

# Parks & Recreation

## ACTIVITIES GUIDE



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**LO Teen  
Lounge  
Turns 10!**

## Message from the Director

As we look to 2017 and the future, there are exciting opportunities and milestones for our community. Our department and Lake Oswego is a community dedicated to a high quality of life, through both personal and environmental wellness. With that dedication, comes a lot of amazing milestones, opportunities and long-term projects coming into fruition to celebrate now and in the year ahead.

Some of the milestones we are excited to celebrate now include the 10 year anniversary of Teen Lounge (featured on the cover), the city wide expansion of our Living Well in LO initiative and the publication of our first ever Parks and Recreation Annual Report. The opportunities we are looking forward to in the year ahead include our involvement in the Healthy Eating Active Living (HEAL) Cities campaign, new and successful fundraising events for our scholarship foundation, and the advancement of the Iron Mountain and Woodmount Park designs and development. We have achieved so much this year and are excited by the opportunities, partnerships and support from the community as we continue to live well in LO!

It's easy to forget that taking time to enjoy the support of our community, our accomplishments and our surroundings each day is so important to our overall health and well-being. Lake Oswego Parks & Recreation is committed to ensuring that every resident has an opportunity to experience outstanding recreational activities and park facilities that enhance our quality of life by helping us stay healthy and fit, build relationships with family and friends, and develop a sense of community pride.

I hope you will take the time to explore this Winter/Spring guide and discover more ways to incorporate this commitment in your own life. Thanks for continuing to allow us to provide the opportunities that make Lake Oswego such a special place.

Ivan Anderholm, CPRE  
Director

## Parks, Recreation and Natural Resources Advisory Board

Scott Bullard  
Bill Gordon  
Mark Hoyt  
Ryan Hubbard  
Heidi Schrimsher  
Chris Stewart  
James Stupfel  
Todd Van Rysselberghe  
Tom Widden  
Rhys Richmond, Youth Member  
Counselor Joe Buck

The Parks Board is a volunteer board recommending policy direction to the City Council.

The board meets at 6p on the third Wednesday of each month at the City of Lake Oswego Palisades.

Current term registration for Winter/Spring classes begins at 10a, December 5 for residents and December 12 for all others.

