

North Clackamas Parks and Recreation District

PROGRAM GUIDE

Winter/Spring 2012



**VISIT OUR WEBSITE AT
WWW.NCPRD.COM!**

NORTH CLACKAMAS PARKS AND RECREATION DISTRICT

OFFICE INFORMATION



North Clackamas Aquatic Park

7300 SE Harmony Road
Milwaukie, OR 97222
Phone: 503-794-8080
FAX: 503-794-8085
Office Hours: M-Sa, 8 a.m.-7 p.m., Su 1-5 p.m.

District Office

150 Beaver Creek Road
Oregon City, OR 97045
Phone: 503-742-4348
FAX: 503-742-4349
Office Hours: M-Th, 7 a.m.-6 p.m.

Milwaukie Center

5440 SE Kellogg Creek Drive
Milwaukie, OR 97222
Phone: 503-653-8100
FAX: 503-794-8016
Office Hours: M-F, 8:30 a.m.-5 p.m.

North Clackamas Parks and Recreation District Advisory Board

Citizen volunteers make recommendations to the District Advisory Board on the design, planning and development of parks and recreational programs in the District. The advisory board regularly meets on the second Wednesday of each month at 4 p.m.

Board members are important in representing the citizens' voice in NCPRD decision making and policies. If one would like to apply to be a District Advisory Board member, see the website www.ncprd.com to fill out an application or call 503-742-4353 for more information.

District Advisory Board Members

Michael Morrow, Chair
Bill Bersie, Vice Chair
Mike Miller
Lynn Fisher
Renee King
Susan McCarty
Kristin Mitchell
David Noble
Marylee Walden

The North Clackamas Parks and Recreation District is a service district of Clackamas County government dedicated to providing park and recreation programs, facilities and services. The Parks District, about 36 square miles in area, is defined by the Clackamas River on the south, the Willamette River on the west, Multnomah County line on the north and Happy Valley's border on the east. The District includes the City of Happy Valley, the incorporated City of Milwaukie and a large area of unincorporated Clackamas County. It does not include the cities of Gladstone or Johnson City.

RECREATION PROGRAMS JANUARY – MAY TABLE OF CONTENTS

<p>Special Events.....4</p> <p>North Clackamas Aquatic Park.....8</p> <p style="padding-left: 20px;">Winter/Spring 2012 Aquatic Park Schedule.....8</p> <p style="padding-left: 20px;">Winter/Spring Admissions9</p> <p style="padding-left: 20px;">Swim Lesson Descriptions.....12</p> <p style="padding-left: 20px;">Swim Lessons13</p> <p style="padding-left: 20px;">H₂O Fitness.....14</p> <p style="padding-left: 20px;">Party and Celebration Packages15</p> <p>Youth Programs16</p> <p style="padding-left: 20px;">Art16</p> <p style="padding-left: 20px;">Dance, Movement & Music.....16</p> <p style="padding-left: 20px;">Spotlight Dance and Performing Arts Studio ...17</p> <p style="padding-left: 20px;">Youth Excursions20</p> <p style="padding-left: 20px;">Youth Outdoor Recreation.....20</p> <p style="padding-left: 20px;">Youth Sports21</p> <p style="padding-left: 20px;">Precision Elite Gymnastics22</p>	<p>Adult Programs24</p> <p style="padding-left: 20px;">Mt. Talbert Nature Walk.....24</p> <p style="padding-left: 20px;">Drop In Activities.....24</p> <p style="padding-left: 20px;">Art25</p> <p style="padding-left: 20px;">Computer28</p> <p style="padding-left: 20px;">Cooking.....29</p> <p style="padding-left: 20px;">Dance and Music.....30</p> <p style="padding-left: 20px;">Fitness and Exercise31</p> <p style="padding-left: 20px;">Mind/Body Classes.....31</p> <p style="padding-left: 20px;">Cardio/Strength Classes33</p> <p style="padding-left: 20px;">Gardening35</p> <p style="padding-left: 20px;">Language and Writing36</p> <p style="padding-left: 20px;">Sports37</p> <p style="padding-left: 20px;">Travel.....38</p> <p>Milwaukie Center.....40</p> <p style="padding-left: 20px;">Ongoing Clinics And Groups.....41</p> <p>Park & Facility Rentals42</p> <p style="padding-left: 20px;">Registration46</p> <p style="padding-left: 20px;">Class/Activity Registration Form47</p>
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REGISTRATION

Register Online Today!

www.ncprd.com

Click "RecConnect" button OR click "Register" on top toolbar

You can also register by:

PHONE: Please have Visa or MasterCard card number ready.

FAX/MAIL: Complete form and FAX into one of the two locations below.

IN PERSON: Register at either location below (please see office hours).

Locations:

North Clackamas Aquatic Park and Recreation Office

7300 SE Harmony Road
Milwaukie, OR 97222
Phone: 503-794-8080 FAX: 503-794-8085
Office Hours: M-Sa, 8 a.m.-7 p.m., Su 1-5 p.m.

Milwaukie Center

5440 SE Kellogg Creek Drive
Milwaukie, OR 97222
Phone: 503-794-8092 FAX: 503-794-8016
Office Hours: M-F, 8:30 a.m.-5 p.m.

For additional information, please see page 46.

SPECIAL EVENTS

Winterfest Holiday Party

Join us for seasonal entertainment provided by harp and flute duo, Celtic Trill, and singer/keyboardist Lyle Chaffee. There will also be door prizes, refreshments and a visit from Mr. and Mrs. Claus.

Assist the Clackamas Fire District with their Operation Santa Claus holiday toy and food drive by bringing in a can of food and/or new toys to spread holiday cheer to all. Contact recreation staff at 503-794-8092 for more information.

Fee: Non-perishable food/canned food

Location: Milwaukie Center

Date/Time: Tu 12/13 1:30-3 p.m.



New Years Zumbathon

Start the New Year with a Zumbathon! Talented Zumba instructor, Neylana Bezerra will lead you on a dance adventure by exercising to music from South America and other Latin countries. Contact recreation staff at 503-794-8092 for more information.

Fee: \$5 at the door

Location: Milwaukie Center

Instructor: Bezerra

Date/Time: Su 1/15 4-5:30 p.m.





Daddy Daughter Dinner Dance

Ages 1-18. Join us for a special Valentine's Day dinner dance at The Aerie at Eagle Landing in Happy Valley. This red carpet event includes catered dinner, dessert, dancing and games. Professional photos will be taken and available for purchase. Register early as this event sells out quickly. Register online at www.ncprd.com or by calling 503-794-8080.

Fee: Res. \$50 per couple,
plus \$15 each add'l daughter
Non-Res. \$60 per couple,
plus \$18 each add'l daughter

Location: The Aerie at Eagle Landing

Date/Time: Sa 2/4 6-9 p.m.

See's Valentine Candy Sale

Buy delicious See's Candy in time for Valentine's Day! Proceeds help support Milwaukie Center's Transportation Services in North Clackamas County. Call the Transportation Coordinator at 503-653-8100 for more information.

Costs:	Assorted Candy Bars	\$2
	Valentine Gift Pack	\$6
	Novelty Box	\$6
	Box (4 oz) of	
	Assorted Chocolates	\$6

Date/Time: 1/17-2/14

March For Meals

Milwaukie Center provides more than 70,000 home cooked lunch meals each year for older adults and people with disabilities. Nationally, Meals on Wheels Association of America has designated this month as “MARCH FOR MEALS.” These nutritional meals often make the difference in helping someone stay independent in their home.

How can you help?

- Miles of Pennies — save your pennies and donate them to the Milwaukie Center Nutrition Program.
- Do you belong to a fraternal group, church or other? Ask them to support the Nutrition Program at the Milwaukie Center.
- Join in the annual fund-raising campaign this month — contact staff at 503-653-8100 for more information regarding ways to help.

Location: Milwaukie Center

Date/Time: Mar. 1-30



March For Mutts Expo



Bring along your dog and meet other dog lovers while participating in fun and educational activities. Festivities will include pet rescue and adoption agencies, pet product vendors, demonstrations, dog training mini-sessions. Ask-a Vet booth with \$15 rabies vaccine and \$25 chipping and more!

March for Mutts supports the annual March for Meals campaign, so “No Senior Goes Hungry” and Friends Involved in Dog Outreach. Thanks to our corporate sponsor, Dave’s Killer Bread! Call the Milwaukie Center Nutrition Program at 503-654-3030 for more information.

Fee: \$5 per person

Location: North Clackamas Ballfields

Date/Time: Sa 3/3 9 a.m.-noon

Quilt Show

View new and decades-old family treasures at the 18th annual “Airing of the Quilts” Quilt Show. Quilters will also enjoy learning new techniques during our informative demonstrations. On Sat. Mar. 24, at 11 a.m., featured quilter Michelle Byrum will present “Creative Problem Solving: The Story of Two Quilts”. Raffle tickets for the handcrafted “O Happy Day” quilt will be on sale in the Gift Shop (\$1 each or six for \$5).

Fee: \$3 suggested donation

Location: Milwaukie Center

Date/Time: F 3/23 9 a.m.-5 p.m.

Fee: \$3 admission fee

Location: Milwaukie Center

Date/Time: Sa 3/24 9 a.m.-4 p.m.

Would you like to display your quilt in the show? Bring your quilt to the Milwaukie Center on one of the following dates:

Date/Time: W 3/7 10 a.m.-2 p.m.

Date/Time: Sa 3/10 10 a.m.-3 p.m.

Date/Time: Tu 3/13 5-8 p.m.

Visit www.ncprd.com/airing-of-the-quilts-show or call 503-794-8092 for more information.

All-You-Can-Eat Spaghetti Dinner

This popular event features Milwaukie Center's famous spaghetti sauce, entertainment and fun. Bring your family and friends to enjoy a glass of wine or Italian Soda and the best meal in town.

Fee: \$6 per person and
\$3 for children under 12
Location: Milwaukie Center
Date/Time: Sa 3/10 4-7 p.m.

See's Easter Candy Sale

Buy delicious See's Candy in time for Easter! Proceeds help support Milwaukie Center's Transportation Services in North Clackamas County. Call the Transportation Coordinator at 503-653-8100 for more information.

Costs: Assorted Candy Bars \$2
Easter Gift Pack \$6
Novelty Box \$6
Box (4 oz) of Assorted Chocolates \$6
Location: Milwaukie Center, North Clackamas Aquatic Park, Clackamas Federal Credit Union (Milwaukie branch)
Date/Time: 3/26-4/6

Volunteer Recognition

This year's event, "Volunteer Fiesta," will have fun activities, refreshments, door prizes and entertainment for all volunteers of the Milwaukie Center. We look forward to the opportunity to celebrate our volunteers and thank them for giving their hearts and time to the center. Call the Volunteer Coordinator at 503-653-8100 for more information.

Location: Milwaukie Center
Date/Time: Tu 4/17 2-3:30 p.m.



Older Adults Housing Fair

Explore housing alternatives for older adult living. Receive information regarding independent retirement communities, assisted living facilities and senior placement agencies. Talk to the professionals before making this important and impactful decision. This event is sponsored by the Friends of the Milwaukie Center Inc. Call the Friends office at 503-653-8100 for more information.

Fee: Free
Location: Milwaukie Center
Date/Time: Th 4/19 10 a.m.-noon

Golden Wedding Anniversary Celebration

Every year the Milwaukie Center celebrates and recognizes couples in the community who have been married 50 years or more. Celebration will include a rededication ceremony at 11 a.m. followed by music and a special luncheon provided by the Milwaukie Center Nutrition Program. Call 503-653-8100 by June 15 if you and your spouse qualify and would like to attend.

Fee: \$2.50 suggested donation per person
Location: Milwaukie Center
Date/Time: W 6/20 11 a.m.-1 p.m.

Aquatic Park

North Clackamas Aquatic Park

7300 SE Harmony Road
 Milwaukie, OR 97222
 503-557-7873 (557-SURF)
 www.pdxsurf.com

The North Clackamas Aquatic Park features six swimming pools, three water slides, a young children's pool (6 years old and younger) with Sammie the Seal slide and a 29-foot rock climbing wall.

During the fun Big Surf! swim times the entire facility is open, allowing all to enjoy everything from the waterslides to the hot tub and adult lap pool. Also during these sessions, the state-of-the-art wave pool generates four-foot waves.

Swimming lessons, recreational programs and party rentals are also available. Join in the fun where the water is consistently kept at a comfortable 86 degrees year-round!



Schools Out!

Additional Big Surf! hours:

Jan. 2, Jan. 16, Feb. 20: 1- 5 p.m.
 Mar. 26 - 30: 12-7 p.m.
 Apr. 2, Apr. 4, Apr. 6: 2 -6 p.m.

