIII

Exercise/Fitness

See <http://www.orcity.org/pioneercenter> for additional courses.

YPED-100-1300 YOGA GENTLE

Feel better/reduce stress, no matter what age or fitness level. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance. Wear loose clothing, bring mat or blanket. Senior discount \$60. No class July 4.

9:15-10:15am TTH 6/27 9 \$85 Paulson MPIII

YPED-300-1300 ZUMBA FITNESS

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information.

5:30-6:30pm W 6/26 11 \$40 Bunting MPIII

YPED-300-1301 ZUMBA FITNESS

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information. No class 7/4.

5:30-6:30pm T 6/25 11 \$40 Bunting MPIII

YPED-300-1302 ZUMBA FITNESS

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information.

5:30-6:30pm TH 6/27 11 \$40 Bunting MPIII

ZPED-700-1300 MINDFULNESS MEDITATION

The way to good health and happiness! Learn how to calm the mind while strengthening concentration with simple breathing methods and comfortable postures. This non-religious technique helps direct the mind to a more peaceful state. For more information and to register contact Surja at 503-656-8910. \$10 drop in. No Class 5/29.

7-8:30pm M 5/15 12 \$88 Tjahaja BILLIARD

ZPED-700-1301 MINDFULNESS MEDITATION

The way to good health and happiness! Learn how to calm the mind while strengthening concentration with simple breathing methods and comfortable postures. This non-religious technique helps direct the mind to a more peaceful state. For more information and to register contact Surja at 503-656-8910. \$10 drop in. No Class 7/4.

2-3:30pm T 5/16 12 \$88 Tjahaja BILLIARD

YPED-400-1300 TAI CHI, MIXED LEVELS

This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Register at www.balancenharmony.com or call Nick at 503-266-9939. Senior discount \$100. No Class September 4.

10:40-11:40am MW 6/26 11 \$150 Hancock MPIII

YPED-100-1300 BEGINNING YOGA I

Dress comfortably and bring a yoga mat. Here's a chance to try yoga! Work on flexibility, mobility and strength in a safe, supportive, fun class. Focus on breathing, technique and holding poses. No previous experience needed. To register, call Jenny at 971-400-6927. Senior discount \$40.

5:30-6:30pm TH 6/29 6 \$48 Juffs MPIII

YPED-400-1301 TAOIST TAI CHI TAIJIQUAN, BEGINNING

To register call 503-220-5970 or email oregon@taoist.org. More information can be found at www.taoist.org. This internal martial art was developed by Master Moy Lin-shin to improve health through a gentle set of 108 movements. Turning and stretching exercises your whole body. Restores calmness and peace of mind. Wear flat shoes and loose clothing. Suggested donation \$140 (Over 60—\$110). (No Class May 29)

6-7:30pm M 5/15 16 Manning MPIII

YPED-400-1302 TAOIST TAI CHI, INTERMEDIATE

This is a continuing/intermediate class for students who have taken the beginning class. Same description as previous class. Monthly donation suggested. To register call 503-220-5970 or email oregon@taoist.org. More information can be found at www.taoist.org. (No Class May 29)

7:30-9pm M 5/15 16 Manning MPIII

YPED-400-1303 QI GONG

Register at www.balancenharmony.com or call Nick at 503-266-9939. This moving meditation improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Beginners welcome. Senior discount \$65. No Class 7/4.

9-10am T 6/27 11 \$100 Hancock BASEMENT

Course No.	Course Title	Course No.	Course Title
Time	Days	Time	Days

YPED-100-1302 CHAIR YOGA

Chair yoga is designed to help increase strength, flexibility, and balance with yoga poses adapted for support of a chair. No previous yoga experience necessary. All abilities are welcome. Please bring a mat for safety. Senior discount \$70. To register please contact Colleen at 503-473-1349 or colleengrace@comcast.net.

10:30-11:30am TTH 7/11 8 \$100 Watson BASEMENT

YPED-100-1303 TAI CHI STRAIGHTSWORD

New class! This beautiful, ancient practice improves strength, balance, flexibility, and coordination. We will be focusing on the Yang style Tai chi straight sword form and basic sword handling techniques. Senior discount \$75. Swords can be ordered for an additional \$25. Register at www.balancenharmony.com or call Nick at 503-266-9939

9-10am TH 6/29 11 \$100 Hancock BASEMENT

ZPED-200-1300 WEIGHT ROOM FOR ADULTS 50 YEARS AND UP

Enjoy the weight room and exercise with others! Prerequisite: Orientation is required, please call 503-657-8287 to make an appointment. Purchase 24 visits for \$20.

9am-4pm M-F Staff WEIGHT

Health/Well-Being/Safety

ZHLT-200-1300 PEDICURES & MANICURES

Registered nurses offer pedicures and manicures 1st and 3rd Tuesday, and 2nd Friday of the month. Cost is \$30 paid to the RN. Ingrown nails, calluses etc. can be corrected. Please bring two large towels. Call 503-657-8287.

9:30am-3pm TF Staff CRAFT

ZHLT-200-1301 AA SUPPORT GROUP

Come join in our Alcoholic Anonymous support group. Meets every Sunday in the Pioneer Center's Basement.

1:30-3:30pm SU Staff BASEMENT

ZHLT-200-1302 NARANON SUPPORT GROUP

Join in our Narcotics Anonymous support group. Meets every Thursday in the Pioneer Center's Basement.

7-9pm TH Staff BASEMENT

ZHLT-200-1303 ALZHEIMER'S SUPPORT GROUP

A caregivers' support group for those whose loved ones are affected by Alzheimer's and other types of dementia. Call 503-416-0214 for more information. Meets on the 3rd Wednesday monthly.

12-1:30pm W Staff CLRMII

ZHLT-200-1304 GRIEF SUPPORT GROUP

Provides a safe place to share your thoughts, feelings and problems as you work through your grief. Please call 503-698-8911 for more information. Meets on 2nd and 4th Thursday each month.

1:30-3:30pm TH Petrie CLRMII

ZHLT-200-1305 LUNCH AT THE COMMUNITY CENTER

Come join us for lunch with dessert bar served Monday-Friday from 11:30am-12:30pm in our dining room. Suggested donation (60+) is \$3.00. Cost under 60 is \$4.50. Call 503-657-8287 for more information.

11:30am-12:30pm M-F Staff DINE

ZHLT-200-1306 MEALS ON WHEELS PROGRAM

Provides home-delivered noon meals (Mon-Fri) to homebound 60+ seniors and Medicaid qualified disabled persons in Oregon City and West Linn. Call Shirley Ryan at 503-722-5979 for more info. Volunteer substitute drivers needed.

TBA M-F Staff DINE

ZHLT-200-1307 GROCERY SHOPPING TRIPS

For ages 60+ years or disabled. Suggested donation \$1.00 each way. Pick-up starts at 12:45pm. Call 503-657-8287 for a ride. We provide transportation to Market of Choice, Fred Meyer, Albertsons, Grocer Outlet, and Safeway.

TBA M-F Staff TRANS

ZHLT-200-1308 TRANSPORTATION

For ages 60+ years or disabled who reside in Oregon City and West Linn. Vans are lift-equipped. \$1.00 donation each way. Call 503-657-8287 for a ride.

TBA M-F Staff TRANS

ZHLT-200-1309 BLOOD PRESSURE AND HEARING TESTS

Blood pressure (Helping Hands Home Care) and hearing testing (Able Hearing). No appointment needed. Please call 503-657-8287 for more information. 2nd Tuesday each month.

10am-12pm T Staff CLRMII

ZHLT-200-1310 FAMILY CAREGIVER SUPPORT GROUP

Come meet other caregivers in your area and build friendships, support, and have fun! Join us the 2nd Tuesday of each month from 9:30am-11:00am. This is a free support group and open to the public. For more information, contact Jennifer at 503-650-5724 or jjungenberg@clackamas.us

9:30-11:00am T Jungenberg CRAFT

ZHLT-200-1311 DIABETES SUPPORT GROUP

New! Join us the 1st Friday of each month from noon - 1:00 p.m. This is a free support group and open to the public.