**Register Online**  
**[www.loparks.org](http://www.loparks.org)**

### Key Contacts

## Parks & Recreation Administrative Office

**Ivan Anderholm**

*Director*

1500 Greentree Rd

**Mail to for all Parks Locations:**

PO Box 369, Lake Oswego, OR 97034

**General Information & Registration**

503-675-2549

loparks@ci.oswego.or.us

**Parks Maintenance**

503-635-0280

**Park Ranger**

503-697-6522

**Registration**

503-675-2549

**Fax**

503-697-6579

## Adult Community Center

**Ann Adrian**

*Center Manager*

505 G Avenue

**Mail to:**

PO Box 369, Lake Oswego, OR 97034

**General Information**

503-635-3758

**Fax**

503-699-7462

## Public Golf Course

**Tom Mueller**

*Golf Course Manager*

17525 Stafford Road

**Mail to:**

PO Box 369, Lake Oswego, OR 97034

**General Information**

503-636-8228

## Indoor Tennis Center

**Lisa West**

*Tennis Center Coordinator*

**Carol Hartley**

*Tennis Center Manager*

2900 Diane Drive

**Mail to:**

PO Box 369, Lake Oswego, OR 97034

**Registration & Court Reservations**

503-635-5550

Activities & Classes	Programs & Events	Department of Parks & Recreation
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<b>Get Healthy</b> <b>15</b>	<b>Lake Oswego Parks &amp; Recreation Scholarship Program Key Sponsors</b>	
Youth <b>15</b>	The scholarship program is dependent upon donations from groups and individuals and a limited amount of funding is available. Many thanks to the generous online donations of class participants and to our major sponsor's StarCycle, Burn Cycle, Barre 3 and LO Mothers Club.	
Adults <b>15</b>	 <b>BurnCycle and Barre3</b>	
<i>Luscher Farm</i> <b>15</b>	 Burn Cycle and Barre3 studios partners to raise money for the Lake Oswego Parks & Recreation scholarship program. Lake Oswego is a vibrant and active community, and what better way to bring everyone together to raise money for a great program! Thank you to Burn Cycle and Barre 3 for supporting community physical wellness and allowing others to participate who otherwise might not be able to afford to participate.	
<b>Get Outdoors</b> <b>18</b>	 <b>StarCycle</b>	
Hikes, Rambles <b>18</b>	The StarCycle team give back to the community by helping raise awareness and much needed funds for Lake Oswego Parks & Recreation Scholarship program. Please join us in acknowledging the StarCycle team and thank them for helping others live healthfully and well in LO.	
Outdoor Recreation <b>20</b>		
Rowing <b>21</b>		
<b>Get Creative</b> <b>29</b>	 <b>Lake Oswego Mothers Club</b>	
Youth <b>29</b>	The LO Mother's Club is a contributor to the Lake Oswego Parks & Recreation Scholarship program and we appreciate the club's participation and collaboration with Parks and Recreation and for their continued community support.	
Adults <b>30</b>		
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**Living Well in LO**  
POWERED BY PARKS & RECREATION

Lake Oswego Parks & Recreation's mission is to build community, enrich lives and care for the environment. **Living Well in LO** Powered by Parks & Recreation is how we deliver our mission.

What's your Living Well in LO?  
www.LivingWellinLO.org • #LivingWellinLO

**Individual Sponsorship Opportunities**  
To make a donation to the scholarship fund, please go to [www.loparcs.org](http://www.loparcs.org) and click on "Donations" on the top banner bar to help support and give back to our community. Thank you!

**Activity Key:**

-  **Back to Nature:** activities that connect us to nature and the outdoors.
-  **Healthy and Active:** Great for engaging in a healthy active lifestyle.

# PRESCHOOL

## Indoor Playground for Rainy Days

Rain? No problem! Step inside for fun and interactive activities with the kiddos! Every day there's a new theme - Mondays: Music & Dance Day, Wednesdays: Art Day, Fridays: Gym Day. Parents must supervise their children at all times. Please do not bring snacks containing nut products to The Indoor Playground. This is a drop-in program located in the Willamette Room of Palisades.

**Closed 1/2, 1/16, 2/20, 3/27, 3/29, 3/31, 5/29, 5/31**

Ages 0-4	Staff	PAL
9:30-11:30a	M/W/F	1/4-5/26
Drop-In Fee \$3		
Additional Sibling Fee \$2		
Or purchase a 10-visit punch card for \$25 (individual); \$40 (plus one sibling)		

## Birthday Parties at Indoor Playground

Enjoy a no-hassle birthday party at Indoor Playground. Two hour party windows are now available on Saturday and Sunday for your little one's birthday. Kiddos and parents have access to all the amenities of Indoor Playground including table and chairs for guests.

Please call 503-697-6589 for rates and availability.



## Little Masters

See, smell, taste, touch in the art room and let your senses guide you! Use a variety of mediums to create art while engaging the senses. Parent participation required. This class also includes FREE admission to Friday Indoor Playground after class! **No Class 5/5**

Ages 2-5	Thomas	PAL
Res \$43/Non-Res \$65		
Additional Sibling \$29/ Non-Res \$44		
<b>14924</b>	9:30-10:30a	F 1/20-2/24
<b>14925</b>	9:30-10:30a	F 4/7-5/19

## Tiny Boppers

Dancers sing and move along to music while working on motor coordination, rhythm, strength and self-confidence.

Ages 1-3	Brindis	PAL
Res \$51/Non-Res \$64		
<b>14909</b>	4:15-5p	Tu 1/31-3/7
<b>14910</b>	4:15-5p	Tu 4/4-5/9

## Mini-Ballerinas

An introduction to a ballet class with play breaks incorporated. Parents encouraged to observe class quietly or drop their child off.

