



# DISCOVERY GUIDE



*Discover*  
**YOUR FUN!**

**SUMMER CAMPS  
RECMOBILE  
MOVIES IN THE PARK  
BIG SURF! SWIM**



# DIRECTOR'S MESSAGE

This summer, North Clackamas Parks and Recreation District invites you to get outside, go on adventures and explore the abundant opportunities that make our community such a special place to live, grow and play. As a resident of North Clackamas Parks and Recreation District, you have access to hundreds of recreation programs for all ages, family events and activities, and beautiful parks and trails right in our backyard.

The professional team at NCPRD is dedicated to finding new opportunities to make our community even better and increase the quality of life for all District residents. Through our recently implemented Strategic Partnership Agreement with North Clackamas School District, we aim to do just that. This agreement is a fantastic realization of the benefits that can occur when public entities work collaboratively to better serve our community.

As part of this Strategic Partnership with the School District, NCPRD will be acquiring three new school properties, including Concord, Wichita and Clackamas Elementary Schools. We're excited about this unique opportunity to provide our residents with new indoor community centers, parks and recreational opportunities. The three schools were strategically chosen based on their potential for community uses and their precise placement throughout the District allowing us to better serve our entire population, especially those in underserved areas. In the agreement, NCPRD also receives considerable funds to be used towards parks and recreation needs in the community.

In return the School District will receive from NCPRD the 35-acre Hood View Park. This will provide the School District with needed sports fields and additional property for the planned development of their new high school on the current Rock Creek Middle School site. A win-win, the Hood View property stays in the community to provide students with athletic fields, while continuing to serve as a venue for sports programming and league rentals during non-school use times. NCPRD and the School District will each continue current "status quo" management of Wichita Elementary School and Hood View Park until 2020 and 2021 respectively, and the programs at these locations will continue as planned during this time.

There is already growing interest and enthusiasm around the potential uses of Concord Elementary School in Oak Grove, which has sat vacant since 2014. As the new property owner, we look forward to providing a robust public engagement process. The future vision and use of the school property will be informed by the community and other local organizations who have been invested in the preservation and the repurposing of this school property.

In addition to exciting opportunities for future recreational facilities and programming, there are plenty of current fun activities and events to take advantage of this summer. Gather under the stars with family and friends for Movies in the Park, find your Zen in a yoga class, or sign up for one of our new youth summer camps, including Minecraft Computer Coding and Farmyard Gardening.

Have a wonderful summer!  
Scott Archer  
Director, NCPRD



North Clackamas Parks and Recreation District (NCPRD) is a service district of Clackamas County dedicated to enriching community vitality and promoting healthy living through parks and recreation. NCPRD serves more than 122,000 residents in Happy Valley, Milwaukie and the surrounding unincorporated area in Clackamas County. The District includes 39 parks, 25 natural areas, 15 miles of trails, the Trolley Trail, Hood View Sports Complex, Milwaukie Center and North Clackamas Aquatic Park.

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## REGISTRATION INFORMATION

### SUMMER 2018

**Registration beginning at 9 a.m.**

**NCPRD: April 10, 2018**

**Non-resident: April 17, 2018**

**ONLINE:** Register online at **ncprd.com**.  
Click "Register Here" on the side toolbar.

**PHONE:** North Clackamas Aquatic Park: Call (503) 794-8080  
Office Hours: M-Th, 8 a.m.-7 p.m.; Fri, 7 a.m.-4 p.m.;  
Sa, 7 a.m.-5 p.m.; Su, Noon-5 p.m.  
Please have Visa or MasterCard ready.

**IN PERSON:** Register at one of the two locations:  
North Clackamas Aquatic Park  
7300 S.E. Harmony Road, Milwaukie, OR 97222

Milwaukie Center Recreation Office  
5440 S.E. Kellogg Creek Drive, Milwaukie, OR 97222  
Office Hours: M-F, 8 a.m.-5 p.m.

- Please register at least ONE WEEK prior to class/activity start date.
- In case of inclement weather, contact the class facility before attending.
- If minimum enrollment requirement is not met, the class or activity may be cancelled. A refund or credit will be given.

### REGISTRATION UPDATE

NCPRD has launched a new easy-to-use registration system. All patrons will need to create a new account within the system to register for summer programs. For more information and to create an account, visit [ncprd.com/registration](http://ncprd.com/registration).

## NORTH CLACKAMAS PARKS & RECREATION DISTRICT OFFICE INFORMATION

### NCPRD ADMINISTRATION

150 Beavercreek Road  
Oregon City, OR 97045  
Phone: (503) 742-4348  
Office Hours:  
M-Th, 7 a.m.-6 p.m.

### NCPRD SPORTS

16223 S.E. Stadium Way  
Happy Valley, OR 97015  
Phone: (503) 794-3877  
FAX: (503) 794-3878  
Office Hours:  
M-F, 9 a.m.-5 p.m.

## NORTH CLACKAMAS AQUATIC PARK

7300 S.E. Harmony Road  
Milwaukie, OR 97222  
Phone: (503) 794-8080  
FAX: (503) 794-8085  
Office Hours:  
M-Th, 8 a.m.-7 p.m.  
F, 7 a.m.-4 p.m.  
Sa, 7 a.m.-5 p.m.  
Su, Noon-5 p.m.

### MILWAUKIE CENTER

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



# ADVISORY BOARD

& ADDITIONAL INFORMATION



As a County Service District, North Clackamas Parks and Recreation District is governed by the five-member Board of County Commissioners for Clackamas County acting as the Board of Directors for NCPRD. Until recently, the District was primarily represented by the District Advisory Board (DAB), a nine-member volunteer board of citizens that were charged with making recommendations to the NCPRD Board of Directors. With the future make-up of the District Advisory Board still undetermined due to Happy Valley's withdrawal, the Board of County Commissioners is assuming the role of the District Advisory Board in addition to their current role as the District's Board of Directors.

## NCPRD BOARD OF DIRECTORS

Jim Bernard, Chair  
Sonya Fischer, Commissioner  
Ken Humberston, Commissioner  
Paul Savas, Commissioner  
Martha Schrader, Commissioner



## ADDITIONAL INFORMATION

### Program Fees

For most fee-based programs there will be two numbers listed: one for NCPRD residents and the other for non-residents (those who live outside the District). Example: NCPRD, \$20; non-resident, \$25. The first number (\$20) is the fee for NCPRD District residents. The second number (\$25) is the fee for non-residents. You can visit [ncprd.com](http://ncprd.com) to verify residency by selecting the "Are you in district?" option under the District Information webpage.

### Scholarships

Scholarships are available to District residents for participation in many classes and activities. Applicants who meet income guidelines are eligible for scholarship assistance for up to two programs per year per person, or two per family per year. If you would like information about receiving a scholarship, please call (503) 794-8080. Residents who are 55 years and older, or have a disability, may qualify for a scholarship to assist with class fees at the Milwaukie Center through the Friends of the Milwaukie Center, Inc. non-profit. Call (503) 794-8092 for more information.

### Photos

North Clackamas Parks and Recreation District takes photographs of people enjoying our programs, events, parks and facilities. These photographs are used for promotional purposes, including placement in publications, collateral and on the NCPRD website. 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 an NCPRD gift certificate for recreation programs, fitness classes and facility use. Certificates can be purchased at the North Clackamas Aquatic Park or the Milwaukie Center Recreation Office.

### Refund Policy

Facility rental cancellations: Cancellations made at least four weeks prior to the reserved date will receive a refund, 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 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 the 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.



# SUMMER SPECIAL EVENTS



## Oregon Ballet Theatre 2

Discover the magic of ballet with an intimate performance by the Oregon Ballet Theatre 2 (OBT2). The talented group of pre-professional dancers, presented by former American Ballet Theatre ballerina and OBT2 Program Director, Lisa Sundstrom, will perform a thrilling mix of classical and contemporary work from the repertoire of Oregon Ballet Theatre. Meet the ballerinas and have your photo taken after the show! All proceeds benefit the OBT2 and scholarships for classes at the Milwaukie Center.

Location: Milwaukie Center  
 Fee: \$3 suggested donation  
 Time/Date: 6:30 p.m. F 5/18

## Golden Anniversary

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

Location: Milwaukie Center  
 Fee: Free  
 Time/Date: 11 a.m.-1 p.m. F 6/22  
 Sponsored by:



CLACKAMAS VIEW  
SENIOR LIVING

## Great American BBQ

Mark your calendars for a flame-grilled lunch and live entertainment at North Clackamas Park. Enjoy the toe-tapping music of Mark Cash and Chihuahua Desert and watch a special performance by the Westernaires Line Dance Team. Groups of six or more require a reservation. For more information or to make a reservation, call the Nutrition Program at (503) 654-3030.

Location: Milwaukie Center (Picnic Shelter)  
 Fee: 60+, \$3 donation under 60, \$5 per person  
 Time/Date: Noon-1 p.m. Th 7/12  
 Sponsored by:



## Ice Cream Social & Beach Bum Day

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

Location: Milwaukie Center  
 Fee: \$2 per sundae  
 Time/Date: 12:30-1:30 p.m. Tu 8/28

## RecMobile

The RecMobile is coming to a park near you. Come play games, make crafts, meet new friends and have a blast! Join our recreation staff Monday through Friday at select parks throughout North Clackamas Parks and Recreation District. See page 15 for more information.

## Movies In The Park

Bring a blanket and enjoy movies under the stars! All movies are free and begin at dusk. Zappos Pizza and Kona Ice will be available for purchase. Visit commonsensemedia.org for movie descriptions and ratings to decide if the movie is appropriate for your family.

DATE	MOVIE	LOCATION	ADDRESS
Sat., July 7	Wonder Woman	Village Green Park	13786 S.E. Sieben Pkwy., Clackamas
Sat., July 14	Beauty and the Beast	Concord Elementary	3811 SE Concord Rd., Oak Grove
Sat., July 21	Coco	Wichita Center	6031 S.E. King Rd., Milwaukie
Sat., July 28	The Lion King	North Clackamas Park	5440 S.E. Kellogg Creek Dr., Milwaukie
Sat., August 4	Kubo and the Two Strings	Waldorf School	2300 S.E. Harrison St., Milwaukie
Sat., August 11	Star Wars Last Jedi	Risley Park	2350 S.E. Swain Ave., Milwaukie

# PARK & FACILITY RENTALS

IDEAL SETTINGS FOR ANY EVENT!



## Milwaukie Center

(503) 794-8013

rentals@ncprd.com

5440 S.E. Kellogg Creek Dr.  
Milwaukie, Oregon 97222

The Milwaukie Center offers a variety of spaces that are perfect for your special event. The Center includes Wi-Fi and an auditorium with a large stage.

### Rooms

Salal/Oregon Grape Rooms  
Camas/Dogwood Rooms  
South Wing

### Capacity

20-30 guests  
75 guests  
150-250 guests

### Hourly Rate

\$50-\$65  
\$65-\$80  
\$75-\$145

## Sara Hite Memorial Rose Garden

(503) 794-8013

rentals@ncprd.com

5440 S.E. Kellogg Creek Dr.  
Milwaukie, Oregon 97222

The Sara Hite Memorial Rose Garden is a beautiful setting for weddings, ceremonies and concerts in the spring and summer. The open plaza comfortably seats 200 guests and can flexibly accommodate a variety of layouts for your event. A large covered gazebo (22' x 36') is also available within the garden.