Big Surf! is available to all ages.

Children 8 years and younger must be accompanied in the water by a responsible supervisor 13 years of age or older.

We will make every attempt to have two lap lanes available during lap swim hours for adult swimmers.

Schedule and fees may be subject to change without notice.

WINTER/SPRING 2012 AQUATIC PARK SCHEDULE

Effective January 2 – June 14, 2012

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
ALL AGES BIG SURF!	1-5 p.m. *Family Swim Rate					Start 4/13 7-9 pm**	12-7 p.m.
LAP SWIM	1-5 p.m.	6 a.m.-1 p.m. 3-7:30 p.m.	3-7:30 p.m.	6 a.m.-1 p.m. 3-7:30 p.m.	3-7:30 p.m.	6 a.m.-1 p.m. 3-7:30 p.m.	7 a.m.-7 p.m.
SENIOR SWIM		7-10 a.m.		7-10 a.m.		7-10 a.m.	
PARENT/ PRESCHOOL		9-10:30 a.m.		9-10:30 a.m.		9-10:30 a.m.	

Lap pool will be closed during high school swim season from Mon-Thu, 4-5 p.m. and Fri, 4-7:30 p.m.

*Family Swim Rate - please see admissions on page 7.

**Starting 4/13: Big Surf! every Fri. 7-9 p.m.

WINTER/SPRING ADMISSIONS

BIG SURF! ADMISSIONS	NON-RESIDENT	RESIDENT
Under 3	Free (with paying adult; 2:1 ratio)	
3-8 Children 3-8 must be accompanied by a responsible supervisor 13 years or older in the water (with a ratio of 3:1)	\$4.99	\$3.99
9-17 and 62 and older	\$6.99	\$4.99
18-61	\$9.99	\$6.99
*Family Rate Family Rate valid for up to 2 adults and 4 children, immediate family and those living in the same household.	\$24	\$12
**Friday 7-9 p.m. Big Surf! all ages	\$5	
OTHER ADMISSIONS	NON-RESIDENT	RESIDENT
Adult Lap Swim	\$3.75	\$2.75
Lap Swim Punch Card (24 punches)	\$77	\$55
H2O Drop-in	\$5	\$4
H2O Punch Card (24 punches)	\$81	\$63
Senior Swim	\$1.25	\$1
Parent/Pre-school Swim Swim time for parents and children 6 and younger	\$3.50 Adult \$2 Child	\$2.50 Adult \$1.50 Child

Rock Wall	NON-RESIDENT	RESIDENT
Single Climb	\$3	\$2
Daily Unlimited Climb	\$10	\$6

THREE-MONTH PASS	NON-RESIDENT	RESIDENT
Child/Youth	\$75	\$60
Adult	\$100	\$80
Senior	\$75	\$60
Family (3 people)	\$180	\$150
Each additional person	add \$20	add \$20

ONE-YEAR PASS	NON-RESIDENT	RESIDENT
Child/Youth	\$250	\$216
Adult	\$290	\$240
Senior	\$250	\$216
Family (3 people)	\$550	\$460
Each additional person	add \$60	add \$60

Big Surf! Group

Receive a special group admission rate during Big Surf! hours with a group of 15 or more swimmers. Previous arrangements are preferred and a single payment for the entire group is required upon arrival.

	NON-RESIDENT	RESIDENT
CHILD (3-8)	\$3.99	\$2.99
YOUTH (9-17)	\$5.99	\$3.99
ADULT (18+)	\$7.99	\$5.99

Day/School Group

During the school year, groups are welcome to reserve the wave pool, pink and yellow slides, interactive area and outdoor volleyball court for a two-hour time block of either 10 a.m. to noon or 11 a.m. to 1 p.m.

Each day group must include a minimum of 35 swimmers or a maximum of 500 swimmers.

Previous arrangements and a deposit of \$125 is required at least three weeks in advance. Upon arrival the remainder of the charge must be paid in full with one payment.

The diving well, red slide and/or rock wall is available for an additional fee of \$80 per hour with previous arrangement.

	NON-RESIDENT	RESIDENT
CHILD (3-8)	\$3.99	\$2.99
YOUTH (9-17)	\$5.99	\$3.99
ADULT (18+)	\$7.99	\$5.99

Age Group Swim Team – NCPRD Piranhas

This program emphasizes the development of effective technique, overall fitness and training aimed at excelling in competition.

There are three different levels (Gold, Blue & Red) for elementary, middle and high school swimmers of varying abilities.

Coaches will assign level placement at orientation.

Two monthly fee options: with or without North Clackamas Aquatic Park (NCAP) pass. See pass prices on page 9.

2012 NCPRD Piranhas Practice Schedule

Gold Group – (Four days per week)

Pre-requisites:

- Middle and high school ages, or the ability to complete 5 x 100 freestyle @ two-minute interval or faster
- Must be able to demonstrate the ability to complete at least 25 yards of each competitive stroke (butterfly, backstroke, breaststroke, freestyle) with good technique

Fee: Monthly fee with NCAP pass: \$45
Monthly fee without pass:
Res. \$70, Non-Res. \$80
Payment due: Mar. 5, Apr. 2, May 1
\$20 annual fee due at registration

Location: North Clackamas Aquatic Park

Date/Time: M-Th 3/5-5/31 5:15-6:30 p.m.
No practice Mar. 26-29, May 28

Blue Group – (Four days per week)

Pre-requisites:

- Must be able to complete at least 50 consecutive yards of freestyle with side breathing
- Demonstrate basic knowledge of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle)
- Display skills equivalent to swim lesson Level E

Fee: Monthly fee with NCAP pass: \$30
Monthly fee without pass:
Res. \$60, Non-Res. \$70
Payment due: Mar. 5, Apr. 2, May 1
\$20 annual fee due at registration

Location: North Clackamas Aquatic Park

Date/Time: M-Th 3/5-5/31 4:30-5:15 p.m.
No practice Mar. 26-29, May 28

Red Group – (Two days per week)

Pre-requisites:

- Must be able to complete at least 50 consecutive yards of freestyle with side breathing
- Demonstrate basic knowledge of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle)
- Display skills equivalent to swim lesson Level E

Fee: Monthly fee with NCAP pass: \$20
Monthly fee without pass:
Res. \$35, Non-Res. \$45
Payment due: Mar. 5, Apr. 2, May 1
\$20 Annual fee due at registration

Location: North Clackamas Aquatic Park

Date/Time: M/W 3/5-5/30 4:30-5:15 p.m.
Tu/Th 3/6-5/31 4:30-5:15 p.m.
No practice Mar. 26-29, May 28

Registration Information

All participants, including returning Piranhas swimmers, must attend one mandatory information meeting held at the North Clackamas Aquatic Park. Registration for participants will take place at the information meeting. All participants should come to the meeting prepared to swim.

Information meeting dates and times:
Sa 1/21 10 a.m. and Th 2/23 6 p.m.

Aquanauts: Scouts in the Water

Call 503-557-SURF (7873) to register your scout troop to earn the swimming merit badge. Attend Big Surf! swim after the lesson for a discounted rate.

Fee: Res. \$4, Non-Res. \$6;
w/Big Surf!
Res. \$7.99, Non-Res. \$11.99
Location: North Clackamas Aquatic Park
Date/Time: First Saturday of the month
11 a.m.-noon

North Clackamas Masters Swimming Team (NCMS)

NCMS welcomes swimmers of all abilities. Looking for an early morning coached workout? Whatever your reason to swim is — personal fitness, competition or triathlons — develop your swimming potential within a supportive environment that promotes fitness and fun! For coaching fees and information visit our website www.pdxsurf.com or contact Tina Johnson 503-794-8092.

Fee: Res. \$2.75, Non-Res. \$3.75
or 24-visit punch card:
Res. \$55, Non-Res. \$77
Plus coaching fees
Location: North Clackamas Aquatic Park
Date/Time: M/W/F 5-6 a.m.
Sa 6-7 a.m.

Red Cross Lifeguard Training

Fee includes books, instruction, pool time and certificates. Participants are trained in safety, first aid, CPR/PR, AED and water rescue skills for a controlled environment.

Fee: Res. \$140, Non-Res. \$165
Location: North Clackamas Aquatic Park
Instructor: Staff
Date/Time: Tu/Th 2/7-3/8 6-9:30 p.m.
Tu/Th 5/1-5/31 6-9:30 p.m.

Teen Wave/Take the Plunge

Ages 13 and older. This class provides both teens and adults the opportunity to learn swimming skills at their own pace, in a group setting with an American Red Cross instructor.

Fee: Res. \$38, Non-Res. \$50
Location: North Clackamas Aquatic Park
Instructor: Staff
Date/Time: M/W 1/4-2/6 6:55-7:25 p.m.
No class Jan. 16
Date/Time: M/W 2/15-3/19 6:55-7:25 p.m.
No class Feb. 20
Date/Time: M/W 4/9-5/7 6:55-7:25 p.m.
Date/Time: M/W 5/14-6/13 6:55-7:25 p.m.
No class May 28



WINTER/SPRING 2012 SWIM LESSON DESCRIPTIONS

ABOUT SWIM LESSONS

Students may be enrolled in one swim lesson session at a time.

Please read class descriptions prior to registration. Before enrolling in next class/session, the student must show level certification (received on last day of class).

Registration can be completed for your immediate family only.

All classes must have a minimum of six enrollees to be offered. Classes with insufficient registration will either be cancelled or combined.

PRE-SCHOOL PROGRAM – AGES 3-5

Seals

A basic introduction to the water including bubble-blowing, submerging the face and gliding and floating on the front and back.

Advanced Seals

Eligibility for Advanced Seals is based on instructor recommendation.

Super Seals

Eligibility for Super Seals is based on instructor recommendation.

Register Today!
Call 503-557-SURF (7873)
or visit www.pdxsurf.com

YOUTH PROGRAM – AGES 5 AND OLDER

LEVEL A

Teaches students how to be comfortable in the water and how to enjoy the water safely.

LEVEL B

Builds on basics through teaching breath-holding, bobs in deep water, front and back floats and glides, rolling from the front to back, how to change direction and increase endurance.

LEVEL C

Develops stroke through teaching rotary breathing while in streamline with leg action and swimming front crawl. Also introduces students to swimming in deep water, elementary backstroke, the sidestroke and builds on front and back crawl.

LEVEL D

Improves strokes through teaching head first entry, using different kicks while treading, open turns on the front and back, breaststroke and butterfly. Continue to work on front and back crawls, elementary backstroke and sidestroke.

LEVEL E

Refine strokes through teaching shallow diving from the side, surface dives and flip turns on the front and back. Continue to work on the front and back crawls, breaststroke, butterfly, elementary backstroke and sidestroke.

LEVEL F

Fundamentals of Diving Continue to work on swimming in addition to learning basic stretching, body alignment and control for diving from the side and diving board. Also, students will learn approaches, takeoffs and the tuck and pike dives.

Fitness Swimming Continue using and improving previously learned strokes while exploring the importance of circle swimming and work equipment. Basic principles for starting an exercise program and calculating target heart rate will also be taught.

WINTER/SPRING 2012 SWIM LESSONS

4:00 to 4:30 p.m.	4:35 to 5:05 p.m.	5:10 to 5:40 p.m.	5:45 to 6:15 p.m.	6:20 to 6:50 p.m.	6:55 to 7:25 p.m.	7:30 to 8:00 p.m.
Seals	Seals	Seals		Seals	Seals	
Advanced Seals		Advanced Seals		Advanced Seals		
			Super Seals		Super Seals	
	Level A		Level A	Level A		
	Level B	Level B	Level B			
		Level C		Level C		
	Level D		Level D		Level D	
					Level E	
					Level F Fitness Sessions: 1B, 2A, 3B, 4B	Level F Diving

Age: 3 to 15 years
Session 1A: M/W 1/4-2/6 (no class 1/16)
Session 1B: Tu/Th 1/5-2/2
Session 2A: Tu/Th 2/14-3/13
Session 2B: M/W 2/15-3/19 (no class 2/20)
Session 3A: M/W 4/9-5/7
Session 3B: Tu/Th 4/10-5/8
Session 4A: M/W 5/14-6/13 (no class 5/28)
Session 4B: Tu/Th 5/15-6/12
Registration: Pre-registration required
Location: North Clackamas Aquatic Park
Fee: Res. \$38, Non-Res. \$50



7300 SE Harmony Road
 Milwaukie, OR 97222
 (503) 557-SURF (7873)
www.pdxsurf.com



WINTER/SPRING 2012 H2O FITNESS

Effective Jan. 9-June 16, 2012

Class Schedule and Descriptions

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:30-8:30 a.m.							Deep H ₂ O
8-9 a.m.		H ₂ O Fit		H ₂ O Fit		H ₂ O Fit	
8-9 a.m.		Deep H ₂ O		Deep H ₂ O		Deep H ₂ O	
9-10 a.m.		H ₂ O Fit		H ₂ O Fit		H ₂ O Fit	
10-11 a.m.		H ₂ O Fit		H ₂ O Fit		H ₂ O Fit	
11-11:45 a.m.		H ₂ O SMILE		H ₂ O SMILE		H ₂ O SMILE	
5:30-6:30 p.m.		Deep H ₂ O	Deep H ₂ O	Deep H ₂ O	Deep H ₂ O		
6:30-7:30 p.m.		H ₂ O Fit	H ₂ O Gym	H ₂ O Zumba	H ₂ O Gym		

Schedule subject to change based on attendance. No evening classes Mar. 26-29, 2012

H₂O Fitness

H₂O Fitness is a water exercise program designed to enhance one's health and wellness. We offer a safe, efficient, unique, fun and refreshing fitness program.

