

SUMMER 2020



# DISCOVERY GUIDE

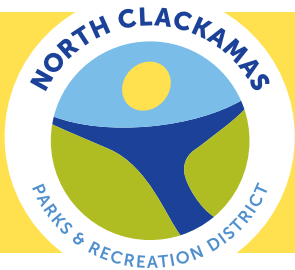
CELEBRATING

30

YEARS

**SUMMER CAMPS  
& OUTDOOR EVENTS  
FUN FOR ALL AGES**

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



# DIRECTOR'S MESSAGE

Happy 30th Anniversary to the North Clackamas Parks and Recreation District! Along with our array of activities and programs, this summer we celebrate 30 years of providing parks and recreation services for the North Clackamas community. Voters approved the formation of NCPRD in 1990 to fill the need for greater parks and recreation services in northern Clackamas County. Now the second largest parks and recreation district in Oregon by population, we continue to plan for future parks and community facilities, and expand our program offerings. We will be honoring the 30th anniversary of NCPRD over the summer, culminating in a large community celebration event on July 18. Details can be found on page 6 of this guide. I hope you will join us for what promises to be a great celebration.

Whether you're interested in a dance class at the Milwaukie Center, swim lessons at the North Clackamas Aquatic Park, the summer RecMobile program, sports camps, or you are looking for a park or trail to enjoy, we have something for everyone. I invite you to Discover Your Fun in the pages that follow. I also encourage you to review our recently published Annual Report for fiscal year 2018-2019. This publication provides an overview of key achievements and strides we've made in our community, including new parks and facilities. You may view this report on the District website at [ncprd.com/annual-report](http://ncprd.com/annual-report) or pick up a copy at any of our district facilities. NCPRD looks forward to embarking on our next 30 years, continuing the legacy of providing first-rate parks, recreation programs, trails, adult services, community centers, and much more. On behalf of our entire staff team, I extend our sincere thanks and appreciation to our community for your continued engagement and support of the North Clackamas Parks and Recreation District.

Have a fun and safe summer!

A handwritten signature in blue ink, reading 'Scott Archer'.

Scott Archer,  
NCPRD Director



North Clackamas Parks and Recreation District (NCPRD) is a service district of Clackamas County, and a division of Business and Community Services, dedicated to enriching community vitality and promoting healthy living through parks and recreation.





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## REGISTRATION INFORMATION SUMMER 2020

### Registration beginning at 9 a.m.

**Summer** NCPRD registration date: Apr. 7

**Non-resident registration date: Apr. 14**

**ONLINE:** Register online at [ncprd.com](http://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.-8 p.m.; Fri, 7 a.m.-4 p.m.;  
Sa, 7 a.m. - 6 p.m.; Su, 1-6 p.m.  
Please have Visa or MasterCard ready.

**IN PERSON:** Register at one of 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, 8:30 a.m.-4:30 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 and a refund or credit will be issued.

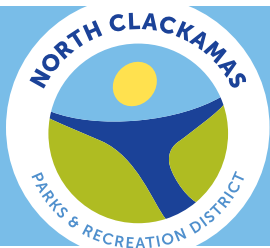
## NORTH CLACKAMAS PARKS & RECREATION DISTRICT OFFICE INFORMATION

**NCPRD ADMINISTRATION**  
150 Beaver Creek 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.-8 p.m.  
F, 7 a.m.-4 p.m.  
Sa, 7 a.m.-6 p.m.  
Su, 1-6 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.



# DISTRICT INFORMATION



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. A group of citizen volunteers make up the District Advisory Board (DAB) and provides recommendations to the Board of Directors on the design, planning and development of parks and recreational programs in the District. DAB members are important in representing the citizens' voice in NCPRD decision-making and policies. Interested in becoming a DAB member? Visit [ncprd.com](http://ncprd.com) for more information.

## NCPRD BOARD OF DIRECTORS



*Left to right:*

**Ken Humberston**, Commissioner

**Martha Schrader**, Commissioner

**Paul Savas**, Commissioner

**Sonya Fischer**, Commissioner

**Jim Bernard**, Chair

## DEPARTMENT LEADERS



**Laura Zentner**, BCS Director



**Scott Archer**, NCPRD Director

## ADDITIONAL INFORMATION

### Program Fees

For most fee-based programs, there will be two numbers listed: one for NCPRD residents, and the other for those who live outside the District.

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

The first number (\$20) is the fee for NCPRD 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: Cancellations/transfers received at least fourteen days prior to the start of a program can receive a full refund or credit minus a \$5 administrative fee per registration. Requests made between fourteen days and the start date of the program may be eligible for a credit of fees minus the \$5 administrative fee per registration. Refunds, credits and/or make-up classes are not available after a program has begun.

NCPRD will not refund the cost of additional supplies or prepaid expenses (T-shirts, jerseys, hair bows, art supplies, cheer uniforms, prepaid lunches, event admissions etc.). Purchased supplies can be picked up after the start of the program by contacting [recreation@ncprd.com](mailto:recreation@ncprd.com). If a program is cancelled by NCPRD, a full refund will be issued.



## 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

### 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.

# SUMMER SPECIAL EVENTS

## 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 6/19

Sponsored By:



## Milwaukie Center's 40-Year Anniversary Party

The Milwaukie Center is celebrating its 40th year of serving the community in 2020. Join us this summer for a BBQ celebration with live music, a beer garden and delicious food from our kitchen. We will be asking for RSVP's as space will be limited. The Milwaukie Center has meant so much to so many community members over the last forty years. This will be a great moment to honor the past while celebrating the future. Call (503) 653-8100 to reserve your spot at the event.

Location: Milwaukie Center

Fee: Free

Time/Date: Dinner served 4-5:30 p.m., event runs until 6:30 p.m. W 6/24

## NCPRD's 30th Birthday Party

Party like it's 1990! North Clackamas Parks and Recreation District is turning 30, and what better way to say thank you for having us be a part of this vibrant community than with a big birthday bash? Join us for this special celebration featuring an array of festivities, including free Big Surf! swim at the Aquatic Park, live music, birthday cake, food carts, a beer garden, games and more! Save the date and check back at [ncprd.com](http://ncprd.com) for more information.

Location: North Clackamas Aquatic Park

Fee: Free (food and drinks available for purchase)

Time/Date: Noon-4 p.m. Sa 7/18

## 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 the Nutrition Program at (503) 654-3030.

Location: Milwaukie Center

Fee: \$2 per sundae

Time/Date: 12:30-1:30 p.m. Tu 8/18

## RecMobile

The RecMobile is coming to a park near you! Come play games, make crafts, meet new friends and have fun in the sun! Join our recreation staff Monday through Friday at select parks throughout North Clackamas Parks and Recreation District. Each week will feature a different theme to ignite your imagination. See page 15 for locations and dates.

**SAVE THE DATE**  
FOR OUR 30<sup>th</sup> ANNIVERSARY

# BIRTHDAY BASH

**PARTY LIKE IT'S 1990**

WITH MUSIC, FOOD CARTS,  
GAMES, BEER GARDEN,  
AND MORE!

**SATURDAY, JULY 18**  
**NOON - 4 P.M.**

at North Clackamas Aquatic Park  
7300 S.E. Harmony Rd., Milwaukie



# SUMMER SPECIAL EVENTS

## Concert in the Park

Join us this summer for a concert at Milwaukie Bay Park featuring one of the Pacific Northwest's top cover bands, Dance Machine, playing your favorite 90's hits! Enjoy waterfront views while dancing to live music and enjoying tasty food from The Coop food cart and signature brews from the Breakside Brewery Winnebeergo. Cornhole and kid-friendly activities will also be available.

Location: Milwaukie Bay Park  
 Fee: Free (food and drinks available for purchase)  
 Time/Date: 6-8 p.m. Sa 8/22

## Clackamas On Tap and Uncorked

Join us for a festive day in the beautiful Sara Hite Memorial Rose Garden at North Clackamas Park. Enjoy a large selection of local beer, wine, spirits and cider, a fantastic lineup of live entertainment, food carts, giant lawn games, photo booth and a raffle! This event benefits Meals on Wheels in North Clackamas - so no senior goes hungry. Come out to show your support and enjoy this event! Admission price includes souvenir tasting glass (beer or wine).

Location: Sara Hite Memorial Rose Garden at North Clackamas Park  
 Fee: Early Bird ticket, \$15; \$20 at event  
 Purchase tickets at [Clackontap.com](http://Clackontap.com)  
 Time/Date: 1-9 p.m. Sa 8/29

## Movies in the Park

Bring a blanket and enjoy movies under the stars! All movies are free and begin at dusk. Visit [commonsensemedia.org](http://commonsensemedia.org) for movie descriptions and ratings to decide if the movie is appropriate for your family.

DATE	MOVIE	LOCATION	ADDRESS
Sat., July 11	Frozen II (PG)	Mt. Scott Elementary School	11201 S.E. Stevens Rd., Happy Valley
Sat., July 25	Aladdin (1992) PG	Concord School Property	3811 S.E. Concord Rd., Oak Grove
Sat., August 1	Toy Story 4 (G)	Wichita Center	6031 S.E. King Rd., Milwaukie
Sat., August 8	Abominable (PG)	North Clackamas Park	5440 S.E. Kellogg Creek Dr., Milwaukie



# AQUATIC PARK

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

The North Clackamas Aquatic Park features six swimming pools, three water slides, a state-of-the-art wave pool, a young children's pool with Sammy the Seal slide and a 29-foot rock climbing wall. During Big Surf! swim times the entire facility is open for all to enjoy the many Aquatic Park features.

Swimming lessons, recreational programs and party rentals are also available. Enjoy summer fun all year round at North Clackamas Aquatic Park, where it is consistently kept at a comfortable 86 degrees year round.