NCPRD, \$125; non-resident, \$140

Refundable security deposit, \$300  
Chair rental (optional), \$2.50 per chair

## North Clackamas Park Picnic Shelter

(503) 794-8013

rentals@ncprd.com

5440 S.E. Kellogg Creek Dr.  
Milwaukie, Oregon 97222

The North Clackamas Park Picnic Shelter has a covered picnic area with 24 picnic tables, six electrical outlets (each outlet has two plugs on a 20 amp breaker) and access to water. This area accommodates 144 people (maximum). Picnic reservation season is May 1-Sept. 30. Call or email for more information.

## North Clackamas Park Ball Fields

(503) 794-3877

sports@ncprd.com

5440 S.E. Kellogg Creek Dr.  
Milwaukie, Oregon 97222

North Clackamas Park spans 47 acres and includes four ball fields, two shaded picnic areas, two playgrounds, a fenced horse arena and several walking trails. The ball fields are equipped with wireless scoreboards and field lighting. Call or email for information, including ball field rental rates, policies and availability.

## Hood View Park

(503) 794-3877

sports@ncprd.com

16223 S.E. Stadium Way  
Happy Valley, OR 97015

Hood View Park is a 35-acre sports complex located in the city of Happy Valley. It features four world-class ball fields with all-weather turf, ample parking and full service concessions. Call or email for information, including ball field rental rates, policies and availability.

## North Clackamas Aquatic Park

(503) 794-8080

aquaticpark@ncprd.com

7300 S.E. Harmony Rd.  
Milwaukie, OR 97222

The North Clackamas Aquatic Park is available for swim parties, pool rentals and meetings. The park features include six swimming pools, three water slides and a 29-foot rock climbing wall for your enjoyment! Contact the Aquatic Park for availability or for more information.



# NORTH CLACKAMAS AQUATIC PARK

# BIRTHDAY

## & CELEBRATION PACKAGES

### Big Surf! Swim Parties



# A

Includes soda, ice cream, utensils, plates, cups, 1-hour room rental and Big Surf! swim admission. Bring your own store-bought dessert.

# of guests	NCPRD	Non-Resident
1-8	\$100	\$120
9-15	\$180	\$225
16-22	\$265	\$330
23-30	\$360	\$450
31-38	\$455	\$570

# B

Everything included in Package A, plus pizza.

# of guests		NCPRD	Non-Resident
1-8	1 pizza	\$115	\$140
9-15	2 pizzas	\$210	\$263
16-22	3 pizzas	\$310	\$385
23-30	4 pizzas	\$420	\$525
31-38	5 pizzas	\$535	\$665

### Big Surf! Swim & Rock Wall Parties

# C

Everything included in Package A, and two climbs on the rock wall. Unlimited climb packages also available.

# of guests	NCPRD	Non-Resident
1-8	\$120	\$152
9-15	\$225	\$285
16-22	\$330	\$418
23-30	\$450	\$570
31-38	\$570	\$722



# D

Everything included in Package B, and two climbs on the rock wall. Unlimited climb packages also available.

# of guests	NCPRD	Non-Resident
1-8	\$135	\$172
9-15	\$255	\$323
16-22	\$375	\$473
23-30	\$510	\$645
31-38	\$645	\$817



### What you need to know about our birthday & celebration packages:

- Full payment is due upon reservation.
- Signed Party Rules and Procedures Form is required by the responsible paying adult.
- 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.
- All pizzas are 16 inches. Choose cheese, pepperoni or Hawaiian. 12 slices per pizza. Additional pizzas are available with advanced arrangements for \$18.
- Please provide your own candles. Trick candles are not allowed for safety reasons.
- Children 8 years and younger must be accompanied in the water by a responsible supervisor, 13 years or older at a 3:1 ratio.
- Reservations must be made one week in advance or are subject to a late fee.
- Number of guests includes all individuals in the party room that will be eating and swimming.
- In case of refund, please allow 4 weeks for processing.





# NORTH CLACKAMAS AQUATIC PARK

7300 S.E. Harmony Road | Milwaukie, OR 97222 | (503) 557-SURF

The North Clackamas Aquatic Park is the perfect destination for affordable entertainment and water-focused education. Dive into fun with Oregon's largest wave pool, a toddler splash zone, diving and lap pools, water slides, and a 29-foot rock wall. The Aquatic Park also offers swimming lessons, aquatic fitness classes and party rentals.

During Big Surf! Open Swim visitors can enjoy the many Aquatic Park features, including zipping down water slides and catching a ride on four-foot waves.

## SUMMER ACTIVITY SCHEDULE & ADMISSIONS

Effective June 14 - September 3, 2018. Schedule and fees may be subject to change without notice.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>BIG SURF! OPEN SWIM</b>	Noon-6 p.m. Family Rate**	Noon-4 p.m.	Noon-4 p.m.	Noon-4 p.m.	Noon-4 p.m.	Noon-4 p.m.	Noon-6 p.m.
<b>LAP SWIM (13 &amp; OLDER)</b>	Noon-6 p.m.	6 a.m.-4 p.m. 7-8 p.m.	8 a.m.-4 p.m. 7-8 p.m.	6 a.m.-4 p.m. 7-8 p.m.	8 a.m.-4 p.m. 7-8 p.m.	6 a.m.-4 p.m.	7 a.m.-6 p.m.
<b>LAP SWIM (ALL AGES)</b>	Noon-6 p.m.					1-4 p.m.	7 a.m.-6 p.m.
<b>SENIOR SWIM</b>		7-10 a.m.		7-10 a.m.		7-10 a.m.	
<b>PARENT/ PRESCHOOL</b>		9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.

Aquatic Park will be closed all day on Wednesday, July 4, and starting at 4 p.m. on Sept. 3.  
The lap pool is excluded from Big Surf! admission.

BIG SURF! ADMISSION	NCPRD	NON- 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)	\$6.50	\$10
9 and older	\$6.50	\$10
Family Rate** Sunday Only Valid for up to 2 adults and 4 children, immediate family and living in the same household.	\$18	\$32

OTHER ADMISSIONS	NCPRD	NON- RESIDENT
Adult Lap Swim	\$3.50	\$5
Lap Swim punch card (24 punches)	\$71	\$99
Senior Swim	\$1.50	\$2
Parent/Pre-school Swim for parents and children 6 and younger	\$3.25 Adult \$2.25 Child	\$4.25 Adult \$3.25 Child

ROCK WALL	NCPRD	NON- RESIDENT
Single Climb	\$2	\$3
Daily Unlimited Climb	\$6	\$10

REGISTER AT  
NCPRD.COM



## BIG SURF! GROUP RATES

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.

	NCPRD	NON-RESIDENT
ALL AGES*	\$5.50	\$9

Discounts for Big Surf! swim groups cannot be combined with any other coupon offers.

\*Children 8 years and younger must be accompanied into the water by an adult at a 3:1 ratio.



## H2O FITNESS Schedule effective June 14-Aug. 31, 2018.

H2O Fitness is a water exercise program designed to enhance your health and wellness. We pride ourselves in offering a safe, fun and refreshing fitness program. H2O fitness classes are on a drop-in basis.

	MON	TUE	WED	THU	FRI	SAT
7:30-8:30 a.m.						Deep H <sub>2</sub> O
8-9 a.m.	H <sub>2</sub> O Fit		H <sub>2</sub> O Fit		H <sub>2</sub> O Fit	
8-9 a.m.	Deep H <sub>2</sub> O		Deep H <sub>2</sub> O		Deep H <sub>2</sub> O	
9-10 a.m.	H <sub>2</sub> O Fit		H <sub>2</sub> O Fit		H <sub>2</sub> O Fit	
10-11 a.m.	Forever Fit		Forever Fit		Forever Fit	
6-7 p.m.	Deep H <sub>2</sub> O	Deep H <sub>2</sub> O	Deep H <sub>2</sub> O	Deep H <sub>2</sub> O	Schedule subject to change based on attendance.	
7-8 p.m.	H <sub>2</sub> O Fit	Train 2 Stay Fit	H <sub>2</sub> O Fit			

### FEE

NCPRD, \$5.50; non-resident, \$7 or punch card (18 classes): NCPRD, \$88; non-resident, \$110

Senior 62+ NCPRD, \$5; non-resident, \$6 or punch card (18 classes): NCPRD, \$80; non-resident, \$100

No H2O Fitness classes on July 3-5 and Sept. 1-3. Closing Sept. 4 for annual facility maintenance.

### Deep H2O

Venture to the depths of the 13-foot pool where you'll use buoyancy equipment to enhance flotation of the body. This exercise routine enhances flexibility and range of motion while using water to reduce stress on the body.

### H2O Fit

H2O Fitness is designed for people of any fitness level to comfortably tone and strengthen muscles while developing coordination. This low-impact workout uses the resistance of water and allows physical improvement at your own pace.

### Forever Fit

Forever Fit offers modifications with a focus on increasing physical activity in the water. This class is ideal for all fitness levels and will assist in toning and strengthening muscles while developing coordination.

### Train 2 Stay Fit

Train 2 Stay Fit is a basic strength training class, utilizing steps to reduce body fat, improve muscle mass, increase endurance and promote positive responses in metabolic rate and bone mineral density.

REGISTER AT  
NCPRD.COM



# SWIM LESSONS

## NORTH CLACKAMAS AQUATIC PARK

Students may be enrolled in more than one class at a time. If the student does not have the required completion certificate for a class they will be withdrawn prior to the first day. If a student requires a change of class there is a \$5 processing fee for each class change and will be dependent on availability. Before enrolling in the next class or session, it is recommended that the student wait for their completion certification.

**FEE:** NCPRD, \$50; non-resident, \$66

MONDAY-THURSDAY A.M.	8 to 8:30 a.m.	8:35 to 9:05 a.m.	9:10 to 9:40 a.m.	9:45 to 10:15 a.m.	10:20 to 10:50 a.m.	10:55 to 11:25 a.m.	11:30 a.m. to noon
		Aqua Tots*				Water Babies*	
	Seals Intro*		Seals Intro*	Seals Intro	Seals Intro*	Seals Intro*	Seals Intro*
	Seals*	Seals*				Seals*	
		Swimming Seals*	Mighty Seals*	Swimming Seals	Mighty Seals		
	Level 1*		Level 1	Level 1*	Level 1*		Level 1
	Level 2*	Level 2	Level 2*	Level 2*	Level 2*	Level 2	Level 2*
	Level 3	Level 3*		Level 3	Level 3*	Level 3*	Level 3
		Level 4		Level 4*			Level 4*
	Level 5		Level 6*	Level 5*		Level 5	Level 6
							Level 7*

### MONDAY-THURSDAY MORNING:

Session 1: 6/18-6/28

Session 2: 7/9-7/19

Session 3: 7/23-8/2

Session 4: 8/6-8/16

Session 5: 8/20-8/30\*

\*Session 5 class offerings are reduced. See asterisks for availability.

MONDAY-THURSDAY P.M.	4:05 to 4:35 p.m.	4:40 to 5:10 p.m.	5:15 to 5:45 p.m.	5:50 to 6:20 p.m.	6:25 to 6:55 p.m.	7 to 7:30 p.m.	7:35 to 8:05 p.m.
			Water Babies*	Aqua Tots*			
	Seals Intro*	Seals Intro*	Seals Intro		Seals Intro*	Seals Intro*	
	Seals*	Seals*	Seals	Swimming Seals	Swimming Seals*	Seals*	Swimming Seals
		Mighty Seals*			Mighty Seals		
	Level 1*	Level 1	Level 1*	Level 1		Level 1*	
	Level 2*	Level 2	Level 2*	Level 2*	Level 2*	Level 2	
		Level 3*	Level 3*	Level 3		Level 3*	Level 3*
	Level 4			Level 4*			Level 4*
	Level 5			Level 5*			Level 5*
					Level 7*		Level 6*

### MONDAY-THURSDAY EVENING:

Session 1: 6/18-6/28

Session 2: 7/9-7/19

Session 3: 7/23-8/2

Session 4: 8/6-8/16

Session 5: 8/20-8/30\*

\*Session 5 class offerings are reduced. See asterisks for availability.