Ages 3-5	Brindis	PAL
Res \$51/Non-Res \$64		
<b>14911</b>	4:15-5p	W 2/1-3/8
<b>14912</b>	4:15-5p	W 4/5-5/10
<b>New Saturday Class</b>		
<b>14913</b>	9:30-10:15a	Sa 2/4-3/11
<b>14914</b>	9:30-10:15a	Sa 4/8-5/13

## NEW! Little Hulas

A fun introd to hula dance that focuses on rhythm and movement. Parents encouraged to observe class quietly or drop their child off.

Ages 3-5	Brindis	PAL
Res \$51/Non-Res \$64		
<b>14917</b>	4:15-5p	F 2/3-3/10
<b>14918</b>	4:15-5p	F 4/7-5/12

## Fairy Tale Ballet

Enter the imaginary world of fairy tales, fun and self-expression through ballet-based dance. Creativity is sparked when we use props, instruments and classical music.

Ages 3-5	ABDA Staff	ABDA
Res \$99/Non-Res \$124		
<b>14926</b>	9:30-10:15a	Sa 1/7-2/11
<b>14927</b>	9:30-10:15a	Sa 4/8-5/13
Res \$83/Non-Res \$104		
<b>14928</b>	9:30-10:15a	Sa 2/25-3/25

## Frozen Mini Dance Class

Become an ice princess as you dance your way on a fun-filled journey through the snow. See what friends we run into along the way as we search for an ice castle.

Ages 4-8	ABDA Staff	ABDA
Res \$49/Non-Res \$74		
<b>14929</b>	9:30a-12p	Sa 2/18

## Little Medical School

Little Medical School brings medicine, science and the importance of health to children in a fun way! Age appropriate activities, crafts, and games will inspire children to explore the world of medicine and create healthy lifestyles. **No Class 3/29**

Ages 4-6	LMC	PAL
Res \$89/Non-Res \$112		
<b>14856</b>	9:15-10:15a	W 1/18-2/22
<b>14857</b>	9:15-10:15a	W 3/8-4/19



Classes take place in Palisades Gym

### Little Tennis

Mini-nets, foam balls and fun equipment are used to introduce hand-eye coordination to aspiring junior aces. Children develop skills through games, fun and high fives! No equipment required. Wear athletic shoes.

\*Parent participation required for 3 year old class.

Age 3	Tennis Center Teaching Pro	PAL	
Res \$25/Non-Res \$43			
14972*	9:30-10a	Tu	1/10-1/31
14973*	9:30-10a	Tu	2/7-2/28
15115*	9:30-10a	Tu	4/4-4/25
15116*	9:30-10a	Tu	5/2-5/23
Age 4	Tennis Center Teaching Pro	PAL	
Res \$25/Non-Res \$43			
14974	10:15-10:45a	Tu	1/10-1/31
14975	10:15-10:45a	Tu	2/7-2/28
15117	10:15-10:45a	Tu	4/4-4/25
15118	10:15-10:45a	Tu	5/2-5/2



### Tiny Tykes' Soccer

An innovative curriculum introducing young soccer stars to the basic skills of the sport.

British coaches combine soccer with fun games, stories and music. Cost includes jersey, shorts and a ball. In partnership with Challenger Sports. **This class also includes FREE admission to Monday Indoor Playground after class!**

### Tiny Tykes' Cubs

Res \$99/Non-Res \$124

Ages 2-3.5	Challenger Staff	PAL	
15103	9:15-10a	M	4/3-5/22

### Tiny Tykes' Lions

Ages 3.5-4	Challenger Staff	PAL	
15105	10:05-10:50a	M	4/3-5/22

### Pre-K Yoga

Learn and explore yoga poses and breathing techniques, play games, sing songs, and end each class with relaxation. Students will learn to calm their minds and strengthen their bodies. This class promotes physical, emotional and social development.