## SUMMER ACTIVITY SCHEDULE & ADMISSIONS

Effective June 13-Sept. 7, 2020. Schedule and fees may be subject to change without notice.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>BIG SURF! OPEN SWIM</b>	1-6 p.m. <i>Family Rate</i>	Noon- 4 p.m.	Noon- 4 p.m.	Noon- 4 p.m.	Noon- 4 p.m.	Noon- 4 p.m.	1-6 p.m.
<b>LAP SWIM (13 &amp; OLDER)</b>	1-6 p.m.	6 a.m.- 5:30 p.m. 7-8 p.m.	8 a.m.- 5:30 p.m. 7-8 p.m.	6 a.m.- 5:30 p.m. 7-8 p.m.	8 a.m.- 5:30 p.m. 7-8 p.m.	6 a.m.- 4 p.m.	7 a.m.- 6 p.m.
<b>LAP SWIM (ALL AGES)</b>	1-6 p.m.					Noon- 4 p.m.	9 a.m.- 6 p.m.
<b>***SENIOR SWIM</b>		6 a.m.- 1 p.m.	8 a.m.- 1 p.m.	6 a.m.- 1 p.m.	8 a.m.- 1 p.m.	6 a.m.- 1 p.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 on July 4, July 18 and will close at 4 p.m. on Sept. 7.

The lap pool is excluded from Big Surf! admission.

\*\*\*Senior swim not available in scheduled H2O Fitness pool spaces.

\*\*Parent/Preschool: swim time for parents and children 6 years and younger, often shares space with lessons and groups.

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).	\$7	\$11
9 and older	\$7	\$11
Family Rate Sunday Only Valid for up to 2 adults and 4 children, immediate family and living in the same household.	\$20	\$36

OTHER ADMISSIONS	NCPRD	NON- RESIDENT
Adult Lap Swim	\$4	\$5.50
Lap Swim punch card (24 punches)	\$81	\$110
Senior Swim***	\$2	\$2.50
Parent/Preschool Swim for parents and children 6 and younger**	\$3.75 Adult \$2.75 Child	\$4.75 Adult \$3.75 Child

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



## BIG SURF! GROUP RATES

	NCPRD	NON-RESIDENT
ALL AGES*	\$6	\$10

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.

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

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

## H2O FITNESS

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

Schedule effective June 13-Sept. 4, 2020. *Subject to change based on attendance.*

	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	
9:15-10:15 a.m.	H <sub>2</sub> O Fit		H <sub>2</sub> O Fit		H <sub>2</sub> O Fit	
5:45-6:45 p.m.	Deep H <sub>2</sub> O		Deep H <sub>2</sub> O			
7-8 p.m.	H <sub>2</sub> O Fit	H <sub>2</sub> O Fit	H <sub>2</sub> O Fit			

### FEE

NCPRD, \$6;  
non-resident,  
\$7.50  
or punch card  
(18 classes):  
NCPRD, \$96;  
non-resident,  
\$120

Senior 62+  
NCPRD, \$5.50;  
non-resident, \$7  
or punch card  
(18 classes):  
NCPRD, \$88;  
non-resident,  
\$110

### Deep H<sub>2</sub>O

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.

### H<sub>2</sub>O Fit

H<sub>2</sub>O Fitness is a refreshing way 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 improvement at your own pace.

\*No H<sub>2</sub>O Fitness classes on 7/3-7/4, 7/18 and 9/5-9/25. Closing 9/8 for annual facility maintenance.

## MEMBERSHIPS

### NORTH CLACKAMAS AQUATIC PARK

Memberships include unlimited use of the lap pool during lap swim hours, parent/preschool times and Big Surf! 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 LESSONS

## NORTH CLACKAMAS AQUATIC PARK

Students may be enrolled in more than one class at a time. If the student requires a change of class there will be 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. If the student does not pass and is registered for a higher level course, they will automatically be withdrawn and a credit issued (minus \$5 processing fee). Making sure students are placed in the proper level helps create a safe environment for other participants.

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 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 6*		Level 6
							Level 7*

**FEE:** NCPRD, \$54; non-resident, \$70

### WEEKDAY SESSIONS:

Session 1: 6/15-6/25

Session 2: 7/6-7/16

Session 3: 7/20-7/30

Session 4: 8/3-8/13

Session 5: 8/17-8/27\*

\*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 1
	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 6*	Level 7*		Level 5*

### PRIVATE SWIM LESSONS

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

SATURDAY A.M.	8:20 to 8:50 a.m.	8:55 to 9:25 a.m.	9:30 to 10 a.m.	10:05 to 10:35 a.m.	10:40 to 11:10 a.m.	11:15 to 11:45 a.m.	11:50 a.m. to 12:20 p.m.	12:25 to 12:55 p.m.
	Aqua Tots				Aqua Tots	Water Babies		Water Babies
	Seals Intro	Seals Intro	Seals Intro		Seals Intro	Seals Intro	Seals Intro	Seals Intro
	Seals	Seals	Seals			Seals	Seals	
		Swimming Seals			Mighty Seals			
	Level 1	Level 1		Level 1		Level 1	Level 1	Level 1
	Level 2	Level 2		Level 2	Level 2		Level 2	
			Level 3	Level 3		Level 3		
			Level 4		Level 4			
			Level 6	Level 5			Level 5	Level 7

### SATURDAY:

Session 1: 6/20-8/22 (No class July 4 and July 18)

# SWIM LESSONS

## NORTH CLACKAMAS AQUATIC PARK

### Parent-Tot Program 12 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 - 12 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

*Prerequisite:* Any participants who have not taken lessons before.

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

#### Seals 1:5 ratio

*Prerequisite:* 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

*Prerequisite:* 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

*Prerequisite:* Unassisted Front and 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.

### School Age Program – Ages 5 and up

#### Level 1 1:6 ratio

*Prerequisite:* Any participants who have not taken lessons before or participants that 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

*Prerequisite:* Front Glide - 2 Yards, Back Glide - 2 Yards.

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

#### Level 3 1:8 ratio

*Prerequisite:* 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

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

Develops students' 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

*Prerequisite:* 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

*Prerequisite:* 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. Improves breaststroke and treading water for 1 minute 30 seconds and introduces sidestroke.

#### Level 7 1:10 ratio

*Prerequisite:* 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.





# TEEN & ADULT SWIM PROGRAMS

## NORTH CLACKAMAS AQUATIC PARK

### Level 8

**Ages 8-18.** Increase fitness and technique of all swimming strokes through organized swimming, while focusing on endurance and swimming workouts. Prerequisites: Proficient in backstroke, breaststroke, butterfly and front crawl after completing Level 7.

Location: North Clackamas Aquatic Park  
 Fee: NCPRD, \$34; non-resident, \$44  
 Time/Date: 5:30-6 p.m.  
 Session 1A: M/W 6/8-7/1  
 Session 1B: Tu/Th 6/9-7/2  
 Session 2A: M/W 7/6-7/29  
 Session 2B: Tu/Th 7/7-7/30  
 Session 3A: M/W 8/3-8/26  
 Session 3B: Tu/Th 8/4-8/27

### Level 9

**Ages 8-18.** Swimming workouts designed to enhance fitness while continuing to refine strokes and build speed. Training includes developing skills to advance to an organized swim team or complete prerequisites of lifeguard training. Prerequisites: Swimming endurance and proficiency in backstroke, breaststroke, butterfly and front crawl after completing Level 8.

Location: North Clackamas Aquatic Park  
 Fee: NCPRD, \$48; non-resident, \$62  
 Time/Date: 6-7 p.m.  
 Session 1A: M/W 6/8-7/1  
 Session 1B: Tu/Th 6/9-7/2  
 Session 2A: M/W 7/6-7/29  
 Session 2B: Tu/Th 7/7-7/30  
 Session 3A: M/W 8/3-8/26  
 Session 3B: Tu/Th 8/4-8/27

### 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, \$54; non-resident, \$70  
 Time/Date: 7-7:30 p.m.  
 Session 1: M/W 7/13-8/5  
 Session 2: Tu/Th 7/14-8/6

### 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. Students are required to purchase a textbook for \$34.99 from the American Red Cross prior to the start of the course or download the American Red Cross Lifeguard manual. Prerequisite skills will be performed on the first day of class. Prerequisites: each participant must be 15 years old and be able to swim 300 continuous yards, then retrieve a 10-pound diving brick in order to take the course.

Location: North Clackamas Aquatic Park  
 Fee: NCPRD, \$35; non-resident, \$50  
 Time/Date: 9 a.m.-5:30 p.m. M-Th 6/29-7/2

### North Clackamas Masters Swim Team

**Ages 18+.** Looking for a challenging, coached, early morning workout? This team 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 – NCMS will help you reach your goals! For coaching fees and information, visit [ncprd.com](http://ncprd.com), call (503) 794-8092, or email [swimmerjlk@gmail.com](mailto:swimmerjlk@gmail.com). Try it out and only pay drop-in lap swim: NCPRD, \$4; non-resident, \$5.50; during the trial period.

Coach: Jeff Kaelon  
 Location: North Clackamas Aquatic Park  
 Fee: Masters Annual Pool Pass  
 (includes Big Surf! and lap swim)  
 NCPRD, \$407.50;  
 non-resident, \$448.50  
 3-month pass, NCPRD, \$115;  
 non-resident, \$145

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

### Back to Basics Swimming

**Ages 18+.** The North Clackamas Masters Swim team is hosting an introductory learn-to-swim clinic to help adults get their feet and faces wet. Our coach and volunteers are prepared to meet each individual at their current skill level. We are passionate about increasing adults' comfort and safety around the water, as well as helping to develop a love of swimming. Sponsored by North Clackamas Aquatic Park. Please preregister.

Location: North Clackamas Aquatic Park  
 Fee: NCPRD, \$5; non-resident, \$8  
 Time/Date: 10 a.m.-noon Sa 5/16

# NORTH CLACKAMAS AQUATIC PARK PARTIES & RENTALS

*Make your next celebration a Splash!*

North Clackamas Aquatic Park is available for swim parties, pool rentals and corporate meetings.

## **PARK FEATURES:**

**PRIVATE  
MEETING  
ROOMS**

**OREGON'S  
LARGEST  
WAVE POOL**

**SIX  
SWIMMING  
POOLS**

**THREE  
WATER  
SLIDES**

**29-FT.  
ROCK WALL**



For additional information  
and/or to book a party  
or meeting, email  
[aquaticpark@ncprd.com](mailto:aquaticpark@ncprd.com)  
or call (503) 794-8080.

Additional information  
on birthday parties  
can also be found at  
[ncprd.com/birthdays](http://ncprd.com/birthdays).

