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.

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

COMMUNITY EDUCATION REGISTRATION FORM

<table>
<thead>
<tr>
<th>TODAY'S DATE:</th>
<th>COMMUNITY EDUCATION PARTNER:</th>
<th>SOCIAL SECURITY NUMBER:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LAST NAME:</th>
<th>FIRST NAME:</th>
<th>MIDDLE INITIAL:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CURRENT ADDRESS</th>
<th>City:</th>
<th>State:</th>
<th>Zip:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number and street:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ETHNICITY:</th>
<th>Hispanic or Latino</th>
<th>Not Hispanic or Latino</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RACE:</th>
<th>(Choose all that apply)</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ American Indian / Alaska Native</td>
<td>☐ Asian</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GENDER:</th>
<th>☐ Male</th>
<th>☐ Female</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PREVIOUS NAME(S):</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>EMAIL ADDRESS ADDRESS</th>
<th>HOME PHONE:</th>
<th>WORK PHONE:</th>
<th>DATE OF BIRTH:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IN CASE OF EMERGENCY, NOTIFY</th>
<th>Last name:</th>
<th>First name:</th>
<th>Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SIGNATURE:</th>
<th>(Parent, guardian or adult student)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>COURSE NO.</th>
<th>COURSE TITLE</th>
<th>TIME</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>S</th>
<th>Su</th>
<th>START DATE</th>
<th>LOCATION</th>
<th>TUITION</th>
<th>FEE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

www.clackamas.edu
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.rschooltoday.com/public/getcategory/program_id/2

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

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

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

Forté 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, Beavercreek

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 Beavercreek 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 Willamette 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
8005. 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
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

ZHVL-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
9:30am-10:30pm 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-300-1000 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-100-1000 ‘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.villacatalanaancellars.com. The June 17 event will have access to their wine bar! June Location: Villa Catalana Wine Cellars in Oregon City: This is a beautiful site with stone villa, ponds and rare plants! Visit www.villacatalanaancellars.com. The June 17 event will have access to their wine bar!

11am-4pm S 6/3 1 $55 Welter ON LOCATION
11am-4pm S 6/3 1 $55 Welter ON LOCATION
11am-4pm S 6/3 1 $55 Welter ON LOCATION
<table>
<thead>
<tr>
<th>Course No. Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Business/Financial Planning</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZBUS-100-0100 UNDERSTANDING RETIREMENT, SOCIAL SECURITY &amp; MEDICARE</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>8/7</td>
<td>1</td>
<td>$119</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>GYM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Computers</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YDPS-100-0100 PHOTOSHOP FOR PHOTOGRAPHY</td>
<td>9am-4pm</td>
<td>S</td>
<td>7/29</td>
<td>1</td>
<td>$100</td>
<td>Guvenir</td>
<td>704</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dance/Theater</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0100 ACRO &amp; TUMBLING CAMP</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>7/10</td>
<td>1</td>
<td>$150</td>
<td>Staff</td>
<td>STUDIO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9am-12pm</td>
<td>M-F</td>
<td>7/17</td>
<td>1</td>
<td>$150</td>
<td>Staff</td>
<td>STUDIO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9am-12pm</td>
<td>M-WTHF</td>
<td>8/14</td>
<td>1</td>
<td>$150</td>
<td>Staff</td>
<td>STUDIO</td>
</tr>
<tr>
<td><strong>Driver Education</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YDRE-200-0101 AARP SAFE DRIVER</td>
<td>9am-4:00pm</td>
<td>S</td>
<td>7/15</td>
<td>1</td>
<td>$15</td>
<td>Fisher</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Exercise/Fitness</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 BASKETBALL (SKYHAWKS)</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>8/7</td>
<td>1</td>
<td>$119</td>
<td>Skyhawks</td>
<td>GYM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 FLAG FOOTBALL CAMP (SKYHAWKS)</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>7/24</td>
<td>1</td>
<td>$149</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 LACROSSE CAMP (SKYHAWKS)</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>8/21</td>
<td>1</td>
<td>$149</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 MINI HAWKS (SKYHAWKS)</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>8/7</td>
<td>1</td>
<td>$119</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 TENNIS CAMP (SKYHAWKS)</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>7/24</td>
<td>1</td>
<td>$119</td>
<td>Skyhawks</td>
<td>COURTS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 TINY HAWKS (SKYHAWKS)</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>6/26</td>
<td>1</td>
<td>$119</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 SOCCKER CAMP (SKYHAWKS)</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>6/26</td>
<td>1</td>
<td>$159</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0100 SOCCKER/STWIM CAMP (SKYHAWKS)</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>6/26</td>
<td>1</td>
<td>$159</td>
<td>Skyhawks</td>
<td>FIELD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

**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

**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-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

**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 of 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, BOSSU 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 MVT 7/10 4 $99 Vaughan STUDIO
6-6:50pm MVT 8/7 4 $99 Vaughan STUDIO
6-6:50pm MVT 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 6/5 13 Staff POOL

56
Gladstone
COMMUNITY EDUCATION & RECREATION

Register with the Community Education Partner sponsoring your class.

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

ZAPA-100-0301 ACRYLICS WITH MELISSA
Explore acrylic medium using waxes, 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’ glass-plies provided, but bring any broken dishes/jewelry/pottery you’d like to include. Two week class. (Age 62+: $26+$lab) Gladstone High School
6-8:30pm 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 cans 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
5:30-9pm F 8/25 1 $48 Stubb MULTI

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
5:30-9pm M 6/19 7 $74 Sevy CLRM
### Course No. Course Title

<table>
<thead>
<tr>
<th>Course Time</th>
<th>Course Days</th>
<th>Course Begins</th>
<th>Course Weeks</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Education</td>
<td>Course No. Course Title</td>
<td>Time Days Begins Wks. Tuition Fee Instructor Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0300</td>
<td>COUNTRY LINE DANCE ULTRA BEGINNING</td>
<td>5-6pm M 6/11 7 $55 Schmaltz GYM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0301</td>
<td>COUNTRY LINE DANCE BEGINNING</td>
<td>6-7pm SU 6/11 7 $55 Schmaltz Gym</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0302</td>
<td>COUNTRY LINE DANCE INTERMEDIATE #1</td>
<td>7-8pm SU 6/11 7 $55 Schmaltz Gym</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0303</td>
<td>COUNTRY LINE DANCE INTERMEDIATE #2</td>
<td>8-9pm W 6/14 8 $80 Schmaltz Gym</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0304</td>
<td>COUNTRY WESTERN PARTNER DANCE</td>
<td>9am-12pm T/TH 5/20 1 $30 Staff GYM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZMDT-300-0305</td>
<td>LINE DANCE SOCIAL</td>
<td>10am-12pm T/TH 6/20 1 $34 Chambers CLRM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Computers