SATURDAY A.M.	8:25 to 8:55 a.m.	9 to 9:30 a.m.	9:35 to 10:05 a.m.	10:10 to 10:40 a.m.	10:45 to 11:15 a.m.	11:20 to 11:50 a.m.
	Water Babies				Aqua Tots	
	Seals Intro	Seals Intro	Seals Intro		Seals Intro	Seals Intro
	Seals		Seals	Seals		Seals
		Swimming Seals		Mighty Seals		Swimming Seals
	Level 1	Level 1		Level 1	Level 1	Level 1
	Level 2	Level 2	Level 2		Level 2	
		Level 3		Level 3	Level 3	
			Level 4	Level 6	Level 7	Level 5

### SATURDAY MORNING:

Session 1: 7/7-8/25

# SWIM LESSON DESCRIPTIONS

## Parent-Tot Program 8 to 35 months old

These introduction to water swim lessons are structured for child and adult participants to explore the water together. Each class will include 15 minutes of instruction and 15 minutes of practice and fun time with equipment and music.

### Water Babies - 8 to 18 months old

Designed for babies accompanied by an adult in the water, with the adult being an integral part of the learning process. A positive approach to water adjustment, focusing on enjoyment and development of skills.

### Aqua Tots - 19 to 35 months old

Adults accompany their children in the water with emphasis on teaching swimming progression and safety skills.

## Pre-School Program Ages 3-5

### Seals Intro 1:5 ratio

**Pre Req:** Any participant who has not taken lessons before.

Entry level swimming lesson that introduces students to basic swimming and water safety skills.

### Seals 1:5 ratio

**Pre Req:** Assisted Front and Back Floats, 3 independent bobs with blowing bubbles.

Builds on basic swimming and water safety skills while focusing on independent swimming, glides and comfort underwater.

### Swimming Seals 1:5 ratio

**Pre Req:** Unassisted Front and Back Floats - 5 seconds.

Begins the basics of front crawl with a continued focus on independent swimming. Introduces students to back crawl skills.

### Mighty Seals 1:5 ratio

**Pre Req:** Unassisted Front & Back Glide - 2 yards, Front Crawl with Magic Stick - 2 Yards.

Students will be familiarized with back crawl, while finning and elementary backstroke are introduced. Front crawl and rotary breathing refinement will be continued.

## Private Swim Lessons

North Clackamas Aquatic Park does not offer private & semi-private swim lessons during the summer.

## School Age Program – Ages 5 and up

### Level 1 1:6 ratio

**Pre Req:** Any participants who have not taken lessons before or participants who are switching from Seals Intro or Seals because of age.

Entry level swimming lesson. Introduces students to basic swimming and water safety skills.

### Level 2 1:6 ratio

**Pre Req:** Front Glide - 2 Yards, Back Glide - 2 Yards.

Builds on basic swimming and water safety skills while focusing on front crawl, breath control, endurance and introduces students to back crawl.

### Level 3 1:8 ratio

**Pre Req:** Back Glide - 3 Yards, Front Crawl - 5 Yards.

Begins refinement of front crawl with a focus on rotary breathing. Continues to familiarize students with back crawl, while introducing finning and elementary backstroke.

### Level 4 1:8 ratio

**Pre Req:** Front Crawl with Rotary Breathing - 15 Yards, Back Crawl - 5 Yards.

Develops student's ability to swim front crawl for increased distances with a mastery of rotary breathing, while continuing improvement in back crawl and elementary backstroke.

### Level 5 1:10 ratio

**Pre Req:** Front Crawl with Rotary Breathing - 15 Yards, Back Crawl - 15 Yards, Elementary Backstroke - 15 Yards.

Introduces breaststroke, dolphin kick and treading water. Promotes swimming endurance while establishing student's ability to demonstrate front crawl, back crawl and elementary backstroke for greater distances.

### Level 6 1:10 ratio

**Pre Req:** Front Crawl with Rotary Breathing - 25 Yards, Back Crawl - 25 Yards, Elementary Backstroke - 25 Yards, Treading without Finning - 1 Minute.

Increases swimming endurance in front crawl, back crawl and elementary backstroke, as well as, improves breaststroke and treading water for 1 minute 30 seconds and introduces sidestroke.

### Level 7 1:10 ratio

**Pre Req:** Front Crawl with Rotary Breathing - 50 Yards, Back Crawl - 50 Yards, Breaststroke - 25 Yards, Treading without Finning - 1 Minute 30 Seconds.

Explores circle swimming, workout equipment, stretching, body alignment and diving from the side and board. Continues to use and improve previously learned strokes.

REGISTER AT  
NCPRD.COM



# TEEN & ADULT SWIM PROGRAMS

## NORTH CLACKAMAS AQUATIC PARK

### Teen Wave/Take the Plunge

**Ages 12+.** This combined class is for teens and adults who have not had the chance to become comfortable in and around the aquatic environment through formal swimming lessons. Class emphasizes skill development and water safety awareness.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$50; non-resident, \$66

Time/Date: 7-7:30 p.m.

Session 1: T/Th 7/10-8/2

### Red Cross Lifeguard Training

**Ages 15+.** Fee includes instruction, pool time and certificates. Participants are trained in safety and water rescue skills for a controlled environment, First Aid, CPR/PR and AED. Print or digital copy of the Lifeguarding textbook required for class. Prerequisite skills will be performed on the first day of class. Prerequisites: each participant must be 15 years old, be able to swim 300 continuous yards, tread water for 2 minutes with no hands and then retrieve a 10 pound diving brick in order to take the course.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$160; non-resident, \$200

Time/Date: 6-9 p.m. M/W 7/16-8/15

### North Clackamas Masters Swimming

**Ages 18+.** Looking for a challenging, coached, early morning workout? This class provides opportunities for members to develop their full swimming potential within a supportive team environment that promotes fitness and fun. NCMS welcomes swimmers of all ability levels. Whether it's personal fitness, competition or triathlons that are motivating you to swim – Masters Swimming will help you reach your goals! For coaching fees and information, visit [ncprd.com](http://ncprd.com) or call (503) 794-8092.

Coach: Jeff Kaelon

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$3.50; non-resident, \$5

Want to be a regular Master?

Try our 24-Visit Punch Card:

NCPRD, \$71; non-resident, \$99

Plus coaching fees

Time/Date: 5-6 a.m. M/W/F

6-7 a.m. Sa

### Intro to Water Exercise Instructor Course

**Ages 16+.** A training course to give you the basics of Water Exercise Instruction and help create the foundations to pursue other certifications within the field. The course will involve both classroom and water sessions focusing on health and fitness classes in the water.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$20; non-resident, \$25

Time/Date: 6-7 p.m. Th 7/12-8/2

### Swimming & Fitness Training Squad

**Ages 8-18.** The Swimming & Fitness Training Squad provides stroke refinement and endurance for off-season high school swimmers as well as entry level swimmers. This training squad does not compete in swim meets. All participants must demonstrate the minimum requirements of: 50 yards of freestyle, 25 yards of backstroke, 25 yards of breaststroke and 25 yards of butterfly.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$215; non-resident, \$275

Time/Date: 4:30-5:30 p.m. M/T/W/Th 6/18-8/23  
(No class 7/4)



REGISTER AT  
[NCPRD.COM](http://NCPRD.COM)



# MEMBERSHIPS

## NORTH CLACKAMAS AQUATIC PARK

Memberships include unlimited use of the lap pool during lap swim hours, parent-preschool times and Big Surf! open swim. Memberships do not include any programs that are taught by an instructor.

THREE-MONTH MEMBERSHIP	NCPRD	NON-RESIDENT
Child/Youth	\$70	\$90
Adult	\$85	\$105
Senior	\$70	\$90
Family (3 people)	\$180	\$225
Each additional person	add \$20	add \$20

ONE-YEAR MEMBERSHIP	NCPRD	NON-RESIDENT
Child/Youth	\$220	\$280
Adult	\$245	\$300
Senior	\$220	\$280
Family (3 people)	\$480	\$600
Each additional person	add \$60	add \$60

# SWIM TEAM

## NORTH CLACKAMAS AQUATIC PARK

### Pre-Competitive Swim Team

**Ages 8-18.** The Pre-Competitive Swim Team is a year-round swim team that is for swimmers looking to take the next step past the North Clackamas Aquatic Park's level 7 swim lessons. Participants will continue learning about the sport of swimming, work on stroke improvement, refinement and overall endurance. This team is the first step for those interested in joining the Piranhas USA Swim Team. All swimmers pay with monthly auto-draft.

#### Requirements for Pre-Competitive Swim Team:

Participants must demonstrate the following swimming skills to enroll on this team: 50 yards of freestyle, 25 yards of backstroke, 25 yards of breaststroke and 25 yards of butterfly.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$75/month;  
non-resident, \$94/month

Time/Date: 1:15-2:45 p.m. Su  
7-8 p.m. T/Th

### Piranhas Swim Team-USA

**Ages 8-18.** The Competitive Piranhas Swim Team is a year-round swim team for swimmers looking to develop their competitive swimming skills. The Piranhas USA Swim Team is a driven team that competes in local swim meets. All swimmers pay with monthly auto-draft. **All participants of the team must have a valid USA swimming membership. Joining the Piranhas USA Swim Team is by invitation only.** Invitations are offered to swimmers currently participating on the Pre-Competitive Swim Team or the Swimming and Fitness Training Squad.



REGISTER AT  
NCPRD.COM





# YOUTH PROGRAMS

## DANCE, MUSIC & MOVEMENT

### Tiny Tots Pre-Ballet

**Ages 3-4.** This class, open to boys and girls, helps teach body awareness, rhythm and classroom technique, ballet positions and free movement. Parents are welcome to watch the last 5 minutes of class. Please check [ncprd.com](http://ncprd.com) for dance attire. No class July 4.

Instructor: Cierra Grant  
Location: Milwaukie Center  
Fee: NCPRD, \$66; non-resident, \$83  
Time/Date: 4-4:30 p.m. W 6/27-8/22

### Little Dancers Ballet & Jazz

**Ages 5-6.** This innovative class, open to boys and girls, is designed to explore ballet and jazz dance styles while increasing agility, grace and coordination. There is a focus on stretching technique, ballet positions, center work and across-the-floor combinations. Parents are welcome to watch the last 5 minutes of class. Please check [ncprd.com](http://ncprd.com) for dance attire. No class July 4.

Instructor: Cierra Grant  
Location: Milwaukie Center  
Fee: NCPRD, \$66; non-resident, \$83  
Time/Date: 4:40-5:10 p.m. W 6/27-8/22

### Hip Hop/Funk

**Ages 6-8.** This class will introduce boys and girls to basic hip hop moves that will be incorporated into upbeat choreography. This style of dance helps build stamina, coordination and rhythm. Creative movement is one of the key components to this fun, funky and urban dance class. Tennis shoes and clothing that will allow students to dance comfortably are recommended. No class July 4.

Instructor: Cierra Grant  
Location: Milwaukie Center  
Fee: NCPRD, \$66; non-resident, \$83  
Time/Date: 5:20-5:50 p.m. W 6/27-8/22

## OUTDOOR RECREATION

### Touring Kayak Beginning Lesson

**Ages 11+.** Youth 11-18 must be accompanied by an adult. This is a great introduction for beginners to the sport of kayak touring. Lesson includes discussion on kayak equipment, steering strokes, paddling, bracing and rescues. You'll tour a local waterway and practice skills. Participants will use stable solo and tandem kayaks with big cockpits. Trips go rain or shine. Offered by NW Discoveries.