# YOUTH PROGRAMS



## DANCE, MUSIC & MOVEMENT

### Tiny Tots Pre-Ballet

**Ages 3-4.** This introductory dance class includes basic ballet technique, jazz, and creative movement. Young dancers will be taught a simple dance routine while learning to follow direction from a trained dance instructor. Our goal is to create a fun environment while inspiring students to continue with their dance journey. Parents are asked to wait outside while class is in session but are welcome to watch during the last 5 minutes. Open to boys and girls.

Instructor: Cierra Alger

Location: Milwaukie Center

Fee: NCPRD, \$77; non-resident, \$96

Time/Date: 4-4:30 p.m. W 7/1-8/19

### Hip Hop/Funk

**Ages 4-7 and 7-12.** Learn basic hip hop and funk moves that will get you dancing to your favorite music.

Instructor: Annah Dennis

Location: Milwaukie Center

Fee: NCPRD, \$83; non-resident, \$104

**Ages 4-7**

Time/Date: 3:30-4:15 p.m. Tu 6/23-8/11

**Ages 7-12**

Time/Date: 4:30-5:15 p.m. Tu 6/23-8/11

### Little Dancers Ballet & Jazz

**Ages 5-6.** Students explore ballet technique, jazz, and across-the-floor combinations while focusing on grace and coordination. Creative movement is encouraged as well as self expression. Our goal is to create a fun environment while inspiring students to continue with their dance journey. Parents are asked to wait outside while class is in session but are welcome to watch during the last 5 minutes. Open to boys and girls.

Instructor: Cierra Alger

Location: Milwaukie Center

Fee: NCPRD, \$77; non-resident, \$96

Time/Date: 4:40-5:10 p.m. W 7/1-8/19

NCPRD

# Concert IN THE PARK

FEATURING

## DANCE MACHINE

90'S DANCE COVERS

**SATURDAY, AUGUST 22 • 6-8 P.M.**

**AT MILWAUKIE BAY PARK**

1700 S.E. JEFFERSON ST., MILWAUKIE

**MORE INFO ON PAGE 7**



# RECMOBILE

JUNE 22-AUGUST 7 | AGES 6-10

The RecMobile is coming to a park near you! You'll play games, make crafts, meet new friends and have a blast! Join our recreation staff Monday through Friday at select parks throughout the District.

The parent/guardian must fill out a registration form onsite before the child may participate in the RecMobile program. Children under age 6 must have a parent/guardian present.

	MON	TUE	WED	THU	FRI
11 A.M.-1 P.M.	<b>Clackamas School Property</b> 15301 S.E. 92nd Ave., Clackamas	<b>Ball-Michel Park</b> 9781 S.E. Stanley Ave., Milwaukie	<b>Concord School Property</b> 3811 S.E. Concord Rd., Oak Grove	<b>Wichita Park</b> 5908 S.E. Monroe St., Milwaukie	<b>Trillium Creek Park</b> 16803 S.E. Anderegg Pkwy., Damascus
2-4 P.M.	<b>Heddie Notz Park</b> 7821 S.E. Strawberry Ln., Clackamas	<b>Wichita Center</b> 6031 S.E. King Rd., Milwaukie	<b>Risley Park</b> 2350 S.E. Swain Ave., Milwaukie	<b>Pfeifer Park</b> 14074 S.E. 139th Ave., Clackamas	<b>Pioneer Park</b> 14375 S.E. 153rd Ave., Clackamas



# SUMMER CAMP DESCRIPTIONS

FOR EVERYONE AGES 3-18

## Balance Bike Camp

**Ages 3-5.** Ready to ride? This week-long class will introduce children to the joys of locomotion on two wheels! Participants will build confidence and develop the skills needed to properly use a balance bike. The five 75-minute class sessions will focus on balancing, turning, gliding and maneuvering through obstacles. Participants should bring a helmet and wear closed-toed shoes. Balance bikes will be provided. **Parent participation is required.**

## Cheer Starz *Full Day*

**Ages 5-11.** Show your spirit with NCPRD's Cheer Starz camp! Campers learn a choreographed cheer-leading routine incorporating jumps and basic stunting skills to be performed for family and friends on Friday. Camp participants the week of June 29 are invited to walk in the City of Happy Valley's Independence Day Parade on Saturday, July 4. Parade participants are responsible for transportation to and from the parade site. **Early Childcare Available.\***

## Cross Country

**Ages 9-14.** Campers in Grades 4-8 will enjoy the great outdoors in our Cross Country Camp. If your child enjoys running, they will not want to miss out on this camp! This camp will meet at Hood View Park on Monday and Tuesday, 7/13 and 7/14 and run through Hidden Falls Nature Park. On Wednesday, 7/15 and Thursday, 7/16, campers will meet at Mount Talbert Nature Park. On Friday, campers will meet at the Aquatic Park for exercise in the pool and then fun in the waves. **Early Childcare Available.\***

## Dance Around the World

**Ages 4-7 and 5-8.** 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.

## Flag Football Camp *Full Day*

**Ages 5-11.** Let's play some flag football! This camp will teach the fundamentals of flag football while campers have a blast running through sport-specific drills. Campers will also participate in various non-football related summer camp games and activities. Campers will compete in a mini-scrimmage on Friday. **Early Childcare Available.\***

## Fun Field Days and Aquatic Park Friday

**Ages 5-11.** Get outside and play! Campers will enjoy a variety of outdoor games, activities and obstacle courses. To beat the heat, this camp will meet at the Aquatic Park on Friday for fun in the pool! During this time, campers will also have fun learning water safety skills and will gain exposure to CPR and 911. **Early Childcare Available.\***

## Hawaiian Hula Days

**Ages 5-8.** Hawaii comes to you! Explore songs and dances from the islands. Study the language and culture, play ancient Hawaiian games, and make leis and accessories for an end-of-camp hula performance. Last day, July 1, meets 9 a.m.-noon.

## Horseback Riding

**Ages 8-18.** Learn the ropes of English-style riding. Highland Stables offers professional instruction on riding and horse care. Campers are required to wear boots or hard-soled shoes. Riding helmets are provided for all participants.

## Missoula Children's Theatre Camp

**Ages 6-18.** NCPRD and the Missoula Children's Theatre present Jack and the Beanstalk, an original adaptation of the classic fairy tale.

Please note that rehearsal days and times will vary for each actor depending on role received. On Monday, Aug. 3, an adult will need to be onsite at noon to pick up participants who are not part of the afternoon rehearsal. Rehearsal times will fall between 10 a.m. and 2:30 p.m.

Performances: Aug. 8 at 12 p.m. and 2 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. Host families receive one free registration.

## Multi-Sport Camp *Full Day*

**Ages 5-11.** School-aged children will play a new sport each day, both indoor and outdoor, including basketball, flag football, soccer and kickball. Camp will conclude with a mini-match day where campers choose the sport of their choice and compete in a team setting. **Early Childcare Available.\***

\*Early Childcare available from 8-9 a.m. for an additional \$50 on select camps.

# SUMMER CAMP DESCRIPTIONS

FOR EVERYONE AGES 3-18

## Outdoor Explorers

**Ages 5-11.** 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 nature-themed projects, crafts and activities. This camp will include a guided nature hike through Mount Talbert Nature Park and a hike through Hidden Falls Nature Park for wildlife observation and views of a 29-foot waterfall. **Early Childcare Available.\***

## Pickleball Camp

**Ages 8-11.** Campers entering grades 3-5 will enjoy building friendships while learning a game that's easy to learn, but difficult to master! Campers will improve their eye-hand coordination while avoiding the pickleball kitchen. In addition to pickleball, campers will have fun playing a variety of non-pickleball related summer camp games. **Early Childcare Available.\***

## Pre-Kindergarten Multi-Sport Camp

**Ages 3-5.** Kick it, throw it, dribble it and dunk-it! Pre-school-aged children will learn a new sport each day while developing motor skills in a fun and supportive environment. Campers will also enjoy playing a variety of camp games and will create an art project. **Early Childcare Available.\***

## Mad Science: Rockets & Science of Flight

**Ages 5-7.** Campers entering grades K-2 will have a blast learning the hows and whys of aerodynamics by studying all things that fly: planes, kites, hot air balloons, helicopters and, of course, rockets.

## Mad Science: Rocket Camp

**Ages 7-12.** Campers entering grades 2-6 build and launch a rocket every day as you learn all about, you guessed it, rockets! Your child is in for an action-packed week focused entirely on rockets and the physics of rocket flight. Campers will learn the importance of teamwork in launching rockets and will have the opportunity to try their hand at each role.

## Soccer Camp and Aquatic Park Friday

**Ages 5-11.** Dribble it, kick it and shoot a goal! Campers will learn soccer fundamentals through fun drills and camp games. Campers will also participate in other non-soccer specific camp games. To showcase their skills, campers will participate in a mini-competition on Thursday. As a special treat for their hard work, this camp will meet at the North Clackamas Aquatic Park on Friday for fun in the pool! During this time, campers will also learn water safety skills and will gain exposure to CPR and 911. **Early Childcare Available.\***

## 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. **Early Childcare available on a.m. camps and the full day camp the week of 7/13-7/17.\***

## Tennis

**Ages 9-14.** 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.

**Middle School/Intermediate** – Campers will sharpen their fundamentals with integrated games that promote an overall awareness of how the sport of tennis is played.