<table>
<thead>
<tr>
<th>Course No. Course Title</th>
<th>Time Days Begins Wks. Tuition Fee Instructor Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZDPS-100-0300</td>
<td>IPHONE BASICS</td>
</tr>
<tr>
<td>ZDPS-100-0301</td>
<td>IPHONE INTERMEDIATE</td>
</tr>
</tbody>
</table>

### Culinary

<table>
<thead>
<tr>
<th>Course No. Course Title</th>
<th>Time Days Begins Wks. Tuition Fee Instructor Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZEAT-100-0300</td>
<td>CANNING FRUITS &amp; VEGETABLES</td>
</tr>
<tr>
<td>ZEAT-100-0301</td>
<td>JAMS &amp; JELLYS</td>
</tr>
</tbody>
</table>

### Dance/Theater

<table>
<thead>
<tr>
<th>Course No. Course Title</th>
<th>Time Days Begins Wks. Tuition Fee Instructor Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZMDT-300-0300</td>
<td>COUNTRY LINE DANCE ULTRA BEGINNING</td>
</tr>
<tr>
<td>ZMDT-300-0301</td>
<td>COUNTRY LINE DANCE BEGINNING</td>
</tr>
<tr>
<td>ZMDT-300-0302</td>
<td>COUNTRY LINE DANCE INTERMEDIATE #1</td>
</tr>
<tr>
<td>ZMDT-300-0303</td>
<td>COUNTRY LINE DANCE INTERMEDIATE #2</td>
</tr>
<tr>
<td>ZMDT-300-0304</td>
<td>COUNTRY WESTERN PARTNER DANCE</td>
</tr>
</tbody>
</table>

**Gladstone Community Education & Recreation**

Registration form on page 51.
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZMDT-200-0316</td>
<td>SING – PLAY – DANCE- INCOMING GRADE 3-5</td>
<td>8-11am</td>
<td>M-Th</td>
<td>7/10</td>
<td>1</td>
<td>$65</td>
<td>Golston</td>
<td>MUSIC</td>
</tr>
<tr>
<td>ZMDT-400-0317</td>
<td>DRUMMING &amp; XYLOPHONE INCOMING GRADE 4-7</td>
<td>6-7pm</td>
<td>TH</td>
<td>6/22</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0318</td>
<td>TAP/JAZZ GRANDE FINALE</td>
<td>4:15-5pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZMDT-300-0319</td>
<td>TAP BEGINNING ADULT GRANDE FINALE</td>
<td>5-6pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZMDT-300-0300</td>
<td>PRE-BALLET GRAND FINALE</td>
<td>1-4pm</td>
<td>M-Th</td>
<td>7/10</td>
<td>1</td>
<td>$65</td>
<td>Golston</td>
<td>MUSIC</td>
</tr>
<tr>
<td>ZMDT-300-0313</td>
<td>PRE-BALLET/TAP AGES 3-5 GRANDE FINALE</td>
<td>3:30-4:15pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0314</td>
<td>BALLET I GRANDE FINALE</td>
<td>4:45-5pm</td>
<td>T</td>
<td>6/22</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0315</td>
<td>HIP HOP I GRANDE FINALE</td>
<td>10-10:45am</td>
<td>W</td>
<td>6/21</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0316</td>
<td>JAZZ DANCE I TEENS AGE 11+</td>
<td>4:45-5:45pm</td>
<td>W</td>
<td>6/21</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0317</td>
<td>LYRICAL CONTEMPORARY DANCE I - II AGE 8+</td>
<td>5-6pm</td>
<td>TH</td>
<td>6/22</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0318</td>
<td>TAP/JAZZ GRANDE FINALE</td>
<td>4:15-5pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZMDT-300-0319</td>
<td>TAP BEGINNING ADULT GRANDE FINALE</td>
<td>5-6pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZPED-300-0320</td>
<td>TUMBLING AGES 2.5-4 PARENT/CHILD</td>
<td>5:30-6:15pm</td>
<td>M</td>
<td>6/19</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZPED-300-0321</td>
<td>TUMBLING/TAP AGES 2.5-4 PARENT/CHILD</td>
<td>10:15-11am</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZPED-300-0322</td>
<td>TUMBLING I - II AGES 3-6 GRANDE FINALE</td>
<td>9:30-10:15am</td>
<td>M</td>
<td>6/19</td>
<td>8</td>
<td>$96</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>ZPED-300-0323</td>
<td>TUMBLING TEENS I - II AGES 10+</td>
<td>8-9pm</td>
<td>T</td>
<td>6/20</td>
<td>8</td>
<td>$108</td>
<td>Staff</td>
<td>FLOOR</td>
</tr>
<tr>
<td>YDRE-200-0300</td>
<td>AARP DRIVER SAFETY</td>
<td>9am-4:30pm</td>
<td>S</td>
<td>5/20</td>
<td>1</td>
<td>$15</td>
<td>Wilson</td>
<td>MULTI</td>
</tr>
<tr>
<td>YDRE-100-0301</td>
<td>DRIVER EDUCATION FOR TEENS</td>
<td>9am-4:30pm</td>
<td>S</td>
<td>7/15</td>
<td>1</td>
<td>$15</td>
<td>Wilson</td>
<td>MULTI</td>
</tr>
</tbody>
</table>

Register with the Community Education Partner sponsoring your class.
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YPED-300-0300</td>
<td>AEROBICS (HI/LOW IMPACT) +ZUMBA AT CRRC</td>
<td>5:45-6:45 am</td>
<td>MW</td>
<td>6/19 13 incl</td>
<td>Staff CCRC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-300-0321</td>
<td>BODY SCULPTING &amp; STEP VARIETY:</td>
<td>5:30-6:30 pm</td>
<td>M</td>
<td>6/19 13 incl</td>
<td>Staff CRRRC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-400-0301</td>
<td>AIKIDO FOR KIDS</td>
<td>5:15-6:15pm</td>
<td>M</td>
<td>6/19 10</td>
<td>$60 ClRM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-400-0302</td>
<td>AIKIDO FOR ADULTS</td>
<td>5:45-6:45 am</td>
<td>MW</td>
<td>6/19 10</td>
<td>$60 ClRM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-400-0307</td>
<td>TAE KWON DO FOR AGES 8-15</td>
<td>6:30-7:30 pm</td>
<td>TTH</td>
<td>6/20 7</td>
<td>$59 Beasley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-400-0308</td>
<td>TAE KWON DO ADULT</td>
<td>6:30-7:30 pm</td>
<td>TTH</td>
<td>6/20 7</td>
<td>$59 Beasley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-100-0314</td>
<td>YOGA GENTLE BEGINNING</td>
<td>5:45-6:45 am</td>
<td>MW</td>
<td>6/19 10</td>
<td>$62 Haye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-100-0315</td>
<td>YOGA BASICS</td>
<td>6:30-7:30 pm</td>
<td>TTH</td>
<td>6/20 10</td>
<td>$62 Haye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-100-0316</td>
<td>YOGA BASICS TO INTERMEDIATE</td>
<td>6:30-7:30 pm</td>
<td>TTH</td>
<td>6/20 10</td>
<td>$62 Haye</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**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’ll like to attend:

- TBA M-S 6/19 10 $90 Staff CRRC

---

**YPED-300-0321** BODY SCULPTING & STEP VARIETY:

- 5:45-6:45 am MW 6/19 13 incl Staff CRRRC
- 5:30-6:30pm M 6/19 13 incl Staff CRRRC
- 4:30-5:30pm M-TH 6/19 13 incl Staff CRRRC
- 8-9am S 6/24 13 Incl Staff CRRRC

**YPED-300-0327** ZUMBA:

- 9-10am FS 6/23 13 incl Staff CRRRC
- 5:30-6:30pm M 6/19 13 incl Staff CRRRC

**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

**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

---

**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

---

**YPED-300-0322** BODY SCULPTING:

- 9-10am MW 6/19 10 incl Staff CRRC
- 8-9am S 6/24 13 Incl Staff CRRC
- 7-8pm M 6/19 10 $69 Schmidt Multi

---

**YPED-300-0323** CARDIO VARIETY:

- 4-5pm TH 6/22 10 $60 Staff CLRM
- 5:15-6:15pm TH 6/22 10 $60 Staff CLRM
- 11am-12pm M 6/19 10 $69 Schmidt Multi
- 6-7pm M 6/19 10 $69 Schmidt Multi

---

**YPED-300-0324** STEP VARIETY:

- 6:15-7:15pm T 6/20 10 $60 Staff CLRM
- 4:30-5:30pm M-TH 6/19 13 incl Staff CRRC

**YPED-300-0325** STEP VARIETY:

- 7-8pm M 6/19 10 $69 Schmidt Multi

---

**YPED-300-0326** STEP VARIETY:

- 6-7pm W 6/21 10 $62 Haye Multi
- 6-7:30pm TTH 6/20 7 $59 Beasley 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 form short form especially for beginners. Specify mornings or evenings. Non-competitive. (Age 62+: $55) Gladstone Senior Center

**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

---

**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

**YPED-400-0312** 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

---

**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

---

**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

---

**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. East Side Athletic Milwaukie

**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

---

**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

---

**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

---

**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

---

60
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YPED-100-0317</td>
<td>YOGA CONTINUING</td>
<td>9am-12pm</td>
<td>T-F</td>
<td>6/19</td>
<td>1</td>
<td>$50</td>
<td>Mitchell</td>
<td>GYM</td>
</tr>
<tr>
<td>YPED-100-0318</td>
<td>YOGA &amp; PILATES BEG-INT AT CRRC</td>
<td>8-9am</td>
<td>MWF</td>
<td>6/19</td>
<td>incl</td>
<td>Staff</td>
<td>AEROB</td>
<td></td>
</tr>
<tr>
<td>YPED-100-0320</td>
<td>PILOTES</td>
<td>5:30-6:30pm</td>
<td>T</td>
<td>6/20</td>
<td>13 incl</td>
<td>Staff</td>
<td>AEROB</td>
<td></td>
</tr>
<tr>
<td>YPED-300-0322</td>
<td>ZUMBA MADE EASY WITH HEATHER</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>7/10</td>
<td>1</td>
<td>$115</td>
<td>Skyhawks</td>
<td>Field</td>
</tr>
<tr>
<td>ZOUT-100-0323</td>
<td>SKYHAWKS FLAG FOOTBALL CAMP AGES 6-12</td>
<td>8:30-9:30am</td>
<td>MWF</td>
<td>6/24</td>
<td>1</td>
<td>Staff</td>
<td>CRRC</td>
<td></td>
</tr>
</tbody>
</table>

---

**Sports/Outdoor Activities**

**ZOUT-100-0325** **BASKETBALL CAMP BOYS GRADE 4-9**
Gladstone Hoop Camp for boys will be under the direction of GHS varsity coach Cody Aker. 8:30-10:45am.

**ZOUT-100-0326** **SOCCER CAMP BOYS 5-7**
Soccer camp for boys entering grades 5-7. 8:30-11:45am.

**ZOUT-100-0327** **SOCCER CAMP GIRLS 5-7**
Boys and girls entering grades 5-7. 9:30-12:30pm.

---

**ZOUT-100-0328** **SOFTBALL CAMP FOR GIRLS 1-8**
Soccer camp for boys entering grades 1-8. 8am-12pm.

---

**ZOUT-100-0329** **SOCCER CAMP GIRLS 6-8**
Soccer camp for girls entering grades 6-8. 8am-12pm.

---

**ZOUT-100-0330** **SOFTBALL CAMP FOR GIRLS 7-12**
Soccer camp for girls entering grades 7-12. 8am-12pm.

---

**ZOUT-100-0331** **VOLLEYBALL CAMP GRADE 8-12**
Soccer camp for girls entering grades 8-12. 8am-12pm.
**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, Milwaukie.

**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-9:30am M 6/26 1 $120 (Age 62+: $10) Gladstone High School

9am-6:30pm M-F 6/26 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 pickball 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

**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: Rockets, 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

**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

---

**Financial/Retirement Planning**

**ZBUS-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 1 $49 Horn CLRM

**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

**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

**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

**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

**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

**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

---

**Gardening/Landscape/Farming**

**ZPIT-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: retaining, decoration, installation tips. (Age 62+: $13) Gladstone High School

6:30-9:30pm TH 6/29 1 $16 Hage CLRM

---

Registration form on page 51.
### Health/Wellbeing/Safety

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZFAM-200-0300</td>
<td>BABYSITTING-AGES 11 &amp; UP</td>
<td>9am-3pm</td>
<td>T</td>
<td>6/20</td>
<td>1</td>
<td>$40</td>
<td>Melton</td>
<td>CLRM</td>
</tr>
<tr>
<td>XHLT-100-0302</td>
<td>MEDIC BASIC FIRST AID/CPR</td>
<td>9-9pm</td>
<td>TH</td>
<td>6/29</td>
<td>1</td>
<td>$30</td>
<td>VanGelder</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### Language Studies