Location: Clackamette Park  
Fee: NCPRD, \$50; non-resident, \$55  
Time/Date: 1-4 p.m. Su 7/22

### Touring Kayak Lesson & Long Tour

**Ages 11+.** Youth 11-18 must be accompanied by an adult. Explore our local waterways in touring kayaks. These very stable, large cockpit and responsive kayaks will allow you to quickly become a proficient paddler. A brief introduction/lesson will be provided, so even the first timer will be ready for the tour. Trips go rain or shine. Offered by NW Discoveries.

Fee: NCPRD, \$69; non-resident, \$74  
Location: Tualatin River  
Time/Date: 8:30 a.m.-12:30 p.m. Su 7/22



REGISTER AT  
[NCPRD.COM](http://NCPRD.COM)

# RECMOBILE

JUNE 25-AUGUST 10 | AGES 6-10

The RecMobile is coming to a park near you. You'll play games, do crafts, meet new friends and have a blast! Join our recreation staff Monday through Friday at select parks throughout the District. No RecMobile on July 4.

Children under age 6 must have a parent/guardian present to aid the child. Parent/guardian must fill out a registration form on-site before they may participate in the RecMobile program.

	MON	TUE	WED	THU	FRI
11 A.M.-1 P.M.	<b>Summerfield Park</b> 14001 S.E. Summerfield Ln., Clackamas	<b>Ball-Michel Park</b> 9781 S.E. Stanley Ave., Milwaukie	<b>Ardenwald Elementary</b> 3667 S.E. Roswell St., Milwaukie	<b>Ardenwald Elementary</b> 3667 S.E. Roswell St., Milwaukie	<b>Trillium Creek Park</b> 16803 S.E. Anderegg Pkwy., Damascus
2-4 P.M.	<b>Pfeifer Park</b> 14074 S.E. 139th Ave., Clackamas	<b>Wichita Center</b> 6031 SE King Rd., Milwaukie	<b>Risley Park</b> 2350 S.E. Swain Ave., Milwaukie	<b>Ashley Meadows Park</b> 15410 S.E. Oregon Trail Dr., Happy Valley	<b>Pioneer Park</b> 14375 S.E. 153rd Ave., Clackamas

## SUMMER CAMP DESCRIPTIONS

FOR EVERYONE AGES 4-18

### Dance Around the World | Ages 4-7

Explore the world through dance. Discover exciting dance choreography and techniques from different cultures around the world, including the customs and costumes that bring each dance to life. Dancers will also make accessories to wear for a final presentation.

### Hawaiian Hula Days | Ages 4-7

Hawaii comes to you! Explore songs and dances from the islands. Study the language and culture, play ancient Hawaiian games, make leis and accessories for an end-of-camp hula performance. Discover your voice and get to know the world of others.

### Outdoor Explorers | Ages 5-10

Discover the world around you! Campers will roll up their sleeves and dig into fun as they learn about and explore the great outdoors through a variety of hands-on projects and activities.

### Fun Field Days | Ages 5-12

Get outside and play! Campers will enjoy a variety of outdoor games, activities and obstacle courses. This camp promotes active play, cooperation, sportsmanship and fun.

### Learning Lacrosse | Ages 5-12

Take the cookie to the cooker. Campers will be introduced to the game of Lacrosse and learn fundamental skills through exciting games and activities. Whether it's your first time picking up a stick or you've played before, you'll want to check this camp out.

### Multi-Sport Camp | Ages 5-14

Spike it, kick it, throw it, dribble it, dunk it! Campers will play a new sport each day including volleyball, basketball, flag football and soccer. Get your game on this summer!

### Super Hoopers | Ages 5-14

Dribble, drive and dish the ball. Open to all skill levels, campers will hit the court to execute the basics and pick up new skills from a variety of activities, drills and exciting games.

### Cheer Starz | Ages 5-14

Shake your pom-poms and show your spirit. Campers will learn a choreographed cheerleading routine incorporating jumps and basic stunting skills to be performed for family and friends on the final day of camp. Camp participants are invited to walk in the City of Happy Valley's Independence Day Parade on the Fourth of July. Parade participants are responsible for transportation to and from the parade site.

### Track & Field | Ages 5-14

Run faster and go farther. Campers will experience the thrill of setting new personal bests in track and field events like sprints, relays, long jump, javelin and more. This camp will conclude with a mini meet to showcase campers' newly-learned skills.

### Track & Field Jumps | Ages 10-14

Jump higher and further! Campers focus on developing jump techniques and skill for high jump, long jump and triple jump. Space is limited.

# SUMMER CAMP DESCRIPTIONS CONT'D

FOR EVERYONE AGES 4-18

## Missoula Children's Theatre | Ages 6-18

NCPRD and the Missoula Children's Theatre presents *The Pied Piper*, an original adaptation of the classic fairy tale.

On Monday, July 9, each child will receive their role for the play. Please plan to pick up your child at noon as they may not have rehearsal in the afternoon. Each role will have their own specific rehearsal days and times. Rehearsal times will fall between 10 a.m.-2:30 p.m. and depend upon role received.

Performances: July 14 at 3 p.m. and 5 p.m.  
Each actor will receive two free tickets to the performance.  
Additional tickets are \$5 each.

A host family is needed to house two directors. Call (503) 794-8009 if you are able to open your home for the week and you will receive one free registration.

## NEW! Minecraft Video Game Design | Ages 7-12

Learn how to speak the language of computers! Campers will dive into the exciting world of computer coding through Scratch, developed by MIT. Scratch is a block-based application designed to make it simple for anyone to learn programming. Throughout the camp, coders create Minecraft-themed projects like an epic ghost busters battle game or a "choose your own adventure" story! The possibilities are endless!

## NEW! Minecraft Moding | Ages 9-14

Why just *play* Minecraft when you can *create* Minecraft? In this camp designed for quick learners or those with block-based coding experience, campers will learn how to code in Java by making a mod for Minecraft! This is professional, text-based coding. Create and then craft a sword out of mushy bananas, or spawn a flying golden cow. Make the full transition from player to content creator!



## Horseback Riding | Ages 8-18

Learn the ropes of English-style riding. Highland Stables offers professional instruction on riding and horse care with a focus on safety. Participants will develop riding skills based on the US Pony Club D standards. Campers are required to wear boots or hard-soled shoes. Riding helmets are provided for all participants.

## NEW! Schoolyard Farms Ages 6-12

You're invited to come play with your food—and learn to love it, grow it and cook it! Campers transform into Schoolyard Farmers and experience a week on a one-acre urban production farm. Come explore the seeds, roots, sprouts, leaves, flowers and fruits that we'll turn into farm-fresh recipes and enjoy eating each day. Farm arts and crafts activities, scientific inquiry and active play add up to an abundance of outdoor fun!

## Tennis | Ages 9-13

Campers will enjoy learning the proper grip, footwork and techniques for each stroke, all while mastering the rules and etiquette of this lifetime sport. Tennis racquets provided.

**Beginner** - If learning the fundamentals of the game of tennis is your goal, you won't want to miss out on this camp! Campers will learn and practice various groundstrokes through numerous exciting games and challenges.

**Basic/Intermediate** - Campers will review the fundamentals while improving their footwork and rally stamina through a variety of fun games and activities.





# SUMMER CAMP SCHEDULE

## FOR EVERYONE AGES 4-18

Camper's: Bring a snack and water each day. \*Missoula Theatre: Rehearsal times vary. ♦Boots or hard-soled shoes must be worn. Riding helmets are provided.

DATE	CAMP	DAYS	TIME	AGE	LOCATION	FEE		
6/25-6/29	Multi-Sport Camp, Grades K-5	M-F	9 a.m.-noon	5-10	Rock Creek MS	R \$105/NR \$130	•	•
6/25-6/29	Multi-Sport Camp, Grades 6-8	M-F	1-4 p.m.	11-14	Rock Creek MS	R \$105/NR \$130	•	•
6/25-6/29	Cheer Starz	M-F	9 a.m.-noon	5-14	Mt. Scott Elementary	R \$105/NR \$130	•	•
6/25-6/29	Tennis Beginner	M-F	9:30 a.m.-noon	9-13	Risley Park	R \$105/NR \$130	•	•
6/25-6/29	Dance Around The World	M-F	9:30-11:30 a.m.	4-7	Milwaukie Center	R \$85/NR \$107		
6/25-6/29	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/2-7/6	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/9-7/13	Super Hoopers, Grades K-2	M-F	9 a.m.-noon	5-8	Campbell Elementary	R \$105/NR \$130	•	•
7/9-7/13	Super Hoopers, Grades 3-5	M-F	1-4 p.m.	8-11	Campbell Elementary	R \$105/NR \$130	•	•
7/9-7/13	Fun Field Days	M-F	9 a.m.-noon	5-12	Hood View Park	R \$105/NR \$130	•	•
7/9-7/13	Tennis Basic/Intermediate	M-F	9:30 a.m.-noon	9-13	Clackamas HS	R \$105/NR \$130	•	•
7/9-7/13	Tennis Beginner	M-F	1-3:30 p.m.	9-13	Clackamas HS	R \$105/NR \$130	•	•
7/9-7/13	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/9-7/14	Missoula Children's Theater	M-Sa	10 a.m.-2:30 p.m.*	6-18	Mt. Scott Elementary	R \$75/NR \$85		
7/16-7/20	Super Hoopers, Grades K-2	M-F	9 a.m.-noon	5-8	Mt. Scott Elementary	R \$105/NR \$130	•	•
7/16-7/20	Super Hoopers, Grades 3-5	M-F	1-4 p.m.	8-11	Mt. Scott Elementary	R \$105/NR \$130	•	•
7/16-7/20	Outdoor Explorers	M-F	9 a.m.-noon	5-10	Hood View Park	R \$105/NR \$130	•	•
7/16-7/20	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/16-7/20	Minecraft Video Game Design	M-F	9 a.m.-noon	7-12	Milwaukie Center	R \$150/NR \$188		
7/16-7/20	Minecraft Moding	M-F	1-4 p.m.	9-14	Milwaukie Center	R \$150/NR \$188		
7/23-7/27	Track & Field	M-F	9 a.m.-noon	5-14	Rex Putnam HS	R \$105/NR \$130	•	•
7/23-7/27	Track and Field Jumps	M-F	1-4 p.m.	10-14	Rex Putnam HS	R \$72/NR \$90	•	•
7/23-7/27	Tennis Middle School, Intermediate	M-F	9:30 a.m.-noon	11-14	Clackamas HS	R \$105/NR \$130	•	•
7/23-7/27	Tennis Beginner	M-F	1-3:30 p.m.	9-13	Clackamas HS	R \$105/NR \$130	•	•
7/23-7/27	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/30-8/2	Hawaiian Hula Days	M-Th	1-3:30 p.m.	4-7	Milwaukie Center	R \$85/NR \$107		
7/30-8/3	Fun Field Days	M-F	9 a.m.-noon	5-12	North Clackamas Park	R \$105/NR \$130	•	•
7/30-8/3	Super Hoopers, Grades 6-8	M-F	9 a.m.-noon	11-14	Mt. Scott Elementary	R \$105/NR \$130	•	•
7/30-8/3	Outdoor Explorers	M-F	9 a.m.-noon	5-10	Hood View Park	R \$105/NR \$130	•	•
7/30-8/3	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
8/6-8/9	Dance Around The World	M-Th	1-3:30 p.m.	4-7	Milwaukie Center	R \$85/NR \$107		
8/6-8/10	Learning Lacrosse	M-F	9 a.m.-noon	5-12	Hood View Park	R \$105/NR \$130	•	•
8/6-8/10	Multi-Sport Camp, Grades K-5	M-F	9 a.m.-noon	5-10	Campbell	R \$105/NR \$130	•	•
8/6-8/10	Multi-Sport Camp, Grades 6-8	M-F	1-4 p.m.	11-14	Campbell	R \$105/NR \$130	•	•
8/6-8/10	Fun Field Days	M-F	1-4 p.m.	5-12	Hood View Park	R \$105/NR \$130	•	•
8/6-8/10	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
8/13-8/17	Tennis Middle School, Intermediate	M-F	9:30 a.m.-noon	11-14	Risley Park	R \$105/NR \$130	•	•
8/13-8/17	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
8/13-8/17	Schoolyard Farms	M-F	9 a.m.-3 p.m.	6-12	Candy Lane Elem.	R \$285/NR \$305		
8/20-8/24	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦



CAMP T-SHIRT  
INCLUDED



ATHLETIC ATTIRE  
WITH SNEAKERS REQUIRED

REGISTER AT  
**NCPRD.COM**





# YOUTH SPORTS



## FALL

September-November 2018

**REGISTRATION OPENS JULY 2018**

**GRADES K-12** Sideout Volleyball players will build fundamental skills and learn the importance of teamwork all in a positive and encouraging environment. All practices and matches are held at facilities located within the North Clackamas School District.