Fee: Res. \$4, Non-Res. \$5 or
Punch Card (18 classes):
Res. \$63, Non-Res. \$81

H₂O Fit

H₂O Fit is a shallow water class designed for any fitness level. The accommodating resistance of water allows improvement at your own pace. This low impact workout comfortably tones and strengthens muscles while developing coordination.

H₂O SMILE

H₂O SMILE is a sensible and structured workout for those just beginning or who have conditions that require modification. This is a mild and gentle routine based on slow movements and stretching while providing a prudent dose of physical activity.

H₂O Zumba Fit

H₂O Zumba Fit is a high energy class that combines Latin/Reggae and Salsa dance steps that are sure to rock your body. Routines combine fast and slow rhythms to achieve a balance of cardio and muscle-toning benefits.

Deep H₂O

Deep H₂O is held in the 13-foot deep dive-well with the use of buoyancy equipment to enhance flotation. This exercise routine allows the non-weight bearing property of water to reduce harmful stress on the body while enhancing flexibility and range of motion.

H₂O Gym

H₂O Gym is a basic strength training class. This program is designed to reduce body fat, improve muscle mass, increase endurance and promote positive responses in metabolic rate and bone mineral density.

PARTY AND CELEBRATION PACKAGES

Available during Big Surf!

Big Surf! Swim Parties

Package A – Includes soda, ice cream, silverware, plates, cups, 45-minute room rental, set-up/clean-up and swimming.

Child: \$11 each

Adults: Two (18 and older) included with each package (food + swim), each additional adult: \$2 for food + swim admission

Package B – Includes pizza, soda, ice cream, silverware, plates, cups, 45-minute room rental, set-up/clean-up and swimming.

Child: \$13 each

Adults: Two (18 and older) included with each package (food + swim), each additional adult: \$2 for food + swim admission

Big Surf! Swim and Rock Wall Parties

Package C – Includes soda, ice cream, silverware, plates, cups, 45-minute room rental, set-up/clean-up, swimming and either two or an unlimited number of climbs on the rock wall.

Child: \$13.50 (two climbs) or \$21 (unlimited climbs)

Adults: Two (18 and older) included with each package (food + climb + swim), each additional adult: \$2 for food + rock climb + swim admission

Package D – Includes pizza, soda, ice cream, silverware, plates, cups, 45-minute room rental, set-up/clean-up, swimming and either two or an unlimited number of climbs on the rock wall.

Child: \$15.50 (two climbs) or \$23 (unlimited climbs)

Adults: Two (18 and older) included with each package (food + climb + swim), each additional adult: \$4 for food + rock climb + swim admission

Rock Wall Parties

Package E – Includes soda, ice cream, silverware, plates, cups, set-up/clean-up, 45-minute room rental and climbing. \$50 wall rental and \$6/child

Package F – Includes pizza, soda, ice cream, silverware, plates, cups, set-up/clean-up, 45-minute room rental and climbing. \$50 wall rental and \$8/child

ADDITIONAL INFORMATION

- All pizzas are 16 inches and come in cheese, pepperoni or Hawaiian.
- Additional pizzas are available with advanced arrangement for \$14, as well as pitchers of soda for \$3.
- Only store-bought dessert item(s) can be brought into the facility and party room(s). Additional outside food and beverages are not allowed inside the facility.

POLICIES

- Candles are not allowed for safety reasons.
- A minimum of six children is required for a birthday party.
- Children 8 years and younger must be accompanied in the water by a responsible supervisor, 13 years or older at a three-to-one ratio.
- Reservations must be made one week in advance or will be subject to a late fee.
- A \$20 non-refundable deposit is due upon reservation.



Youth Programs

What's New!

- Join the NCPRD Piranhas Swim Team (see page 10 for more information)
- Sign up for Volleyball! (see page 21 for more information)
- Looking for something to do during break? Check out Youth Excursions on page 20.

ART

Cartooning For Kids

Ages 8-12. In this beginner class, kids who like comics and cartoons will learn how to create characters and develop stories while working on their own visual narrative.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Date/Time: Tu 1/10-2/14 4:45-5:45 p.m.
Tu 4/3-5/8 4:45-5:45 p.m.

Photography 101

Ages 13 and older. Learn how to operate your digital camera and other topics such as exposure, lighting, flash, composition and breaking the rules. Slide show, field trip and photo critiques.

Fee: Res. \$50, Non-Res. \$55
Location: Milwaukie Center
Instructor: Berry
Date/Time: W 1/11-2/1 6-8 p.m.
W 4/4-4/25 6-8 p.m.
Th 5/31-6/14 10 a.m.-1 p.m.



NEW! Photography – Intermediate

Ages 13 and older. Prerequisite – Photography 101. Learn more about your digital camera and more intermediate topics. Gain a complete understanding of camera operation through classroom discussions and field trip.

Fee: Res. \$50, Non-Res. \$55
Location: Milwaukie Center
Instructor: Berry
Date/Time: W 2/8-2/29 6-8 p.m.
W 5/2-5/23 6-8 p.m.

DANCE, MOVEMENT & MUSIC



NEW! Indoor Playground

Ages 6 months-4 years. A drop-in indoor playtime for small children and their parents or guardians. Adult supervision required.

Fee: Res. \$2, Non-Res. \$3
Location: Wichita Community Center
Instructor: Garrow
Date/Time: F 1/13-5/18 10-11:30 a.m.
No playground Feb. 3, Feb. 17,
Mar. 23, Mar. 30

Indoor Play Park

Ages 5 and under. Kids can swing on rope, play, run, climb, bounce on the trampoline and explore gymnastic equipment. Children must be accompanied by an adult. Parents are not allowed on equipment.

Fee: \$4 per child, \$2 per sibling
Location: Precision Elite Gymnastics
Date/Time: Tu/Th 1/2-6/21 12:30 p.m.-1:30 p.m.

Tiny Tots Creative Dance

Ages 3-4. Class will focus on creative movement with a ballet basic core. Parents are welcome to watch the last 5 minutes of class. Dance attire: fitting clothes such as leggings, leotards, tank tops and/or tutus. Ballet slippers are recommended, but socks may be used as an alternative. Hair should be pulled off of face.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Instructor: Kemmerich
Date/Time: W 1/11-2/15 4-4:30 p.m.
W 4/4-5/9 4-4:30 p.m.

Little Dancers Ballet & Jazz

Ages 5-6. Class will focus on jazz and ballet basics in a fun way. Children will learn a routine which will be performed on the last day of class. Parents are welcome to watch the last 5 minutes of class. Dance attire: form fitting clothes such as leggings, leotards, tank tops and/or tutus. Ballet slippers are recommended, but socks may be used as an alternative. Hair should be pulled off of face.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Instructor: Kemmerich
Date/Time: W 1/11-2/15 4:40-5:10 p.m.
W 4/4-5/9 4:40-5:10 p.m.

SPOTLIGHT DANCE AND PERFORMING ARTS STUDIO

Spotlight Dance and Performing Arts Studio strives to offer the very best instruction of all performance arts, while instilling the appreciation, discipline and knowledge required to excel in the chosen field. Classes are held at 16101 SE McLoughlin Blvd., Milwaukie OR 97267.

Giggles & Wiggles

Ages 2½-3. A pre-dance and movement class where children will learn basic, age appropriate dance technique and tumbling through play, imagination and friendship. Any dance or fitness attire that is comfortable is acceptable. Ballet or flexible tennis shoes are recommended.

Fee: \$60
Location: Spotlight Studio
Instructor: Summerville
Date/Time: M 1/9-3/12 11-11:30 a.m.
Tu 1/10-3/13 5-5:30 p.m.
M 4/16-6/18 11-11:30 a.m.
Tu 4/17-6/19 5-5:30 p.m.

Hip Hop – Introduction

Ages 3½-5. An introductory Hip Hop class where children will learn basic, age appropriate hip hop technique through play, imagination and friendships. Any dance or fitness attire is acceptable. Flexible tennis shoes recommended.

Fee: \$75
Location: Spotlight Studio
Instructor: Summerville
Date/Time: Tu 1/10-3/13 5:30-6:15 p.m.
Tu 4/17-6/19 5:30-6:15 p.m.



Ballet/Jazz Combo, Beginner

Ages 5-7. Participants get a balanced introduction of ballet and jazz technique. Dancers will learn basic leaps, turns, traveling moves and terminology in a fun encouraging atmosphere. Dance attire: light pink colored tights and pink leotard is suggested. Jazz shoes, ballet shoes or "dance paws" recommended.

Fee: \$80
Location: Spotlight Studio
Instructor: Bigelow
Date/Time: M 1/9-3/12 3:30-4:30 p.m.
 M 4/16-6/18 3:30-4:30 p.m.

Jazz Combo, Beginner Elementary

Ages 5-6. Children will learn basic, age appropriate jazz and tap dance technique. Any dance or fitness attire is acceptable.

Fee: \$80
Location: Spotlight Studio
Instructor: Folley
Date/Time: Th 1/12-3/15 4-5 p.m.
 Th 4/19-6/21 4-5 p.m.

Ballet, Beginner

Ages 6-9. Participants learn basic, traditional, ballet terminology, placement and exercises. Dancers start with proper warm up & barre work, move to floor exercises and finish with "center" work. Dance attire: black leotard, light pink tights and ballet shoes.

Fee: \$80
Location: Spotlight Studio
Instructor: Dean
Date/Time: Tu 1/10-3/13 3:30-4:30 p.m.
 Tu 4/17-6/19 3:30-4:30 p.m.

Tap, Beginner Elementary

Ages 6-9. Children learn basic, age appropriate tap dance technique. Any dance or fitness attire is acceptable. Tap shoes required.

Fee: \$80
Location: Spotlight Studio
Instructor: Folley
Date/Time: Th 1/12-3/15 5-6 p.m.
 Th 4/19-6/21 5-6 p.m.



Hip Hop – Beginner

Ages 6-8. An introductory Hip Hop class for elementary school children. First half-hour focuses on hip hop tricks and techniques while the second half-hour is used to teach hip hop routines. Dancers should wear comfortable stretchy clothes. White soled, flexible tennis shoes recommended.

Fee: \$60
Location: Spotlight Studio
Instructor: Buckmeier
Date/Time: Tu 1/10-3/13 4-5 p.m.
 Tu 4/17-6/19 4-5 p.m.

Hip Hop – Stalls, Tricks & Tumbles

Ages 8-11 Children learn fun stalls, acrobatics and tricks to incorporate into Hip Hop routines. Any dance or fitness attire is acceptable.

Fee: \$80
Location: Spotlight Studio
Instructor: Folley
Date/Time: Th 1/12-3/15 6:30-7:30 p.m.
Date/Time: Th 4/19-6/21 6:30-7:30 p.m.

Kids Improv and Comedy

Ages 8-14. Students learn theatrical improvisation and stand-up comedy. Participants will be asked to participate in a spring showcase on May 12.

Fee: \$80
Location: Spotlight Studio
Instructor: Kent
Date/Time: Th 1/12-3/15 4-5 p.m.
 Th 4/19-6/21 4-5 p.m.

Musical Theater

Ages 9-12. The first part of the class focuses on a vocal arrangement from a musical. The second part of class includes staging/choreography of the same musical piece. A showcase will be presented at the end of the session. Comfortable, movable athletic or dance clothes and jazz shoes.

Fee: \$110
Location: Spotlight Studio
Instructor: Kent
Date/Time: W 1/11-3/14 7-8:30 p.m.
 W 4/18-6/20 7-8:30 p.m.

Sign and Sing

Ages 0-3. Through songs and play, you and your child will learn American Sign Language signs for words like “mommy” and “eat,” and you’ll know if he wants “more” “milk” or when he’s “all done.”