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YFLS-100-0300</td>
<td>SPANISH PART 1 BEGINNING (BOOK 1)</td>
<td>6:30-9pm</td>
<td>M</td>
<td>6/19</td>
<td>5</td>
<td>$59</td>
<td>Sotelo</td>
<td>CLRM</td>
</tr>
<tr>
<td>YFLS-100-0301</td>
<td>SPANISH PART 3 (BOOK 1)</td>
<td>6-9pm</td>
<td>T</td>
<td>6/20</td>
<td>4</td>
<td>$59</td>
<td>Sotelo</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### Writing/Literature

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZHWL-100-0300</td>
<td>TELL YOUR STORY - MEMOIR WRITING WORKSHOP</td>
<td>6:30-8:30pm</td>
<td>T</td>
<td>6/20</td>
<td>6</td>
<td>$49</td>
<td>Reed</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### North Clackamas

**PARKS AND RECREATION**

Registration form for Community Education classes is 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**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZAPA-100-1200</td>
<td>OIL PAINTING</td>
<td>9-11am</td>
<td>F</td>
<td>6/16</td>
<td>4</td>
<td>$125</td>
<td>Wilson</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### Computers

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDPS-100-1200</td>
<td>COMPUTER WINDOWS 10</td>
<td>9:30-11:30am</td>
<td>M-F</td>
<td>8/7</td>
<td>3</td>
<td>$120</td>
<td>Wilson</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### Dance/Theater

**YOUTH ACTIVITIES**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZMDT-300-0400</td>
<td>DANCE AROUND THE WORLD</td>
<td>9:30-11:30am</td>
<td>M-F</td>
<td>7/10</td>
<td>1</td>
<td>$125</td>
<td>Sotelo</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### ZMDT-300-0400 | DRAMA CAMP – TORTOISE VS THE HARE | Ages 7-8. 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 ncprd.com. 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 ncprd.com. | 4:4-6:30pm | TH | 6/20 | 6 | $49 | Sotelo | CLRM |

### 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. | 12p-2:30pm | T | 6/29 | 10 | $125 | Wilson | CLRM |
ZPED-300-1200  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
5:30-6:30pm  T 6/27 10 $50  Thompson  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 9 $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 9 $35  Weisenberg  CLRM

ZMDT-300-1203  LINE DANCE – INTERMEDIATE
For those with experience and/or of basic line dancing; continue building your repertoire with this class. Age 62+ $23. Milwaukie Center
1:35-2:35pm  TH 6/29 9 $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  TH 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, BEGINNER
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
12:15-1:15pm  F 6/30 9 $45  Dobson  CLRM
Age 62+ $41.

YPED-500-1207  SIT-N-8-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  Staus  CLRM
11:05-11:50am  W 6/28 10 $38  Staus  CLRM
11:05-11:50am  F 6/30 10 $38  Staus  CLRM
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YPED-300-1206</td>
<td>ZUMBA</td>
<td>Levels 3 &amp; 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</td>
<td>6:40-7:40pm</td>
<td>T</td>
<td>6/27 10</td>
<td>$40</td>
<td>Miratsky</td>
<td>CLRM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Age 62+ $30. No class 7/4, 8/8</td>
<td>6:40-7:40pm</td>
<td>T</td>
<td>7/6   9</td>
<td>$40</td>
<td>Miratsky</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-300-1201</td>
<td>ZUMBA GOLD</td>
<td>Levels 2 &amp; 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</td>
<td>12:15-1pm</td>
<td>W</td>
<td>6/28 9</td>
<td>$34</td>
<td>Bezerra</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-600-1205</td>
<td>FUNCTIONAL FITNESS</td>
<td>Levels 2 &amp; 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</td>
<td>8:30-9:15am</td>
<td>MWF</td>
<td>6/26 10</td>
<td>$38</td>
<td>Stauss</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-600-1217</td>
<td>INTERVAL-OCTICY</td>
<td>Levels 3 &amp; 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</td>
<td>5:30-6:30pm</td>
<td>TH</td>
<td>6/29 10</td>
<td>$50</td>
<td>McClenehan</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-300-1211</td>
<td>LOW IMPACT AEROBIC/STRENGTH</td>
<td>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</td>
<td>8:30-9:15am</td>
<td>MWF</td>
<td>6/26 10</td>
<td>$38</td>
<td>Stauss</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-600-1215</td>
<td>COMPLETE CONDITIONING</td>
<td>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</td>
<td>7-8pm</td>
<td>MWTH</td>
<td>6/26 11</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td>YPED-600-1209</td>
<td>ANTI-AGING CIRCUIT TRAINING</td>
<td>Levels 3 &amp; 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.</td>
<td>6:40-7:40pm</td>
<td>T</td>
<td>6/27 10</td>
<td>$45</td>
<td>Hall</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-300-1222</td>
<td>WWW – WALKING WITH WAYNE</td>
<td>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.</td>
<td>7-7:30pm</td>
<td>TTH</td>
<td>7/18 4</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td>YPED-200-1202</td>
<td>STRETCH &amp; FLEX</td>
<td>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</td>
<td>12:30-1:15pm</td>
<td>TH</td>
<td>6/1 1</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPED-300-0400</td>
<td>TEEN WAVE</td>
<td>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</td>
<td>11:15am-12pm</td>
<td>MWF</td>
<td>6/5 1</td>
<td>Free</td>
<td>Bezerra</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPD-300-0401</td>
<td>RED CROSS LIFEGUARD TRAINING</td>
<td>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</td>
<td>6-9pm</td>
<td>TTH</td>
<td>7/11 4</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td>YPD-300-0402</td>
<td>AQUATIC EXERCISE</td>
<td>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.</td>
<td>6-7pm</td>
<td>M-TH</td>
<td>6/26 11</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td>YPD-300-0400</td>
<td>DEEP H2O</td>
<td>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</td>
<td>8-9am</td>
<td>MVF</td>
<td>6/26 11</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td>YPD-300-0401</td>
<td>H2O FITNESS</td>
<td>H2O Fitness is a water exercise program designed to enhance health and wellness. North Clackamas Aquatic Park</td>
<td>9-10am</td>
<td>MVF</td>
<td>6/26 11</td>
<td>Staff</td>
<td>POOL</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Age 62+ $30. No class 7/4, 8/8</td>
<td>11:15am-12pm</td>
<td>MWF</td>
<td>6/5 1</td>
<td>Free</td>
<td>McClenehan</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPD-300-1200</td>
<td>OUTDOOR FITNESS EQUIPMENT TRAINING</td>
<td>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</td>
<td>12:30-1:15pm</td>
<td>TH</td>
<td>6/1 1</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YPD-300-1201</td>
<td></td>
<td>Levels 2-4. No class 7/4.</td>
<td>11:15am-12pm</td>
<td>MWF</td>
<td>6/5 1</td>
<td>Free</td>
<td>McClenehan</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPD-300-1202</td>
<td></td>
<td>Levels 3-4.</td>
<td>6-6:45pm</td>
<td>W</td>
<td>6/7 1</td>
<td>Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Course No.</td>
<td>Course Title</td>
<td>Time Days</td>
<td>Begins Wks.</td>
<td>Tuition Fee</td>
<td>Instructor</td>
<td>Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>--------------</td>
<td>-----------</td>
<td>-------------</td>
<td>-------------</td>
<td>------------</td>
<td>------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-300-0402</td>
<td>H2O GYM</td>
<td>8-8:30am M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-300-0403</td>
<td>SMILE</td>
<td>8:35-9:05am M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-800-0401</td>
<td>WATER BABIES, AGES 8-18 MOS</td>
<td>9:10-9:40am M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-800-0402</td>
<td>AQUA TOTS, AGES 19-35 MOS</td>
<td>10:20-10:50am M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-800-0403</td>
<td>SEALS INTRO, AGES 3-5</td>
<td>10:55-11:25am M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-800-0404</td>
<td>SEALS, AGES 3-5</td>
<td>11:30am-12pm M-TH</td>
<td>2</td>
<td>Staff POOL</td>
<td>7-8pm T</td>
<td>6/27 11</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Swim Lessons**