12-1pm F Staff CRAFT

Music

ZMDT-200-1300 MUSIC MAKERS

Attention former singers! Come tune up your vocal cords and have fun too! We are a growing chorus and would like to have you sit in to see if you would like to be part of our group. Singing strengthens your body, mind and spirit. We are always looking for new members who enjoy singing choral renditions of show tunes and good time oldies. You don't need to be able to read music. Please call Mary Ann Rautio at 503-774-5333 or 503-758-8238 or chorus director Melinda Byers at 503-381-9827 for more information.

10am-12pm F Ongoing \$30 Byers MPIII

ZMDT-200-1301 MUSIC TOGETHER

Register at www.valleykidsmusic.com for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

9:30-10:15am S 7/15 8 \$110 Reznicek BASEMENT

ZMDT-200-1302 MUSIC TOGETHER

Register at www.valleykidsmusic.com for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

10:45-11:30am S 7/15 8 \$110 Reznicek BASEMENT

ZMDT-200-1303 MUSIC TOGETHER

Register at www.valleykidsmusic.com for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

12-12:45pm S 7/15 8 \$110 Reznicek BASEMENT

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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ZMDT-200-1304 BEGINNING UKULELE PART 1

In this popular class you will quickly learn tuning, simple chords, and tons of songs. Tenor, Soprano, or concert GCEA tuning only. To register call Bill Price at 503.997.6568. Please provide your own ukulele. No Class July 3.

1:45-2:30pm	M	6/19	6		\$67	Price	Price	CLRMI
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ZMDT-200-1305 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. To register call Bill at 503.997.6568.

1:45-2:30pm	M	7/31	4		\$49	Price	Price	CLRMI
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ZMDT-200-1306 BEGINNING GUITAR PART 1

This fun and popular class is designed for the absolute beginner. Quickly learn basic chords, simple strumming patterns, how to tune, and basic techniques. To register call Bill at 503.997.6568. Please provide your own guitar. No Class July 3.

2:30-3:15pm	M	6/19	6		\$67	Price	Price	CLRMI
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ZMDT-200-1307 BEGINNING GUITAR PART 2

This class picks up where Part 1 left off. More great songs, strumming, and chords. To register call Bill at 503.997.6568.

2:30-3:15pm	M	7/31	4		\$49	Price	Price	CLRMI
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ZMDT-200-1308 BEYOND BEGINNING UKULELE SESSION 1

This fun class is for those who have had some ukulele experience, know several basic chords, and how to play some songs. Lots of fun, new chords, and songs. Beginning Ukulele Parts 1 & 2 are recommended. Please bring your own ukulele. To register call Bill Price at 503.997.6568. No Class July 3.

12:45-1:30pm	M	6/19	6		\$59	Price	Price	CLRMI
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ZMDT-200-1309 BEYOND BEGINNING UKULELE SESSION 2

This fun class is for those who have had some ukulele experience, know several basic chords, and how to play some songs. Lots of fun, new chords, and songs. Beginning Ukulele Parts 1 & 2 are recommended. Please bring your own ukulele. To register call Bill Price at 503.997.6568.

12:45-1:30pm	M	7/31	4		\$49	Price	Price	CLRMI
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Special Interests/Hobbies

ZAPA-300-1302 BINGO

A lively, friendly group meets weekly for fun and small cash prizes. 25¢ per card.

12:30-3pm	TH						Staff	MPII
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ZAPA-300-1303 TRIPLE DECK PINOCHLE

Group meets every Friday. 25¢ fee. Pioneer Community Center

1-3:30pm	F						Staff	CLRMI
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ZAPA-300-1304 BILLIARDS

Come join us for a friendly game of pool. 9am-4pm. No charge (adults 21 and over only).

9am-4pm	M-F						Staff	POOL
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ZAPA-300-1305 SCRABBLE

Come challenge this fun, friendly group that meets every week for free scrabble fun.

12:30-3pm	F						Staff	CLRMI
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Travel/Trips/Tours

ZTVL-100-1300 DAY TRIPS

Come join us for our popular day trips! Must be 60 or older or have a disability. For complete trip details please call 503-657-8287 or stop by the Pioneer Center. Trip cost must be pre-paid in person before your name is added to the trip list. Meals and admission costs not included. Trips are subject to change or cancellation. No credit for no-shows. A trip voucher is given if we are notified of cancellation at least 1 week in advance. Reserve early, limited seating.

ZTVL-100-1301 EXTENDED TRIPS: PREMIER WORLD DISCOVERY

For trip information, contact Ryan at rcampbell@premierworld-discovery.com or 360-219-7799. The Pioneer Center has teamed up with Premier World Discovery to offer 2 exciting trips: a 9 Day Branson, Memphis & Nashville tour and a 5 Day San Antonio Holiday. Please join us Thursday, June 8, at 10:00am for a presentation about these exciting trips!

ZTVL-100-1302 EXTENDED TRIPS: COLLETTE TOURS & AMERICAN TRAVEL BUREAU

For trip information, contact Lori at ljthrashe@comcast.net or 503-789-5487. The Pioneer Center has teamed up with Collette Tours and the American Travel Bureau to offer an 8 day Southern Charm tour, a Spotlight on Tuscany trip, and a 21 day Australia New Zealand adventure. Please join us Thursday, July 13 at 10:00am for a travel slide show about these exciting trips!

West Linn

PARKS AND RECREATION

Registration form for Community Education classes on page 51.
For class locations, see page 53. Phone: 503-557-4700

Art/Crafts

ZAPZ-2-800 BASIC PHOTOGRAPHY

This 2-hour class is an overview of how modern digital and film cameras function. This class is the first two hours of the advanced class. Bring camera and manual. Res. \$35, Non-Res. \$40. West Linn High School

7-9pm	M	7/17	1				Guvenir	CLRM
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ZAPZ-100-0601 ADVANCED PHOTOGRAPHY

You'll be an "advanced" photographer after this class. Learn everything you need to know to be in complete control of your photography and create the images you want. This class is open to photographers of all levels with any camera. Bring camera and manual. Res. \$100, Non-Res. \$105. West Linn High School

7-9pm	MTW	7/17	3				Guvenir	CLRM
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OIL PAINTING

Using simple, step-by-step teaching method, Judy takes you from a blank canvas to a completed masterpiece in one class. These classes work for beginners to seasoned painters. All supplies are provided: all you do is show up, have fun, and take your masterpiece home to show it off!

ZAPA-100-0602 OIL PAINTING

In one class you create a masterpiece from a blank canvas. All materials provided. To view the name and image of painting, go to www.wetpaints.com. Res. \$48, Non-Res. \$53.

West Linn Adult Community Ctr

5:30-9pm	S	6/3	1				Stubb	CLRM
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10am-2pm	TH	6/15	1				Stubb	CLRM
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5:30-9pm	TH	7/13	1				Stubb	CLRM
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10am-2pm	S	7/29	1				Stubb	CLRM
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5:30-9pm	TH	8/10	1				Stubb	CLRM
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10am-2pm	S	8/26	1				Stubb	CLRM
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ZAPA-100-0603 MONSTER CREATURES & CREEPS

Age 5-12. Laugh-out-loud funny! If your child is a fan of creepy, crawly monsters, this Summer Art Workshop is the perfect fit. Materials included. Res. \$165, Non-Res. \$170. West Linn High School

9:30am-12pm	M-TH	7/10	1				Young Rembrandts	A104
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ZAPA-100-0604 AROUND THE WORLD CHALK PASTEL

Age 9-14. Explore multicultural art in our Worldly Artistic Designs workshop. These classes will be messy fun so dress appropriately! Materials included. Res. \$200, Non-Res. \$205. West Linn High School

9:30am-12pm	M-TH	7/17	1				Young Rembrandts	A103
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West Linn Parks and Recreation