Ages 3-5	Peeke	PAL	
Res \$80 /Non-Res \$100			
15128	9-9:45a	Tu	1/17-2/21

### Little Rippers Lacrosse

A chance for boys and girls to be introduced to lacrosse in a fun and safe way. Soft lacrosse sticks and balls are part of the modified equipment provided. In partnership with Lacrosse Northwest. Parent participation required. **No Class 2/20.**

Ages 3	LaxNW	M	PAL
Res \$35/Non-Res \$53			
15106	9:20-9:50a	M	1/23-3/20
Res \$52/Non-Res \$65			
Ages 4-5	LaxNW	M	PAL
15107	10-10:45a	M	1/23-3/20

For youth fencing and yoga see page 7.

### Skyhawks Sports Classes

To register, visit [www.skyhawks.com](http://www.skyhawks.com) or call 1-800-804-3509



An introductory program for young children to explore a variety of sports with an emphasis on fun and fundamentals. Great for young sports enthusiasts as they take their first steps into athletics. There is no pressure, just lots of fun. Classes are scheduled to be held in the gym. If weather and field conditions allow, classes may take place outside. In partnership with Skyhawks Sports. **No Class 2/18.**

### Tiny-Hawks Basketball

Res \$35/Non-Res \$35

Ages 3.5-4	Skyhawks Staff	PAL
9:30-10a	Sa	1/21-2/25

### Tiny-Hawks Soccer

Res \$35/Non-Res \$35

Ages 3.5-4.5	Skyhawks Staff	PAL
9:30-10a	Sa	4/15-5/13

### Mini-Hawks T-Ball

Young players practice throwing, catching, hitting off a tee and base running. Get ready for the upcoming T-ball season.

Res \$42/Non-Res \$42

Ages 4-6	Skyhawks Staff	PAL
10:10-10:55a	Sa	1/21-2/25

### Mini-Hawks Multi-Sport

Mini-Hawks participants explore soccer, baseball and basketball.

Res \$42/Non-Res \$42

Ages 4-6	Skyhawks Staff	PAL
10:10-10:55a	Sa	4/15-5/13

## Camps

### Between-Care Now Available!

We offer "in-between care" for camps held at Palisades! Participants registered for an AM and PM camp may now stay for lunch! Staff will provide a supervised environment for participants to enjoy their sack lunch and short activity before the next camp starts. Please select optional camp pricing when you register or call 503-675-2549.

**In-between** care is \$25 for the week.

### Ninjaneering using LEGO®

Imagine and build unique and fun LEGO projects while exploring the fantasy world of Ninjago.

Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon!

<b>Ages 5-7</b>	<b>Play-Well Staff</b>	<b>PAL</b>	
Res \$155/Non-Res \$178			
<b>14861</b>	9a-12p	M-F	3/27-3/31

### Jedi Master Engineering using LEGO®

The Force Awakens in this course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO XWings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities and other complex machines and structures from a galaxy far, far away.

<b>Ages 8-12</b>	<b>Play-Well Staff</b>	<b>PAL</b>	
Res \$155/Non-Res \$178			
<b>14862</b>	1-4p	M-F	3/27-3/31

### All About That Bass

Come explore instruments such as the electric bass, the upright bass, and other lower pitched instruments. Learn about how they are used in jazz and classical music and the history behind them.

<b>Ages 8-12</b>	<b>RMC</b>	<b>PAL</b>	
Res \$140/Non-Res \$161			
<b>14863</b>	9a-12p	M-F	3/27-3/31

### Beginning To Rock Camp

Newcomers are invited to put rock in their roll. Students get a chance to explore the drums, bass, guitar, keyboard and vocals, and learn the fundamentals of music, such as pitch, melody, harmony, and rhythm.

<b>Ages 5-7</b>	<b>RMC</b>	<b>PAL</b>	
Res \$140/Non-Res \$161			
<b>14864</b>	1-4p	M-F	3/27-3/31

### The Gaming Academy

Be immersed into the world of 2D and 3D game design. The gaming academy is a combination of Video Game Design, Advanced Game Design and 3D Game Design, offering hands-on experience designing and building your very own games.