## Track & Field

**Ages 5-11.** 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. **Early Childcare Available.\***

## Volleyball Camp

**Ages 5-14.** Pass it, set it, spike it down! Campers will learn correct volleyball fundamentals from skilled volleyball staff while running through sports-specific drills and various other non-volleyball related camp games and activities. On Friday, campers will show off their new skills while competing in mini-matches. **Early Childcare Available.\***



*\*Early Childcare available from 8-9 a.m. for an additional \$50 on select camps.*



# SUMMER CAMP SCHEDULE

## FOR EVERYONE AGES 3-18

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		
6/22-6/26	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
6/22-6/26	Multi-Sport Camp: Grades K-5	M-F	9 a.m.-4 p.m.	9-13	Mount Scott Elementary	R \$210/NR \$262	●	♦
6/22-6/26	Pickleball Camp: Grades 3-5	M-F	9 a.m.-noon	8-11	Campbell Elementary	R \$110/NR \$137	●	♦
6/22-6/26	Pre-Kindergarten Multi-Sport	M-F	9 a.m.-noon	3-5	Concord School Property	R \$110/NR \$137	●	♦
6/22-6/26	Tennis Beginner	M-F	9:30 a.m.-noon	9-13	Clackamas High School	R \$110/NR \$137	●	♦
6/22-6/25	Dance Around The World	M-Th	9:30 a.m.-noon	4-7	Milwaukie Center	R \$100/NR \$125	●	
6/29-7/3	Cheer Starz Camp: Grades K-5	M-F	9 a.m.-4 p.m.	5-11	Concord School Property	R \$210/NR \$262	●	♦
6/29-7/3	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
6/29-7/3	Rocket and Science Flight: Grades K-2	M-F	9 a.m.-noon	5-7	Concord School Property	R \$185/NR \$231		
6/29-7/1	Hawaiian Hula Days	M-F	9-11:30 a.m.	5-8	Milwaukie Center	R \$100/NR \$125		
7/6-7/10	Balance Bike Camp	M-F	9-10:15 a.m.	3-5	Hood View Park	R \$70/NR \$87	●	♦
7/6-7/10	Flag Football Camp: Grades K-5	M-F	9 a.m.-4 p.m.	5-11	Hood View Park	R \$210/NR \$262	●	♦
7/6-7/10	Fun Field Days & Aquatic Park Friday: Grades K-5	M-F	9 a.m.-noon	5-11	Hood View Park/ Aquatic Park	R \$128/NR \$160	●	♦
7/6-7/10	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/6-7/10	Super Hoopers: Grades 6-8	M-F	9 a.m.-noon	11-14	Campbell Elementary	R \$110/NR \$137	●	♦
7/6-7/10	Tennis Basic/Intermediate	M-F	9:30 a.m.-noon	12-14	Alder Creek Middle School	R \$110/NR \$137	●	♦
7/6-7/10	Balance Bike Camp	M-F	10:45 a.m.-noon	3-5	Hood View Park	R \$70/NR \$87	●	♦
7/13-7/17	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/13-7/17	Cross Country and Aquatic Park Friday: Grades 4-8	M-F	9 a.m.-noon	9-14	Hood View Park/ Hidden Falls/ Mount Talbert/ Aquatic Park	R \$128/NR \$160	●	♦
7/13-7/17	Super Hoopers: Grades K-5	M-F	9 a.m.-4 p.m.	5-11	Mt. Scott Elementary	R \$210/NR \$262	●	♦
7/13-7/17	Volleyball Camp: Grades K-5	M-F	9 a.m.-noon	5-11	Happy Valley Middle School	R \$110/NR \$137	●	♦
7/13-7/17	Volleyball Camp: Grades 6-8	M-F	1-4 p.m.	11-14	Happy Valley Middle School	R \$110/NR \$137	●	♦
7/20-7/24	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/20-7/24	Pre-Kindergarten Multi-Sport	M-F	9 a.m.-noon	3-5	Concord School Property	R \$110/NR \$137	●	♦
7/20-7/24	Track & Field: Grades K-5	M-F	9 a.m.-noon	5-11	Alder Creek Middle School	R \$110/NR \$137	●	♦
7/20-7/24	Tennis Middle School/Intermediate	M-F	9:30 a.m.-noon	11-14	Clackamas High School	R \$110/NR \$137	●	♦



CAMP T-SHIRT INCLUDED



ATHLETIC ATTIRE WITH SNEAKERS REQUIRED

# SUMMER CAMP SCHEDULE

## FOR EVERYONE AGES 3-18

Campers: 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		
7/20-7/24	Outdoor Explorers: Grades K-5	M-F	1-4 p.m.	5-11	Hood View Park/ Hidden Falls/ Mt. Talbert	R \$110/NR \$137	●	♦
7/20-7/24	Tennis Basic/Intermediate	M-F	1-3:30 p.m.	5-11	Clackamas High School	R \$110/NR \$137	●	♦
7/27-7/31	Fun Field Days and Aquatic Park Friday: Grades K-5	M-F	9 a.m.-noon	5-11	Hood View Park/ Aquatic Park	R \$128/NR \$160	●	♦
7/27-7/31	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
7/27-7/31	Pickleball Camp: Grades 3-5	M-F	9 a.m.-noon	8-11	Campbell Elementary	R \$110/NR \$137	●	♦
7/27-7/31	Super Hoopers: Grades K-2	M-F	9 a.m.-noon	5-8	Mt. Scott Elementary	R \$110/NR \$137	●	♦
7/27-7/31	Balance Bike Camp	M-F	1-2:15 p.m.	3-5	Hood View Park	R \$70/NR \$87	●	♦
7/27-7/31	Super Hoopers: Grades 3-5	M-F	1-4 p.m.	8-11	Mt. Scott Elementary	R \$110/NR \$137	●	♦
7/27-7/31	Balance Bike Camp	M-F	2:45-4 p.m.	3-5	Hood View Park	R \$70/NR \$87	●	♦
8/3-8/7	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
8/3-8/7	Multi-Sport Camp: Grades K-5	M-F	9 a.m.-4 p.m.	5-11	Clackamas School Property	R \$210/NR \$262	●	♦
8/3-8/7	Outdoor Explorers: Grades K-5	M-F	9 a.m.-noon.	5-11	Hood View Park/ Hidden Falls/ Mt. Talbert	R \$110/NR \$137	●	♦
8/3-8/7	Pre-Kindergarten Multi-Sport	M-F	9 a.m.-noon.	3-5	Concord School Property	R \$110/NR \$137	●	♦
8/3-8/7	Rocket Camp: Grades 2-6	M-F	9 a.m.-noon.	7-12	Concord School Property	R \$185/NR \$231		
8/3-8/7	Soccer Camp & Aquatic Park Friday (Grades K-5)	M-F	9 a.m.-noon	5-11	Hood View Park/ Aquatic Park	R \$128/NR \$160	●	♦
8/3-8/7	Dance Around The World	M-F	9:30 a.m.-noon	5-8	Milwaukie Center	R \$100/NR \$125		
8/3-8/7	Tennis Middle School/Intermediate	M-F	9:30 a.m.-noon	11-14	Clackamas High School	R \$110/NR \$137	●	♦
8/3-8/8	Missoula Children's Theatre	M-Sa	10 a.m.-2:30 p.m.*	6-18	Mt. Scott Elementary	R \$90/NR \$115		
8/3-8/7	Tennis Beginner	M-F	1-3:30 p.m.	9-13	Clackamas High School	R \$110/NR \$137	●	♦
8/10-8/14	Cheer Starz Camp: Grades K-5	M-F	9 a.m.-4 p.m.	5-11	Concord School Property	R \$210/NR \$262	●	♦
8/10-8/14	Horseback Riding	M-F	9 a.m.-noon	8-18	Highland Stables	R \$285/NR \$305		♦
8/10-8/14	Super Hoopers: Grades K-2	M-F	9 a.m.-noon	5-8	Campbell Elementary	R \$110/NR \$137	●	♦
8/10-8/14	Super Hoopers: Grades 3-5	M-F	1-4 p.m.	8-11	Campbell Elementary	R \$110/NR \$137	●	♦
8/10-8/14	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

# YOUTH SPORTS



## PRE-K SPORTS FALL/WINTER/SPRING

**AGES 3-5.** The Pre-Kindergarten Sports program is designed for preschool-aged children, 3-5 years of age, and their parents to learn various sports. Children and parents participate in instructor-led activities, drills and games all in a fun, relaxed and supportive environment. Each program is 6 weeks in length. Located at Concord Property in the gymnasium. Fee: NCPRD, \$65; non-resident, \$81

September-October 2020

### Pre-Kindergarten Multi-Sport

Kick it, throw it, dribble it, dunk it! Together, parents and children will have a blast learning fundamental skills across multiple sports including flag football, soccer, basketball, etc. This fun-packed sports program will focus on developing each child's motor skills through a variety of sports-specific drills and games.

Coed   11 a.m.-noon	W	9/23-10/28
Coed   6-7 p.m.	W	9/23-10/28

January-February 2021

### Pre-Kindergarten Basketball

Together, parents and children experience how fun basketball can be! Learn skills like dribbling, passing, shooting, running and agility.

Coed   11 a.m.-noon	W	1/6-2/10
Coed   6-7 p.m.	W	1/6-2/10

April-May 2021

### Pre-Kindergarten Flag Football

Are you ready for some Flag Football? Parents and children will learn football fundamentals (throwing, catching, kicking, running and agility) while children develop motor skills. Flag is a non-contact sport.

Coed   11 a.m.-noon	W	4/14-5/19
Coed   6-7 p.m.	W	4/14-5/19

## SIDEOUT VOLLEYBALL FALL

September-November 2020

**REGISTRATION OPENS JULY 2020**

**GRADES K-12.** Sideout Volleyball strives to teach players fundamental volleyball skills in a supportive and positive team environment. Grades K-2 practice and play once a week on a weeknight, within a 45-minute (kindergarten) or one hour (grades 1/2) time frame. Grades 3/4-9/12 have one weeknight practice with matches on Saturdays. Practice locations are in Clackamas, Milwaukie and Happy Valley.

### PROGRAM OFFERINGS:

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

## CHEER STARZ WINTER

January-March 2021

**REGISTRATION OPENS SEPTEMBER 2020**

**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 Concord Property in the gymnasium.

### PROGRAM OFFERINGS:

Coed   Grades K-2
Coed   Grades 3-5
Coed   Grades 6-8

## GET INVOLVED VOLUNTEER TO COACH TODAY!

Our sports programs rely on dedicated volunteers like you! To become a volunteer, visit [ncprdsports.com](http://ncprdsports.com).





# YOUTH SPORTS

## HOOPERS WINTER

January-March 2021

*REGISTRATION OPENS SEPTEMBER 2020*

**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

## SHOOTING STARS WINTER

January-March 2021

*REGISTRATION OPENS SEPTEMBER 2020*

**AGES 5-21.** Shooting Stars basketball program is for children and young adults, ages 5-21, with cognitive disabilities. Players participate in fun basketball activities, social time and skill building in a positive environment.

Players will practice for 30 minutes and play a game for 20-30 minutes with an intermission.