Fee: \$80
Location: Spotlight Studio
Instructor: Fogel
Date/Time: Tu 1/10-2/7 9:30-10:15 a.m.
 Tu 2/21-3/20 9:30-10:15 a.m.
 Tu 4/17-5/15 9:30-10:15 a.m.
 Tu 5/22-6/19 9:30-10:15 a.m.

Kindermusic – Make Way For Music

Ages 3-7. This class is designed for families with one or more children. You will all play instruments, dance, explore, make discoveries, share, take turns and have fun as a family!

Fee: \$50/child + \$55 material fee
Location: Spotlight Studio
Instructor: Fogel
Date/Time: Tu 1/10-3/13 9:30-10:15 a.m.
 Th 1/12-3/15 10:45-11:30 a.m.
 Tu 4/17-6/19 9:30-10:15 a.m.
 Th 4/19-6/21 10:45-11:30 a.m.

YOUTH EXCURSIONS

Looking for something for your kids to do during school breaks? Join the NCPRD recreation staff for fun youth excursions to area attractions.

Safari Sam's

Ages 6-12. Come join the fun in the jungle gym and play unlimited golf at Safari Sam's. Lunch and drink will be included. On the way back, we will stop and get ice cream. Fee includes transportation, admission to all attractions, lunch, ice cream and supervision. Bus will leave from North Clackamas Aquatic Park.

Fee: Res. \$23, Non-Res. \$28
Location: Safari Sam's
Date/Time: Tu 12/27 10:30 a.m.-4 p.m.

Skateboard Tour

Ages 12-18. The tour will take you to two local indoor skate parks, a local board manufacturer and skate shop. Helmets are required. Parent signed waiver is required. Kids need to bring a sack lunch. Fee includes transportation and admission to two skateparks and supervision. Bus will leave from North Clackamas Aquatic Park.

Fee: Res. \$29, Non-Res. \$34
Location: Local Skateparks
Date/Time: Th 12/29 9 a.m.-4 p.m.
 Tu 3/27 9 a.m.-4 p.m.

OMSI

Ages 6-12. Watch a laser light show choreographed to music ranging from rock to classical. Tour a submarine and see what it is like to live under the ocean, then sit back and watch an exciting IMAX movie. Kids need to bring a sack lunch. Fee includes transportation, admission to all attractions and supervision. Bus will leave from North Clackamas Aquatic Park.

Fee: Res. \$25, Non-Res. \$30
Location: OMSI
Date/Time: W 3/28 9:30 a.m.-3:30 p.m.

YOUTH OUTDOOR RECREATION

Archery

Ages 8-14. Learn the basics of archery from stance to aim, draw, release & follow-through. Finger tabs & arm guards required and may be purchased from the shop for an additional \$20. Parent must attend first class.

Fee: Res. \$40, Non-Res. \$50
 (students provide equipment)
 Res. \$55, Non-Res. \$65
 (includes rental equipment)
Location: Broken Arrow Archery, Milwaukie
Instructor: Okita
Date/Time: Sa 1/7-2/11 10-11 a.m.
 Sa 1/7-2/11 11a.m.-noon
 Sa 4/14-5/19 10-11 a.m.
 Sa 4/14-5/19 11a.m.-noon

Horseback Riding

Ages 6-17. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn and riding helmets provided. Four students per session.

Fee: Res. \$115, Non-Res. \$125
Location: Highland Stables, Beavercreek
Instructor: Gill
Date/Time: W 1/25-2/15 4:30-6 p.m.
 F 1/27-2/17 4:30-6 p.m.
 Sa 1/28-2/18 8:30-10 a.m.
 W 2/22-3/14 4:30-6 p.m.
 F 2/24-3/16 4:30-6 p.m.
 Sa 2/25-3/17 8:30-10 a.m.
 W 4/4-4/25 4:30-6 p.m.
 F 4/6-4/27 4:30-6 p.m.
 Sa 4/7-4/28 8:30-10 a.m.
 W 5/2-5/23 4:30-6 p.m.
 F 5/4-5/25 4:30-6 p.m.
 Sa 5/5-5/26 8:30-10 a.m.



YOUTH SPORTS

Volleyball

This co-ed recreational program for 3rd-6th graders is offered as an introduction to volleyball. Emphasis is placed on participation and FUN. Teams of 10-12 players will be formed at random. Team T-shirt included.

Volunteer coaches are needed for this program. If interested, contact the recreation office at recreation@clackamas.us

Registration Information

Parents of **new participants**: Must attend mandatory orientation. Registration takes place after orientation held at the North Clackamas Aquatic Park.

Select and attend one:

Tu	2/21	6 p.m.
Th	3/1	6 p.m.

Parents of **returning participants**: Are not required to attend an orientation. Registration must be done in person Feb. 1-Mar. 1 at the North Clackamas Aquatic Park. Registration will not be taken over the phone or online.

Practice Schedule

- Dates:** 4/2-5/21
(once a week, total of eight practices)
- Time:** One hour on M, Tu, W or Th
TBD by coach
- Location:** Mt. Scott Elementary, Happy Valley

Game Schedule

- Dates:** 4/21-5/26 (one game each Saturday, total of six games)
- Time:** Saturday 9 a.m.-5 p.m. (time TBD)
- Location:** Mt. Scott Elementary, Happy Valley

Fee: Res. \$50, Non-Res. \$60

This program is sponsored by:



NEW! Pre-School Multi-Sport

Ages 4-5. Instruction and participation in a variety of sports/fitness oriented activities. This program is designed to expose children to basic sports skills of multiple sports.

Fee: Res. \$25, Non-Res. \$30
Location: Mt. Scott Elementary
Instructor: Miller
Date/Time: W 1/11-2/8 4-4:45 p.m.

Bowling

Ages 7-15. Jeff Combs, USBS certified coach, will share skills on grip, generating ball speed and more.

Fee: Res. \$60, Non-Res. \$65 (no ball)
Res. \$110, Non-Res. \$115
(receive new ball to use and keep)

Location: Milwaukie Bowl
Instructor: Combs
Date/Time: Th 1/12-2/16 4-5 p.m.
Th 4/5-5/10 4-5 p.m.

Golf, Spring Break:

Sah-Hah-Lee Golf Course

Ages 7-13. Students will learn basics and etiquette of the game.

Fee: Res. \$100, Non-Res. \$110
Location: Sah-Hah-Lee Golf Course
Instructor: Lisac
Date/Time: M/Tu 3/26-3/27 10 a.m.-2 p.m.
W/Th 3/28-3/29 10 a.m.-2 p.m.

Golf, Spring Break:

Stone Creek Golf Club

Ages 8-16. Students will learn fundamentals of golf including techniques: improving swing, chipping and putting.

Fee: Res. \$60, Non-Res. \$65
Location: Stone Creek Golf Club
Instructor: Westling
Date/Time: Sa/Su 3/24-3/25 12-2 p.m.
Sa/Su 3/31-4/1 12-2 p.m.

PRECISION ELITE GYMNASTICS

Let Precision Elite Gymnastics teach your child strength, agility and grace. They are dedicated to building up the whole child from self esteem and confidence to positive social values, steadier balance, increased coordination and flexibility. Classes are held at 15507 SE For More Ct., Clackamas, OR.

Tumble Tots

Ages 1-3. Parent participation required.

Exploration time and obstacle courses are used to introduce the four gymnastics events (Vault/Bars/Beam/Floor). Classes run for four consecutive weeks — first day of class sessions listed below. Visit www.ncprd.com for full list of start and end dates for each session.

Fee: \$58
Location: Precision Elite Gymnastics
Date/Time: M 1/2, 1/30, 2/27, 4/2, 4/30, 5/28
10:45-11:30 a.m.
M 1/2, 1/30, 2/27, 4/2, 4/30, 5/28
5:45-6:30 p.m.

Busy Bees

Ages 3-4. Children are introduced to all four events (Vault/Bars/Beam/Floor) through obstacle courses and games. Classes run for four consecutive weeks — first day of class sessions listed below. Visit www.ncprd.com for full list of start and end dates for each session.

Fee: \$60
Location: Precision Elite Gymnastics
Date/Time: Tu 1/3, 1/31, 2/28, 4/3, 5/1, 5/29
Th 1/5, 2/2, 3/1, 4/5, 5/3, 5/31
4:15-5 p.m.

Moon Spinners

Ages 4-5. Children learn basic gymnastics skills on all four events (Vault/Bars/Beam/Floor) through obstacle courses and games. Basic flexibility and strength are also introduced. Classes run for four consecutive weeks — first day of class sessions listed below. Visit www.ncprd.com for full list of start and end dates for each session.

Fee: \$60
Location: Precision Elite Gymnastics
Date/Time: M 1/2, 1/30, 2/27, 4/2, 4/30, 5/28
11:30 a.m.-12:15 p.m.
Tu 1/3, 1/31, 2/28, 4/3, 5/1, 5/29
4:15-5 p.m.
Th 1/5, 2/2, 3/1, 4/5, 5/3, 5/31
11:30 a.m.-12:15 p.m.

Gymnastics, Level 1

Ages 6 and older. Girls-only class. Children learn basic skills on all four events as well as develop their strength and flexibility. Skills are taught and tested for advancement into Level 2. Classes run for four consecutive weeks — first day of class sessions listed below. Visit www.ncprd.com for full list of start and end dates for each session.

Fee: \$65
Location: Precision Elite Gymnastics
Date/Time: M 1/2, 1/30, 2/27, 4/2, 4/30, 5/28
5-6 p.m.
Th 1/5, 2/2, 3/1, 4/5, 5/3, 5/31
6-7 p.m.

Gymnastics, Levels 1-2

Ages 6 and older. Boys-only class. Children learn basic skills on all four events as well as develop their strength and flexibility. Skills are taught and tested for advancement into Level 2 or 3. Classes run for four consecutive weeks — first day of class sessions listed below. Visit www.ncprd.com for full list of start and end dates for each session.

Fee: \$65
Location: Precision Elite Gymnastics
Date/Time: W 1/4, 2/1, 2/29, 4/4, 5/2, 5/30
5-6 p.m.

Winter Break Gymnastics Camp

Ages 3-12. Camp includes gymnastics classes, games, free time and crafts. Please bring a sack lunch.

Fee: \$100
Location: Precision Elite Gymnastics
Date/Time: M-Th 12/19-12/22 9 a.m.-noon
M-Th 12/26-12/29 9 a.m.-noon
Fee: \$160
Date/Time: M-Th 12/19-12/22 9 a.m.-2 p.m.
M-Th 12/26-12/29 9 a.m.-2 p.m.

Adult Programs

What's New?

- Interested in learning a new instrument? Check out the new Duclimer and Ukulele classes!
- Check out the new Yoga for Chronic Pain class!

MT. TALBERT NATURE WALK

Suitable for ages 10 and older. Join Metro naturalist Dan Daly and explore the rugged beauty of this unique lava dome as you wander through white oak woodland in winter. Participants will gain a basic understanding of geology in the region. Trails are rough and steep in places. Advance registration required by calling 503-794-8092.

Fee: Adults: \$5, Children under 18: free

Location: Mt. Talbert Nature Park

Date/Time: Sa 1/21 10:30 a.m.-1 p.m.

DROP IN ACTIVITIES

Bingo – Daytime

Play for fun with small prizes.

Fee: 25 cents per card

Location: Milwaukie Center

Date/Time: T/Th 12:45-2 p.m.

Cash Bingo – Evening

Cash prizes and refreshments. Drop in.

Fee: \$5-first packet;
\$3-second packet;
\$1 for special games

Location: Milwaukie Center

Date/Time: Th 6:30-9 p.m.

Cribbage

Beginners and experienced players welcome.

Fee: \$1 per session

Location: Milwaukie Center

Date/Time: Th 1:30-3:30 p.m.

Duplicate Bridge

Bring a partner. Group rules of play apply.

Fee: \$1 per session

Location: Milwaukie Center

Date/Time: M 12:45-3:45 p.m.

Friends Quilting

For experienced needle crafters. Group quilts once a week to raise funds for senior services.

Bring a sample of your work.

Fee: No fee

Location: Milwaukie Center

Date/Time: Th 8:30-11:30 a.m.



Mah Jongg

Mah Jongg originated in China and is a game of skill, strategy and chance. No experience necessary.

Fee: \$1 per session
Location: Milwaukie Center
Date/Time: W 12:30-3:30 p.m.

Party Bridge

Ages 18 and older for those who already play the game. Group rules apply.

Fee: \$1 per session
Location: Milwaukie Center
Date/Time: Th 12:30-3:30 p.m.

Pool & Snooker

Two pool, one snooker table with open play.

Fee: \$1 per session
Location: Milwaukie Center
Date/Time: M-F 8:30 a.m.-5 p.m.