<b>Ages 10-15</b>	<b>YouthTech</b>	<b>PAL</b>	
Res \$310/Non-Res \$357			
<b>14865</b>	9a-4p	M-Th	3/27-3/30

### Spring Break Farm Camp

Spend your Spring Break on the Farm! Campers learn about organic gardening, start seeds, plant veggies, feed the chickens and have fun making farm based crafts. Please wear layered clothing for classroom and outdoor weather.

<b>Ages 5-12</b>	<b>Staff</b>	<b>LUSCH</b>	
Res \$155/Non-Res \$178			
<b>14686</b>	9a-1p	M-F	3/27-3/31

### Intro to Survival Camp

What would you do if...? An exciting adventure using games and scenarios typically seen on popular TV shows to introduce campers to common, but fun and challenging skills. Campers work in teams to solve problems. This camp is structured as a pre-cursor to the Advanced Survivor Camp.

<b>Ages 6-9</b>	<b>Coyle</b>	<b>GRP</b>	
Res \$215/Non-Res \$248			
<b>15102</b>	8:30a-1:30p	M-F	3/27-3/31

### Spring Break Intro to Fencing Camp

Learn the basic skills of the Olympic sport of fencing. Quick action and fun. This dynamic sport offers challenges to quick thinking, coordination, strength and agility. Safety is emphasized. All equipment is provided. Wear athletic type clothing and shoes.

<b>Ages 7-12</b>	<b>OR Fencing All.</b>	<b>PAL</b>	
Res \$98/Non-Res \$123			
<b>15127</b>	9a-12p	Tu/W/Th	3/28-3/30

## Get Moving

### YOUTH

#### Youth Dance Try-It-Out Days

For new students, stop by Palisades on the days listed to experience youth dance class offerings. Please note age restrictions before attending.

#### Ballet I for Kids Try-It-Out

Ages 5-8	Brindis	PAL	
<b>14896</b>	4:15-5p	M	1/23

#### Jazz I for Kids Try-It-Out

Ages 5-8	Brindis	PAL	
<b>14897</b>	5:15-6p	M	1/23

#### Hip Hop, Tumble & Breakdance I for Kids Try-It-Out

Ages 5-8	Brindis	PAL	
<b>14898</b>	6:15-7p	M	1/23

#### Tiny Boppers Try-It-Out

Ages 1-3	Brindis	PAL	
<b>14899</b>	4:15-5p	Tu	1/24

#### Mini-Ballerinas Try-It-Out

Ages 3-5	Brindis	PAL	
<b>14900</b>	4:15-5p	W	1/25

#### Teen Contemporary Try-It-Out

Ages 9-17	Brindis	PAL	
<b>14901</b>	4:15-5p	Th	1/26

#### Little Hulas Try-It-Out

Ages 3-5	Brindis	PAL	
<b>14902</b>	4:15-5p	F	1/27

### Ballet I for Kids

A beginning ballet class. Parents encouraged to observe class quietly or drop their child off especially if their child is taking multiple classes. **No Class 2/20**

<b>Ages 5-8</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14903</b>	4:15-5p	M	1/30-3/13
<b>14904</b>	4:15-5p	M	4/3-5/8

### Jazz I for Kids

A beginning jazz class. Parents encouraged to observe class quietly or drop their child off especially if their child is taking multiple classes. **No Class 2/20**

<b>Ages 5-8</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14905</b>	5:15-6p	M	1/30-3/13
<b>14906</b>	5:15-6p	M	4/3-5/8

### Hip Hop, Tumble & Breakdance I for Kids

A beginning hip-hop class with tumble on mats and breakdancing incorporated. **No Class 2/20**

<b>Ages 5-8</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14907</b>	6:15-7p	M	1/30-3/13
<b>14908</b>	6:15-7p	M	4/3-5/8

### Tiny Boppers

Dancers sing and move along to music to work on motor coordination, rhythm, strength and self-confidence.