**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

| Session 1-5 | 9:35-10:05am M-TH | 2 | Staff POOL |
| Session 1-5 | 11:20-11:50am M-TH | 2 | 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

| Session 1-5 | 8:35-9:05am M-TH | 2 | Staff POOL |
| Session 1-5 | 10:20-10:50am M-TH | 2 | Staff POOL |
| Session 1-5 | 4:40-5:10pm M-TH | 2 | 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |
| Session 1-5 | 10:45-10:15am M-TH | 2 | 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |
| Session 1-5 | 10:45-10:15am M-TH | 2 | Staff POOL |

**ZPED-800-0409 LEVEL 3, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0410 LEVEL 4, AGES 5+**
Builds on basic swimming and water safety skills while focusing on front crawl and breath control and endurance, and introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0411 LEVEL 5, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0412 LEVEL 6, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0413 LEVEL 7, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0414 LEVEL 8, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0415 LEVEL 9, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0416 LEVEL 10, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0417 LEVEL 11, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0418 LEVEL 12, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0419 LEVEL 13, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0420 LEVEL 14, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0421 LEVEL 15, AGES 5+**
Introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |

**ZPED-800-0422 LEVEL 16, 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

| Session 1-5 | 8-8:30am M-TH | 2 | Staff POOL |
| Session 1-5 | 9:10-9:40am M-TH | 2 | Staff POOL |
### Community Education

**Course No.** | **Course Title** | **Time** | **Days** | **Begins** | **Wks.** | **Tuition Fee** | **Instructor** | **Room**
--- | --- | --- | --- | --- | --- | --- | --- | ---
11:30am-12:30pm | Staff | 2 | POOL
6:25-6:55pm | Staff | 2 | POOL

**Saturday Session**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| ZPED-800-0409 | LEVEL 3, AGES 5+ | 9:35-10:05am | S | 8 | Staff | POOL
| ZPED-800-0410 | LEVEL 4, AGES 5+ | 8:35-9:05am | M-TH | 2 | Staff | POOL
| ZPED-800-0411 | LEVEL 5, AGES 5+ | 9:35-10:05am | S | 8 | Staff | POOL
| ZPED-800-0412 | LEVEL 6, AGES 5+ | 8:35-9:05am | M-TH | 2 | Staff | POOL
| ZPED-800-0413 | LEVEL 7, AGES 5+ | 9:35-10:05am | S | 8 | Staff | POOL

### 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| 12:30-4pm | W | Staff | CLRM

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| 1:30-3pm | W | Staff | CLRM

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| TBA | T | Staff | CLRM

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
</table>
| 10am-2pm | F | Staff | CLRM

**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. For more information or menu, call the Nutrition Coordinator at 503-654-3030.

---

Register with the Community Education Partner sponsoring your class.

www.clackamas.edu
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
1:30 pm 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
1:30 pm 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
10:30 am-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
10 am-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
10:30 am-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
2-3:30 pm 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
12:15-2 pm 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
10:30 am-12 pm 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
9-10:30 am 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
9:30 am-2 pm M 6/19
10:30 am-1:30 pm TU 6/20
10:30 am-1:30 pm 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
6:15 pm M 6/26 CLRM

ZMDT-400-1201 UKULELE JAM GROUP
Practice and play songs in this casual, drop-in atmosphere. Activity fee: $1 per session. Milwaukie Center
9:30-11 am M 6/19 CLRM
**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 $2 per event benefit the Milwaukie Center Nutrition Program. 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 60+. 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
### Sports/Outdoor Activities

#### YOUTH ACTIVITIES

##### ZOUT-100-0400 HORSEBACK CAMP
- **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** 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.
- **11:30am-2:30pm TH 8/29** 8 $70 Arnold CLRM
- **11:30am-1:45pm W 8/9** $60

#### HIGHLAND STILLHOUSE & McLoughlin 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**

#### 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**

#### 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**

#### 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**

#### 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**

### 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**

#### 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**

#### 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**

#### 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.
- **11:30am-2:30pm W 8/9**

#### 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**

#### 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**

#### 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**

#### 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

#### 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
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
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/seasonalcamps. 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-Thu-$50/day; Field Trip Fridays-$65/day; Weekly-$235. Eastham Community Center.

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 $210 charged. Free/reduced lunch eligible students receive a $75 discount on tuition. Refunds given up to 1 week prior to start 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

YPED-200-0500 PILATES MAT CLASS
Note: classes will be held in blue bldg. 7/12, 8/9.
6-7pm W 6/28 10 $95 Groshong BLDG

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 JAZZERCISE MEN & WOMEN AGES 11-ADULT
5:45-6:45am Staff

YPED-300-0501 JAZZERCISE MEN & WOMEN AGES 11-ADULT
8-9am Staff

YPED-300-0502 JAZZERCISE MEN & WOMEN AGES 11-ADULT
9:15-10:15am Staff

YPED-300-0503 JAZZERCISE MEN & WOMEN AGES 11-ADULT
4-5pm Staff

YPED-300-0504 JAZZERCISE MEN & WOMEN AGES 11-ADULT
4:40-5:40pm Staff

YPED-300-0505 JAZZERCISE MEN & WOMEN AGES 11-ADULT
5:50-6:50pm Staff

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

XHLT-100-0500 PEDIATRIC PLUS
Age: 13-Adult. Dual certification combining Adult Basic First Aid/ CPR AED and Child/Infant CPR. Receive certificate at one time class instead of attending two separate classes. Eastham Community Center.
6-9pm M 7/10 1 $95 Hazapis 209