### Little Dippers

Ages 5-14. Practice and games on Saturday mornings using 6'-8' hoops.

### Big Dippers

Ages 12-21. Practice Monday night and Saturday morning games using 10' hoops.

## FLAG FOOTBALL SPRING

April-June 2021

*REGISTRATION OPENS FEBRUARY 2021*

**GRADES K-8 COED.** Participants practice fundamental skills and techniques and run plays in a non-tackle, safer approach to football with an emphasis on participation, fun and good sportsmanship. This program follows the USA Football guidelines, which have a strong emphasis on learning fundamental techniques to ensure player safety and improved coaching.

### PROGRAM OFFERINGS:

Coed | Grade K  
Coed | Grades 1/2  
Coed | Grades 3/4  
Coed | Grades 5/6  
Coed | Grades 7/8

## CHEER STARZ SPRING

April-June 2021

*REGISTRATION OPENS FEBRUARY 2021*

**GRADES K-8.** The Cheer Starz program teaches fundamental cheerleading skills such as arm motions, basic jumps, basic stunts and dance routines while promoting fitness, team building, friendships and fun!

Cheer Starz Sunday cheer teams practice and cheer at Sunday Flag Football games and at the end-of-season jamboree. The award-winning Parade Team prepares and practices a routine to be performed in the 2021 Junior Rose Festival Parade.

### PROGRAM OFFERINGS:

SUNDAY CHEER TEAM  
Coed | Grades K-5  
PARADE TEAM  
Coed | Grades 5-8



**VISIT [NCPRDSPORTS.COM](https://ncprdsports.com)  
FOR MORE INFORMATION**

# ADULT PROGRAMS



Please register at [ncprd.com](http://ncprd.com) or by calling (503) 794-8092 for classes held at the Milwaukie Center. Preregistration is highly recommended at least a week in advance, so there is a way to notify you of class cancellations or changes. Fees, times and dates are subject to change.

## ART

### Acrylics

Discover your own unique style and creativity. Learn about acrylics through color, composition, value and perspective. Color theory is emphasized. Projects include working from still life arrangements and photographs. No previous painting or drawing experience necessary. Supply list available from Milwaukie Center recreation staff: (503) 794-8092.

Instructor: Joe Macca

Location: Milwaukie Center

Fee: \$100\*

Time/Date: 2:15-4:45 p.m. M 6/22-8/10

### Tao Calligraphy Workshop

Meet the instructor Rulin Xiu. Find out how practicing Chinese calligraphy can help in your life before signing up for the class.

Instructor: Rulin Xiu

Location: Milwaukie Center

Fee: Free

Time/Date: 1-1:45 p.m. Th 6/11

### Tao Calligraphy

Tao Calligraphy is a unique Chinese calligraphy written with one continuous stroke. It is not only a beautiful art, it can help people relax and get into a calm, peaceful, and meditative state. Through tracing and writing Tao Calligraphy, people can release their deep hidden stress, pain, anger, grief, fear, anxiety, depression, and other negative energy. Tao Calligraphy can help people experience profound physical, emotional, mental and spiritual healing, and life transformation.

Instructor: Rulin Xiu

Location: Milwaukie Center

Fee: \$30\*

Time/Date: 1-3 p.m. Th 6/25-7/9

## DANCE, MUSIC & DRAMA

### Foxtrot

Learn how to Foxtrot and move smoothly around the floor in 4/4 time to the big band standards. This class will help you understand basic steps; a combination of walks and chassés ideal for social dancing. No class July 3.

Instructor: Patti Drewry

Location: Milwaukie Center

Fee: \$50\*

Time/Date: 2-3 p.m. F 6/26-9/4

### West Coast Swing

West Coast Swing is a popular swing dance that is danced in a slot to a wide range of music including rhythm and blues, country western, funk, disco, and rock and pop. No partner is needed to enjoy the class.

Instructor: Patti Drewry

Location: Milwaukie Center

Fee: \$55\*

Time/Date: 6:30-7:30 p.m. M 6/22-8/31

### Line Dance Beginning II

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.

Instructor: Patti Drewry

Location: Milwaukie Center

Fee: \$50\*

Time/Date: 12:35-1:35 p.m. Tu 6/23-8/25

Instructor: Cindy Jacobson

Fee: \$50\*

Time/Date: 12:35-1:35 p.m. Th 6/25-8/27

### Ukulele Jam Group

Bring your ukulele and practice strumming to 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

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 [ddkadk@comcast.net](mailto:ddkadk@comcast.net).

Location: Milwaukie Center

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:15-2:15 p.m. W

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

## LANGUAGE, WRITING & ENRICHMENT

### Creative Writing

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

Instructor: Pat Arnold

Location: Milwaukie Center

Fee: \$70\*

Time/Date: 1-2:45 p.m. W 6/24-8/12

### 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 6/25-8/13

### American Sign Language

A fun and interactive class for beginners who are interested in learning ASL. We will cover basic finger spelling, numbers, the five sign parameters, identifying people, food, animals, time, verbs and common phrases, as well as an overview and history of ASL. A list of free resources will be provided for those who wish to practice between classes.

Instructor: Mollie Catherman

Location: Milwaukie Center

Fee: \$40\*

Time/Date: 11:40 a.m.-12:40 p.m. Th 6/25-8/13

### Spanish I

Students with little or no Spanish language experience will learn 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 6/29-8/17

Time/Date: 6:30-8 p.m. W 7/1-8/19

### 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 6/29-8/17

### 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 6/29-8/17

### 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 6/29-8/17

### 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 a half-hour lunch break.

Instructor: Lucia Torres

Location: Milwaukie Center

Fee: \$50\*

Time/Date: 10 a.m.-1 p.m. M-W 6/22-6/24

## SPORTS AND OPEN GYMS

### Adult Open Gym Volleyball

Set it up and spike it down with our adult open gym volleyball nights at Mt. Scott Elementary in the gymnasium. Entry fee is \$5 at the door. ID is required to enter and is checked at the door to ensure all participants are at least 18 years of age.

Coed | 7-9 p.m. F 4/3-5/5

Coed | 7-9 p.m. F 9/18-11/6

### NEW! Adult Coed Flag Football League

Have fun and stay active this fall with our new Adult Coed & Men's Flag Football Leagues. These leagues will run on Sundays at Hood View Park on the turf. More information will be available in late April on our NCPRD Sports website ([www.ncprdsports.com](http://www.ncprdsports.com)).

Coed | 4-9 p.m. Su 9/13-11/1

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



# 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	6/22-8/31	Jones	\$55*
	2-3	Strength & Relaxation Yoga	2:40-3:40 p.m.	M	6/22-8/31	Jones	\$55*
	2-3	Strength & Relaxation Yoga	2:30-3:30 p.m.	W	6/24-9/2	Jones	\$55*
	2-3	Strength & Relaxation Yoga	2:30-3:30 p.m.	Th	6/25-9/3	Bracht	\$55*
	2-3	Gentle Yoga	5:30-6:30 p.m.	Tu	6/23-9/1	Staff	\$55*
	2-3	Yin Yoga	1:15-2:15 p.m.	W	6/24-9/2	Jones	\$55*
	2-3	Yoga	9:30-10:30 a.m.	Sa	6/27-8/29	Staff	\$45*
	2-3	Tai Chi Beginning	11:25 a.m.-12:25 p.m.	Tu	6/23-8/25	Quinlan	\$50*
	2-3	Tai Chi Beginning	9:30-10:30 a.m.	W	6/24-8/26	Quinlan	\$50*
	2-3	Tai Chi Beginning	4-5 p.m.	M/W	6/29-8/26	Gates	\$70*
	2-3	Tai Chi Beginner II	5:15-6:15 p.m.	M/W	6/29-8/26	Gates	\$70*
	3-4	INNERgystics	11:15 a.m.-12:15 p.m.	Th	6/25-8/20	Blosser	\$45*

	LVL	CLASS	TIME	DAYS	DATES	INST.	FEE
CARDIO & STRENGTH	1-2	Sit-N-B-Fit	10:55-11:40 a.m.	M	6/22-8/31	McClenahan	\$41*
	1-2	Sit-N-B-Fit	10:55-11:40 a.m.	W	6/24-9/2	Nishikido	\$41*
	1-2	Sit-N-B-Fit	10:55-11:40 a.m.	F	6/26-9/4	Staff	\$38*
	1-2	Cancer Recovery Exercise	5-5:45 p.m.	Th	6/25-9/3	McClenahan	\$41*
	2-3	Low Impact Aerobic Strength Training	4-4:45 p.m.	Th	6/25-9/3	McClenahan	\$41*
	2-3	FUNctional Fitness	10:30-11:15 a.m.	Tu	6/23-8/25	Totten	\$38*
	2-3	FUNctional Fitness	10:30-11:15 a.m.	Th	6/25-8/27	Totten	\$38*
	2-3	Gold Toning	11 a.m.-noon	M	6/22-8/31	Nishikido	\$55*
	2-3	Gold Toning	Noon-1 p.m.	W	6/24-9/2	Nishikido	\$55*
	2-3	Line Dance For Fitness	9:30-10:30 a.m.	M	6/22-8/31	Mattson	\$55*
	3	Complete Conditioning	9:20-10:20 a.m.	Tu	6/23-8/25	Totten	\$50*
	3	Complete Conditioning	9:20-10:20 a.m.	Th	6/25-8/27	Totten	\$50*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	M	6/22-8/31	Staff	\$41*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	W	6/24-9/2	Staff	\$41*
	3	EZ-Does-It Aerobics	8:30-9:15 a.m.	F	6/26-9/4	McClenahan	\$38*
	3	Stretch & Flex	8:10-9:10 a.m.	Tu	6/23-8/25	Totten	\$50*
	3	Stretch & Flex	8:10-9:10 a.m.	Th	6/25-8/27	Totten	\$50*
	3-4	Walking With Wayne	10 a.m.	W	ongoing	Sabin	Free
	3-4	Exercenrics	12:15-1:15 p.m.	M	6/22-8/31	McClenahan	\$55*
	3-4	Zumba	6:40-7:40 p.m.	Tu	6/23-9/1	Miratsky	\$50*
	3-4	Zumba	6:40-7:40 p.m.	Th	6/25-9/3	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 or 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.** Gentle stretching, strengthening and a few moments of relaxation seated in a chair are the basis of this hour-long class. All abilities are welcome and differences are easily accommodated.