Woodcarving

Activity period for novice to advanced wood carvers — with guidance for starter projects, instruction on safety and tool care.

Fee: \$1 per session
Location: Milwaukie Center
Date/Time: W 8:30 a.m.-noon

Ukulele Jam Group

Practice your ukulele and play songs in this casual, drop-in atmosphere.

Fee: \$1 per session
Location: Milwaukie Center
Date/Time: Th 9:30-11 a.m.



ART

Paint With Acrylics

For beginners as well as experienced. Learn color theory, glazing and impasto. Course touches on many aspects of developing a painting using color and shape. Materials list available at www.ncprd.com.

Fee: \$91, senior discount \$68
Location: Milwaukie Center
Instructor: Ugrin
Date/Time: F 1/13-3/2 9:30 a.m.-noon
F 4/6-5/25 9:30 a.m.-noon

Drawing

Learn to draw using pencil, charcoal, ink washes and mixed medium in color and black and white. Materials list available at www.ncprd.com.

Fee: \$73, senior discount \$58
Location: Milwaukie Center
Instructor: Ugrin
Date/Time: M 1/9-3/12 10 a.m.-noon
No class Jan. 16 & Feb. 20
Date/Time: M 4/2-5/21 10 a.m.-noon

Drawing – Beginner

We will use different mediums, graphite, charcoal, and ink in order to learn the basics of drawing in a classical project. www.ncprd.com.

Fee: \$73, senior discount \$55
Location: Milwaukie Center
Instructor: Ugrin
Date/Time: F 1/13-3/2 1-3 p.m.
 F 4/6-5/25 1-3 p.m.

Oil Painting

Develop skills in composition and color mixing with one-on-one attention — from canvas preparation to finished project. Materials list available at www.ncprd.com.

Fee: \$91, senior discount \$68
Location: Milwaukie Center
Instructor: Wilson
Date/Time: TH 1/12-3/1 9:30 a.m.-noon
 TH 1/12-3/1 1-3:30 p.m.
 TH 4/ 5-5/24 9:30 a.m.-noon
 TH 4/ 5-5/24 1-3:30 p.m.

Photography 101

Ages 13 and older. Learn how to operate your digital camera and other topics such as exposure, lighting, flash, composition and breaking the rules. Slide show, field trip and photo critiques.

Fee: Res. \$50, Non-Res. \$55
Location: Milwaukie Center
Instructor: Berry
Date/Time: W 1/11-2/1 6-8 p.m.
 W 4/4-4/25 6-8 p.m.
 Th 5/31-6/14 10 a.m.-1 p.m.



NEW! Photography – Intermediate

Ages 13 and older. Prerequisite - Photography 101. Learn more about your digital camera and more intermediate topics. Gain a complete understanding of camera operation through classroom discussions and field trip.

Fee: Res. \$50, Non-Res. \$55
Location: Milwaukie Center
Instructor: Berry
Date/Time: W 2/8-2/29 6-8 p.m.
 W 5/2-5/23 6-8 p.m.

Printmaking Workshop

Easy cut blocks will be the matrix for creating art prints. There will be demos and hands on guidance. Supplies include 'EZ Cut' blocks, papers and use of tools and ink.

Fee: \$14, senior discount \$11
 Bring \$5 for supplies
Location: Milwaukie Center
Instructor: Ugrin
Date/Time: F 3/16 1-4 p.m.
 F 6/1 1-4 p.m.

Quilting Landscapes

Use a photo or image of your choice to create a beautiful wall quilt. Marjorie Post, celebrated local artist, will teach raw edge and machine appliqué techniques while emphasizing creative use of color and design. Bring a sewing machine capable of dropping feed dogs for free-motion quilting. Visit www.ncprd.com for materials list. Fee includes all three days per session.

Fee: Res. \$55, Non-Res. \$60

Location: Milwaukie Center

Instructor: Post

Session 1:

Date/Time: Sa 1/21 10 a.m.-noon
Sa 1/28 10 a.m.-4 p.m.
Sa 2/4 10 a.m.-4 p.m.

Session 2:

Date/Time: Sa 4/21 10 a.m.-noon
Sa 4/29 10 a.m.-4 p.m.
Sa 5/5 10 a.m.-4 p.m.



Sketching For Journaling

Ages 16 and up. In this class, beginning students will overcome any apprehension they might have about drawing, quick sketches, line perspective, faces, the human form, outdoor scenes, etc. Students will use their sketchbooks as personal artist's journals. Material list available at www.ncprd.com.

Fee: Res. \$40, Non-Res. \$45

Location: Milwaukie Center

Instructor: Steig

Date/Time: Tu 1/10-2/14 6-7:30 p.m.
Tu 4/3-5/8 6-7:30 p.m.

Watercolor – Beginner & Intermediate

For beginners and experienced. Enjoy the basics in this luminous medium. Learn Color Theory, composition and a variety of techniques. Materials list available at www.ncprd.com.

Fee: \$91, senior discount \$68

Location: Milwaukie Center

Instructor: Ugrin

Date/Time: M 1/9-3/12 1-3:30 p.m.
No class Jan. 16 & Feb. 20
M 4/2-5/21 1-3:30 p.m.

COMPUTER

Computer First Steps

Level 1. If you've never touched a computer or learn best at a slower pace, this class is for you. Hands-on practice.

Fee:	Res. \$65, Non-Res. \$70
	Bring \$2 for materials
Location:	Milwaukie Center
Instructor:	King
Date/Time:	F 1/6-2/3 12-2 p.m.
	No class Jan. 13
Date/Time:	F 1/6-2/3 2:30-4:30 p.m.
	No class Jan. 13
Date/Time:	F 2/17-3/16 9-11 a.m.
	No class Mar. 9
Date/Time:	S 4/7-5/5 9:30-11:30 a.m.
	No class April 14
Date/Time:	F 5/18-6/15 12-2 p.m.
	No class June 8

Computer Basics

Level 2. This course starts with a survey of computer technology & components. You'll set up your own master files and email account and learn your way around the internet.

Fee:	Res. \$65, Non-Res. \$70
	Bring \$2 for materials
Location:	Milwaukie Center
Instructor:	King
Date/Time:	Sa 1/7-2/4 9:30-11:30 a.m.
	No class Jan. 14
Date/Time:	F 2/17-3/16 12-2 p.m.
	No class Mar. 9
Date/Time:	F 2/17-3/16 2:30-4:30 p.m.
	No class Mar. 9
Date/Time:	F 4/6-5/4 9-11 a.m.
	No class Apr. 13
Date/Time:	Sa 5/19-6/16 9:30-11:30 a.m.
	No class June 9

Word Processing

Level 3. This class will help you master keyboard functions, fine tune your processing skills, learn tool bar settings and set up tables and charts.

Fee:	Res. \$65, Non-Res. \$70
	Bring \$2 for materials
Location:	Milwaukie Center
Instructor:	King
Date/Time:	F 1/6-2/3 9-11 a.m.
	No class Jan. 13
Date/Time:	Sa 2/18-3/17 9:30-11:30 a.m.
	No class Mar. 17
Date/Time:	F 4/6-5/4 2:30-4:30 p.m.
	No class Apr. 13
Date/Time:	F 5/18-6/15 9-11 a.m.
	No class June 8

Mastering Email

Level 3. Learn to attach pictures, set up email reminders and electronic calendars. Send emails and keep an electronic note pad with important info.

Fee:	Res. \$65, Non-Res. \$70
	Bring \$2 for materials
Location:	Milwaukie Center
Instructor:	King
Date/Time:	F 4/6-5/4 12-2 p.m.
	No class Apr. 13

Computer Beyond Basics

Level 4. Follow up to Computer Basics course. This class will show you how to install and uninstall software, set up shortcuts, back up data, upload and download files.

Fee:	Res. \$65, Non-Res. \$70
	Bring \$3 for materials
Location:	Milwaukie Center
Instructor:	King
Date/Time:	F 5/18-6/15 2:30-4:30 p.m.
	No class June 8

COOKING

NEW!

Vietnamese Salad Roll Workshop

Learn to cook a healthy light meal that is portable for people on the go. Students will learn how to make a Vietnamese salad roll using shrimp, tofu, lettuce, carrots and marinated radishes and also dipping sauces. We will serve the meal we prepare. Supply list available at www.ncprd.com.

Fee: Res. \$30, Non-Res. \$35
Bring \$3 for materials

Location: Milwaukie Center

Instructor: Tjahaja

Date/Time: Sa 1/7 10 a.m.-1:30 p.m.
Sa 6/16 10 a.m.-1:30 p.m.

NEW!

Vegan Grab-And-Go

Prepare deliciously portable, out-of-hand meals that will keep you fueled up while dashing about. These low-fat, gluten-free, cholesterol-free, vegan dishes are especially convenient to prepare. Come hungry.

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 1/19 6-8:30 p.m.

NEW!

Vegan Beans and Whole Grains

Beans and whole grains combined with other natural ingredients can provide a world of exciting dishes and yummy desserts. Discover the magic in beans and grains and learn how to use them in preparing inexpensive, low-fat, gluten-free, cholesterol-free vegan dishes.

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 2/2 6-8:30 p.m.

Vegan Adventures With Tofu

Eating tofu daily may result in reduced risk of cancer, heart disease and osteoporosis. Learn all about tofu and watch how easy it is to prepare inexpensive, low-fat, gluten-free, cholesterol-free vegan meals with tofu.

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 2/23 6-8:30 p.m.

David's Vegan Kitchen

Explore soy foods as well as beans and whole grains and see how quick and easy it is to prepare a medley of gluten-free, cholesterol-free dishes — including yummy desserts!

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 4/5 6-8:30 p.m.

Cheeses and Milks Vegan-Style

Make delicious and economical hard blocks of cheese and creamy, rich-tasting milks using only non-dairy wholefood ingredients. No fancy equipment needed — just a blender. Gluten and cholesterol-free, too.

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 4/26 6-8:30 p.m.

NEW!

Gluten-Free Baking

Discover the ease of baking scrumptious cakes, cookies and breads — all gluten and dairy-free, and made without refined flours, starches, eggs, animal fat, or white sugar.

Fee: Res. \$29, Non-Res. \$34

Location: Milwaukie Center

Instructor: Gabbe

Date/Time: Th 5/17 6-8:30 p.m.

DANCE AND MUSIC

Basic Square Dancing

Enjoy this low-impact dance class. You will have fun learning to follow the caller with basic steps while gaining all the benefits of exercising. No prior experience or partner needed.

Fee: \$46, senior discount \$35
Location: Milwaukie Center
Instructor: Seeley
Date/Time: W 1/11-3/14 2:45-3:45 p.m.

Bellydance – Beginner

Tone muscles while learning the beginning movements of this intriguing Middle Eastern, Egyptian style belly dance.

Fee: \$46, senior discount \$35
Location: Milwaukie Center
Instructor: Burroughs
Date/Time: Th 1/12-3/15 5:55-6:55 p.m.
 Th 4/5-6/7 5:55-6:55 p.m.

Line Dance – Beginner

This easy paced class is designed for newcomers to line dance and patterns.

Fee: \$46, senior discount \$35
Location: Milwaukie Center
Instructor: Harn
Date/Time: Th 1/12-3/15 12:30-1:30 p.m.
 Th 4/5-6/7 12:30-1:30 p.m.

Line Dance – Intermediate

Continue building your line dance repertoire. For those with experience and/or understanding of basic line dance.

Fee: \$46, senior discount \$35
Location: Milwaukie Center
Instructor: Mattson
Date/Time: Th 1/12-3/15 1:30-2:30 p.m.
 Th 4/5-6/7 1:30-2:30 p.m.

Milwaukie Center Dancers

This group practices and performs Latin-inspired dances. Must have previous experience in a Milwaukie Center Zumba Gold class. Call 503-794-8092 for more information.

Fee: Free
Location: Milwaukie Center
Instructor: Bezerra



Milwaukie Center Singers

This group rehearses and performs a variety of songs and musical arrangements and represents the Milwaukie Center at performances throughout the community. Call 503-794-8092 for more information.

Fee: Free
Location: Milwaukie Center
Instructor: Woodruff
Date/Time: M 1/9-6/4 1:30-3 p.m.
No rehearsal Jan. 16, Feb. 20,
Mar. 19, May 28

NEW! Dulcimer – Beginner

Instructor will teach the basics of this beautiful string instrument. Dulcimers are available for students to rent for \$10 per 4 week session.

Fee: Res. \$25, Non-Res. \$30
Location: Milwaukie Center
Instructor: Smith
Date/Time: W 1/25-2/22 9-10 a.m.
No class Feb. 15

NEW! Ukulele – Beginner

Learn to play your favorite tunes on this popular instrument. Limited number of ukuleles available for loan. Call 503-794-8092.