Kindergarten and Grades 1/2 divisions will practice once per week and have modified match play in a one hour block of time. Grades 3/4 and up will practice one night per week on a week night, with matches on Saturdays. Grades 5/6 and up end their season with a fun and competitive end-of-season tournament.

### PROGRAM OFFERINGS:

Coed   Kindergarten	Coed   Grades 5/6
Coed   Grades 1/2	Coed   Grades 7/8
Coed   Grades 3/4	Coed   Grades 9-12



## WINTER

December 2018-March 2019

**REGISTRATION OPENS SEPTEMBER 2018**

**GRADES K-12** Hoopers basketball program emphasizes age-appropriate skill development and fundamental techniques while encouraging teamwork and sportsmanship in a fun, learning environment.

### PROGRAM OFFERINGS:

Coed | Kindergarten  
Boys/Girls | Grades 1, 2, 3, 4  
Boys/Girls | Grades 5, 6, 7/8  
Boys | Grades 9/10, 11/12  
Girls | Grades 9-12



**VISIT [NCPRD.COM](http://NCPRD.COM)  
FOR SPECIFIC INFORMATION**

# YOUTH SPORTS



## WINTER

January-March 2019

**REGISTRATION OPENS SEPTEMBER 2018**

**GRADES K-8** Winter Cheer Starz coed cheer teams perform at Hoopers basketball games and showcase their skills at an end-of-the season Cheer Starz performance. Cheer Starz Cheerleaders practice one weeknight a week at a facility located in the North Clackamas School District.

### PROGRAM OFFERINGS:

Coed | Grades K-2

Coed | Grades 6-8

Coed | Grades 3-5

## SPRING

April-June 2019

**REGISTRATION OPENS FEBRUARY 2019**

**GRADES K-8** Cheer Starz participants will learn basic to intermediate level cheerleading skills, jumps, stunts and routines with a focus on fitness, team-building, friendships and fun.

Cheer Starz Sunday Cheer Team's practice and cheer at Sunday PTF Football games and at the end-of-season jamboree. The award-winning Parade Team prepares and practices a routine to be performed in the 2019 Junior Rose Festival Parade.

### PROGRAM OFFERINGS: SUNDAY CHEER TEAM

Coed | Grades K-5

### PARADE TEAM

Coed | Grades 5-8



## SPRING

April-June 2019

**REGISTRATION OPENS FEBRUARY 2019**

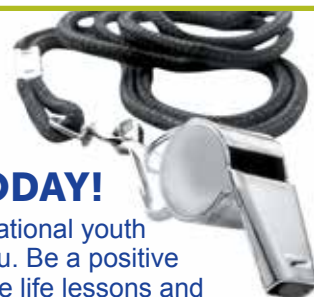
**GRADES K-5** PTF Football players will learn fundamental skills, positions and plays in a non-tackle approach to football emphasizing teamwork, fun and good sportsmanship. All practices and games will be held at facilities located in the North Clackamas School District. The season ends for all age divisions with an end-of-season jamboree.

### PROGRAM OFFERINGS:

Coed | Grades K/1

Coed | Grades 4/5

Coed | Grades 2/3



## GET INVOLVED, VOLUNTEER TODAY!

The success of our recreational youth programs depends on you. Be a positive role model, teach valuable life lessons and promote character-building experiences for our youth. **Volunteer to coach today to make a difference tomorrow. Email [sports@ncprd.com](mailto:sports@ncprd.com).**



**BETTER ATHLETES  
BETTER PEOPLE**

**VISIT [NCPRD.COM](http://NCPRD.COM)  
FOR SPECIFIC INFORMATION**



# ADULT PROGRAMS

Please pre-register at [ncprd.com](http://ncprd.com) or by calling (503) 794-8092 for classes held at the Milwaukie Center. Pre-registration is highly recommended at least a week in advance. If you plan to attend without enrolling, there will be no way to notify you of class cancellations or changes.

## ART

### Beginning Oil Painting

Unlock your creative side with oil painting. No drawing skills necessary. Learn color mixing tips, techniques and shortcuts. Materials list available at [ncprd.com](http://ncprd.com).

Instructor: Jill Wilson  
 Location: Milwaukie Center  
 Fee: \$125\*  
 Time/Date: 9:30 a.m.-noon Th 6/28-8/30

### Oil Painting

Develop skills in composition and color mixing with one-on-one instruction that will guide you through each step of the process, from canvas preparation to finished project. Materials list available at [ncprd.com](http://ncprd.com).

Instructor: Jill Wilson  
 Location: Milwaukie Center  
 Fee: \$125\*  
 Time/Date: 1-3:30 p.m. Th 6/28-8/30

## COMPUTER

### Smartphone Basics

Learn basics of using your smartphone whether it is an Android, iPhone or tablet. This class will help you understand the many possibilities from communicating with people, to looking up information on the internet, to taking and storing photos.

Instructor: Kathryn Rosson  
 Location: Milwaukie Center  
 Fee: \$75\*  
 Time/Date: 9-10:30 a.m. Th 6/28-8/30

### Office Suite for Smartphone

Learn how to use Word, email, and different productivity software that will help enhance your ability when using your smartphone or tablet.

Instructor: Kathryn Rosson  
 Location: Milwaukie Center  
 Fee: \$75\*  
 Time/Date: 10:45 a.m.-12:15 p.m. Th 6/28-8/30



REGISTER AT  
[NCPRD.COM](http://NCPRD.COM)

\*denotes classes which offer a discount for ages 62+



## DANCE, MUSIC & DRAMA

### Country Line Dance for Newcomers

This beginning class will get your feet moving to country music and is designed for newcomers to learn basic line dance patterns. Bring dancing shoes for some toe-tapping fun. Platform shoes are not recommended.

Instructor: Diane Weisenberg  
Location: Milwaukie Center  
Fee: \$50\*  
Time/Date: 11:20 a.m.-12:20 p.m. Tu 6/26-8/28

### Line Dance - High Beginning/Improver

For people who have taken beginning line dance and want to take it to the next level. Music will be a variety of music genres, not just country. For newcomers, please contact Diane Weisenberg at [spiritusheart@yahoo.com](mailto:spiritusheart@yahoo.com).

Instructor: Diane Weisenberg  
Location: Milwaukie Center  
Fee: \$50\*  
Time/Date: 12:30-1:30 p.m. Tu 6/26-8/28  
Time/Date: 12:30-1:30 p.m. Th 6/28-8/30

### Salsa Workshop

Come learn some basics of this popular Latin American dance before signing up. Get a chance to meet the instructor and try a few of the steps.

Instructor: Patti Drewry  
Location: Milwaukie Center  
Fee: Free  
Time/Date: 10:15-11:15 a.m. F 6/15

### Salsa

Salsa is a lively, fun and popular club dance done to spicy Latin American or other popular music.

Instructor: Patti Drewry  
Location: Milwaukie Center  
Fee: \$40\*  
Time/Date: 10:15-11:15 a.m. F 7/6-8/31  
(No class 7/20)

### West Coast Swing

West Coast Swing is a popular dance with roots in Lindy Hop. It can be danced to a wide range of music, including rhythm and blues, country western, funk, disco, rock and pop. No partner is needed to enjoy the class.

Instructor: Patti Drewry  
Location: Milwaukie Center  
Fee: \$50\*  
Time/Date: 6-7 p.m. M 6/25-8/27



### Ukulele Jam Group

Bring your ukulele and practice strumming to some popular songs in this casual atmosphere. Please call (503) 794-8092 or email [recreation@ncprd.com](mailto:recreation@ncprd.com) for more info and to get on the email list.

Location: Milwaukie Center  
Fee: NCPRD, \$1; non-resident, \$2  
Time/Date: 6-7:15 p.m. W  
Time/Date: 9:30-11 a.m. Th

### Mt. Dulcimer Jam Group

Bring your mountain dulcimer and jam with the group. Please call (503) 794-8092 for more information. First and third Wednesdays. Newcomers please contact Denice at [ddkadm@comcast.net](mailto:ddkadm@comcast.net).

Location: Milwaukie Center  
Fee: NCPRD, \$1; non-resident, \$2  
Time/Date: 12:15-2:15 p.m. W

REGISTER AT  
NCPRD.COM



## LANGUAGE & WRITING

### Creative Writing

This class stimulates creative thinking and stretches students' abilities to see and write in fresh new ways. No class July 4.

Instructor: Pat Arnold  
Location: Milwaukie Center  
Fee: \$70\*  
Time/Date: 1-2:45 p.m. W 6/27-8/22

### Your Story

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

Instructor: Pat Arnold  
Location: Milwaukie Center  
Fee: \$70\*  
Time/Date: 1-2:45 p.m. Th 6/28-8/16

### Spanish I

Students with little or no Spanish language experience will learn the basic Spanish words, phrases and grammar. For questions about the class, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com).

Instructor: Lucia Torres  
Location: Milwaukie Center  
Fee: \$60\*  
Time/Date: 2-3:30 p.m. M 6/25-8/13

### Spanish II

For students who have a basic knowledge of Spanish, this class provides continued development of reading, writing and speaking skills. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com).

Instructor: Lucia Torres  
Location: Milwaukie Center  
Fee: \$70\*  
Time/Date: 12:15-2 p.m. M 6/25-8/13

### Spanish Conversation I

A casual conversation class for people who can speak some Spanish. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com).

Instructor: Lucia Torres  
Location: Milwaukie Center  
Fee: \$60\*  
Time/Date: 10:30 a.m.-noon M 6/25-8/13

### Spanish Conversation II

A continued casual conversation class for people who are in a higher level Spanish class. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com).

Instructor: Lucia Torres  
Location: Milwaukie Center  
Fee: \$60\*  
Time/Date: 9-10:30 a.m. M 6/25-8/13

### Spanish Immersion

Go on a field trip to another country without leaving. Scenarios will be set up for students to prepare themselves for situations in Spanish speaking countries. Students will also learn to tell stories in Spanish to broaden their way of communicating to others. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com). Monday class meets 9:30 a.m.-2 p.m. with 30 minute lunch break.