### 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.

### Gentle Yoga

**Levels 2-3.** The focus of this class includes stretching, strengthening, balance and flexibility based on Hatha Yoga poses, using Pranayama (yoga) breathing which will enhance each pose. Brief guided meditations for relaxation will bring all the benefits of this one-hour class together. Bring a mat.

### Yin Yoga

**Levels 2-3.** Yin Yoga uses floor poses held in stillness allowing 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. Bring a mat.

### Yoga

**Levels 2-3.** Relax your mind and body through deep breathing before being led through a number of yoga positions that will help improve strength, flexibility and balance while learning safe and proper alignment of basic yoga postures. Bring a mat. No class July 4.

### Tai Chi Beginning

**Levels 2-3.** Relieve chronic pain and inflammation, strengthen your immune system, restore strength and vitality, alleviate anxiety and depression, improve your balance and stimulate your brain! This class will introduce you to the ancient Chinese Yang-style form. The 24 movements are performed in continuous, harmonious, and synergistic sequence at slow speed, beneficial for any age or physical shape. No class 7/19, 7/27, 8/3 and 8/5 for 4 p.m. class.

### Tai Chi Beginning II

**Levels 2-3.** Explore the original sequence of Yang-Style Tai Chi with the 108 Long Form. New beginners and experienced students alike will enjoy the benefits of improved balance and strength, as well as boosting immune systems and invigorating brains as we build camaraderie playing Tai Chi together. No class 7/19, 7/27, 8/3 and 8/5.

### INNERgystics

**Levels 3-4.** INNERgystics is a unique workout comprised of a series of focused simultaneous upper and lower body exercises that build lean muscle strength and sculpt the body. Fun music, various weights and breathing techniques keep the focus on movements that optimize muscle burning, provide an aerobic workout, and sense of well-being. Bring a mat and water bottle, and wear sneakers.



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.

See class schedule on page 24.

# 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! This class includes warm-up, cardio, weights and stretching. Some of the class is in a chair and some is standing next to a chair for support. Participants are welcome to remain seated throughout. Great for those with some physical limitations. No class July 3.

### Cancer Recovery Exercise

**Levels 1-2.** This class is for the individual who has been newly diagnosed with cancer, is going through treatment or has just finished treatment. This will help to maintain or improve your overall fitness (and wellness) during and following your cancer treatment. Class will begin with a long, slow warm-up, followed by light aerobic movement and light weight training, and finish with ROM (range of motion) exercise and stretching. Join others while gaining or maintaining strength and stamina to be your best self. Class led by breast cancer survivor, certified Cancer Exercise Specialist Personal Trainer and ACE-certified Herta McClenahan. A physician's release is required to participate prior to the start of the class.

### Low Impact Aerobic Strength Training

**Levels 2-3.** This class is perfect for people just getting started or coming back from an extended break. Simple, safe and 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

**Levels 2-3.** Learn to sculpt and tone through creative and fun dance routines using hand-held weights. World music with lively rhythms pumps this class up!

### Line Dance for Fitness

**Levels 2-3.** For people with some dance background who want to dance for aerobic exercise and stimulate their memory. Learn easy-to-follow basic patterns and dance to a wide variety of music including pop, Latin, country and more. This hour-long class will keep you moving while having fun.

### 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.** Get your arms and legs moving to a beat with fun music during this cardio workout. The last part of the class will take you through some body strengthening exercises. No class July 3.

### Stretch and Flex

**Level 3.** Build strength and balance in this non-aerobic approach to exercise. Bring an exercise mat; includes floor time.

### Walking with Wayne

**Levels 3-4.** 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.

### Exercentrics

**Levels 3-4.** Take your workout to a new level with this unique strengthening class. Use dumbbells and your body weight to perform multi-muscle, high-repetition movements that will ultimately work the entire body. The music will keep you moving and your breathing will keep you focused. Finish with a relaxing cool down and stretches.

### 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. No class June 30 and July 2.

### Portland Pride Parade

Join us along with Clackamas County in this fun colorful parade. We will meet at the end of the Orange MAX line (S.E. Park Ave.) at 9:30 a.m. Ride the MAX and then walk to the staging area. At 11 a.m. walk the parade route as a group from N.W. Park Ave and Burnside St. to Tom McCall Waterfront Park (approximately 1 mile). T-shirt will be provided; however, rainbow colored clothing, costumes, and props are encouraged. Have a picnic lunch or purchase food at a nearby food cart, then return by MAX to S.E. Park Ave. station. Bring money to ride MAX, water bottle, sack lunch or money to purchase food. Please preregister at [ncprd.com](http://ncprd.com) or call (503) 794-8092.

Location: Park Avenue MAX Station to downtown Portland

Fee: NCPRD, \$8; non-resident, \$10

Time/Date: 9:30 a.m.-3 p.m. Su 6/14

*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.*

**See class schedule on page 24.**



# DROP-IN ACTIVITY GROUPS

## AT THE MILWAUKIE CENTER

Closed Memorial Day, May 25 and July 3 in honor of Independence Day.

### Billiards

Two pool tables with open play.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 8 a.m.-5 p.m. M-F



### Chinese Mah Jongg

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

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:30-3:30 p.m. M

### Daytime Bingo

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

Fee: NCPRD, 25 cents per card; non-resident, 50 cents per card

Time/Date: 1-2 p.m. Tu/Th

### Woodcarving

Activity period for novice-to-advanced woodcarvers, with guidance for starter projects, and instruction on safety and tool care.

Fee: NCPRD, \$1; non-resident, \$2

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

### 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. New-comers please contact Denice at ddkadk@comcast.net.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:15-2:15 p.m. W

### 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.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:30-3:30 p.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, for more info and to get on the email list.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 6-7:15 p.m. W

Time/Date: 9:30-11 a.m. Th



### Evening BINGO!

Cash prizes and refreshments.

Fee: \$6 first packet;  
\$5 second packet;  
\$4 third packet

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

### Party Bridge

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

Fee: NCPRD, \$1; non-resident, \$2

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

# MILWAUKIE CENTER

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

Stay informed about upcoming classes, new trips and special events by picking up a copy of the Milwaukie Center's newsletter at the Center, or call (503) 653-8100 to be added to the mailing list.

## Nutrition Program

### Meals on Wheels

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

### Trillium Lunch

A hot, well-balanced lunch is served daily in the Trillium Room. M-F, noon-12:30 p.m. \$3 for ages 60+, \$5 for under age 60.

### Pete's Café

Offerings include specialty salads, homemade soups daily, made-to-order sandwiches, hamburgers and hot dogs. M-F, 9 a.m.-1 p.m.

## Social Services Information and Referrals

Providing a valuable community resource, our skilled staff members offer a host of senior-oriented programs helping older adults remain independent in their North Clackamas area homes. 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 Workstations
- Emergency Firewood
- Exercise Opportunities
- Family Consultation
- Home Repair Resources
- Insurance Resources and Information
- Medical Equipment Loan
- Needs Assessments
- Resource Library
- Voter Registration
- Tax Aide
- 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 helps seniors and people with disabilities stay connected to the community. We offer door-to-door service to and from the Center for lunch, classes and other activities. We also provide weekly 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 homes. 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 homes 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.



# 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. A minimum number of participants, ranging from 12 to 14, is needed in order for the trip to occur. Please check with the Travel Desk for the latest information on times and costs by calling (503) 794-8026.

## Evergreen Aviation and Space Museums

In addition to the Spruce Goose, the Evergreen Aviation and Space Museums in McMinnville display many historic planes, space craft, fighters and homebuilt aircraft. Our fee includes entry to both the Aviation and Space Museums. Bring money for lunch at one of the lunch counters at the museum.

Fee: NCPRD, \$48; non-resident, \$60

Time/Date: 10 a.m.- 4 p.m. Tu 5/5

## Oregon Culinary Institute

Enjoy a three-course meal prepared and served by current Oregon Culinary Institute students. (Gratuities go toward OCI Student Awards.) Lunch fee of \$18 is included in our registration fee.

Fee: NCPRD, \$29; non-resident, \$37

Time/Date: 11:30 a.m.- 2:30 p.m. F 5/15

## Oregon Primate Rescue (OPR)

OPR provides lifetime care in a humane and enriching environment to unwanted, orphaned or disabled monkeys that originate from private owners and government agencies, or those retiring from a life of research. No wheelchair accessibility. We have included a \$10 donation per person to OPR in our fee. Bring money for lunch at Stuff's II in Longview.

Fee: NCPRD, \$44; non-resident, \$55

Time/Date: 9:30 a.m.- 4:30 p.m. Tu 5/26

## Mt. Hood Railroad Murder Mystery Train

Calling all amateur sleuths and detectives! Think you have what it takes to solve a mystery before the end of the ride? Our new family-friendly murder mystery train ride from Hood River lets you engage in the action as you work with your fellow passengers to solve classic mysteries with the cast of engaging characters. Day and time may be adjusted when actual schedule is announced. Bring money for lunch boxes purchased on the train.

Fee: NCPRD, \$79; non-resident, \$99

Time/Date: 9 a.m.- 4:30 p.m. Tu 6/2

## Fort Dalles Museum and Baldwin Saloon

Fort Dalles Museum includes displays from a wide range of history, from early native tribes through the 20th century. We'll have lunch at the Baldwin Saloon, where they make everything from scratch, including breads, pastas, and twelve desserts—even the ice cream! Bring money for lunch and the fee for the museum (\$8 general, \$5 seniors, \$1 ages 7-17, under 7 free).

Fee: NCPRD, \$37; non-resident, \$47

Time/Date: 9:30 a.m.- 3:30 p.m. Th 6/18



## Ice Cream Social ..... AND ..... Beach Bum Day

TUESDAY, AUG. 18  
12:30 - 1:30 P.M.

at the  
Milwaukie Center

5440 S.E. Kellogg Creek Dr., Milwaukie

MORE INFO ON PAGE 6



# TRAVEL PROGRAMS

TRAVEL DESK (503) 794-8026

## McMenamins Edgefield

Historic Edgefield, built in 1911 as the county poor farm, is a 74-acre parcel of farmland at the mouth of the spectacular Columbia River Gorge Scenic Area. Lunch is in the Black Rabbit Restaurant which has murals tracing the history of Edgefield. Bring money for lunch.