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, Beavercreek. English style riding for balance (bases for all riding disciplines), helmets provided. Boots are required w/ 1 inch heel.
### Course Table

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZOUT-200-0500</td>
<td>BEGINNER 1 LESSONS-ENGLISH STYLE</td>
<td>2-3pm</td>
<td>T</td>
<td>8/1</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2-3pm</td>
<td>W</td>
<td>8/2</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2-3pm</td>
<td>TH</td>
<td>8/3</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2-3pm</td>
<td>F</td>
<td>8/4</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td>ZOUT-200-0501</td>
<td>BEGINNER 2 LESSONS-ENGLISH STYLE</td>
<td>Age: 10-Adult.</td>
<td>3-4pm</td>
<td>T</td>
<td>8/1</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3-4pm</td>
<td>W</td>
<td>8/2</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3-4pm</td>
<td>TH</td>
<td>8/3</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3-4pm</td>
<td>F</td>
<td>8/4</td>
<td>4</td>
<td>$150</td>
<td>Staff</td>
<td>ARENA</td>
</tr>
</tbody>
</table>

### Notes

- **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/boots 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.

- **ZAPA-100-1300 ACRYLIC & OIL PAINTING**
  - 9:30-11:30am W 6/28 11 $95 Lind CRAFT

- **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

- **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

### Computers

- **YZPS-100-1300 COMPUTERS AVAILABLE FOR USE**
  - Computers are available for use Monday-Friday, 9-4pm. No printers.
  - 9am-4pm M-F Staff COMP

- **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
**Register with the Community Education Partner sponsoring your class.**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDPS-100-1302</td>
<td>COMPUTER BASICS–LEVEL 2 CLASS</td>
<td>TBA</td>
<td>M</td>
<td>4</td>
<td>$65</td>
<td>King</td>
<td>BASEMENT</td>
<td></td>
</tr>
<tr>
<td>YDPS-100-1303</td>
<td>WORD PROCESSING–LEVEL 3 CLASS</td>
<td>TBA</td>
<td>M</td>
<td>4</td>
<td>$65</td>
<td>King</td>
<td>BASEMENT</td>
<td></td>
</tr>
<tr>
<td>YDPS-100-1304</td>
<td>MASTERING EMAIL–LEVEL 3 CLASS</td>
<td>TBA</td>
<td>M</td>
<td>4</td>
<td>$65</td>
<td>King</td>
<td>BASEMENT</td>
<td></td>
</tr>
</tbody>
</table>

**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](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.
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](http://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 Juiffs 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](http://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](http://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](http://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
Oregon City Pioneer Community Center

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

Registration form on page 51.

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 colleen3@comcast.net.
10:30-11:30am TTH 7/11 8 $100 Watson BASEMENT

YPED-100-1303 TAI CHI STRAIGHTWORD
New class! This ancient, 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 CRAFT

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 CRAFT

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.

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 TRANS

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 jun- genberg@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 – 1:00pm. This is a free support group and open to the public.
12-1pm F Ongoing $30 Byers MPIII

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
Time Days Begins Wks. Tuition Fee Instructor Room

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 CLRM

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 CLRM

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 CLRM

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 CLRM

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 CLRM

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 CLRM

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

ZAPA-300-1303 TRIPLE DECK PINOCHEL
Group meets every Friday. 25¢ fee. Pioneer Community Center
1-3:30pm F Staff CLRMII

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

ZAPA-300-1305 SCRABBLE
Come challenge this fun, friendly group that meets every week for free scrabble fun.
12:30-3pm F Staff CLRM

Travel/Trips/Tours

ZTTL-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.

ZTTL-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 Brandon, 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!

ZTTL-100-1302 EXTENDED TRIPS: COLLETTE TOURS & AMERICAN TRAVEL BUREAU
For trip information, contact Lori at ljtharsher@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-2000 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

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

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
10am-2pm TH 6/15 1 Stubb CLRM
5:30-9pm TH 7/13 1 Stubb CLRM
10am-2pm S 7/29 1 Stubb CLRM
5:30-9pm TH 8/10 1 Stubb CLRM
10am-2pm S 8/26 1 Stubb CLRM

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

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

For class locations, see page 53. Phone: 503-557-4700

Community Education

www.clackamas.edu 75
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZAPA-100-0605</td>
<td>AFRICAN SAFARI WORKSHOP</td>
<td>9:30am-12pm</td>
<td>M-Th</td>
<td>7/24</td>
<td>1</td>
<td></td>
<td>Young Rembrandts</td>
<td>A102</td>
</tr>
<tr>
<td>ZAPA-100-0606</td>
<td>CHALK PASTEL: DINOSAURS</td>
<td>12:30-2:45pm</td>
<td>M-F</td>
<td>7/24</td>
<td>1</td>
<td></td>
<td>Young Rembrandts</td>
<td>A102</td>
</tr>
<tr>
<td>ZAPA-100-0607</td>
<td>CHALK PASTEL: PATTERN &amp; DESIGN</td>
<td>9:30am-12pm</td>
<td>M-Th</td>
<td>7/31</td>
<td>1</td>
<td></td>
<td>Young Rembrandts</td>
<td>A102</td>
</tr>
<tr>
<td>ZAPA-100-0608</td>
<td>CARTOONING UNDER THE SEA</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>7/17</td>
<td>1</td>
<td></td>
<td>Staff</td>
<td>PARK</td>
</tr>
<tr>
<td>ZAPA-100-0609</td>
<td>SUMMER ART WORKSHOP</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>7/31</td>
<td>1</td>
<td></td>
<td>Staff</td>
<td>PARK</td>
</tr>
<tr>
<td>ZAPA-100-0610</td>
<td>YOUNG PICASSO</td>
<td>9:30am-3pm</td>
<td>M-F</td>
<td>7/17</td>
<td>1</td>
<td></td>
<td>YMCA</td>
<td>A104</td>
</tr>
<tr>
<td>ZOUT-200-0600</td>
<td>FUN IN THE SUN - DAY CAMP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0600</td>
<td>DADDY DAUGHTER DANCE</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>8/7</td>
<td>1</td>
<td></td>
<td>Staff</td>
<td>PARK</td>
</tr>
<tr>
<td>ZOUT-200-0601</td>
<td>MINI CAMPER</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-200-0602</td>
<td>SHORTY SPORTY CAMPS</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>8/14</td>
<td>1</td>
<td></td>
<td>Staff</td>
<td>PARK</td>
</tr>
<tr>
<td>ZOUT-200-0603</td>
<td>NEW-ALL DAY OPTION</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>8/21</td>
<td>1</td>
<td></td>
<td>Staff</td>
<td>PARK</td>
</tr>
</tbody>
</table>

**Childcare/Activities**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZOUT-200-0600</td>
<td>FUN IN THE SUN - DAY CAMP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ZOUT-200-0600 FUN IN THE SUN - DAY CAMP**
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.