Registration form on page 51.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	
ZAPA-100-0605	AFRICAN SAFARI WORKSHOP									9am-3pm	M-F	8/7	1					Staff	PARK	
Ages 8-14. Go on a Safari adventure this summer! We will explore the exciting land and many animals that inhabit Africa. Materials included. Res. \$180, Non-Res. \$185. West Linn High School										9am-3pm	M-F	8/14	1					Staff	PARK	
9:30am-12pm	M-TH	7/24	1					Young Rembrandts	A102	9am-3pm	M-F	8/21	1					Staff	PARK	
ZAPA-100-0606	CHALK PASTEL: DINOSAURS									ZFAM-200-0600	DADDY DAUGHTER DANCE									
Age 11-16. Travel back in time to the land of the lost. Every day students will learn to use pastels to create impressive and frame-worthy art. Materials included. Res. \$210, Non-Res. \$215. West Linn High School										Join the West Linn Old Time Fair Court for "Summer Beach Bash," an Annual Daddy Daughter event. Please register each individual attendee. Admission includes: bbq buffet dinner, professional deejay, themed craft and keepsake photo. Res. \$20, Non-Res. \$25. West Linn Adult Community Center										
12:30-2:45pm	M-F	7/24	1					Young Rembrandts	A102	6-8:30pm	F	6/16	1					Staff	CLRM	
ZAPA-100-0607	CHALK PASTEL: PATTERN & DESIGN									ZOUT-200-0601	MINI CAMPERS									
Ages 9-14. Explore multicultural art in our Worldly Artistic Designs workshop. These classes will be messy fun, so dress appropriately. Materials included. Res. \$200, Non-Res. \$205. West Linn High School										Age 4-6. This "mini" version of Fun in the Sun Camp is based on the traditional day camp where youngsters play and interact outdoors with other children their age. Activities designed to enhance the physical, social, and emotional well-being of the child. Each week observes a different theme at various park locations. Res. \$54, Non-Res. \$59.										
9:30am-12pm	M-TH	7/31	1					Young Rembrandts	A102	"Fairy Tale Adventures"	Hammerle Park, 1505 Lewis St., West Linn	12:30-3:30pm	M-F	6/26	1			Staff	PARK	
ZAPA-100-0608	CARTOONING UNDER THE SEA									"Superheroes"	Tanner Creek Park, 3456 Parker Rd., West Linn	12:30-3:30pm	T-F	7/5	1	\$33/\$38		Staff	PARK	
Age 5-12. What a great opportunity to draw original fish characters. Characters will consist of sharks, jelly fish, octopus and others. Materials included. Res. \$180, Non-Res. \$185. West Linn High School										"Food Fun"	Robinwood Park, 3600 Fairview Way, West Linn	12:30-3:30pm	M-F	7/10	1			Staff	PARK	
9:30am-12pm	M-TH	7/31	1					Young Rembrandts	A102	"Disney Magic"	Tanner Creek Park, 3456 Parker Rd., West Linn	12:30-3:30pm	M-F	7/17	1			Staff	PARK	
ZAPA-100-0608	SUMMER ART WORKSHOP									"Messy Art"	Robinwood Park, 3600 Fairview Way, West Linn	12:30-3:30pm	M-F	7/24	1			Staff	PARK	
Age 5-14. Students will have a blast creating many scenes of different parts of the summer. Students will learn new coloring techniques and perfecting their art skills. Materials included. Res. \$180, Non-Res. \$185. West Linn High School										"Wide World of Sports"	Hammerle Park, 1505 Lewis St., West Linn	12:30-3:30pm	M-F	7/31	1			Staff	PARK	
9:30-11:30am	M-TH	8/14	1					Young Rembrandts	A102	"Knights & Princesses"	Robinwood Park, 3600 Fairview Way, West Linn	12:30-3:30pm	M-F	8/7	1			Staff	PARK	
ZAPA-100-0608	FASHIONS, FACES & FLOWERS									"Aloha Summer!"	Tanner Creek Park, 3456 Parker Rd., West Linn	12:30-3:30pm	M-F	8/14	1			Staff	PARK	
Age 6-13. For fashionistas, florists and budding makeup artists, this workshop celebrates the beautiful world of girls. Prepare for elegance and a heap of drawing excellence. Materials included. Res. \$190, Non-Res. \$195. West Linn High School										"Out of this World"	Tanner Creek Park, 3456 Parker Rd., West Linn	12:30-3:30pm	M-F	8/21	1			Staff	PARK	
12:15-3pm	M-TH	8/14	1					Young Rembrandts	A102	ZOUT-200-0602	SHORTY SPORTY CAMPS									
ZAPA-100-0609	YOUNG PICASSO									Introduction to different sports activities where fun, exercise and learning are emphasized. Please wear sunscreen, bring a water bottle and snack. Res. \$54, Non-Res. \$59.										
Age 7-12. Stir your imagination as you explore different textures, colors and shapes. Build self-confidence and develop an appreciation for art through hands-on experience. Res. \$191, Non-Res. \$196. West Linn High School										"Soccer"	Hammerle Park, 1505 Lewis St., West Linn	9am-12pm	M-F	6/26	1			Staff	PARK	
9am-3pm	M-F	7/17	1					YMCA	A104	"Multi Sport"	Tanner Creek Park, 3456 Parker Rd., West Linn	9am-12pm	T-F	7/5	1	\$33/\$38		Staff	PARK	
Childcare/Activities										"Baseball/Softball"	Robinwood Park, 3600 Fairview Way, West Linn	9am-12pm	M-F	7/10	1				Staff	PARK
ZOUT-200-0600	FUN IN THE SUN - DAY CAMP									"Basketball"	Tanner Creek Park, 3456 Parker Rd., West Linn	9am-12pm	M-F	7/17	1			Staff	PARK	
Age 6-12. Fun in the Sun is an exciting recreation day camp. This multi-week program is designed to provide fun and exciting enrichment activities for youth including sports, games, arts & crafts, and more. A weekly field trip to various local activities and presenters brought in. Bring a sack lunch, water bottle, sunscreen, appropriate clothing and towel for spray pool. Choose from the camps below. Res. \$110, Non-Res. \$115, \$20 discount for multiple child discount.										"Multi Sport"	Robinwood Park, 3600 Fairview Way, West Linn	9am-12pm	M-F	7/24	1			Staff	PARK	
Hammerle Park, 1505 Lewis St., West Linn										"Baseball/Softball"	Hammerle Park, 1505 Lewis St., West Linn	9am-12pm	M-F	7/31	1				Staff	PARK
9am-3pm	M-F	7/10	1					Staff	PARK	"Basketball"	Robinwood Park, 3600 Fairview Way, West Linn	9am-12pm	M-F	8/7	1			Staff	PARK	
9am-3pm	M-F	7/17	1					Staff	PARK	"Multi Sport"	Tanner Creek Park, 3456 Parker Rd., West Linn	9am-12pm	M-F	8/14	1			Staff	PARK	
9am-3pm	M-F	8/14	1					Staff	PARK	"Soccer"	Tanner Creek Park, 3456 Parker Rd., West Linn	9am-12pm	M-F	8/21	1			Staff	PARK	
Marylhurst Heights Park, 1800 Valley View Dr., West Linn										ZOUT-200-060	NEW-ALL DAY OPTION									
9am-3pm	M-F	6/26	1					Staff	PARK	Register for Both sessions of Mini- Campers and Shorty Sporty Camp, stay and play during a supervised lunch. Res. \$108, Non-Res. \$113.										
9am-3pm	T-F	7/5	1			\$66/\$71		Staff	PARK	Hammerle Park, 1505 Lewis St., West Linn	9am-3:30pm	M-F	6/26	1				Staff	PARK	
9am-3pm	M-F	7/24	1					Staff	PARK	Tanner Creek Park, 3456 Parker Rd., West Linn	9am-3:30pm	T-F	7/5	1	\$66/\$71		Staff	PARK		
9am-3pm	M-F	7/31	1					Staff	PARK											
Willamette Park, 1100 12th St., West Linn																				
9am-3pm	M-F	6/26	1					Staff	PARK											
9am-3pm	T-F	7/5	1			\$66/\$71		Staff	PARK											
9am-3pm	M-F	7/10	1					Staff	PARK											
9am-3pm	M-F	7/17	1					Staff	PARK											
9am-3pm	M-F	7/24	1					Staff	PARK											
9am-3pm	M-F	7/31	1					Staff	PARK											

Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	
Robinwood Park 9am-3:30pm	3600 Fairview Way, West Linn M-F 7/10	1				Staff	PARK	ZFAM-200-0607 FISH HUNTERS CAMP	Learn how to cast and set up a rod. Learn primitive fishing techniques including various fish traps and trot lines. If you catch one you don't need to bring lunch for this camp!! Bring lunch, snacks, shoes that can get wet and appropriate clothes. For details on course content and logistics call Dan Coyle, 541-760-0774. Mary S. Young Park \$220. Presented by Coyle Outside.	9am-1pm	M-F	Ages 6-9	7/17	1	Staff	PARK
Tanner Creek Park 9am-3:30pm	3456 Parker Rd., West Linn M-F 7/17	1				Staff	PARK	ZFAM-200-0606 JEDI ENGINEERING	Age 5-7. The Force Awakens in this intro engineering course for young Jedi! Explore engineering principles by designing and building projects such as X-Wings, R2 Units and more. West Linn High School, RM A106 Res. \$144, Non-Res. \$149.	9am-12pm	M-F	7/10	1		Play-Well	A102
Robinwood Park 9am-3:30pm	3600 Fairview Way, West Linn M-F 7/24	1				Staff	PARK	ZFAM-200-0606 JEDI MASTER	Age 7-11. The Force Awakens in this advanced engineering course for young Jedi! Explore engineering principles by designing and building projects such as X-Wings, R2 Units and more with gears and drivers. West Linn High School, RM A106 Res. \$144, Non-Res. \$149.	1-4pm	M-F	7/10	1		Play-Well	A102
Hammerle Park 9am-3:30pm	1505 Lewis St., West Linn M-F 7/31	1				Staff	PARK	ZFAM-200-0606 INTRO TO STEM LEGO	Age 5-7. Tap into your imagination with tens of thousands of LEGO! Build engineer-designed projects such as boats, Snowmobiles, Catapults and more. West Linn High School, RM A104 Res. \$144, Non-Res. \$149.	9am-12pm	M-F	7/24	1		Play-Well	A102
Robinwood Park 9am-3:30pm	3600 Fairview Way, West Linn M-F 8/7	1				Staff	PARK	ZFAM-200-0606 STEM FUNDAMENTALS	Age 7-11. Tap into your imagination with tens of thousands of LEGO! Build engineer-designed projects such as boats, Snowmobiles, Catapults and more. West Linn High School, RM A104 Res. \$144, Non-Res. \$149.	1-4pm	M-F	7/24	1		Play-Well	A10
Tanner Creek Park 9am-3:30pm	3456 Parker Rd., West Linn M-F 8/14	1				Staff	PARK	ZFAM-200-0606 STEM FUNDAMENTALS	Age 7-11. Tap into your imagination with tens of thousands of LEGO! Build engineer-designed projects such as boats, Snowmobiles, Catapults and more. West Linn High School, RM A104 Res. \$144, Non-Res. \$149.	1-4pm	M-F	8/14	1		Play-Well	A10
Tanner Creek Park 9am-3:30pm	3456 Parker Rd., West Linn M-F 8/21	1				Staff	PARK	ZFAM-200-0601 LEGO JR-STORYBOOK LEGOS	Age 4-6. Imagine building a home for the Cat and a Hat or a land for the Dinosaurs to romp. Each class will start with a story time and then move to a building challenge that correlates with the story. Res. \$131, Non-Res. \$136. West Linn High School	9am-12pm	M-F	8/1	1		Staff	A105
								ZFAM-200-0602 LEGO ENGINEERING-CORE CONCEPTS CAMP	Age 7-12. Not just any Legos. Our student engineers will build and experiment with simple machines and motors to build cars that move and much more! Res. \$191, Non-Res. \$196. West Linn High School	9am-3pm	M-F	6/26	1		YMCA	A106
								ZFAM-200-0603 LEGO ENGINEERING ELECTRONICS CAMP	Age 7-12. This camp builds on our exciting Lego Engineering program by adding cool electronic components to the projects. Res. \$191, Non-Res. \$196. West Linn High School	9am-3pm	M-F	7/31	1		YMCA	CLRM
								ZFAM-200-0604 LEGO JR.-INTO THE GALAXY	Age 4-6. 5,4,3,2,1 Blast Off! Travel through space while we explore the galaxy. Res. \$131, Non-Res. \$136. West Linn High School	9am-12pm	M-F	6/26	1		YMCA	A105
								ZFAM-200-0605 INVENT IT, BUILD IT	Age 7-12. This camp will rev up that inventive spirit! Each day we'll have a new design and new inventions. Kids will design, test and tweak their inventions while working through the scientific method. Res. \$191, Non-Res. \$196. West Linn High School	8:30am-2:30pm	M-F	7/25	1		YMCA	A104
								ZFAM-200-0606 SUMMER CHESS CAMP	Age 7-12. Whether you are a beginner or seasoned player, you are invited to join Coach Corbin for a fun-filled and stimulating week of chess. Exciting chess variants such as Bughouse and Super King will allow students to approach the game from fresh perspectives. All skill levels welcome. West Linn High School Res. \$180, Non-Res. \$185.	9am-12pm	M-F	7/17	1		Yu	A102
								ZFAM-200-0606 CHESS WIZARD CAMP	Age 5-14. Join us this summer for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle-your brain! West Linn High School RM A101 Res. \$175, Non-Res. \$180.	9am-12pm	M-F	7/31	1		Yu	A104
								ZFAM-200-0606 CHESS WIZARD CAMP	Age 5-14. Join us this summer for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle-your brain! West Linn High School RM A101 Res. \$175, Non-Res. \$180.	9am-12pm	M-F	7/24	1		Chess Wizard	A102
								ZOUT-200-0602 SURVIVAL SCHOOL	Learn skills to survive on your own! Spend five days learning how to build a fire, build and improvise shelters and tarps, navigate in remote places, treat and care for injured people, and how to use and build stone, bone and wood tools. Mary S. Young Park \$215 half day, \$285 full day. Presented by Coyle Outside. Contact Dan Coyle, 541-760-0774, for specific details.	9am-1pm	M-F	Ages 6-9	6/20	1	Staff	PARK
										9am-4pm	M-F	Ages 9-14	7/18	1	Staff	PARK
										9am-4pm	M-F	Ages 9-14	8/8	1	Staff	PARK