Instructor: Lucia Torres  
Location: Milwaukie Center  
Fee: \$50\*  
Time/Date: 9:30 a.m.-2 p.m. M 6/18  
10 a.m.-1 p.m. T 6/19  
10 a.m.-1 p.m. W 6/20

## NUTRITION

### Boost Your Digestion and Optimize Your Health

Digestion is the process which turns the food you eat into energy and usable nutrients. It is the foundation of health! How is your digestion? Learn to recognize the signs of healthy digestion, and what you can do to boost yours!

Instructor: Alison Delancey  
Location: Milwaukie Center  
Fee: NCPRD, \$5; non-resident, \$8  
Time/Date: 10:45 -11:45 a.m. Sa 7/7



REGISTER AT  
NCPRD.COM

# TRAVEL PROGRAMS

TRAVEL DESK (503) 794-8026

Enjoy the scenery, make new friends, and relax as we take you to exciting destinations. All trips depart from and return to the Milwaukie Center. Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately for the weather. Bring money for lunch unless otherwise noted. The events listed below are currently on the travel schedule, but are subject to change. Please check with the Travel Desk for the latest information on times and costs by calling (503) 794-8026.

## Multnomah Falls

Enjoy lunch made from fresh, local ingredients as we experience dramatic views of the falls from the fireside dining room or the patio. Bring money for lunch.

Fee: NCPRD, \$20; non-resident, \$25

Time/Date: 11:30 a.m.-2:30 p.m. Th 5/3

## The Country Cat

Enjoy a made-from-scratch, farm-to-table dining experience that embodies American craft cooking. Bring money for lunch.

Fee: NCPRD, \$11; non-resident, \$14

Time/Date: 12:30-3 p.m. Th 5/10

## Seattle Mariners

Watch the Seattle Mariners go head-to-head with the Texas Rangers. Fee includes transportation to and from the Vancouver Amtrak station, round trip Amtrak fare, and the game ticket. Bring money for snacks and lunch.

Fee: NCPRD, \$118; non-resident, \$148

Time/Date: 7 a.m.-9:30 p.m. W 5/16

## Waffle Window

Get your fill of sweet or savory waffles with a Portland twist and toppings galore. Bring money for this delightful brunch.

Fee: NCPRD, \$11; non-resident, \$14

Time/Date: 12:30-3 p.m. Tu 5/22

## Mount Hood Railroad

Take an excursion on the scenic Mount Hood Railroad to Parkdale. Enjoy the spectacular views through woods, orchards and vineyards on the ride from Hood River to Parkdale. Bring money for lunch.

Fee: NCPRD, \$70; non-resident, \$88

Time/Date: 10 a.m.-4 p.m. F 6/8

## Shirley's Tippy Canoe

Enjoy American comfort food in this cozy and rustic bar and grill. Bring money for lunch.

Fee: NCPRD, \$12; non-resident, \$15

Time/Date: noon-2:30 p.m. T 6/12

## IKEA

Venture with us to the Portland IKEA to explore the furnishings and housewares of this Scandinavian chain. Follow up your shopping with lunch at the IKEA Swedish Market. Bring money for lunch and any purchases.

Fee: NCPRD, \$14; non-resident, \$18

Time/Date: 11 a.m.-2:30 p.m. W 6/20

## Portland Spirit Lunch Cruise

Watch live entertainment and savor delicious Northwest cuisine on this two-hour cruise on the Willamette River. Lunch money included in the fee.

Fee: NCPRD, \$61; non-resident, \$77

Time/Date: 11 a.m.-2:30 p.m. Th 7/12

## Bamboo Grove Hawaiian Grille

Enjoy generous portions of island-style food in comfortable surroundings. Portland's favorite taste of Hawaii. Bring money for lunch.

Fee: NCPRD, \$11; non-resident, \$14

Time/Date: 12:30-3 p.m. W 7/18

## Columbia Gorge Interpretive Center Museum

Learn about the Columbia Gorge's inhabitants and natural history through photos, replicas and displays. Entry fee included in cost. Bring money for lunch.

Fee: NCPRD, \$42; non-resident, \$53

Time/Date: 10 a.m.-3 p.m. T 7/24

## Scandinavian Festival

The Scandinavian Festival is an annual four-day celebration of Scandinavian heritage in Junction City, Oregon. The small city of 6,010 people hosts more than 100,000 visitors each year. Sunset Magazine rates it one of the best in the U.S. for its authentic emphasis. Entry to the festival is free. Bring money for lunch and purchases.

Fee: NCPRD, \$51; non-resident, \$64

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

## Clackamas County Fair

Let your inner kid have some fun with a trip to the fair. Enjoy amusement rides, livestock exhibits, live entertainment, local handcraft work and produce, and a rodeo. Bring money for the entry fee and lunch.

Fee: NCPRD, \$18; non-resident, \$23

Time/Date: 10 a.m.-2 p.m. W 8/15

## Otto and Anita's Bavarian Restaurant

Try the finest in Bavarian food and pastries in Portland! Schnitzel, pickle soup and other old-school German dishes are featured at this family-run hideaway. Bring money for lunch.

Fee: NCPRD, \$12; non-resident, \$15

Time/Date: 11:30 a.m.-2:30 p.m. T 8/21

# FITNESS & EXERCISE CLASSES

## AT THE MILWAUKIE CENTER

	LVL	CLASS	TIME	DAYS	DATES	INST.	FEE
MIND & BODY	1-2	Chair Yoga	1:30-2:30 p.m.	M	6/25-8/27	Jones	\$50*
	1-4	Mindfulness Meditation	6-7:30 p.m.	W	6/20-8/29	Tjahaha	\$85 NCPRD, \$106 Non-res.
	2-3	Strength & Relaxation Yoga	2:40-3:40 p.m.	M	6/25-8/27	Paulson	\$50*
	2-3	Strength & Relaxation Yoga	2:30-3:30 p.m.	W	6/27-8/29	Jordan	\$45*
	2-3	Strength & Relaxation Yoga	2:45-3:45 p.m.	Th	6/28-8/30	Watson	\$50*
	2-3	Yin Yoga Workshop	12:15-1:15 p.m.	M	7/9	Jordan	FREE
	2-3	Yin Yoga	12:15-1:15 p.m.	M	7/23-8/27	Jordan	\$30*
	2-3	Yoga	9:30-10:30 a.m.	Sa	6/30-8/25	Delancey	\$45*
	2-3	Tai Chi Beginner	4-5 p.m.	M/W	7/2-8/29	Lusk	\$85*
	2-3	Tai Chi Beginner	6:35-7:35 p.m.	M/W	7/2-8/29	Lusk	\$85*
	2-3	Tai Chi Intermediate	10:10-10:55 a.m.	M/W/F	7/2-8/29	Lusk	\$94*
	3-4	Tai Chi-Adv. Forms & Sword	9:20-10:05 a.m.	M/W/F	7/2-8/29	Lusk	\$94*
	3-4	Tai Chi-Adv. Forms & Sword	5:30-6:30 p.m.	M/W	7/2-8/29	Lusk	\$85*
	3-4	Exercenrics	12:15-1:15 p.m.	M	6/25-8/20	Bezerra	\$45*
	3-4	INNERgystics	11:15 a.m.-12:15 p.m.	Th	6/28-8/30	Blosser	\$45*

	LVL	CLASS	TIME	DAYS	DATES	INST.	FEE
CARDIO & STRENGTH	1-2	Sit-N-B-Fit	11:05-11:50 a.m.	M	6/25-8/27	Stauss	\$38*
	1-2	Sit-N-B-Fit	11:05-11:50 a.m.	W	6/27-8/29	Stauss	\$34*
	1-2	Sit-N-B-Fit	11:05-11:50 a.m.	F	6/29-8/31	Stauss	\$38*
	2-3	Low Impact Aerobic Strength Training	4:30-5:15 p.m.	Th	6/28-8/23	McClenahan	\$34*
	2-3	FUNctional Fitness	10:20-11:05 a.m.	Tu	6/26-8/21	Hall	\$34*
	2-3	FUNctional Fitness	10:20-11:05 a.m.	Th	6/28-8/23	Hall	\$34*
	2-3	Gold Toning	11 a.m.-noon	M	7/2-8/20	Bezerra	\$35*
	2-3	Gold Toning	12:05-1:05 p.m.	W	6/27-8/22	Bezerra	\$40*
	2-3	Small Group Personal Training	5:30-6:30 p.m.	Th	6/28-8/23	McClenahan	\$45*
	3	Complete Conditioning	9:25-10:10 a.m.	Tu	6/26-8/21	Hall	\$34*
	3	Complete Conditioning	9:25-10:10 a.m.	Th	6/28-8/23	Hall	\$34*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	M	6/25-8/27	Stauss	\$38*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	W	6/27-8/29	Stauss	\$34*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	F	6/29-8/31	Stauss	\$38*
	3	Hula for Fitness	7:30-8:30 p.m.	W	6/27-8/8	Taylor	\$30*
	3	Stretch & Flex	8:30-9:15 a.m.	Tu	6/26-8/21	Hall	\$34*
	3	Stretch & Flex	8:30-9:15 a.m.	Th	6/28-8/23	Hall	\$34*
	3-4	Walking With Wayne	10 a.m.	W	ongoing	Sabin	Free
	3-4	Zumba	6:40-7:40 p.m.	Tu	6/26-8/28	Miratsky	\$45*
	3-4	Zumba	6:40-7:40 p.m.	Th	6/28-8/30	Miratsky	\$50*

\*denotes classes which offer a discount for ages 62+



# FITNESS & EXERCISE MIND & BODY

## AT THE MILWAUKIE CENTER

### CLASS ACTIVITY LEVEL:

#### **Level 1 - Need Support (Chair Fitness)**

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

### Chair Yoga

**Levels 1-2.** Meditate, stretch, strengthen and balance in chairs. This class is a great stress reliever.

### Mindfulness Meditation

**Levels 1-4.** Actively develop a healthy mind and body and remove stress with comfortable meditation postures (standing, sitting, lying down). Good for all health conditions and/or pain management. Meditation is a great way to improve the ability to deal with daily challenges. Open to all abilities. No class July 4.

### Strength and Relaxation Yoga

**Levels 2-3.** This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance, and brings it to the middle-aged-to-older adult body. Bring a mat. No class July 4.

### Yin Yoga Workshop

**Levels 2-3.** Experience the benefits of Yin Yoga in this free workshop and meet the instructor before signing up. See Yin Yoga description.

### Yin Yoga

**Levels 2-3.** With a slow and steady approach, Yin Yoga uses floor poses held in stillness allowing these passive, long holds to strengthen and hydrate critical joint tissues in a way that most other practices cannot. The Yin exercise targets the body's connective tissues – including the ligaments, bones, cartilage and tendons. These are all major, but often ignored components of flexibility, mobility and strength.

### Yoga

**Levels 2-3.** Learn safe and proper alignment of basic yoga postures and gentle movement to increase strength, flexibility and balance. Bring a mat.

### Tai Chi - Beginner

**Levels 2-3.** Learning a condensed, simplified Tai Chi form helps beginning students to relax and strengthen major joint areas of the body, while also increasing flexibility and balance. No class July 4.

### Tai Chi - Intermediate

**Levels 2-3.** Continued practice of the 37 Yang Empty Hand Form provides time for refinement of Tai Chi moves to increase stability, flow and whole body coordination. Learn to move from the core and take stress off of the body's major joint areas. No class July 4.

### Tai Chi-Advanced Forms and Sword

**Levels 3-4.** Continued practice of 32 Sword Form and 37 Yang Empty-Hand Form. Class includes standing meditation, push hands and martial applications. Benefits include cardio, strength, balance/coordination and improved core strength. No class July 4.