<b>Ages 1-3</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14909</b>	4:15-5p	Tu	1/31-3/7
<b>14910</b>	4:15-5p	Tu	4/4-5/9

### Mini-Ballerinas

An introduction to a ballet class with play breaks incorporated. Parents encouraged to observe class quietly or drop their child off.

<b>Ages 3-5</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14911</b>	4:15-5p	W	2/1-3/8
<b>14912</b>	4:15-5p	W	4/5-5/10

### New Saturday Class

<b>14913</b>	9:30-10:15a	Sa	2/4-3/11
<b>14914</b>	9:30-10:15a	Sa	4/8-5/13



### Teen Contemporary

Cover the basics of ballet, jazz and modern techniques while focusing on the relationship between movement and music. Learn routines that tell expressive stories to contemporary and modern music. Teen Lounge Members may attend this class for free.

<b>Ages 9-17</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14915</b>	4:15-5p	Th	2/2-3/9
<b>14916</b>	4:15-5p	Th	4/6-5/11

### NEW! Little Hulas

A fun and basic introduction to hula dance that focuses on rhythm and movement. Parents encouraged to observe class quietly or drop their child off.

<b>Ages 3-5</b>	<b>Brindis</b>	<b>PAL</b>	
Res \$51/Non-Res \$64			
<b>14917</b>	4:15-5p	F	2/3-3/10
<b>14918</b>	4:15-5p	F	4/7-5/12

### Dance & Cheer

Have what it takes to cheer on your team? Learn sideline dance routines, cheers and proper cheer motion placements. Get your team spirit ready with this high energy, fun and confidence building class.

<b>Ages 6-10</b>	<b>ABDA Staff</b>	<b>ABDA</b>	
Res \$99/Non-Res \$124			
<b>14919</b>	11:30-12:30p	Sa	1/7-2/11
<b>14920</b>	11:30-12:30p	Sa	4/8-5/13
Res \$83/Non-Res \$104			
<b>14921</b>	11:30-12:30p	Sa	2/25-3/25

### Teen/Adult Ballet for Absolute Beginners

Focus on fundamentals while building strength, coordination and technique at the barre. Emphasis on ballet, balance, alignment and grace.

<b>Ages 13+</b>	<b>ABDA Staff</b>	<b>ABDA</b>	
Res \$135/Non-Res \$156			
<b>14922</b>	6:45-7:45p	Tu	1/10-3/7

### Introduction to Fencing

Learn the basic tactical and technical skills of the Olympic sport of sabre fencing. This dynamic sport offers challenges to quick thinking, coordination, strength and stamina. Safety emphasized. Equipment provided. **No class 4/26**

<b>Ages 7-12</b>	<b>OR FencingAll.</b>	<b>PAL</b>	
Res \$94/Non-Res \$117			
<b>15110</b>	5:30-7p	W	4/12-5/17

### Yoga for Kids

In this fun and imaginative class kids explore simple yoga poses and breathing techniques, play games, and end each class with relaxation. Students calm their minds and strengthen their bodies. This class leaves children with a calm, focused and balanced body and mind. \*Mats are provided.

<b>Ages 5-11</b>	<b>Peeke</b>	<b>ACC</b>	
Res \$80 /Non-Res \$100			
<b>15112</b>	4:30-5:15p	Th	1/19-2/23

## ADULTS DANCE

### NEW! Contemporary Dance for Adults FREE Try-It-Out Day

For new students, stop by Palisades to try it for free and sign up to join class the following week!

Ages 18+	Brindis	PAL	
14993	5:30-6:30p	Th	1/26

### Contemporary Dance for Adults

A beginning level class that will cover the very basics of ballet, jazz and modern contemporary technique. Focus on storytelling through movement set to contemporary and modern music.

Ages 18+	Brindis	PAL	
Res \$56/Non-Res \$70			
14991	5:30-6:30p	Th	2/2-3/9
14992	5:30-6:30p	Th	4/6-5/11

### Ballroom Dance I

Learn the staples of Ballroom dance, the smooth Foxtrot and the fun and lively Latin dance, Cha Cha Chá! Students are ready for the dance floor after learning the basics and beyond in these two ballroom rhythms.