Fee: Res. \$25, Non-Res. \$30
Location: Milwaukie Center
Instructor: Smith
Date/Time: W 1/25-2/22 10:15-11:15 a.m.
No class Feb. 15

FITNESS AND EXERCISE

Level 1 – Need Support (Chair Fitness)

For people who may have physical limitations. A chair is provided to sit in 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

Meditation For Mind And Body

Develop a healthy mind and body and remove stress with comfortable meditation postures. Attend the free Meditation presentation on Wed, Jan. 11, 6-7 p.m. to learn more about the class and meet the instructor.

Fee: Res. \$50, Non-Res. \$55
Location: Milwaukie Center
Instructor: Tjahaja
Date/Time: W 1/18-3/21 6-7:30 p.m.

Chair Pilates

Levels 1 and 2. Pilates exercises held in a chair — ideal for people who do not want to be on the floor. All levels welcome. Focus on cultivating strength, balance, and flexibility.

Fee: \$46, senior discount \$35
Location: Milwaukie Center
Instructor: St. Clair
Date/Time: F 1/13-3/16 1:30-2:30 p.m.
F 4/6-6/8 1:30-2:30 p.m.

Pilates/Yoga

Levels 3 and 4. This class uses Pilates and yoga poses to build core strength and enhance agility and balance.

Fee: Res. \$96, Non-Res. \$108
Location: North Clackamas Aquatic Park
Instructor: Wilson
Date/Time: T/Th 1/3-3/22 11:30 a.m.-12:30 p.m.
 T/Th 4/3-6/21 11:30 a.m.-12:30 p.m.

Chair Yoga

Levels 1 and 2. Meditate, stretch, strengthen and balance in chairs. Great stress-reliever.

Fee: Res. \$36, Non-Res. \$41
Location: Milwaukie Center
Instructor: Bracht
Date/Time: M 1/9-3/19 1:30-2:30 p.m.
 No class Jan. 16, Feb. 20
Fee: Res. \$40, Non-Res. \$45
Date/Time: M 4/2-6/11 1:30-2:30 p.m.
 No class May 28

NEW! Yoga For Chronic Pain

Levels 1 and 2. Learn mindfulness meditation techniques and gentle supported yoga to ease pain and stress. Bring two pillows, mat and blanket. Arrive at 9:15 a.m. for first class.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Instructor: Watson
Date/Time: Sa 2/4-3/17 9:30-11:30 a.m.
 No class Feb. 11, Mar. 10

Strength & Relax Yoga

Levels 2 and 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.

Fee: Res. \$36, Non-Res. \$41
Location: Milwaukie Center
Instructor: Bracht
Date/Time: M 1/9-3/19 2:45-3:45 p.m.
 No class Jan. 16, Feb. 20
Fee: Res. \$40, Non-Res. \$45
Date/Time: M 4/2-6/11 2:45-3:45 p.m.
 No class May 28

Yoga – Basic

Levels 1-3. This class will improve strength, flexibility and concentration. Bring a mat and an empty stomach.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Instructor: Watson
Date/Time: Tu 1/10-3/13 4:45-5:45 p.m.
 Tu 4/3-6/5 4:45-5:45 p.m.

Yoga – Intermediate

Levels 2-4. This class will improve strength, flexibility and concentration. Great for people with previous Yoga experience. This more intensive class will improve strength, flexibility, and concentration. Bring a mat and an empty stomach.

Fee: Res. \$40, Non-Res. \$45
Location: Milwaukie Center
Instructor: Watson
Date/Time: Th 1/12-3/15 4:45-5:45 p.m.
 Th 4/5-6/7 4:45-5:45 p.m.

Qigong

Levels 1-4. Qigong — a relaxing, meditative exercise with origins in China — is practiced to improve health and is a combination of slow, repetitive movements, stretching and meditation. Appropriate for adults of all ages.

Fee: \$46, senior discount \$35
Location: North Clackamas Aquatic Park
Instructor: Ocker
Date/Time: F 1/13-3/16 8:30-9:30 a.m.
 F 4/6-6/8 8:30-9:30 a.m.

Tai Chi – Beginner

Levels 2 and 3. Learning a condensed, simplified Tai Chi form helps beginning students to relax and strengthen the major joint areas of the body, increasing flexibility and balance.

Location: Milwaukie Center
Instructor: Lusk
Fee: \$91, senior discount \$68
Date/Time: T/Th 1/12-3/20 11:15 a.m.-12:15 p.m.
Fee: \$91, senior discount \$68
Date/Time: T/Th 4/3-6/7 11:15 a.m.-12:15 p.m.

Tai Chi – Beginner & Intermediate

Levels 2 and 3. Increase your coordination, energy and focus by using meditation of Tai Chi & Qigong. Prepare your body for your favorite activities and sports. Gain muscle strength, balance/coordination, core and stress relief.

Fee: \$87, senior discount \$65
Location: Milwaukie Center
Instructor: Lusk
Date/Time: M/W 1/11-3/21 6:35-7:35 p.m.
No class Jan. 16, Feb. 20
Date/Time: M/W 4/2-6/6 6:35-7:35 p.m.
No class May 28

Tai Chi – 37 Yang & Qigong

Level 3. Using Tai Chi forms and Qigong to focus our energy as expressed through bodies and spirit. Beginners welcome.

Fee: \$99, senior discount \$74
Location: Milwaukie Center
Instructor: Lusk
Date/Time: M/W/F 1/11-3/21 10:10-10:55 a.m.
No class Jan. 16, Feb. 20
Date/Time: M/W/F 4/2-6/8 10:10-10:55 a.m.
No class May 28

Tai Chi – Adv Forms & Sword

Levels 3 and 4. Continued practice of 32 Sword Form and 37 Empty Hand Form. Standing meditation, push hands and martial applications. Benefits include cardio, strength, balance/coordination and core.

Location: Milwaukie Center
Instructor: Lusk
Fee: \$99, senior discount \$74
Date/Time: M/W/F 1/11-3/21 9:20-10:05 a.m.
No class Jan. 16, Feb. 20
Fee: \$87, senior discount \$65
Date/Time: M/W 1/11-3/21 5:30-6:30 p.m.
No class Jan. 16, Feb. 20
Fee: \$99, senior discount \$74
Date/Time: M/W/F 4/2-6/8 9:20-10:05 a.m.
No class May 28
Fee: \$87, senior discount \$65
Date/Time: M/W 4/2-6/8 5:30-6:30 p.m.
No class May 28

CARDIO/STRENGTH CLASSES

Sit-N-Fit

Levels 1 and 2. Strengthen your muscles, improve your range of motion, mobility and balance! Great for those with some physical limits.

Location: Milwaukie Center
Instructor: Stauss
Fee: \$69, senior discount \$52
Date/Time: M/W 1/9-3/21 11:05-11:50 a.m.
No class Jan. 16, Feb. 20
Fee: \$34, senior discount \$26
Date/Time: F 1/13-3/16 11:05-11:50 a.m.
Fee: \$72, senior discount \$54
Date/Time: M/W 4/2-6/13 11:05-11:50 a.m.
No class May 28
Fee: \$38, senior discount \$29
Date/Time: F 4/6-6/15 11:05-11:50 a.m.

Zumba Gold

Levels 1 and 2. Zumba Gold is designed for the active older adult, the beginners, people who are not used to exercising and people who may be limited physically. Includes music and dance styles of Merengue, Salsa, Cha Cha, Flamenco and more.

Location: Milwaukie Center
Instructor: Bezerra
Fee: \$41, senior discount \$31
Date/Time: M 1/9-3/19 12:15-1:15 p.m.
No class Jan. 16, Feb. 20
Fee: \$46, senior discount \$35
Date/Time: W 1/11-3/14 12:15-1:15 p.m.
Fee: \$46, senior discount \$35
Date/Time: F 1/13-3/16 12:15-1:15 p.m.
Fee: \$41, senior discount \$31
Date/Time: M 4/2-6/4 12:15-1:15 p.m.
No class May 28
Fee: \$46, senior discount \$35
Date/Time: W 4/4-6/6 12:15-1:15 p.m.
Fee: \$46, senior discount \$35
Date/Time: F 4/6-6/8 12:15-1:15 p.m.

Zumba

Level 2. This class is a fun, effective class that combines fast and slow Latin rhythms for an effective aerobic workout. You will enjoy swinging your arms, legs and hips to Salsa, Meringue, Cha Cha and more.

Location: Milwaukie Center
Instructor: Dato
Fee: \$46, senior discount \$35
Date/Time: Th 1/12-3/15 7:05-8:05 p.m.
Fee: \$37, senior discount \$28
Date/Time: Th 4/5- 5/24 7:05-8:05 p.m.

EZ-Does-It Aerobics

Level 3. Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout.

Location: Milwaukie Center
Instructor: Stauss
Fee: \$31 senior discount \$23
Date/Time: M 1/9-3/19 8:30-9:15 a.m.
 No class Jan. 16, Feb. 20
Fee: \$38, senior discount \$29
Date/Time: W 1/11-3/21 8:30-9:15 a.m.
Fee: \$34, senior discount \$26
Date/Time: F 1/13-3/16 8:30-9:15 a.m.
Fee: \$34 senior discount \$26
Date/Time: M 4/2-6/11 8:30-9:15 a.m.
 No class May 28
Fee: \$38, senior discount \$29
Date/Time: W 4/4-6/13 8:30-9:15 a.m.
Fee: \$38, senior discount \$29
Date/Time: F 4/6-6/15 8:30-9:15 a.m.

Functional Fitness

Levels 2 and 3. Rhythmic training to work on balance; march to a beat. Some hand-held weights are used. For people who are able to walk and stand without any kind of support.

Location: Milwaukie Center
Instructor: Hall
Fee: \$65, senior discount \$49
Date/Time: T/Th 1/17-3/20 10:20-11:05 a.m.
Fee: \$75, senior discount \$56
Date/Time: T/Th 4/3-6/14 10:20-11:05 a.m.

Stretch & Flex

Level 3. 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. One day a week options are available.

Location: Milwaukie Center
Instructor: Hall
Fee: \$65, senior discount \$49
Date/Time: T/Th 1/17-3/20 8:30-9:15 a.m.
Fee: \$75, senior discount \$56
Date/Time: T/Th 4/3-6/14 8:30-9:15 a.m.

Complete Conditioning

Level 3. Work 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. One day a week options are available.

Location: Milwaukie Center
Instructor: Hall
Fee: \$65, senior discount \$49
Date/Time: T/Th 1/17-3/20 9:25-10:10 a.m.
Fee: \$75, senior discount \$56
Date/Time: T/Th 4/3-6/14 9:25-10:10 a.m.

Circuit Training

Levels 3 and 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.

Location: Milwaukie Center
Instructor: Hall
Fee: \$46, senior discount \$35
Date/Time: Tu 1/17-3/20 12:30-1:30 p.m.
Fee: \$50, senior discount \$38
Date/Time: Tu 4/3-6/12 12:30-1:30 p.m.

WWW – Walking With Wayne

Levels 1-4. Walkers of all abilities welcome! Wayne Sabin leads a walking group around North Clackamas Park every Wednesday. Meet at noon by the red sculpture in the park. Call 503-794-8092 for more information. No fee.

GARDENING

Community Garden Sign-ups

Milwaukie Center, in partnership with Clackamas County Master Gardeners, has a community garden with both raised beds and in-ground garden plots available for rent. Priority goes to people who rented garden plots last year and are in good standing with the program, and to older adults (55+) and people with disabilities in North Clackamas Parks and Recreation District.

Fees pay for maintenance and costs of caring for the garden. Individuals can request only one garden plot. Applications are available through the Milwaukie Center receptionist. Call 503-653-8100 for more information or to rent your garden plot.

Fee: \$15 per raised bed
\$20 per in-ground bed

Location: Milwaukie Center

Date/Time: Registration starts April 2



Secrets of the Tomato Masters

This event, presented by Master Gardeners of Clackamas County, is a must for anyone who grows tomatoes. These tomato masters annually grow more than 100 tomato plants including about 50 varieties. Their revelations will get you ready for a fun and productive growing season.

Fee: No fee

Location: Milwaukie Center

Date/Time: Sa 3/10 9-11:30 a.m.

Master Gardeners Garden Discovery Day

Learn to pH test your soil, garden organically and compost from your yard debris and kitchen waste. Sow seeds to take home to your garden (kids, this is for you!); plan a raised-bed or container garden. Grow a year-round vegetable garden, berries, greens, herbs and other edibles of your choice.

The OSU Extension Service Master Gardeners of Clackamas County will answer your gardening questions and have hands-on activities. Weston Miller, the community and urban horticulturalist for the Metro-area OSU Extension Service, will be among the presenters.