### Exercentrics

**Levels 3-4.** Use weighted bars and dumbbells to find a whole body workout that optimizes performance in a safe environment. Music and breath keep you focused on completing each muscle burning task. Class ends with a relaxing stretch and cool down.

### INNERgystics

**Levels 3-4.** INNERgystics is a unique and rewarding workout journey that starts with a spinal and upper body warm-up and deep breathing. It then progresses through a series of upper and lower body exercises using light weights, body weight, or isometrics. Exercises are done rhythmically in combinations to optimize the function and oxygenation of muscle groups while providing an aerobic workout. The workout ends with a relaxing, muscle-stretching cool down and focused breathing techniques. No class Aug. 23.

*All Mind/Body & Cardio/Strength classes take place at the Milwaukie Center.*

*Check with the Recreation Office or online at [ncprd.com](http://ncprd.com) for no-class dates.*

REGISTER AT  
[NCPRD.COM](http://NCPRD.COM)



# FITNESS & EXERCISE CARDIO & STRENGTH

## AT THE MILWAUKIE CENTER

### Sit-N-B-Fit

**Levels 1-2.** Strengthen muscles and improve range of motion, mobility and balance! Great for those with some physical limitations. No class July 4.

### Low Impact Aerobic Strength Training

**Levels 2-3.** This class is perfect for people just getting started or coming back from an extended break. Alternate between simple and safe, low impact movements. Use stretch bands and light weights that help condition the whole body, while listening to fun and motivating music.

### FUNctional Fitness

**Levels 2-3.** Rhythmic training to work on balance, while marching to a beat. Some hand-held weights are used. For people who are able to walk and stand without any extra support.

### Gold Toning

**Level 3.** Learn to sculpt and tone through creative and fun dance routines using hand-held weights. World music with lively rhythms pumps this class up! Please bring 1 or 2 pound weights for Monday class. No class July 16.

### Small Group Personal Training

**Levels 2-3.** Have you been wanting to do resistance training, but don't belong to a gym? This class is the perfect solution. Get personal attention in this small group setting from an ACE Certified Personal Trainer. Learn proper technique, safety, and how to exercise each muscle group effectively. You will be able to take what you learn to a gym, to your home or even on the road. Class size limited to 15.

### Complete Conditioning

**Level 3.** A whole-body workout using aerobics, weights and other strength training exercises. This class is for active people who have been taking fitness classes at least twice a week.

### EZ-Does-It Aerobics

**Level 3.** Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning and aerobic workout. No class July 4.

### Hula for Fitness

**Level 3.** Learn all the basic hula steps with easy-to-follow instructions. Hula helps tone hips, thighs and abdominals while incinerating calories and telling beautiful stories through the movement. No class July 4.

### Stretch and 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 to the last six weeks of class.

### WWW – Walking with Wayne

**Levels 3-4.** Walkers of all abilities are welcome! Wayne Sabin leads a walking group around North Clackamas Park every Wednesday. Meet at 10 a.m. by the red sculpture in the park. No fee.

### Zumba

**Levels 3-4.** Zumba combines Latin and international music that incorporates hip-hop, cumbia, reggaeton, salsa, merengue, mambo and more. Build strength, burn calories, improve motion and posture and socialize. No class Aug. 7.



THURSDAY, JULY 12 • NOON-1 P.M.  
AT THE MILWAUKIE CENTER

★ More info on page 5 ★

REGISTER AT  
NCPRD.COM

# MILWAUKIE CENTER

5440 SE Kellogg Creek Drive | Milwaukie, OR 97222 | (503) 653-8100



## Nutrition Program

### Meals on Wheels

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

### Trillium Lunch

Community members can enjoy a healthy, affordable meal noon-12:30 p.m., Monday through Thursday and 11:45 a.m.-noon, Friday. Groups of six or more require a reservation. For more information, or a menu, call the Nutrition Coordinator at (503) 654-3030. Fee: 60+, \$3 donation; -60, \$5 per person

### Pete's Café

Open to the public 9 a.m.-1 p.m., enjoy fresh soups, salads, sandwiches, beverages and desserts at very reasonable costs.

## Social Services Information and Referrals

Our skilled staff members offer a host of senior-oriented programs assisting older adults to remain independent in their North Clackamas area homes. A valued community resource, Center staff members are also here for families as they reach out to help older family members. For a full list of services, call Social Services at (503) 653-8100 or visit us online at [ncprd.com/milwaukie-center](http://ncprd.com/milwaukie-center).

## Other valuable services:

- Battery Recycling
- Community Library
- Community Resource Information
- Computer Work Stations
- Emergency Firewood Service
- Exercise Opportunities
- Family Consultation
- Home Repair Resources
- Insurance Resources and Information
- Medical Equipment Loan
- Needs Assessments
- Resource Library
- Voter Registration
- Wireless Internet "Wi-Fi"

Visit us at [ncprd.com/milwaukie-center](http://ncprd.com/milwaukie-center) or call (503) 653-8100 for more information on how the Milwaukie Center can benefit you.

## 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 Tuesdays and Thursdays. For a full list of services and fee information, call the Transportation Coordinator at (503) 794-8014 or visit us at [ncprd.com/milwaukie-center](http://ncprd.com/milwaukie-center).

Transportation bus schedules:

- **Monday, Wednesday and Friday** – Route starts at 9 a.m. to pick up passengers. Arrives at the Center at approximately 10:30 a.m. Leaves at 1 p.m. to return passengers to their home. Cost is \$3, round trip.
- **Tuesday and Thursday** – Route starts at 10 a.m. to pick up passengers. Arrives at the Center at approximately 11:15 a.m. These are also the days when bingo is played from 1-2 p.m. Bus returns passengers to their home at either 1 p.m. or 2 p.m. Cost is \$3, round trip.
- **Tuesday and Thursday Shopping** – Buses leave the Center at 9 a.m. to pick up shoppers. Arrives at a Fred Meyer Shopping Center at approximately 9:45 a.m. Bus returns to Fred Meyer at 11:30 a.m. to take the shoppers back home. Cost is \$4, round trip.



*Golden Anniversary*

Friday, June 22, 11 a.m. - 1 p.m.

Sponsored by Bob's Red Mill & Clackamas View Senior Living

- More info on page 5 -

## DROP-IN ACTIVITY GROUPS

### AT THE MILWAUKIE CENTER

#### Daytime Bingo

Play for fun with small prizes. Large print cards available. Drop in.

Location: Milwaukie Center  
 Fee: NCPRD, \$0.25 per card  
 Non-resident, \$0.50 per card  
 Time/Date: 1-2 p.m. T/Th

#### Evening Cash Bingo

Cash prizes and refreshments. Drop in.

Location: Milwaukie Center  
 Fee: \$5 first packet; \$4 second packet;  
 \$1 for special games  
 Time/Date: 6:30-9 p.m. Th

#### Woodcarving

Activity period for novice to advanced wood carvers -- with guidance for starter projects, instruction on safety and tool care. Drop in. No group July 4.

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 8:30-11:30 a.m. W

#### Billiards

Two pool tables with open play. Drop in. Center closed July 4.

Location: Milwaukie Center  
 Fee: NCPRD, \$1 all day;  
 non-resident, \$2 all day  
 Time/Date: 8 a.m.-5 p.m. M-F

#### Party Bridge

Ages 18+ and for those who already play the game. Group rules apply. Drop in.

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 12:30-3:30 p.m. Th

#### Mah Jongg

Mah Jongg originated in China and is a game of skill, strategy and chance. Experience preferred. Please bring your current American Mah Jongg card. If interested in learning, please contact Judy Hervey at [cjchervey@sbcglobal.net](mailto:cjchervey@sbcglobal.net). Drop in. No group July 4.

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 12:30-3:30 p.m. W

#### Chinese Mah Jongg

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

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 12:30-3:30 p.m. M

#### Genealogy

Learn where to find information and what to do with it. The group will meet regularly the 4th Wed. of the month. Drop in.

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 9:30-11:30 a.m. W

#### Ukulele Jam Group

Bring your ukulele and practice strumming to some popular songs in this casual atmosphere. Please call (503) 794-8092 or email [recreation@ncprd.com](mailto:recreation@ncprd.com) for more info and to get on the email list. Drop in. No group July 4.

Location: Milwaukie Center  
 Fee: NCPRD, \$1; non-resident, \$2  
 Time/Date: 6-7:15 p.m. W  
 Time/Date: 9:30-11 a.m. Th

## HEALTHY LIVING SEMINARS

### AT THE MILWAUKIE CENTER

The Milwaukie Center offers monthly Healthy Aging seminars focusing on a variety of education and health topics presented by local professionals. Pre-registration for these seminars is required. Please call (503) 653-8100 and leave your name and phone number with the receptionist. For further information, call Social Services at this same number or check online at [ncprd.com/milwaukie-center](http://ncprd.com/milwaukie-center).

#### Wills, Trusts and the Oregon Probate Process

There is a lot of fear and misinformation regarding Wills and Trusts and the Oregon Probate process. Join Milwaukie attorneys Trina Montalban and Michelle Sugahiro as they present information on the pros and cons of Wills and Trusts. Learn about the costs associated with administering a Will and Trust after death. Registration is required. To reserve your spot, call (503) 653-8100.

Location: Milwaukie Center  
 Fee: Free  
 Time/Date: 10 a.m.-noon Th 6/21



# ONGOING CLINICS & GROUPS

## AT THE MILWAUKIE CENTER

### A Place at the Center

A special activities program designed for people with memory loss or confusion due to Alzheimer's or related disorders. This valuable respite program allows caregivers to take some "time out" from caring for their loved ones. For enrollment and fee info call Social Services at (503) 794-8038. Application required. No meeting July 4 and Sept. 5.

Location: Milwaukie Center  
Fee: \$24 NCPD  
\$30 non-resident per session  
Time/Date: Noon-3:30 p.m. W

### Blood Pressure Check

Drop in and get your blood pressure checked by volunteer nurses. Available 1st Monday, 3rd Tuesday and 4th Friday of each month.

Location: Milwaukie Center  
Fee: Free  
Time/Date: 9:45-11:45 a.m. M/Tu  
10:30-noon F

### Diabetes Support and Education Group

Information, education and support for people with Type 2 diabetes, their families and friends. Meets the 1st Wednesday of each month. No meeting July 4 and Sept. 5.

Location: Milwaukie Center  
Fee: Free  
Time/Date: 1:30-3 p.m. W

### Senior Law Clinic

Local, volunteer elder law attorneys provide up to a 30-minute consultation on legal issues related to seniors. Call (503) 653-8100. Appointments available on the 1st and 3rd Tuesday each month.

Location: Milwaukie Center  
Fee: Free, donations appreciated  
Time/Date: By appointment only

### Caregiver's Support Group

This group is designed for individuals caring for a spouse, parent or sibling. The group provides participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Co-facilitated by Serenity Hospice and social service staff. Meets the 2nd Wednesday of each month.

Location: Milwaukie Center  
Fee: Free  
Time/Date: 12:30-2 p.m. W

### VIEWS Support Group

Don't face life's challenges alone! This weekly senior support group is led by trained peer counselors from Volunteers Involved in the Emotional Well-being of Seniors (VIEWS). The focus is to develop new ways of coping with life's challenges by talking and listening to others reflect on their concerns about life changes. For additional information, call Peter Walsh at (503) 261- 6181.