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ZEAT-100-0603	Y CHEF AROUND THE WORLD							ZMDT-300-0601							
Age 7-12. Taught by YMCA staff. No passport required to take this culinary journey around the world. Our chefs will learn about creating recipes, nutrition and using cooking utensils all while cooking new and exciting cuisine from all around the world. Res. \$191, Non-Res. \$196. Sunset Fire Hall 9am-3pm M-F 7/10 1 YMCA CLRM								See course description above. 8:15-9:15pm TH 7/6 4 Crandell MPR							
ZEAT-100-0603	THE NEXT Y CELEBRITY CHEF							ZMDT-300-0602 I							
Age 7-12. Taught by YMCA staff. Calling all wannabe culinary geniuses! Inspired by our favorite reality food shows, our epicurean chefs will craft delectable recipes and meals in food challenges and friendly competitions. Res. \$191, Non-Res. \$196. Sunset Fire Hall 9am-3pm M-F 8/7 1 YMCA CLRM								See course description above. 8:15-9:15pm TH 8/3 4 Crandell MPR							
ZEAT-100-0603	STORYBOOK Y CHEF							ZMDT-300-0603 BEGINNING WALTZ							
Age 4-6. Taught by YMCA staff. Campers will bring favorite childhood books to life with games, crafts and food. After reading the story they will create a recipe inspired by the book. Res. \$131, Non-Res. \$136. Sunset Fire Hall 9am-12pm M-F 8/14 1 YMCA CLRM								A popular dance- easy to learn! Partners required/No partner rotation. Res. \$45, Non-Res. \$50. West Linn Adult Community Center 7-8pm TH 6/8 4 Crandell MPR							
ZEAT-100-0604	4TH OF JULY CAKE							ZMDT-300-0604 BEGINNING RUMBA							
Age 8 & up. Make fondant pinwheels and other red/white/blue creations to decorate a pre-iced 8" round vanilla sponge and Italian meringue buttercream cake. Res. \$102, Non-Res. \$107 The Cake Room 1-4pm M 7/3 1 Foster CLRM								A great Latin dance! Partners Required/No partner rotation. Res. \$45, Non-Res. \$50. West Linn Adult Community Center 7-8pm TH 7/6 4 Crandell MPR							
ZEAT-100-0605	ICE CREAM CONE CAKE POPS							ZMDT-300-0605 BEGINNING COUNTRY WESTERN 2-STEP							
Age 8 & up. Make 8 cake pops! Learn how to prepare and flavor cake for the ice cream of these delicious and summer fun cake pops. Res. \$102, Non-Res. \$107 The Cake Room 1-4pm M 7/10 1 Foster CLRM								The backbone of Country Western Dancing! Partners required/No partner rotation. Res. \$45, Non-Res. \$50. West Linn Adult Community Center 7-8pm TH 8/3 4 Crandell MPR							
ZEAT-100-0606	2 TIER ANNIVERSARY CAKE							ZMDT-300-0606 AERIAL PLAYGROUND							
Age 13 & up. Each student will cover 5" and 8" pre-iced cakes with a thin layer of fondant, stack, then decorate them with molded fondant pieces and piping. Bring a sack lunch. Res. \$270, Non-Res. \$275 The Cake Room 10am-4pm T 7/18 1 Foster CLRM								Age 7-11. Super Fly Beginner. Spend a week soaring from the trees with A-Wol Dance Collective. Learn climbing, flying and maneuvering skills on multiple aerial apparatus. Parent showing on the last day of camp. awoldance.org. Res. \$225, Non-Res. \$230. Mary S Young Park. 1:30-4pm M-F 7/10 1 AWOL SHELTER 10:30am-1pm M-F 7/17 1 AWOL SHELTER 1:30-4pm M-F 7/17 1 AWOL SHELTER 10:30am-1pm M-F 8/7 1 AWOL SHELTER							
ZEAT-100-0607	SCULPT A ROUND SPORTS BALL CAKE							ZMDT-300-0607 AERIAL PLAYGROUND							
Age 13 & up. Sculpt a 3-D cake! Choose from any round sports ball. All supplies included. Bring a sack lunch. Res. \$270 Non-Res. \$275 The Cake Room 10am-4pm T 7/25 1 Foster CLRM								Age 12-17. Teen Fly Beginner. Spend a week soaring from the trees with A-Wol Dance Collective. Learn climbing, flying and maneuvering skills on multiple aerial apparatus. Parent showing on 7/14 & 8/11. awoldance.org. Res. \$225, Non-Res. \$250. Mary S Young Park 10:30am-1pm M-F 7/10 1 AWOL SHELTER 1:30-4pm M-F 8/7 1 AWOL SHELTER							
ZEAT-100-0608	HOW TO MAKE A FAUX COMPETITION CAKE							ZMDT-300-0608 AERIAL PLAYGROUND							
Age 8 & up. Have you ever wanted to enter a cake in a competition? Learn many tips and tricks on how to make a competition cake and other decorated items for competition. Res. \$12, Non-Res. \$17 The Cake Room 7-8pm T 8/1 1 Foster CLRM								Age 4-6. Might Fly Beginner. Spend a week soaring from the trees with A-Wol Dance Collective. Learn beginning climbing, flying and maneuvering skills. Over the course of the week, campers will learn fun new aerial tricks using a variety of apparatuses, basic tumbling and dance skills. Parent showing on 8/18. awoldance.org. Res. \$160, Non-Res. \$165. Mary S Young Park. 10-11:30am M-F 8/14 1 AWOL SHELTER 11:30am-1pm M-F 8/14 1 AWOL SHELTER							
ZEAT-100-0609	CUPCAKE FLOWERS							ZOUT-100-0600 TUMBLING							
Age 13 & up. Cupcakes that look like flowers! Learn a few techniques for piping pretty swirls on your cupcakes then adorn them with 6 buttercreamed piped flowers and leaves. Res. \$102, Non-Res. \$107 The Cake Room 1-4pm T 8/15 1 Foster CLRM								Age 4-7. This class will focus on beginner dance tumbling, flexibility and poses. Students will incorporate some beginner tumbling into their dancing, like rolls, handstands and cartwheels. Res. \$67, Non-Res. \$72. Sunset Fire Hall. 3:30-4:15pm M 7/10 8 Staff CLRM							
Dance/Theater															
BEYOND BASICS/INTER DANCE FOR ADULTS															
Different dance each session for the more experienced dancer. Contact 503-637-6295/email jivehop@netzero.com for more class information. Res. \$45, Non-Res. \$50 West Linn Adult Community Center															
ZMDT-300-0600								ZOUT-100-0601 TUMBLING							
See course description above. 8:15- 9:15pm TH 6/8 4 Crandell MPR								Age 8-12. This class will focus on beginner dance tumbling, flexibility and poses. Students will incorporate some beginner tumbling into their dancing, like rolls, handstands and cartwheels. Res. \$67, Non-Res. \$72. Sunset Fire Hall. 4:15-5pm M 7/10 8 Staff CLRM							
								ZOUT-100-0602 TUMBLING							
								Age 8 & up. Need a way to practice those tumbling skills you learned during the dance season? This class will focus on small progressions with your current tumbling skills as well as making your technique stronger. Res. \$60, Non-Res. \$65. Sunset Fire Hall. 5-6pm M 7/10 8 Staff CLRM							