Ages 16+	Laughland	PAL	
Res \$64/Non-Res \$80			
14934	7-8p	Th	1/5-2/23

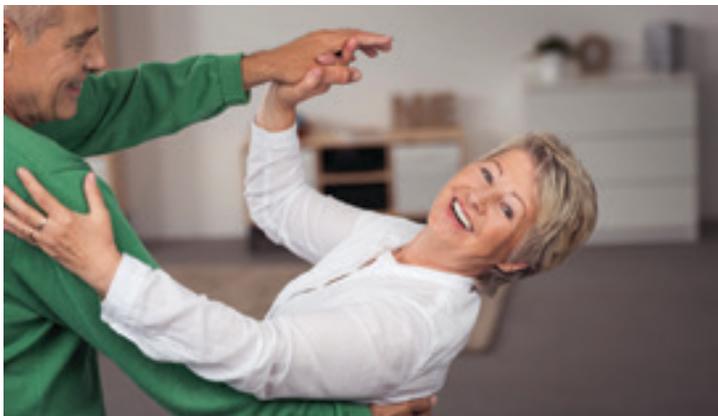
For the spring term, learn the elegant Waltz and the fun and sassy American Tango. Students are ready for the dance floor after learning the basics and beyond in these two ballroom rhythms.

14980	7-8p	Th	4/6-5/25
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### Ballroom Dance II

Take the basic steps you learned in the beginning class and add some flair. Build a series of routines in all styles of dance you have learned from the beginning classes.

Ages 16+	Laughland	PAL	
Res \$64/Non-Res \$80			
14935	8-9p	Th	1/5-2/23
14981	8-9p	Th	4/6-5/25



### Tap for Adults FREE Try-It-Out Day

For new students, stop by Palisades to try it for Free and sign up to join class the following week.

Ages 18+	Brindis	PAL	
14994	7-8p	M	1/23

### Tap for Adults

An intermediate tap class that progresses through each term. Work on rhythm, technique and get your workout on. Great way to explore dance and keep yourself healthy and active. **No Class 2/20**

Ages 18+	Brindis	PAL	
Res \$56/Non-Res \$70			
14970	7-8p	M	1/30-3/13
14971	7-8p	M	4/3-5/8

## FITNESS

### FITNESS CLASS INTENSITY GUIDE

The following can be used as a guide to the type of fitness class you may be seeking. Instructors can also do an assessment to make sure you are in the correct class level.



**Needs a little help (Chair Fitness)** – This class is for those wishing to exercise while seated, and maintain or improve physical function for basic self-care. Class includes rhythmic movement, strength and stretching exercises, and a focus on muscular endurance, joint range of motion, balance and coordination.



**Just getting started (Entry Level)** – This class is for beginners or those returning to exercise, and includes basic steps, gentle pace, and lower intensity. Focus is on increasing muscular strength and flexibility, joint range of motion, balance, coordination and cardiovascular health.



**Active Now (Intermediate Level)** – This class is for individuals who are physically active at least twice a week, and seek to improve their health and well-being or maintain an active, independent lifestyle. Class includes moderate intensity, low impact exercise that may include strength and stretching exercises, and optional floor work. Focus is on muscular strength and flexibility, joint range of motion, balance, coordination, agility, and cardiovascular endurance.



**Athlete (Advanced Level)** – This class is for individuals that train almost every day and seek to improve performance in a competitive sport, strenuous recreational activities, or a physically demanding job. Class includes higher intensity, low impact workouts complete with challenging strength and conditioning exercises and floor work.

## AQUATICS

Aquatic Fitness is a water exercise program brought to the community by a unique partnership between the City of Lake Oswego Parks & Recreation Department and The Springs at Carman Oaks. The classes are designed to enhance your health and wellness. We pride ourselves in offering a safe, effective, fun, and refreshing fitness program.