Hammerle Park, 1505 Lewis St., West Linn
9am-3pm M-F 7/10 1 Staff PARK
9am-3pm M-F 7/17 1 Staff PARK
9am-3pm M-F 8/14 1 Staff PARK
Maryhurst Heights Park, 1800 Valley View Dr., 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 7/24 1 Staff PARK
9am-3pm M-F 7/31 1 Staff PARK
Williamette 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

Hammerle Park, 1505 Lewis St., West Linn
9am-3pm M-F 8/7 1 Staff PARK
9am-3pm M-F 8/14 1 Staff PARK
9am-3pm M-F 8/21 1 Staff PARK

- **ZFAM-200-0600 DADDY DAUGHTER DANCE**
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 6-8:30pm  F 6/16 1 Staff CLRM

- **ZOUT-200-0601 MINI CAMPER**
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.

- **ZOUT-200-0602 SHORTY SPORTY CAMPS**
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.

- **ZOUT-200-0603 NEW-ALL DAY OPTION**
Register for both sessions of Mini-Campers and Shorty Sporty Camp, stay and play during a supervised lunch. Res. $108, Non-Res. $113.
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZFAM-200-0601</td>
<td>LEGO JR-STORYBOOK LEGOS</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>8/1</td>
<td>1</td>
<td>Staff</td>
<td>A105</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0602</td>
<td>LEGO ENGINEERING-CORE CONCEPTS CAMP</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>6/26</td>
<td>1</td>
<td>YMCA</td>
<td>A106</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0603</td>
<td>LEGO ENGINEERING ELECTRONICS CAMP</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>7/31</td>
<td>1</td>
<td>YMCA</td>
<td>CLRM</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0604</td>
<td>LEGO JR-INTO THE GALAXY</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>6/26</td>
<td>1</td>
<td>YMCA</td>
<td>A105</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0605</td>
<td>INVENT IT, BUILD IT</td>
<td>9am-3pm</td>
<td>M-F</td>
<td>7/31</td>
<td>1</td>
<td>YMCA</td>
<td>CLRM</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0606</td>
<td>SUMMER CHESS CAMP</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>7/25</td>
<td>1</td>
<td>YMCA</td>
<td>A104</td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0607</td>
<td>FISH HUNTERS CAMP</td>
<td>9am-4pm</td>
<td>M-F</td>
<td>7/18</td>
<td>1</td>
<td>Staff</td>
<td>A102</td>
<td></td>
</tr>
</tbody>
</table>

**Culinary**

**COOKING WITH SURJA Tjahaja**
This always-admired instructor is revisiting some of his most popular recipes. Let them become your signature dishes too.

**ZEAT-100-0600** **SUSHI**

10am-1:30pm SU 6/11 1 Tjahaja CLRM

**ZEAT-100-0601** **KOREAN TABLETOP BBQ**
Learn to make this exciting dish inexpensive while using high quality ingredients. Class includes making authentic marinades for beef, chicken, spicy pork plus mastering the skills of table top cooking over mesquite. Res. $35, Non-Res. $40. Materials fee paid directly to instructor $12. West Linn Adult Community Center

10am-1:30pm SU 7/16 1 Tjahaja CLRM

**ZEAT-100-0602** **VIETNAMESE SALAD ROLL**
Food for fun-loving people! Make salad rolls Materials fee paid directly to the instructor $8. Res. $35, Non-Res. $40. West Linn Adult Community Center

10am-1:30pm SU 8/20 1 Tjahaja CLRM

**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, $265 full day. Presented by Coyle Outside. Contact Dan Coyle, 417-760-0774, 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

Register with the Community Education Partner sponsoring your class.
### ZEAT-100-0603 Y CHEF AROUND THE WORLD
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 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.

### ZEAT-100-0603 THE NEXT Y CELEBRITY CHEF
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.

### ZEAT-100-0603 STORYBOOK Y CHEF
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.

### ZEAT-100-0604 4TH OF JULY CAKE
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.

### ZEAT-100-0605 ICE CREAM CONE CAKE POPS
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.

### ZEAT-100-0606 2 TIER ANNIVERSARY CAKE
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.

### ZEAT-100-0607 SCULPT A ROUND SPORTS BALL CAKE
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.

### ZEAT-100-0608 HOW TO MAKE A FAUX COMPETITION CAKE
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.

### ZEAT-100-0609 CUPCAKE FLOWERS
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.

### Dance/Theater

#### BEYOND BASICS/INTER DANCE FOR ADULTS
Different dance 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-300-0601 AERIAL PLAYGROUND
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.

### ZMDT-300-0602 AERIAL PLAYGROUND
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.

### ZMDT-300-0603 AERIAL PLAYGROUND

### ZMDT-300-0604 AERIAL PLAYGROUND
Age 12-17. Teen Fly Beginner. Spend a week soaring from the trees with A-Wol Dance Collective. Learn 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 7/14 & 8/11. awoldance.org. Res. $225, Non-Res. $250. Mary S Young Park. 10-11:30am M-F 7/10 1 AWOL SHELTER.

### ZMDT-300-0605 AERIAL PLAYGROUND
Age 12-17. Teen 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 7/10 1 AWOL SHELTER.
### Register with the Community Education Partner sponsoring your class.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZMDT-100-0600</td>
<td>BROADWAY HITS SONG &amp; DANCE CAMP</td>
<td>11:15am-12pm</td>
<td>TTH</td>
<td>8/1</td>
<td>4</td>
<td>$45/$50</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30-11:30pm</td>
<td>M-F</td>
<td>7/17</td>
<td>4</td>
<td>$56/$61</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-300-0610</td>
<td>TINY TUTUS BALLET CAMP</td>
<td>2-2:45pm</td>
<td>T-F</td>
<td>7/17</td>
<td>1</td>
<td>Staff</td>
<td></td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-100-0603</td>
<td>GLEE SONG &amp; DANCE CAMP</td>
<td>3:30-4:45pm</td>
<td>MWF</td>
<td>8/21</td>
<td>1</td>
<td>$45/$50</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-200-0600</td>
<td>TODDLER TUNES</td>
<td>10-10:30am</td>
<td>M-W-F</td>
<td>8/17</td>
<td>1</td>
<td>Staff</td>
<td></td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-200-0601</td>
<td>ACTING</td>
<td>9-10:15am</td>
<td>T</td>
<td>6/6</td>
<td>12</td>
<td>$99/$104</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZMDT-200-0600</td>
<td>CHILDREN'S BALLET CAMP</td>
<td>6:30-8:30pm</td>
<td>W</td>
<td>6/28</td>
<td>1</td>
<td>$28/$33</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
</tbody>
</table>