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ZMDT-100-0600	BROADWAY HITS SONG & DANCE CAMP	Age 8-16. Are you a ham? Love to Perform? This camp is for you! At Van De Veere Productions, we love our musical theater! Come and sing the hits of Broadway including Annie, Hairspray, Newsies, and more! Sunset Fire Hall																	
		10:30-11:30am	M-TH	7/11	1	\$45/\$50		Staff	CLRM										
		10:30-11:30am	M-F	7/17	1	\$56/\$61		Staff	CLRM										
ZMDT-300-0610	TINY TUTUS BALLET CAMP	Age 3-5. Learn to dance like a Disney princess! Your little one will find the turns, twirls and jumps in this class to be just what they need to become their very own Disney princess! Res. \$40, Non-Res. \$45. Sunset Fire Hall																	
		2-2:45pm	T-F	7/11	1			Staff	CLRM										
ZMDT-100-0603	GLEE SONG & DANCE CAMP	Age 8-15. One of our most popular camps ever! Come and learn a new Glee song every day! Learn proper vocal warm ups then sing and dance your way through the many pop songs of Glee! Res. \$56, Non-Res \$61 Sunset Fire Hall																	
		2-3 pm	M-F	7/17	1			Staff	CLRM										
ZMDT-300-0611	BALLET SUMMER CAMPS	Age 8 & up. Keep up your technique with Miss Rosemary, summer camps offered for beginning to advanced dancers, including pointe. Work techniques at the barre, stretch, center and across the floor. Sunset Fire Hall																	
		3:30-4:45pm	MWF	8/21	1	\$45/\$50		Staff	CLRM										
		4:45-5:30 pm	MWF	8/21	1	\$28/\$33		Staff	CLRM										
		5:30-6:30 pm	MWF	8/21	1	\$35/\$40		Staff	CLRM										
ZMDT-100-0601	ACTING	Age 7-12. Whether you're a Drama Queen or King of Comedy, this camp is a mix of dramatic, comedic and improvisational acting. Our instructors have an extensive background in teaching the fundamentals of acting. Res. \$191, Non-Res. \$196. West Linn High School																	
		9am-3pm	M-F	7/31	1			YMCA	CLRM										
ZMDT-200-0600	TODDLER TUNES	Age 18 months-3. Toddler Tunes is a joyful, first music experience for your toddler. You and your child will share movement, singing and musical games, finger plays and keyboard games. Res. \$70, Non-Res. \$75. Harmony Road Music Center																	
		10-10:30am	MW	7/17	4			STAFF	CLRM										
		10-10:30am	TTH	8/1	4			STAFF	CLRM										
ZMDT-200-0601	HELLO MUSIC	Age 3-4. Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program gives the child a strong readiness for continued musical involvement. Parents participate in class. Res. \$85, Non-Res. \$90. Harmony Road Music Center																	
		10:30-11:15am	MW	7/17	4			STAFF	CLRM										
		3:30-4:15pm	MW	7/17	4			STAFF	CLRM										
		10:30-11:15am	TTH	8/1	4			STAFF	CLRM										
		3:30-4:15pm	TTH	8/1	4			STAFF	CLRM										
ZMDT-200-0602	MUSICTIME	Age 4 1/2-6. Musictime is an introductory program for preschoolers. It provides an introduction to solfege singing, movement, note concepts, keyboard/piano playing, finger readiness, rhythms and creativity. Parents participate in class. Res. \$85, Non-Res. \$90. Harmony Road Music Center																	
		11:15am-12pm	MW	7/17	4			STAFF	CLRM										
		4:15-5pm	MW	7/17	4			STAFF	CLRM										
		11:15am-12pm	TTH	8/1	4			STAFF	CLRM										
		4:15-5pm	TTH	8/1	4			STAFF	CLRM										
ZMDT-200-0603	YOUNG MUSICIAN INTRO	Age 6-7. Young Musician students learn beginning music concepts through singing, ear training, note reading, keyboard solo and ensemble playing, rhythm ensemble and creative activities. Parents participate in class. Res. \$85, Non-Res. \$90. Harmony Road Music Center																	
		5:15-6pm	MW	7/17	4			STAFF	CLRM										
		5:15-6pm	TTH	8/1	4			STAFF	CLRM										
ZMDT-400-0600	KEYBOARD PREP INTRO	Age 8-11. Keyboard Prep is an exciting introduction to keyboard/piano playing. Sessions include ear training, solfege singing, note reading, composing, solo and ensemble playing-a great preparation class for continuing study. Parents participate in class. Res. \$85, Non-Res. \$90. Harmony Road Music Center																	
		6-6:45pm	MW	7/17	4			STAFF	CLRM										
		6-6:45pm	TTH	8/1	4			STAFF	CLRM										
ZMDT-400-0601	BEGINNING PIANO	Age 12 & up. Piano Street program is a unique and motivating experience designed specifically for teen & adult beginners. Res. \$85, Non-Res. \$90. Harmony Road Music Center																	
		7-7:45pm	TTH	8/1	4			STAFF	CLRM										
ZMDT-200-0604	JR MUSIC CAMP	Age 4-6. Activity oriented musical experience. Your child will explore a different theme each day through music and craft activities. Res. \$120, Non-Res. \$125. Harmony Road Music Center																	
		12:30-2:30pm	M-F	7/17	1			STAFF	CLRM										
		12:30-2:30pm	M-F	7/31	1			STAFF	CLRM										
		12:30-2:30pm	M-F	8/7	1			STAFF	CLRM										
ZMDT-200-0606	VOICE OVERS: NOW IS YOUR TIME!	A one-time 2-hour program for adults. YOU could actually begin using your speaking voice for commercials, films, and videos. This is a business that you can handle on your own terms! Res. \$85, Non-Res. \$90. West Linn Adult Community Ctr.																	
		6:30-8:30 pm	W	6/28	1			Foster	CLRM										
Exercise & Fitness																			
YPED-100-0600	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.																	
		Sachi Wellness																	
		9-10:15am	T	6/6	11	\$99/\$104		Staff	CLRM										
		9-10:15am	TH	6/9	12	\$108/\$113		Staff	CLRM										
YPED-500-0601	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. Sachi Wellness																	
		9:30-10:45am	W	6/7	12	\$108/\$113		Staff	CLRM										
YPED-100-0602	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. Sachi Wellness																	
		1-2:15pm	TU	6/6	11	\$99/\$104		Staff	CLRM										
YPED-100-0602	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.																	
		Sachi Wellness																	
		5:30-6:30pm	TH	6/8	12	\$99/\$104		Staff	CLRM										

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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YPED-500-0603	GENTLE NURTURING YOGA																		
Sachi Wellness																			
8:45-10:00AM	SU	6/4	12	\$108/\$113	Staff	CLRM													
6:30-7:45pm	M	6/5	12	\$108/\$113	Staff	CLRM													
11-12:15pm	TH	6/8	12	\$108/\$113	Staff	CLRM													

YPED-100-0629	ALIGN WITH EASE	This class draws on the principals of Iyengar (alignment-based) yoga- emphasizing focus on breath, balance, and strength. Props are used for safe and supported movement and to help all students regardless of levels of experience.																	
Sachi Wellness																			
6-7:30pm	W	6/7	10	\$90/\$95	Staff	CLRM													

ZPED-200-0603	BODY TRANSFORMATION BOOT CAMP	Use a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns! This class is challenging and fun!! Bring small handheld weights, water and a yoga mat. Attend one or two days a week. Classes begin the first Tuesday/Friday of the month. West Linn Adult Community Center																	
1x/wk Res. \$56 Non-Res. \$61, 2x/wk, IC \$112/OC \$117, Drop-in \$18																			
5:30-6:30pm	F	6/2	4		Rodgers	CLRM													
5:30-6:30pm	T	6/6	4		Rodgers	CLRM													
5:30-6:30pm	F	7/7	4		Rodgers	CLRM													
5:30-6:30pm	T	7/11	4		Rodgers	CLRM													
5:30-6:30pm	T	8/1	4		Rodgers	CLRM													
5:30-6:30pm	F	8/4	4		Rodgers	CLRM													

Health/Well-Being/Safety

ZPED-700-0600	MINDFUL MEDITATION	A way to health and happiness. Actively develop a healthy mind and body and remove stress with comfortable meditation postures. Good for all health conditions, pain management, and open to all abilities. Res. \$96 Non-Res. \$101 West Linn Adult Community Center																	
7-8:30pm	T	6/6	12		Tjahaja	CLRM													

Media/Science/Technology

ZFAM-200-0607	IMAGINATION ACADEMY	Age 5-8. Discover, create and play! All aboard the imagination train as your Jr. Mad Scientist takes a journey around the world of science. Res. \$168, Non-Res. \$173. West Linn High School, RM B101																	
9am-12pm	M-F	6/26	1		MadScience	CLRM													

ZFAM-200-0608	RADICAL ROBOTICS	Age 8-13. Spend the week exploring the wonderful world of automation. From the very basics of robotics to the complexity of building TWO of your own robots! Res. \$354, Non-Res. \$359. West Linn High School, RM B103																	
9am-4pm	M-F	7/17	1		MadScience	CLRM													

ZFAM-200-0609	SPY ACADEMY	Age 7-13. Look out 007! The Mad Science Spy Academy is in session! Step into the shoes of a spy in action for decoding messages to metal detectors and night vision. Res. \$168, Non-Res. \$173. West Linn High School, RM B101																	
1-4pm	M-F	6/26	1		MadScience	CLRM													

ZFAM-200-0610	BRIXOLOGY	Age 8-12. Brixology Camp sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO bricks. Res. \$168, Non-Res. \$173. West Linn High School, RM B102																	
1-4pm	M-F	7/11	1		MadScience	CLRM													

ZFAM-200-0611	MOVING WITH SCIENCE	Age 8-13. Fun filled exploration of how science keeps our world moving. Take a close-up look at a wide array of scientific disciplines; chemistry, biology, engineering, physics and optics! Res. \$168, Non-Res. \$173. West Linn High School, RM A101																	
9am-1pm	M-F	7/18	1		MadScience	CLRM													