Fee: No fee

Location: Milwaukie Center

Date/Time: Sa 2/25 9 a.m.-noon

Rose Pruning Demonstration

Rich Baer, Portland Rose Garden Society, presents an informative seminar on how to care for roses. Weather permitting; there will be a hands-on demonstration in the Rose Garden. This event is sponsored by the Friends of the Milwaukie Center Inc. Check out the 10-minute university presentations at www.clackamascountymastergardeners.org. Call the Friends office at 503-653-8100 for more information.

Fee: No fee

Location: Milwaukie Center

Date/Time: Sa 2/25 noon

LANGUAGE AND WRITING

Creative Writing

This class stimulates creative thinking and stretches students' abilities to see and write in fresh new ways.

Fee: \$64, senior discount \$48
Location: Milwaukie Center
Instructor: Arnold
Date/Time: W 1/11-2/29 1-2:45 p.m.
 W 4/4-5/23 1-2:45 p.m.

Your Story

Learn how to preserve your history by remembering moments and all the essential elements of your life.

Fee: \$64, senior discount \$48
Location: Milwaukie Center
Instructor: Arnold
Date/Time: Th 1/12-3/1 1-2:45 p.m.
 Th 4/5-5/24 1-2:45 p.m.



English Conversation and American Culture

Learn vocabulary and pronunciation through lively conversation. Bring everyday English challenges to class like job applications and catalog order forms. Learn American "slang" and ways to use it appropriately in casual conversations. All levels are welcome.

Fee: \$55, senior discount \$41
Location: Milwaukie Center
Instructor: Berry
Date/Time: M 1/9-3/12 6-7:30 p.m.
 No class Jan. 16, Feb. 20
 M 4/2-5/21 6-7:30 p.m.

Spanish Intro

For students with little or no Spanish language experience. Contact Dolores Luckow at 503-594-0646 or dluckow88@aol.com for more information. Book provided.

Fee: \$51, senior discount \$38
Location: Milwaukie Center
Instructor: Luckow
Date/Time: M 1/9-3/19 2-3:15 p.m.
 No class Jan. 16, Feb. 20
 M 4/2-6/4 2-3:15 p.m.
 No class May 28

Spanish Basic

A basic knowledge of Spanish required. Topics covered include word gender, beginning conjugation and beginning conversation skills. This class uses the textbook, *Spanish Made Simple*. Contact Dolores Luckow at 503-594-0646 or dluckow88@aol.com for more information.

Fee: \$72, senior discount \$54
Location: Milwaukie Center
Instructor: Luckow
Date/Time: M 1/9-3/19 12:15-2 p.m.
 No class Jan. 16, Feb. 20
 M 4/2-6/4 12:15-2 p.m.
 No class May 28

Spanish Intermediate

Topics include irregular verbs, commands and an introduction to the perfect and past tenses conjugations. Review the textbook, *Spanish Verb Tenses*, and focus on conversation. Contact Dolores Luckow at 503-594-0646 or dluckow88@aol.com for more information.

Fee: \$62, senior discount \$47
Location: Milwaukie Center
Instructor: Luckow
Date/Time: M 1/9-3/19 10:30 a.m.-noon
 No class Jan. 16, Feb. 20
 M 4/2-6/4 10:30 a.m.-noon
 No class May 28

Spanish Conversation

Recommended for fluent or near-fluent speakers. No English used in class. Students speak and the teacher makes corrections while leading a topic.

- Location:** Milwaukie Center
Instructor: Luckow
Fee: \$62, senior discount \$47
Date/Time: M 1/9-3/19 9-10:30 a.m.
No class Jan. 16, Feb. 20
- Fee:** \$62, senior discount \$47
Date/Time: M 4/2-6/4 9-10:30 a.m.
No class May 28

SPORTS

Bowling

Ages 18 and older. Jeff Combs, USBS-certified coach, will share skills on grip, generating ball speed and more.

- Fee:** Res. \$60, Non-Res. \$65 (no ball)
Res. \$110, Non-Res. \$115
(receive new ball)
- Location:** Milwaukie Bowl
Instructor: Combs
Date/Time: Tu 1/3-2/7 9:15-10:15 a.m.
Tu 4/3-5/8 9:15-10:15 a.m.

Adult Basketball, Sundays

Six-week adult basketball leagues. Call 503-493-9335 and specify NCPRD team to register.

- Fee:** \$476 per team
Location: Mt. Scott Elementary
Date/Time: Su 1/22-2/26 TBA
Su 3/4-4/8 TBA
Su 4/15-5/20 TBA

Adult Slowpitch Softball, Fridays

Three-Dog Night League. Eight-week winter softball league with divisions for men's and coed teams. For league details and registration go to www.ncprdsports.com.

- Location:** Hood View Park
Date/Time: F 1/6-2/24 6:30-11 p.m.

Adult Slowpitch Softball, Weeknights

Spring Fever League. Eight-week spring softball league with divisions for men, women and coed teams. For league details and registration go to www.ncprdsports.com.

- Location:** Hood View Park
Date/Time: Tu-F 2/28-4/20 6:30-11 p.m.

Adult Volleyball Open Gym, Fridays

Ages 18 and older. Open gym volleyball for adults, drop-in fee payable at the door. Open gym schedule available online at www.ncprdsports.com.

- Fee:** \$2 per drop-in
Location: Mt. Scott Elementary
Date/Time: F 1/13-5/25 7:30-10:30 p.m.



TRAVEL

Milwaukie Center '39ers

Enjoy the scenery, make new friends, and relax as we take you to exciting destinations. All trips leave from/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.

Contact the Travel Desk at 503-653-8100 for more information. Register for trips in person at the Travel Desk, Mon-Fri 9 a.m.-1 p.m. Full payment by check or cash is required at the time of registration.

Powell's City of Books & Lunch at PF Chang's

Stroll the stacks in Portland's very own "City of Books" then have lunch at nearby PF Chang's, a popular Chinese restaurant in the Pearl District.

Fee: Res. \$8, Non-Res. \$10
and money for lunch

Date/Time: Tu 1/10 10:30 a.m.-2 p.m.

The Chart House – OTLB

Enjoy the Chart House's fine food, the company of friends and the spectacular city views (weather permitting, of course!).

Fee: Res. \$8, Non-Res. \$10
and money for lunch

Date/Time: F 1/20 11:30 a.m.-2 p.m.

The Grotto & Lunch At Newport Bay

The National Sanctuary of Our Sorrowful Mother (otherwise known as The Grotto) is a beautiful 62 acre shrine and botanical garden. After our visit we'll have lunch at the Newport Bay Seafood restaurant in Mall 205.

Fee: Res. \$12, Non-Res. \$13
and money for lunch

Date/Time: W 1/25 10:30 a.m.-2 p.m.

Utopia Café (Breakfast Club)

Check out this great little breakfast spot in the trendy Belmont/Sunnyside area of SE Portland. Worth the trip! Limit 8 participants.

Fee: Res. \$10, Non-Res. \$12
and money for breakfast

Date/Time: Tu 1/31 9 a.m.-11 a.m.

Otto & Anita's – OTLB

Chef Otto and his wife Anita bring you the best in Bavarian food and pastries. Wait until you try the dill pickle soup!

Fee: Res. \$8, Non-Res. \$10
and money for lunch

Date/Time: Tu 2/7 11:30 a.m.-2 p.m.

Wolf Haven

Wolf Haven International's mission is to "conserve and protect wolves and their habitat." We'll take a guided tour of the sanctuary and meet the wolves; an awe-inspiring experience.

Fee: Res. \$33, Non-Res. \$36
and money for lunch

Date/Time: Th 2/9 8:30 a.m.-5:30 p.m.

Seaside Day Trip

February can often be one the best times to visit the Oregon Coast and Seaside is one of the coast's most popular destinations. Stroll the boardwalk, kick sand on the beach and have lunch in a cozy café.

Fee: Res. \$22, Non-Res. \$24
and money for lunch

Date/Time: Th 2/16 9 a.m.-5:30 p.m.

Cedar Creek Grist Mill & Lunch At The Oak Tree

Turn back the hands of time and tour this working 19th century mill. No gas or electricity is used, simply Mother Nature's water power. On our return, we'll have lunch at the popular Oak Tree restaurant in Woodland, WA.

Fee: Res. \$32, Non-Res. \$37
and money for lunch

Date/Time: Tu 2/21 9:30 a.m.-3 p.m.

Tin Shed (Breakfast Club)

Avoid the weekend breakfast crowds at this popular Portland restaurant. It's a heavenly way to start your day. Limit 8 participants.

Fee: Res. \$10, Non-Res. \$12
and money for breakfast

Date/Time: W 2/29 9-11 a.m.

Corvallis Arts Center & Lunch At Big River Grill

We'll learn about the Arts Center mission and history as well as take in the current exhibitions in the Main and Woodman galleries. After, we will have lunch in downtown Corvallis.

Fee: Res. \$28, Non-Res. \$31
and money for lunch

Date/Time: W 3/7 9 a.m.-5 p.m.

Tollgate Inn Restaurant – OTLB

The Tollgate Inn is a popular dining stop in Sandy on the way to Mt. Hood and points east. This is good food and friendly service in a relaxed atmosphere.

Fee: Res. \$7, Non-Res. \$9
and money for lunch

Date/Time: F 3/9 11:30 a.m.-2 p.m.

Kell's Irish Pub – OTLB

Come along for our annual St. Paddy's lunch at this popular downtown eatery. Enjoy the corned beef and green beer.

Fee: Res. \$8, Non-Res. \$10
and money for lunch

Date/Time: M 3/13 11:30 a.m.-2 p.m.
For more information and to register, visit www.ncprd.com

Bonneville Locks & Dam

Travel with us up the Columbia for an up close look at the locks. At the dam's visitor center learn all about the dam's history and power-generating capabilities.

Fee: Res. \$15, Non-Res. \$17
and money for lunch

Date/Time: F 3/16 10 a.m. - 3:30 p.m.

Rice NW Museum & The Sylvan Steak House

This museum is just a 20 minute drive from downtown Portland. It features one of the finest collections of rocks, minerals and gems found anywhere in the world. Lunch is at the Sylvan Steak House, a great local establishment.

Fee: Res. \$18, Non-Res. \$20
and money for lunch

Date/Time: W 3/21 10 a.m.-3 p.m.

Portland Japanese Garden

The Japanese Garden is a haven of tranquil beauty nestled in the Portland's West Hills. Spring will be stirring at the time of our visit; don't miss it! Lunch will be at a local Japanese restaurant.

Fee: Res. \$16, Non-Res. \$18
and money for lunch

Date/Time: F 3/23 10:30 a.m.-2:30 p.m.

Brownsville Browsing & The Corner Cafe

This charming small town toward the south end of the Willamette Valley features charming shops, friendly residents and a unique museum.

Fee: Res. \$23, Non-Res. \$25
and money for lunch

Date/Time: Th 3/29 9 a.m.-5 p.m.

Milwaukie Center

Milwaukie Center

5440 SE Kellogg Creek Drive
Milwaukie, OR 97222
503-653-8100
www.ncprd.com/milwaukie-center

The Milwaukie Center provides a wide array of programs and services to meet the diverse needs of the community. In addition to the host of recreational activities for all ages throughout the year, the Center is also a hub of independence for adults 50+, providing social services, support and friendship.

Also, when planning your next special event, don't forget that the Milwaukie Center and/or the Sara Hite Memorial Rose Garden are excellent locations for weddings, celebrations and more.

MILWAUKIE CENTER RESOURCES

Nutrition Program

This program provides hot, healthy meals to community members within North Clackamas Parks and Recreation District (NCPRD) through the local Meals on Wheels service. Onsite lunch offered Monday-Fridays at noon.

The Center also offers a menu of healthy, delicious and low cost options to the public through Pete's Café open 9 a.m. to 1 p.m. Monday through Friday.

Call 503-653-8100 or visit www.ncprd.com/milwaukie-center/menu for menu and meal information.

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 Center for lunch, classes and other activities. We also provide bus transportation to a local grocery store on Tuesday and Thursday each week.

Contact the Transportation Coordinator at 503-653-8100 or visit us online at www.milwaukiecenter.com for a full list of services provided.

Social Services Information and Referrals

Our skilled staff and volunteers have a host of senior-oriented programs to assist older adults to stay independent in their own homes in the North Clackamas area. We're also here for families as they reach out to help older family members

Other valuable services at the

Milwaukie Center:

- Needs assessments
- Health equipment loan
- Home repair resources
- Community resource information
- Notary public
- 911 Emergency cell phones
- Insurance resources and information
- Community library
- Resource library
- Computer workstations
- Wireless internet "Wi-Fi"
- Voter registration
- Battery recycling
- Exercise opportunities

Call 503-653-8100 or visit us online at www.milwaukiecenter.com for more information regarding Social Services.