Fee: NCPRD, \$16; non-resident, \$20  
Time/Date: 11 a.m.- 2 p.m. F 6/26

## Landmarks of the Gorge Cruise

Cruise down the historic Columbia River scenic waterway on the Columbia Gorge Sternwheeler. Glide past natural and historic landmarks like Multnomah Falls, Beacon Rock, Bonneville Lock & Dam, and many others—all from the best view on the Columbia. Your day will be complete with fresh Northwest cuisine. Lunch included.

Fee: NCPRD, \$116; non-resident, \$134  
Time/Date: 7:45 a.m.- 4:15 p.m. W 7/8

## Otto and Anita's Bavarian Restaurant

The finest in Bavarian food and pastries! Including, of course, the Dill Pickle Soup. Bring money for lunch.

Fee: NCPRD, \$11; non-resident, \$14  
Time/Date: 11:30 a.m.-2 p.m. Tu 7/14

## Seaside

Let's have a cool time on a warm day at the Coast. See some of the great things Seaside has to offer. Bring money for your lunch at the cafe of your choice.

Fee: NCPRD, \$43; non-resident, \$54  
Time/Date: 8:15 a.m.- 4:15 p.m. Th 7/23

## Portland Spirit Lunch Cruise

Enjoy live entertainment, delicious Northwest cuisine and amazing views on this two-hour cruise on the Willamette River. Lunch included in fee.

Fee: NCPRD, \$67; non-resident, \$84  
Time/Date: 10:30 a.m.-2 p.m. W 8/5

## The Old Spaghetti Factory

The Old Spaghetti Factory is an Italian-style restaurant adorned with antique lighting, intricate stained glass displays, large colorful booths, and an old-fashioned trolley car. Bring money for lunch.

Fee: NCPRD, \$9; non-resident, \$11  
Time/Date: 11:30 a.m.-2 p.m. F 8/14

## Clackamas County Fair

Let your inner child have some fun with a trip to the fair, a community tradition since 1907. Enjoy senior day for a discounted price of only \$2. Experience some laughter as we watch senior couples participate in the Golden Wedding game. Visit the pigs, cows, horses, and more. Delight in a piece of fresh blackberry pie or homemade chocolate chip cookie. Bring money for the entry fee, lunch and any other purchases.

Fee: NCPRD, \$17; non-resident, \$22  
Time/Date: 10 a.m.-2 p.m. W 8/19



**FRIDAY, JUNE 19**  
from  
**11 a.m. - 1 p.m.**

Milwaukie Center  
5440 S.E. Kellogg Creek Dr., Milwaukie

**MORE INFO ON PAGE 6**



sponsored by 

# HEALTHY LIVING SEMINARS

## AT THE MILWAUKIE CENTER

The Milwaukie Center offers monthly Healthy Living seminars focusing on a variety of education and health topics presented by local professionals. **Preregistration 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 the same number or check online at [ncprd.com/milwaukie-center](http://ncprd.com/milwaukie-center).

### Living Well with Chronic Conditions

Are you living with or caring for someone with a chronic health condition such as arthritis, diabetes, heart disease, chronic pain, anxiety, or a physical or mental condition that is having an impact on your life or your loved one? You should consider registering for this free, six-week course to learn several self-management tools. Participants will learn techniques to manage symptoms, medications, effective problem-solving techniques, relaxation tips, goal setting and communication strategies. The six-week series is limited to 15 participants.

Fee: Free  
Time/Date: 2-4:30 p.m. Tu 5/12-6/16

### Estate Planning: Essential Legal Documents

Join Elder Law attorneys and owners of Oregon Elder Law, Whitney Yazzolino and Julie Meyer-Rowett, as they discuss the basics of estate planning. This topic will cover essential legal documents including power of attorney, advance directives and documents associated with final wishes.

Fee: Free  
Time/Date: 10:30 a.m.-noon Tu 6/30

### Walk With Ease

The Milwaukie Center is offering the Arthritis Foundation's Walk with Ease program—three weekly sessions for six weeks. Each hourly session will feature nutrition and education components, stretching exercises, heart-rate monitoring techniques and a self-paced group walk. This is a fitness program that can reduce pain and improve overall health. If you can be on your feet for ten minutes without increased pain, you can have success with this program. Participants who have completed the Walk with Ease program have reported increased balance and strength, reduction of pain associated with arthritis, and improved overall health.

Fee: Free  
Time/Date: 9:30-10:30 a.m. M/W/F 6/22-7/31  
(no session on 7/3)

### 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. They will also discuss the costs associated with administering a will and trust after death. Registration is required, call (503) 653-8100.

Fee: Free  
Time/Date: 1-2:30 p.m. W 9/16





EARLY BIRD

**\$15**SOUVENIR GLASS  
— INCLUDED —

# ON TAP & UNCORKED

Featuring craft wineries, breweries and distilleries in North Clackamas and beyond - all in a beautiful rose garden setting with great food and entertainment.

**SATURDAY, AUGUST 29 • 1 to 9 p.m.**  
**at the SARA HITE MEMORIAL ROSE GARDEN**

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HOSTED BY



**NORTH CLACKAMAS**  
PARKS & RECREATION DISTRICT

**A BENEFIT FOR MEALS ON WHEELS IN NORTH CLACKAMAS COUNTY**

# ONGOING CLINICS & GROUPS

## AT THE MILWAUKIE CENTER

### Brain Games

An interactive class designed to exercise your mental muscle. Join in for a fun, relaxed learning activity filled with memory enhancing exercises and games to stimulate our brains. Drop in activity fee is \$1.

Time/Date: 1-2:30 p.m. 3rd W  
1-2:30 p.m. 4th W

### A Place at the Center

A special activities program designed for people with memory loss or confusion due to Alzheimer's, stroke, or related disorders. This valuable respite program allows caregivers to take a break from caring for their loved ones. For enrollment and fee info call Social Services at (503) 794-8038. Application required. No meeting July 1 and Sept. 2.

Fee: NCPRD, \$24 per session;  
non-resident, \$30 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 first Monday, third Tuesday and fourth Friday of each month.

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

### Foot Care

The Milwaukie Center offers a foot care clinic on the first and third Tuesday of the month. This service is provided by registered nurses with a foot care specialty. The service includes a foot care exam and toenail trims for a fee of \$35. To schedule an appointment or for additional information, please call the receptionist and leave your name and phone number. Appointments available on the first and third Tuesday each month.

Fee: \$35  
Time/Date: 8:30 a.m.-2:30 p.m. 1st & 3rd Tu  
by appointment only

### Senior Law Clinic

Local, volunteer elder law attorneys provide up to a half-hour consultation on legal issues related to seniors. Call (503) 653-8100. Appointments available on the first and third Tuesday each month.

Fee: Free, donations appreciated  
Time/Date: by appointment only

### Caregiver's Support Group

It's important to take care of yourself while you are caring for a loved one. The caregivers support group will provide participants an opportunity to share their ideas, and meet with others who are experiencing similar challenges. Participants will receive tips on self-care and stress reduction, and learn pertinent information from monthly guest speakers. Facilitated by staff from the Milwaukie Center. Meets the second Wednesday of each month.

Fee: Free  
Time/Date: 12:30-2 p.m. 2nd W

### IEWS Support Group

This confidential senior support group is led by trained peer counselors from Volunteers Involved in the Emotional Well-being of Seniors. The focus is to develop new ways of coping with life's challenges by talking and listening to others communicate their concerns about life changes. For additional information, phone (503) 261-6181.

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

### Early Stage Support Group

Do you have a diagnosis of early-stage dementia or Alzheimer's? Are you interested in speaking with others who are experiencing similar challenges? This support group is for you. Care providers are welcomed to attend. Registration and pre-screening are required: phone 1-800-272-3900 to register. Facilitated by the Alzheimer's Association of Oregon.