Location: Milwaukie Center  
Fee: Free  
Time/Date: 2-3 p.m. Tu

### It's All About Memory

It's All About Memory is a weekly, half-day program specifically designed for individuals experiencing early memory loss. The program's focus is on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. This confidential and educational program provides opportunities to meet with peers who are also experiencing memory loss and gain support. For additional information, application process and scheduled fees, please call Abby or Lisa at (503) 653-8100.

Location: Milwaukie Center  
Fee: NCPD, \$24 per session  
Non-resident, \$30 per session  
Time/Date: 10 a.m.-2 p.m. F



Learn more about NCPD's Strategic Partnership with the School District and the exciting new opportunities for new community centers and open spaces.

» [NCPD.COM/PARTNERSHIP](http://NCPD.COM/PARTNERSHIP) «



## Hood View Park

Hood View Park is a 35-acre complex, owned by NCSD and operated by NCPRD. It features four world-class ball fields with all-weather turf, field lighting and spectacular views.

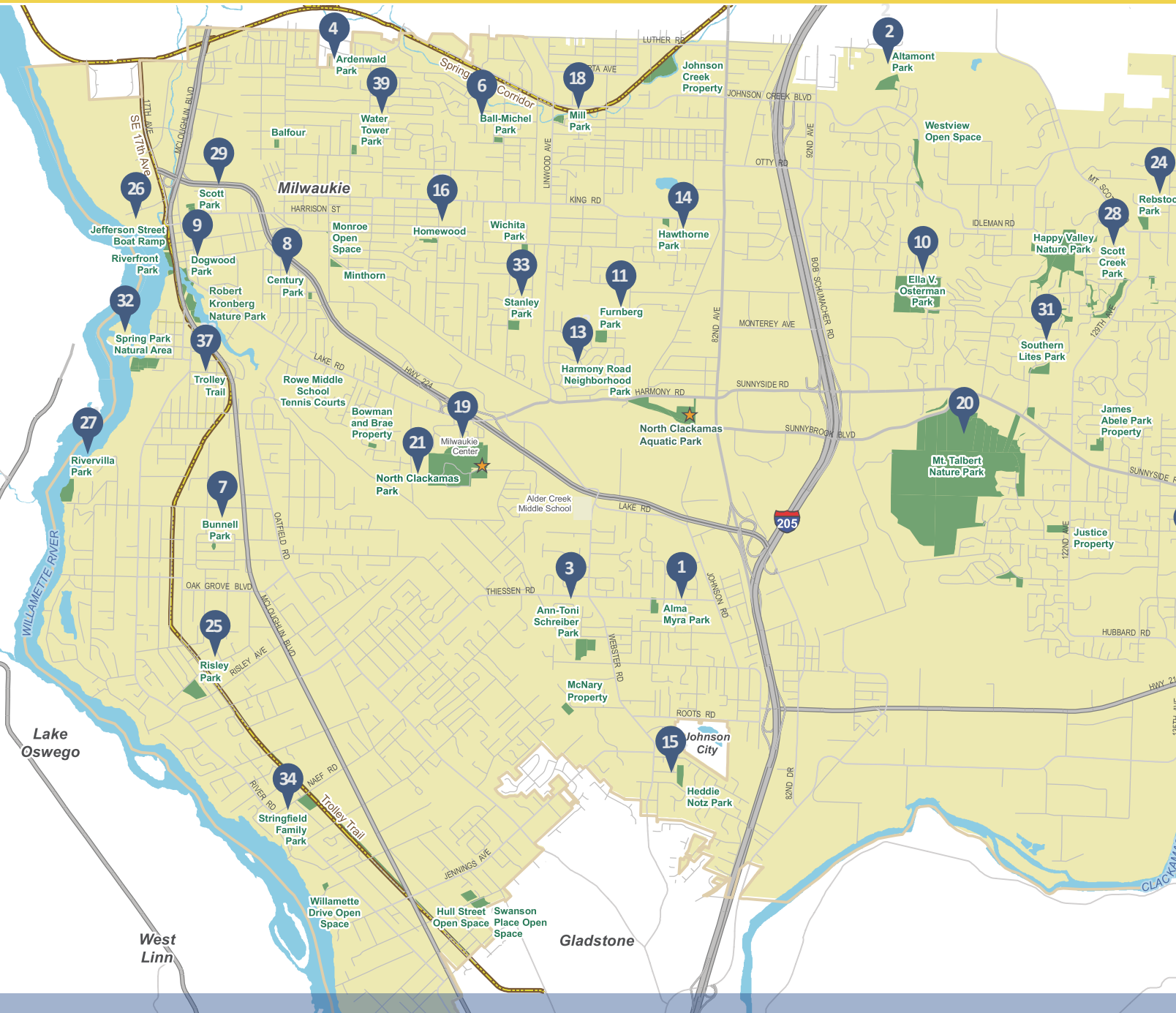
**16223 S.E. Stadium Way  
Happy Valley, OR 97015  
(503) 794-3877**



## Milwaukie Center

The Milwaukie Center is a multi-purpose community center which features recreation activities, senior services and educational opportunities.

**5440 S.E. Kellogg Creek Drive  
Milwaukie, OR 97222  
(503) 653-8100**

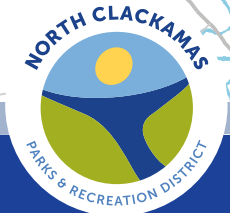


The District offers more than 39 parks, 25 natural areas, 15 miles of trails including the 6-mile Trolley Trail, Mount Talbert Nature Park and three facilities: Hood View Sports Complex, the Milwaukie Center and the North Clackamas Aquatic Park.



The North Clackamas Aquatic Park is a state-of-the-art waterpark with six swimming pools, three water slides and a 29-foot rock climbing wall.

**7300 S.E. Harmony Road  
Milwaukie, OR 97222  
(503) 557-SURF (7873)**



ncprd.com

## PARKS, TRAILS & OPEN SPACES

PARKS, TRAILS  
& OPEN SPACES

		PARKING	RESTROOMS	SHELTER	PICNIC AREA	PLAYGROUND	TENNIS COURT	SOCCER FIELD	BASKETBALL	BASEBALL	TRAILS/PATHS	DOG PARK
1.	Alma Myra Park 7510 S.E. Thiessen Rd., Clackamas				■	■					■	
2.	Altamont Park 8901 S.E. Bristol Park Dr., Clackamas				■	■					■	
3.	Ann-Toni Schreiber Park 6717 S.E. Clackamas Rd., Clackamas	■	■		■	■		■	■	■		
4.	Ardenwald Park 3667 S.E. Roswell St., Milwaukie			■	■	■					■	
5.	Ashley Meadows Park 15410 S.E. Oregon Trail Dr., Happy Valley			■	■	■			■		■	
6.	Ball-Michel Park 3667 S.E. Roswell St. Milwaukie			■	■	■					■	
7.	Bunnell Park 2560 S.E. Pine St., Milwaukie				■							
8.	Century Park 11500 S.E. 35th Ave. Milwaukie				■	■	■		■			
9.	Dogwood Park 11299 S.E. Main St. Milwaukie				■							
10.	Ella V. Osterman Park 10501 S.E. William Otty Rd., Happy Valley			■	■	■						
11.	Furnberg Park 6850 S.E. Furnberg Ave. Milwaukie				■	■					■	
12.	Happy Valley Park 13770 S.E. Ridgecrest Rd., Happy Valley	■	■	■		■	■	■	■	■	■	■
13.	Harmony Road Neighborhood Park 7100 S.E. Harmony Rd., Milwaukie	■			■	■			■		■	
14.	Hawthorne Park 7560 S.E. King Rd., Milwaukie				■	■					■	
15.	Heddie Notz Park 7821 S.E. Strawberry Lane, Clackamas				■	■						
16.	Homewood Park 10821 S.E. Home Ave., Milwaukie				■	■					■	
17.	Hood View Park 16223 S.E. Stadium Way, Happy Valley	■	■	■	■	■		■		■	■	
18.	Mill Park 6201 S.E. Overland St., Milwaukie				■	■					■	
19.	Milwaukie Center & Sara Hite Memorial Rose Garden 5440 S.E. Kellogg Creek Dr., Milwaukie	■	■	■							■	
20.	Mount Talbert Nature Park 10695 S.E. Mather Rd., Clackamas	■	■	■							■	
21.	North Clackamas Park 5440 S.E. Kellogg Creek Dr., Milwaukie	■	■	■	■	■				■	■	■
22.	Pfeifer Park 14074 S.E. 139th Ave., Clackamas	■		■	■		■	■			■	
23.	Pioneer Park 14375 S.E. 153rd Ave., Clackamas			■	■	■			■		■	
24.	Rebstock Park 10695 S.E. Mather Rd., Clackamas	■		■								
25.	Risley Park 2350 S.E. Swain Ave., Milwaukie		■		■	■	■	■	■	■	■	
26.	Riverfront Park/Jefferson St. Boat Ramp 1700 S.E. Jefferson St., Milwaukie	■	■								■	
27.	Rivervilla Park 925 S.E. Courtney Rd., Milwaukie	■	■		■						■	
28.	Scott Creek Park 12094 S.E. Nella Way, Happy Valley	■									■	
29.	Scott Park 10660 S.E. 21st Ave., Milwaukie	■			■							
30.	Sieben Park 14395 S.E. Territory Dr., Clackamas				■						■	
31.	Southern Lites Park 12088 S.E. 117th Ave., Happy Valley				■	■						
32.	Spring Park 1881 S.E. Lark St., Milwaukie				■	■					■	
33.	Stanley Park 11800 S.E. Stanley Ave., Milwaukie				■						■	
34.	Stringfield Family Park 3614 S.E. Naef Rd., Milwaukie	■	■	■	■	■					■	
35.	Summerfield Park 14001 S.E. Summerfield Loop, Clackamas				■	■			■	■		
36.	Trillium Creek Park 16803 S.E. Anderegg Pkwy, Damascus			■	■	■			■		■	
37.	Trolley Trail Milwaukie											■
38.	Village Green Park 13786 S.E. Sieben Pkwy., Clackamas	■		■	■	■			■		■	
39.	Water Tower Park Milwaukie				■	■			■	■	■	





**NORTH CLACKAMAS**  
PARKS & RECREATION DISTRICT

*Summer 2018*

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PERMIT NO. 16

## PERFECT SUMMER DAYS AWAIT!

Seize the summer with family-friendly events, hundreds of recreation programs and surrounding parks and trails in North Clackamas Parks and Recreation. Whether you're making a splash at North Clackamas Aquatic Park, enjoying a movie under the stars, learning to salsa dance or discovering the outdoors, there is something fun for all ages.

**VIEW THE ONLINE DISCOVERY GUIDE  
AT [NCPRD.COM/DISCOVERY](http://NCPRD.COM/DISCOVERY)**



### NORTH CLACKAMAS PARKS & RECREATION DISTRICT CONTACTS

**North Clackamas Aquatic Park**  
(503) 557-SURF (7873)  
[aquaticpark@ncprd.com](mailto:aquaticpark@ncprd.com)

**NCPRD Administration**  
(503) 742-4348  
[info@ncprd.com](mailto:info@ncprd.com)

**Milwaukie Center**  
(503) 653-8100  
[milwaukiecenter@ncprd.com](mailto:milwaukiecenter@ncprd.com)

**Recreation Programming**  
(503) 794-8080  
[recreation@ncprd.com](mailto:recreation@ncprd.com)

**Park Maintenance**  
(503) 794-8030  
[maintenance@ncprd.com](mailto:maintenance@ncprd.com)

**Sports Programming/Fields**  
(503) 794-3877  
[sports@ncprd.com](mailto:sports@ncprd.com)  
**Field Update Line**  
(503) 742-4343