ONGOING CLINICS AND GROUPS

A Place at the Center

This award-winning social activities program is designed for people with memory loss or confusion due to stroke, Alzheimer's or related disorders. Call 503-653-8100 for more information and to enroll. Application process required.

Fee: Res. \$24, Non-Res. \$30

Location: Milwaukie Center

Date/Time: W 12:30-4 p.m.

Blood Pressure Check

Drop in and get your blood pressure checked by volunteer nurses the first Monday and third Tuesday of the month.

Fee: No fee

Location: Milwaukie Center

Date/Time: M/Tu 9:45-11:45 a.m.

Diabetes Support Group

Drop in and receive information, education and support for people with diabetes, their families and friends. Meets monthly on the first Wednesday.

Fee: No fee

Location: Milwaukie Center

Date/Time: W 1st Wednesday/month
1:30-3 p.m.

Senior Law Clinic

Local, volunteer elder law attorneys provide up to half-hour consultation on senior legal issues. Call 503-653-8100 to make an appointment for the first or third Tuesday of the month.

Fee: No fee, donations are appreciated

Location: Milwaukie Center

Date/Time: Tu 1st or 3rd Tuesday/month
Appointment required.



Foot Care Clinic

Must be 60+ or person with disability. Foot Care Nurses LLC provide foot soaks and toenail/callous trims and a lotion foot rub. Call 503-653-8100 to make an appointment for the first or third Tuesday of the month.

Fee: \$30

Location: Milwaukie Center

Date/Time: Tu 1st or 3rd Tuesday/month
Appointment required.

Tax-Aide

Each year trained volunteers provide low-income families and seniors with financial assistance by providing free tax preparation. Call 503-653-8100 after Jan. 18 for more information or to schedule an appointment.

Fee: Donations are appreciated.

Location: Milwaukie Center

Date/Time: Appointment required.

Park & Facility Rentals

Ideal settings for your special celebration, meeting or event.

Hood View Park is a 35-acre complex located in the city of Happy Valley. It features four world-class ballfields with all-weather turf, wireless scoreboards, shaded seating, field lighting and full-service concessions. Additionally, the park features a 0.12-mile walking trail, ample parking and spectacular views. Call or email for ballfield rental rates, policies or availability.

Location: 16223 SE Stadium Way, Happy Valley, OR 97015

Phone: 503-475-8953

Email: ncprdsports@clackamas.us

North Clackamas Aquatic Park is available for swim parties, pool rental and/or meetings. A variety of options are available from special packages during Big Surf! swim times to private pool party rentals. The park features six swimming pools, three water slides and a 29-foot rock-climbing wall.

Location: 7300 SE Harmony Road, Milwaukie, OR 97222

Phone: 503-557-SURF (557-7873)



Milwaukie Center is equipped with Wi-Fi, a large stage featuring audio equipment and furnishings. The center's auditorium and array of class/meeting rooms are suitable for groups as small as 15 to as large as 400. This is the perfect location for your next large or small scale professional event, presentation, wedding/reception and any other special occasion!

Location: 5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

Phone: 503-794-8013

Email: rosehun@clackamas.us

Sara Hite Memorial Rose Garden is a beautiful 1-acre outdoor formal rose garden located near the entrance of North Clackamas Park. The Rose Garden's central red brick plaza is surrounded by manicured rose beds and can seat up to 200 guests. A large covered gazebo is also available within the garden, making this a perfect location for weddings, ceremonies, concerts and group celebrations. Call or email for rental rates, policies or availability.

Location: 5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

Phone: 503-794-8013

Email: rosehun@clackamas.us

North Clackamas Park is a 47-acre park which provides ballfields, two shaded picnic areas, a covered picnic shelter (capacity 144), two playgrounds, a fenced horse arena and numerous walking trails. Picnic reservation season is May 1-Sept. 30. Call or email for rental rates, policies or availability.

Location: 5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

Phone: 503-794-8013

Email: rosehun@clackamas.us

North Clackamas Ballfields features four natural grass youth ballfields with wireless scoreboards, shaded seating, field lighting and full concessions.

Location: 5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

Phone: 503-794-8953

Email: ncprdsports@clackamas.us



PROGRAM LOCATIONS

Classes and activities are scheduled at the following locations:

Alder Creek Middle School

13801 SE Webster Road, Milwaukie

Ardenwald Park

3667 SE Roswell Street, Milwaukie

Ashley Meadows Park

5410 SE Oregon Trail Drive, Clackamas

Broken Arrow Archery

2044 SE Adams Street, Milwaukie

Century Park

11500 SE 35th Avenue, Milwaukie

Happy Valley Park

13770 SE Ridgecrest Road, Happy Valley

Highland Stables

16723 S Williams Road, Beavercreek

Hood View Park

16223 SE Stadium Way, Happy Valley

Mill Park

6201 SE Overland Street, Milwaukie

Milwaukie Bowl

3056 SE Harrison Street, Milwaukie

Milwaukie Center

5440 SE Kellogg Creek Drive, Milwaukie

Mt. Scott Elementary School

11201 SE Stevens Road, Happy Valley

Mt. Talbert Nature Park

10695 SE Mather Road, Clackamas

North Clackamas Aquatic Park

7300 SE Harmony Road, Milwaukie

North Clackamas Park

5440 SE Kellogg Creek Drive, Milwaukie

Pfeifer Park

14074 SE 139th Avenue, Clackamas

Precision Elite Gymnastics

15507 SE For Mor Court, Clackamas

Risley Park

2350 SE Swain, Oak Grove

Sah-Hah-Lee Golf Course

17104 SE 130th Avenue (off of Highway 212), Clackamas

Spotlight Dance & Performing Arts Studio

16101 SE McLoughlin Boulevard, Milwaukie

Stone Creek Golf Club

14603 S Stoneridge Drive, Oregon City

Stringfield Family Park

3614 SE Naef Road, Oak Grove

Summerfield Park

14001 SE Summerfield Loop, Clackamas

Water Tower Park

9890 SE 40th Avenue, Milwaukie



ADDITIONAL INFORMATION

Photos

North Clackamas Parks and Recreation District takes photographs of people enjoying programs, events, parks and facilities. These photographs are used for Parks District publications, such as this program guide. The photographs are used at the discretion of the Parks District and become the sole property of the North Clackamas Parks and Recreation District.

Gift Certificates

Consider giving a NCPRD gift certificate for recreation programs, fitness classes and facility use. Certificates can be purchased at the North Clackamas Aquatic Park or Milwaukie Center recreation office.

Program Fees

Resident discounts: For most activities that have a fee, there will be two numbers listed: one for residents of the Parks District, and the other for those who live outside the District.

Examples: Res. \$20, Non-Res. \$25

The first number (\$20) is the fee for District residents (Res). The second number (\$25) is the fee for Non-Residents (Non-Res). The District residency details can be found on page 2. Visit www.ncprd.com to verify residency by selecting "are you in district?" option at the bottom of the web page or call for assistance.

Senior Discount: Seniors 62 years of age or older qualify for discounted tuition for many NCPRD Programs. Proof of age is required.

Example: \$53, senior discount \$40

Scholarships

Scholarships are available for Parks District residents for participation in classes and activities. Applicants who meet income guidelines are eligible for scholarship assistance for one program per year per person. If you would like information about receiving a scholarship, please call 503-794-8080. If you are interested in contributing toward the scholarship fund, indicate your donation amount when you register. Residents who are 55 years and older or have a disability may qualify for a scholarship through the Friends of the Milwaukie Center. Call 503-794-8092 for more information.

Refund Policy

Facility Rental Cancellations: Cancellations made at least four weeks prior to the reserved date will receive a refund of monies paid minus a 20-percent or \$50 processing fee (whichever is less). Cancellations made less than four weeks from the reserved date will receive a 50-percent refund of monies paid minus 20-percent (of refund amount) or \$50 processing fee (whichever is less).

Programs and Activities: If a participant cancels their registration at least one week (seven days) prior to the start of a program, they will receive a full refund minus a \$10 processing fee per transaction or a full credit to a future program whichever the registrant prefers. If a participant cancels less than one week (seven days) prior to a start of program, a full credit will be given. No cash refunds will be issued less than one week prior to class. After a program has started, the supervisor in charge will have the authority to take appropriate action and make every reasonable effort to satisfy the customer.

- Processing fee will be waived if the participant chooses to transfer or apply credit to a future program or rental date.
- Processing fee is applied to the amount of refund and not to exceed \$50.
- Refund/credits will not be issued for unattended classes or events.
- If event or program is cancelled or changed by NCPRD, a full credit or refund will be issued.

REGISTRATION

ONLINE

Visit www.ncprd.com and click on the "RecConnect" button or select "Register" on top toolbar. Browse through and/or register for activities 24 hours a day, seven days a week.

PHONE

Please have your Visa or Mastercard ready.

FAX

Complete registration form, including name, credit card number and expiration date.

MAIL

Complete registration form and mail to one of the two locations below.

IN PERSON

You may register in person at any of the locations listed on this page. See office hours below.

Locations

You may phone, fax, mail or bring in registration to:

NORTH CLACKAMAS AQUATIC PARK AND RECREATION OFFICE

7300 SE Harmony Road

Milwaukie, OR 97222

Phone 503-794-8080

Fax 503-794-8085

Office Hours:

Monday-Saturday, 8 a.m.-7 p.m.

Sunday, 1-5 p.m.

MILWAUKIE CENTER

5440 SE Kellogg Creek Drive

Milwaukie, OR 97222

Phone 503-794-8092

Fax 503-794-8016

Office Hours:

Monday-Friday, 8:30 a.m.-5 p.m.

Registration Information

When registering for classes, keep the following in mind:

- All program participants are requested to register ONE WEEK prior to start of activities/ classes.
- Cancellations generally occur in conjunction with North Clackamas School District closures. In case of inclement weather, contact the class location for cancellation information.
- If the minimum enrollment requirement is not met, the class or activity may be cancelled. A refund will be mailed or credit will be given toward another program.

PLEASE NOTE:

**ALL CLASSES AND ACTIVITIES
SUBJECT TO SPACE AVAILABILITY.
REGISTER EARLY!**

CLASS/ACTIVITY REGISTRATION FORM

REGISTER BY PHONE, FAX, MAIL OR ONLINE AT WWW.NCPRD.COM TODAY!

Please note that all classes and activities are subject to space availability. Register early!

Send Form To:

North Clackamas Aquatic Park and Recreation Office
 7300 SE Harmony Road, Milwaukie OR 97227
 Phone: 503-794-8080 FAX: 503-794-8085
 Office Hours: M-Sa, 8 a.m.-7 p.m. Su 1-5 p.m.

Milwaukie Center
 5440 SE Kellogg Creek Dr., Milwaukie, OR 97222
 Phone: 503-794-8092 FAX: 503-794-8016
 Office Hours: M-F, 8:30 a.m.-5 p.m.



Main Contact:

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Email: _____ Can we email you the latest NCPRD news? Yes No

Emergency Contact:

Name _____ Phone _____

Participant Name	Birthdate	M/F	Program Name	Start Date	Day/Time	Fee
Please consider making a donation to the Recreation Scholarship Fund. Scholarships increase access to recreation programming in the North Clackamas Parks and Recreation District.						Donation Amount:
						TOTAL FEES:

Informed Consent/Participation Release:

I acknowledge that the activities may be hazardous, and in an emergency, the personnel from NCPRD providing the program have my permission to administer first aid and to call emergency services. I hereby release and hold harmless Clackamas County, NCPRD, its officers, agents, and employees from all claims, actions, and demands of any kind that may arise from participation in the noted activities. I agree that photographs taken during the program may be used for future promotional purposes.

Payment Information:

Check Check number _____ Make checks payable to NCPRD

Visa MasterCard Credit Card # _____ Exp. Date _____

Cardholder's name (please print) _____

Signature _____ Date _____



**NORTH
CLACKAMAS**
PARKS & RECREATION
DISTRICT

PRSRT STD
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 700

Milwaukie Center

503-653-8100

Email: info@milwaukiecenter.com

www.milwaukiecenter.com

NCPRD Administration

503-742-4348

Email: parcs@clackamas.us

North Clackamas Aquatic Park

503-557-SURF (7873)

www.pdxsurf.com

Recreation Programming

503-794-8080

Email: recreation@clackamas.us

www.ncprd.com

Park Maintenance

503-742-4685

Sports Facilities/Fields

503-475-8953

Email: ncprdsports@clackamas.us

www.ncprdsports.com

Field Update Line 503-742-4343

ONLINE REGISTRATION AVAILABLE

Visit www.ncprd.com for the most up-to-date
programs and classes!