### 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 | T | 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 | T | 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 | T | 6/8 | 12 | $99/$104 | Staff | CLRM |
<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>YPED-500-0603</td>
<td>GENTLE NURTURING YOGA</td>
<td>Sachi Wellness</td>
<td>CLRM</td>
</tr>
<tr>
<td>8:45-10:00AM</td>
<td>SU 6/4 12 $108/$113</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>6:30-7:45pm</td>
<td>M 6/5 12 $108/$113</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>11-12:15pm</td>
<td>TH 6/8 12 $108/$113</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>YPED-100-0629</td>
<td>ALIGN WITH EASE</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This course focuses on the principles of iyengar (alignment-based) yoga, emphasizing focus on breath, balance, and strength. Props are used for safe and supported movement and to help students regard less of levels of experience.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sachi Wellness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:30pm</td>
<td>W 6/7 10 $90/$95</td>
<td>Staff</td>
<td>CLRM</td>
</tr>
<tr>
<td>ZPED-200-0603</td>
<td>BODY TRANSFORMATION BOOT CAMP</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>F 6/2 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>T 6/6 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>F 7/7 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>T 7/11 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>T 8/1 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>F 8/4 4 Rodgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZPED-700-0600</td>
<td>MINDFUL MEDITATION</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-8:30pm</td>
<td>T 6/6 12 Tjahaja</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0607</td>
<td>IMAGINATION ACADEMY</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Age 5-8. Discover, create and play! All aboard the imagination train as your Jr. Mad Scientist takes you on a journey around the world of science. Res. $168, Non-Res. $173. West Linn High School, RM B101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-12pm</td>
<td>M-F 6/26 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0608</td>
<td>RADICAL ROBOTICS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Age 8-13. Spend the week exploring the 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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-4pm</td>
<td>M-F 7/17 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0609</td>
<td>SPY ACADEMY</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-4pm</td>
<td>M-F 6/26 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0610</td>
<td>BRIXOLOGY</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-4pm</td>
<td>M-F 7/11 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0611</td>
<td>MOVING WITH SCIENCE</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-1pm</td>
<td>M-F 7/18 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0612</td>
<td>ROCKETS &amp; THE SCIENCE OF FLIGHT</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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 A101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-1pm</td>
<td>M-F 7/10 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0613</td>
<td>ROCKET LAB</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Age 8-12. 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-4pm</td>
<td>M-F 8/15 1 MadScience</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0614</td>
<td>LITTLE VETERINARIAN SCHOOL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-3pm</td>
<td>M-Th 7/10 1 LittleMedicalSchool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0615</td>
<td>LITTLE MEDICAL SCHOOL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-3pm</td>
<td>M-Th 7/10 1 LittleMedicalSchool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0616</td>
<td>POKEMON GO VIDEO DESIGN</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-12pm</td>
<td>M-F 7/17 1 CodeToTheFuture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0617</td>
<td>MINECRAFT MODDING</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-12pm</td>
<td>M-F 7/17 1 CodeToTheFuture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZFAM-200-0618</td>
<td>STAR WARS VIDEO DESIGN</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-12pm</td>
<td>M-F 7/17 1 CodeToTheFuture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0603</td>
<td>SUDY SOCCER CAMP, AGES 6-12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am-1pm</td>
<td>M-F 8/8 1 $105/$110 Sudy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## 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.WilsonvilleParkRec.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
- 10am-12pm M-F 5/5 8 $40
- 10am-12pm M-F 5/12 8 $40

**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
- 10am-12pm M-F 6/6 8 $40
- 10am-12pm M-F 7/11 8 $40
- 10am-12pm M-F 7/18 8 $40

#### 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.
- 10am-12pm M-F 5/5 8 $60
- 10am-12pm M-F 5/12 8 $60

### 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 M-F 5/6 & 5/13 2
- 9am-12pm M-F 7/20 & 7/27 2

### Register with the Community Education Partner sponsoring your class.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Time</th>
<th>Days</th>
<th>Begins</th>
<th>Wks.</th>
<th>Tuition Fee</th>
<th>Instructor</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZOUT-100-0604</td>
<td>FUN SUMMER SPORTS CAMP, AGE 6-12</td>
<td>9am-1pm</td>
<td>M-F</td>
<td>8/1</td>
<td>1</td>
<td>$105/$115</td>
<td>Sudy</td>
<td>FIELD</td>
</tr>
<tr>
<td>ZOUT-200-0604</td>
<td>PADDLE SPORTS CAMPS, AGES 8-18</td>
<td>10am-3pm</td>
<td>M-W</td>
<td>6/28</td>
<td>1</td>
<td>$225/$230</td>
<td>eNRG PARK</td>
<td></td>
</tr>
<tr>
<td>ZOUT-200-0622</td>
<td>A TOUR OF THE TREES</td>
<td>9am-1pm</td>
<td>SA</td>
<td>7/22</td>
<td>1</td>
<td>$135/$140</td>
<td>Staff FOREST</td>
<td></td>
</tr>
<tr>
<td>ZOUT-200-0603</td>
<td>KID'S TREE ADVENTURE</td>
<td>5:15-11:00am</td>
<td>S</td>
<td>6/20</td>
<td>8</td>
<td>Ages 2.5-3</td>
<td>Staff Field</td>
<td></td>
</tr>
<tr>
<td>ZOUT-200-0623</td>
<td>MOVEMENTS CAMP – PARKOUR</td>
<td>9am-12pm</td>
<td>M-F</td>
<td>8/14</td>
<td>1</td>
<td>$295/$300</td>
<td>Staff FOREST</td>
<td></td>
</tr>
<tr>
<td>ZOUT-100-0624</td>
<td>KIDZ LOVE SOCCER</td>
<td>9:30am</td>
<td>S</td>
<td>7/1</td>
<td>8</td>
<td>Ages 2.5-3</td>
<td>Field</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am-4pm</td>
<td>M-F</td>
<td>7/8</td>
<td>8</td>
<td>Ages 3-6</td>
<td>Field</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4:30-9:30pm</td>
<td>M-F</td>
<td>7/15</td>
<td>8</td>
<td>Ages 7-10</td>
<td>Field</td>
<td></td>
</tr>
</tbody>
</table>

www.clackamas.edu 81
**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.
3:30-4:30pm M 9/19 9 $65 McDaniel 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

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

**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

**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

**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 FREE Brower MRPLZ

**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

**YPED-700-0701 GUIDED MEDITATION MEETUP**
A free, weekly opportunity for anyone wishing to begin a medita- tion 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

**YPED-400-0701 TAI CHI STUDIO**
Class opens with Qigong and warm-ups that targets joints and improves 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

**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