ZFAM-200-0612	ROCKETS & THE SCIENCE OF FLIGHT	Age 5-8. Space, rockets, planes and flight, a little bit of everything for a rockin' good time! Campers will explore all aspects of the science of flight. Res. \$168, Non-Res. \$173. West Linn High School, RM A102																	
9am-1pm	M-F	7/10	1		MadScience	CLRM													

ZFAM-200-0613	ROCKET LAB	Age 8-12. 3.2.1. Blast Off! Campers discover the importance of teamwork in launching rockets and try their hand in each role. Rocket Science, Mission Control, Astronaut Training, Mission Recovery and Go for Launch are the topics that will be studied. West Linn High School, RM A105 Res. \$167, Non-Res. \$172.																	
1-4pm	M-F	8/15	1		MadScience	CLRM													

ZFAM-200-0614	LITTLE VETERINARIAN SCHOOL	Age 6-11. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use. Take home projects and a stuffed dog are included. West Linn High School, RM B104 Res. \$295, Non-Res. \$300.																	
9am-3pm	M-Th	7/10	1		LittleMedicalSchool	CLRM													

ZFAM-200-0615	LITTLE MEDICAL SCHOOL	Age 6-11. LMS brings medicine, science and the importance of health to children in a fun way. Hands-on activities, crafts and games will inspire children to explore the world of medicine and create healthy lifestyles. Adult Community Center, Res. \$295, Non-Res. \$300.																	
9am-3pm	M-Th	7/10	1		LittleMedicalSchool	CLRM													

ZFAM-200-0616	POKEMON GO VIDEO DESIGN	Age 7-12. Gotta catch 'em all! Campers will dive into the exciting world of computer coding and Pokemon through Scratch, developed at MIT. West Linn High School, RM A106, Res. \$150, Non-Res. \$155.																	
9am-12pm	M-F	7/17	1		CodeToTheFuture	CLRM													

ZFAM-200-0617	MINECRAFT MODDING	Age 9-14. Why just "play" Minecraft when you can "create" Minecraft? Campers will learn how to code in Java by making a mod for Minecraft! Res. \$212, Non-Res. \$217.																	
WLHS RM A106																			
1-4pm	M-F	7/17	1		CodeToTheFuture	CLRM													
WLACC																			
1-4pm	M-F	8/21	1		CodeToTheFuture	CLRM													

ZFAM-200-0618	STAR WARS VIDEO DESIGN	Age 7-12. May the force be with you! Campers will dive into the exciting world of computer coding and Star Wars through Scratch, developed at MIT. West Linn Adult Community Center, Res. \$150, Non-Res. \$155.																	
9am-12pm	M-F	7/17	1		CodeToTheFuture	CLRM													

Sports/Outdoor Activities

ZOUT-100-0603	SUDY SOCCER CAMP, AGES 6-12	Camp emphasis is on dribbling, heading, setting up plays, shooting, passing, ball control, more. Campers divided by age to receive proper coaching. Res. \$105, Non-Res. \$115, Mary S Young Park, 19900 Willamette Drive.																	
9am-1pm	M-F	8/8	1	\$105/\$110	Sudy	FIELD													

Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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ZOUT-100-0604 FUN SUMMER SPORTS CAMP, AGE 6-12

Be active and play the games you love from PE and sports in a recreational environment. Program focus is building cooperation, self esteem; teaching communication and leadership skills in a fun and friendly environment where everyone feels welcomed. Res. \$105, Non-Res. \$115 Hammerle Park, 1505 Lewis St.

9am-1pm M-F 8/1 1 \$105/\$115 Sudy FIELD

ZOUT-200-0604 PADDLE SPORTS CAMPS, AGES 8-18

West Linn Parks and Rec is excited to partner with eNRG Kayaking this year to bring paddle sports to day camps. ACA Certified instructors will oversee the camps, and instruct youth on proper paddling and river safety techniques for canoeing, kayaking and stand up paddle boarding while incorporating fun games to ensure an exciting day for campers. Split by age groups on day one. Res. \$225, Non-Res. \$230 Willamette Park, 1100 12th St.

10am-3pm M-W 6/28 1 \$225/\$230 eNRG PARK
 10am-3pm M-W 7/17 1 \$225/\$230 eNRG PARK
 10am-3pm M-W 8/7 1 \$225/\$230 eNRG PARK
 10am-3pm M-W 8/28 1 \$225/\$230 eNRG PARK

ZOUT-200-0622 A TOUR OF THE TREES

Expedition Old Growth will provide a guided ascent to the upper-most canopies of the majestic trees right here in our local parks. Along the way creating a greater appreciation for the living habitat and unique flora thriving within the park's forest floor and up into the tree tops. Bring the kids for an ultimate family experience. Life within the trees – experience, learn and appreciate. Res. \$135, Non-Res. \$140. Mary S Young Park, 19900 Willamette Dr. Age 13+

9am-1pm SA 7/22 1 \$135/\$140 Staff FOREST

ZOUT-200-0603 KID'S TREE ADVENTURE

Expedition Old Growth presents this kids adventure. The pinnacle of the program will be the guided tree climb up into the canopy of a tree where they will use skills learned to identify flora and habitat within the tree's canopy. Additional activities may include a nature walk, leaf identification, rope knots and some general knowledge on how to respect the Leave No Trace approach when enjoying the outdoors. Mary S Young Park.

8-12PM F 7/21 1 \$55/\$60 Staff FOREST
 1-5PM F 7/21 1 \$55/\$60 Staff FOREST

ZOUT-200-0623 MOVEMENTS CAMP – PARKOUR

Want to move like a ninja, an acrobat or even stalk through the forest like a mountain lion? Learn how to make your body do things it can't do now. Movements Camp incorporates various movement forms, all outside, to create increased body awareness, control, confidence and connection to nature. All movements occur at ground level and are instructed/supervised by staff with experience teaching the content. Mary S Young Park, Presented by Coyle Outside

9-4PM M-F 8/14 1 \$295/\$300 Staff FOREST

ZOUT-100-0624 KIDZ LOVE SOCCER

Age appropriate skills taught in soccer. Kids Love Soccer has been executing a successful and fun program since 1972. Includes activities, fun games and instructional scrimmages. Each participant receives a Kid Love Soccer jersey. 8 week class \$88/93 Tanner Creek Park. No class on 7/1 & 7/4

9-9:30am S 6/24 8 Ages 2.5 - 3 Staff Field
 9:40-10:15am S 6/24 8 Ages 3.5-5 Staff Field
 10:15-11:00am S 6/24 8 Ages 5-6 Staff Field
 11-11:45am S 6/24 8 Ages 7-10 Staff Field
 6-6:30pm W 6/20 8 Ages 2.5-3 Staff Field
 5:15-5:50pm W 6/20 8 Ages 3.5-5 Staff Field
 4:30-5:15pm W 6/20 8 Ages 5-6 Staff Field
 3:45-4:30pm W 6/20 8 Ages 7-10 Staff Field
 2:45-3:45pm W 6/20 8 Ages 10-12 Staff Field

City of Wilsonville

PARKS AND RECREATION

Wilsonville Parks & Recreation is proud to offer a wide range of classes, activities and events for the whole family! You may register online or in-person. For more information, call 503-783-PLAY or go to www.WilsonvilleParksandRec.com.

Dance/Music/Theater

ZMDT-300-0703 LINE DANCE

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered include Country Western, Swing, Salsa, Tango, Cha-cha, Rumba, Waltz & more. No class 7/4 or 9/4. Wilsonville Community Center

2:30-3:30PM M 6/5 8 \$40 Drewry
 2:30-3:30PM M 7/24 8 \$40 Drewry

ZMDT-300-0705 TAP DANCE FOR ALL LEVELS

Whether you've tapped before or you're a beginner with two left feet, this class will have you shuffling off to Buffalo in no time. Tap dancing is great exercise and the fun, friendly atmosphere of this class will keep you coming back for more. Wilsonville Community Center

1:30-2:30pm W 6/14 10 \$70 Tibbles CLRM

ZMDT-400-0700 UKULELE JAM

All skill levels are welcome! Beginners will learn basic technique; advanced players will take us to new musical horizons. All will have fun and enjoy the classic musical approach: the song circle. Wilsonville Community Center

6-8pm W Ongoing \$0 Hamilton CLRM

Arts/Crafts

ZAPA-100-0700 OIL PAINTING

In this Bob Ross-style oil painting class, you will start with a blank canvas and leave with a masterpiece! Taught by 11-year expert and certified Bob Ross Instructor; Judy Stubbs. All supplies provided. Examples on website: www.wetpaints.net under Parks & Rec Admin Bldg.