Fee: Free  
Time/Date: 2-3:30 pm 4th Th

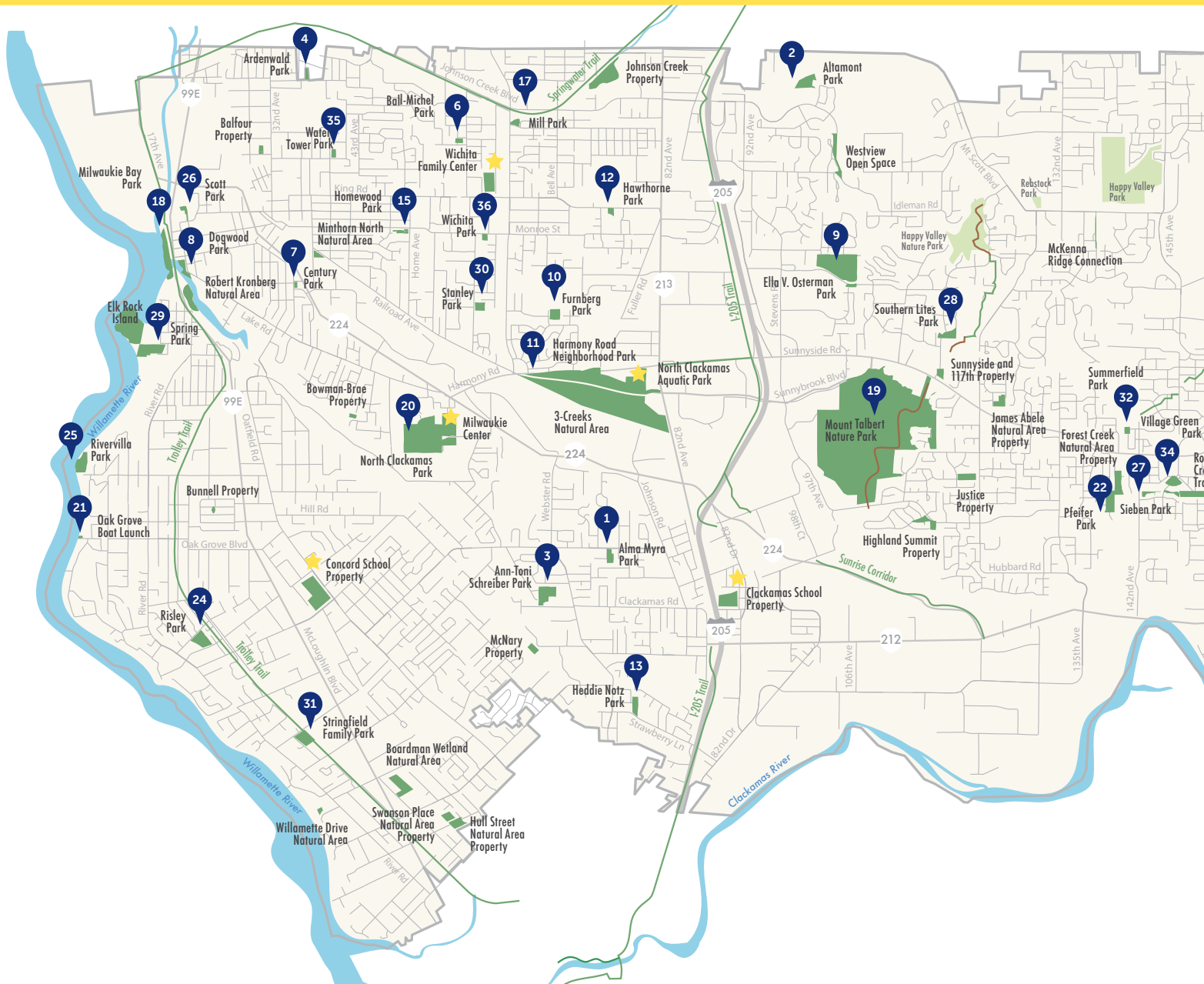
### It's All About Memory

Specifically designed for individuals experiencing early memory loss. This program focuses on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. Participants will learn about memory loss and develop new skills for living with memory loss. This confidential, social and educational program provides opportunities to have fun, meet with peers who are experiencing memory loss, and gain social support. Application required, call (503) 653-8100 and speak with Abby or Lisa.

Fee: NCPRD, \$24 per session;  
non-resident, \$30 per session  
Time/Date: 10 a.m.-2 p.m. F



# NCPRD PARKS, TRAILS, AND



## NCPRD FACILITIES

**CLACKAMAS SCHOOL PROPERTY**  
15301 S.E. 92nd Ave.,  
Clackamas, OR 97015

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

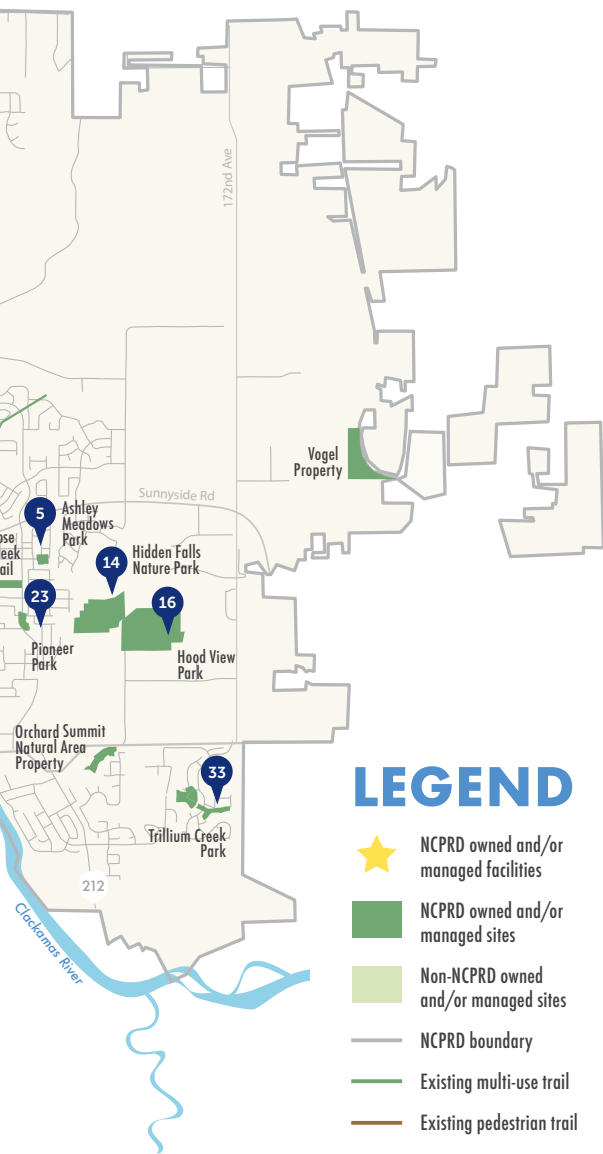
**WICHITA CENTER**  
6031 S.E. King Rd.,  
Milwaukie, OR 97222

**CONCORD SCHOOL PROPERTY**  
3811 S.E. Concord Rd.,  
Oak Grove, OR 97267

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

**NORTH CLACKAMAS AQUATIC PARK**  
7300 S.E. Harmony Rd.,  
Milwaukie, OR 97222  
(503) 557-SURF (7873)

# FACILITIES



## PARKS, TRAILS & OPEN SPACES

		PARKING	RESTROOMS	SHELTER	PICNIC AREA	PLAYGROUND	TENNIS COURT	SOCCER FIELD	BASKETBALL	BASEBALL	TRAILS/PATHS	DOG PARK	DISC GOLF	BOAT RAMP
1.	<b>Alma Myra Park</b> 7510 S.E. Thiessen Rd., Clackamas				■	■					■			
2.	<b>Altamont Park</b> 8901 S.E. Bristol Park Dr., Clackamas				■	■					■			
3.	<b>Ann-Toni Schreiber Park</b> 6717 S.E. Clackamas Rd., Clackamas	■	■		■	■		■	■	■				
4.	<b>Ardenwald Park</b> 3667 S.E. Roswell St., Milwaukie			■	■	■					■			
5.	<b>Ashley Meadows Park</b> 15410 S.E. Oregon Trail Dr., Happy Valley			■	■	■			■		■			
6.	<b>Ball-Michel Park</b> 3667 S.E. Roswell St., Milwaukie			■	■	■					■			
7.	<b>Century Park</b> 11500 S.E. 35th Ave., Milwaukie				■	■	■		■					
8.	<b>Dogwood Park</b> 11299 S.E. Main St., Milwaukie				■									
9.	<b>Ella V. Osterman Park</b> 10501 S.E. William Otty Rd., Happy Valley			■	■	■								
10.	<b>Furnberg Park</b> 6850 S.E. Furnberg Ave., Milwaukie				■	■					■			
11.	<b>Harmony Road Neighborhood Park</b> 7100 S.E. Harmony Rd., Milwaukie	■			■	■			■		■			
12.	<b>Hawthorne Park</b> 7560 S.E. King Rd., Milwaukie				■	■					■			
13.	<b>Heddie Notz Park</b> 7821 S.E. Strawberry Lane, Clackamas				■	■								
14.	<b>Hidden Falls Nature Park</b> 14488 S.E. 152nd Ave., Happy Valley										■			
15.	<b>Homewood Park</b> 10821 S.E. Home Ave., Milwaukie				■	■					■			
16.	<b>Hood View Park</b> 16223 S.E. Stadium Way, Happy Valley	■	■	■	■	■		■		■	■			
17.	<b>Mill Park</b> 6201 S.E. Overland St., Milwaukie				■	■					■			
18.	<b>Milwaukie Bay Park</b> 1700 S.E. Jefferson St., Milwaukie	■	■								■			■
19.	<b>Mount Talbert Nature Park</b> 10695 S.E. Mather Rd., Clackamas	■	■	■	■						■			
20.	<b>North Clackamas Park</b> 5440 S.E. Kellogg Creek Dr., Milwaukie	■	■	■	■	■				■	■	■		
21.	<b>Oak Grove Boat Launch</b> at the terminus of Oak Grove Blvd.													■
22.	<b>Pfeifer Park</b> 14074 S.E. 139th Ave., Clackamas	■		■	■	■		■	■		■			
23.	<b>Pioneer Park</b> 14375 S.E. 153rd Ave., Clackamas			■	■	■			■		■			
24.	<b>Risley Park</b> 2350 S.E. Swain Ave., Oak Grove		■		■	■	■	■	■	■	■			
25.	<b>Rivervilla Park</b> 925 S.E. Courtney Rd., Oak Grove	■	■		■						■			
26.	<b>Scott Park</b> 10660 S.E. 21st Ave., Milwaukie	■			■									
27.	<b>Sieben Park</b> 14395 S.E. Territory Dr., Clackamas				■						■			
28.	<b>Southern Lites Park</b> 12088 S.E. 117th Ave., Happy Valley				■	■					■			
29.	<b>Spring Park</b> 1881 S.E. Lark St., Milwaukie				■	■					■			
30.	<b>Stanley Park</b> 11800 S.E. Stanley Ave., Milwaukie				■						■			
31.	<b>Stringfield Family Park</b> 3614 S.E. Naef Rd., Oak Grove	■	■	■	■	■					■			
32.	<b>Summerfield Park</b> 14001 S.E. Summerfield Loop, Clackamas				■	■			■		■			
33.	<b>Trillium Creek Park</b> 16803 S.E. Anderegg Pkwy., Damascus			■	■	■			■		■			
34.	<b>Village Green Park</b> 13786 S.E. Sieben Pkwy., Clackamas	■		■	■	■			■		■			
35.	<b>Water Tower Park</b> 9890 S.E. 40th Ave., Milwaukie				■	■			■		■			
36.	<b>Wichita Park</b> 5908 S.E. Monroe St., Milwaukie				■	■					■		■	



**NORTH CLACKAMAS**  
PARKS & RECREATION DISTRICT

**SUMMER 2020**

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## THANK YOU FOR 30 FUN-FILLED YEARS!

We're celebrating 30 years of parks, public services, and community growth! We believe our residents are what make our District so great. Join the festivities this summer with youth camps, enjoy summer nights at Movies in the Park, catch the RecMobile at one of our parks, enrich your free time with adult classes and activity groups, and come celebrate with us at our birthday bash!

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

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

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

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