5:30-9pm 1st T 5/2 1 \$50 ea. class Stubb CLRM
 10am-2pm 2nd S 5/13 1 \$50 ea. class Stubb CLRM
 5:30-9pm 1st T 6/6 1 \$50 ea. class Stubb CLRM
 10am-2pm 2nd S 6/10 1 \$50 ea. class Stubb CLRM
 5:30-9pm 1st T 7/11 1 \$50 ea. class Stubb CLRM
 10am-2pm 2nd S 7/15 1 \$50 ea. class Stubb CLRM
 5:30-9pm 1st T 8/1 1 \$50 ea. class Stubb CLRM
 10am-2pm 2nd S 8/12 1 \$50 ea. class Stubb CLRM

Driver Education

YDRE-200-0700 AARP SMART DRIVER

This 6-hour course is split in two sessions and provides a comprehensive review of safe driving techniques. Insurance companies often provide discounts to those who complete this course. You must attend both dates. \$5 registration fee plus, \$15 AARP members/\$20 non-members. Wilsonville Community Center

9am-12pm F 5/5 & 5/12 2 AARP Staff CLRM
 9am-12pm F 7/14 & 7/21 2 AARP Staff CLRM

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Exercise/Fitness

YPED-300-0317 ZUMBA GOLD MONDAY

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Some elements stay the same: the zesty Latin music; the exhilarating, easy-to-follow moves; and the party-like atmosphere. No class 7/4. Wilsonville Community Center

1:30-2:15pm	M	6/5	6	\$42		Shapiro	CLRM
1:30-2:15pm	M	7/17	6	\$42		Shapiro	CLRM

YPED-200-0700 BODY SCULPT

Ages 16 and older. Strengthen and tone all major muscle groups. Focus will be on the core with sets of hand weight repetitions working the entire body. Modifications and different size weights are available; class can be suited individually. Exercise mat required Wilsonville Community Center.

6-7pm	M	5/1	9	\$65		Moody	CLRM
6-7pm	M	7/3	9	\$65		Moody	CLRM

YPED-200-0703 PILATES SCULPT

Get the best of both Pilates and Strength Fitness in this new hybrid class! We will use a mat and light weights to sculpt lean muscles, with focus on the core-abdominals and back. We will work each muscle group with a variety of weights, so ANY level from beginner to advanced will be challenged. Exercise mat required. Wilsonville Community Center

6-7pm	W	5/3	9	\$65		Moody	CLRM
6-7pm	W	7/5	9	\$65		Moody	CLRM

YPED-200-0704 PILATES MOVE FOR LIFE

Work on strong posture, core stability, balance and flexibility. A weak core can make you susceptible to poor posture, low back pain and muscle injuries. Most postures will be done in a seated position or lying down. No class 7/4. Wilsonville Community Center

8:30-9:20am	MWF	5/15	8	\$59		Moore	CLRM
8:30-9:20am	MWF	7/12	7	\$59		Moore	CLRM
9:15-10:15am	M	7/3	9	\$65		Payne	CLRM
9:15-10:15am	W	7/5	9	\$65		Payne	CLRM

YPED-600-0700 HEALTHY BONES AND BALANCE

Combines circuit training, strength conditioning, aerobic fitness, flexibility and balance. Evidence-based strategies with goals of improving bone density and decreasing the likelihood of a fall or injury are used. Get on track to a stronger and healthier you. No class 7/4. Wilsonville Community Center

8:30-9:20am	MWF	5/15	8	\$59		Moore	CLRM
8:30-9:20am	MWF	7/12	8	\$59		Moore	CLRM
9:30-10:20am	MWF	5/15	8	\$59		Moore	CLRM
9:30-10:20am	MWF	7/12	7	\$59		Moore	CLRM

Health/Wellness

YPED-100-0701 GENTLE HATHA YOGA

A calming, stress-relieving class designed to strengthen gradually, building on balance, mobility, agility, stability and flexibility. Emphasis placed on moving to feel better, conscious breathing, relaxation and honoring the body. Chairs and other props for folks of varying strength and flexibility. No class 7/4. Wilsonville Community Center

8:30-9:30am	T	6/27	9	\$53		McDaniel	CLRM
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YPED-100-0702 HATHA YOGA BASICS

Learn how to go into a pose, come off a pose, and breathe. Build strength and tone in a flow of poses. Questions are welcomed for the learning process. This class is for those who are new to yoga or familiar with the poses and want to continue building on current knowledge. Wilsonville Community Center

8:30-9:30am	TH	5/11	5	\$30		McDaniel	CLRM
8:30-9:30am	TH	6/29	10	\$60		McDaniel	CLRM

YPED-100-0703 FREE YOGA IN THE GROVE

Enjoy a free; all-levels Vinyasa Flow yoga class below the trees this summer! Vinyasa Flow yoga connects movement with breathing and is a great way to reduce stress, increase strength, and improve flexibility. Modifications will be offered according to each body type and level. Grove Shelter – Murase Plaza, 8300 SW Wilsonville Rd.

9-10am	S	6/3	13	FREE		Brower	MRPLZ
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YPED-100-0704 YIN/YANG YOGA

This class combines active and passive yoga postures, with deep breathing and meditation. The first hour of class will consist of warm-up exercises followed by a dynamic series of yoga poses to build heat and strength in the body. The last half hour will include gentle restorative yoga postures and guided meditation. Wilsonville Community Center

5:30-7pm	TH	5/4	8	\$69		Cohen	CLRM
5:30-7pm	TH	7/6	8	\$69		Cohen	CLRM

YPED-100-0705 HATHA YOGA FOUNDATION

A class for beginners or those returning with the intention of refining basic poses. Practicing various foundation poses, variations using the wall or props (blocks, blankets, and belts provided) will be presented for all levels. Classes end with restorative poses and relaxation techniques. Wilsonville Community Center.

5:30-6:30pm	T	5/23	6	\$45		Anti-Marandi	CLRM
5:30-6:30pm	T	7/11	8	\$59		Anti-Marandi	CLRM

YPED-100-0706 PARTNER YOGA WORKSHOP

The power of relationship is profoundly helpful in Yoga practice. Come to this workshop with your sister, daughter, mother, partner, spouse, or BFF. Practice a variety of partner yoga poses to build strength and improve flexibility in

The body while connecting with your friend or loved one. Beginners welcome. Yoga mat required. Tauchman House

2-3:30pm	S	6/17	1	\$15		Cohen	MRPLZ
2-3:30pm	SU	8/20	1	\$15		Cohen	MRPLZ

ZPED-700-0701 GUIDED MEDITATION MEETUP

A free, weekly opportunity for anyone wishing to begin a meditation practice or have a regular, supportive environment to come for meditation. Explore a variety of guided meditations, making each week a unique experience. Bring your own zafu or blankets/pillows. Parks & Rec Admin Bldg.

5:30-6pm	W	Ongoing		\$0		Ante-Marandi	CLRM
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YPED-400-0701 TAI CHI STUDIO

Class opens with Qigong and warm-ups that targets joints and promotes relaxation. There is a focus on empty hand Tai Chi forms with 24 and 47 gestures during the first hour. The remainder of class is for practice with Tai Chi sword and fan movements. Wilsonville Community Center.

2-4pm	TTH	7/11	8	\$80		Lusk	CLRM
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YPED-400-0702 BEGINNING TAI CHI

This class introduces a simplified Tai Chi form that targets a range of benefits, including balance and flexibility, and improves core strength and memory. An additional bonus is having fun with a group and discovering the joy of mindful movement. Wilsonville Community Center.

1-2pm	TTH	7/11	8	\$65		Lusk	CLRM
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