### Aqua-Fit

This water exercise class is designed for all water enthusiasts, at any fitness level. The gentle resistance of water allows for movement and improvement at your own pace. This is a low impact workout that comfortably tones and strengthens muscles while developing coordination. Buoyancy reduces weight bearing stress on the body while enhancing flexibility and range of motion.

Ages 18+	Staff	Springs	
Res \$52/Non-Res \$65			
15005	10-10:45a	Tu	1/3-2/21
15007	11-11:45a	Tu	1/3-2/21
15009	10-10:45a	Tu	3/7-4/25
15011	11-11:45a	Tu	3/7-4/25
15006	10-10:45a	Th	1/5-2/23
15008	11-11:45a	Th	1/5-2/23
15010	10-10:45a	Th	3/9-4/28
15012	11-11:45a	Th	3/9-4/28
15058	10-10:45a	Sa	1/7-2/25
15059	10-10:45a	Sa	3/11-4/29

### **NEW!** Aqua-Yoga FREE Try-it-Out Day

Here's your chance to try out the new Aqua-Yoga at The Springs for free!

Ages 18+	Staff	Springs	
15060	11-11:45a	Sa	1/7

### Aqua-Yoga

This low-impact class is designed for any fitness level. Buoyancy reduces pressure on your body and supports you during your poses. Develop balance, increase range of motion and strengthen muscles while enjoying a relaxing yoga experience in the pool.

Ages 18+	Staff	Springs	
Res \$52/Non-Res \$65			
15056	11-11:45a	Sa	1/14-2/25
15057	11-11:45a	Sa	3/11-4/29

### **Cycle, Strength and Soul FREE Try-it-Out Day**

Here's your chance to try out Cycle, Strength and Soul at PAL for free!

Ages 18+	Barner	PAL	Zighill
15084	8:15-9:15a	Tu	1/3

### Cycle, Strength and Soul

A little bit of everything! A typical class will include 30 min. of cycling, and approximately 15 min. of strength training. The remaining 15 min. of class will move students into yoga, so that they may end in a relaxed and flexible state. This class is open to all skill levels. **No Class 2/14**

Ages 18+	Barner	PAL	
Res \$74/Non-Res \$93			
15087	8:15-9:15a	Tu	1/10-2/28
15090	8:15-9:15a	Tu	3/7-4/25

### **NEW!** Cycle & Strength FREE Try-it-Out Day

Here's your chance to try out Cycle & Strength at PAL for free!

Ages 18+	Barner	PAL	Zighill
15086	9:30-10:30a	Tu	1/3

### **NEW!** Cycle & Strength

Shape, strengthen and burn calories in this all skill levels class. 30 min on the bike and 30 min off the bike using various weight bearing exercises to give your body a total fat burning workout. **No Class 2/14**

Ages 18+	Barner	PAL	
Res \$74/Non-Res \$93			
15082	9:30-10:30a	Tu	1/10-2/28
15083	9:30-10:30a	Tu	3/7-4/25

### **NEW!** Cycle & Soul FREE Try-it-Out Day

Here's your chance to try out Cycle & Soul at PAL for free!

Ages 18+	Barner	PAL	
15085	5:15-6:15p	Th	1/5

### **NEW!** Cycle & Soul

Class participants begin the first half of this dynamic class cycling for 30 min. to build stamina and endurance. The second half of class moves students to their mats where they are guided through a slow-flow yoga sequence guaranteed to stretch out their body and prepare them for a restful sleep.

\*This class is a perfect precursor to Night Night Yoga, which follows this class. **No Class 2/16 & 3/23**

Ages 18+	Barner	PAL	
Res \$74/Non-Res \$93			
15088	5:15-6:15p	Th	1/12-3/2
15089	5:15-6:15p	Th	3/9-5/4

### Foam Roller Class

Experience myo-fascial release giving you an improved sense of well-being and ease in your body with the help of a foam roller, your own body weight and gravity. Great for releasing muscle tension, relieving pain and reducing stress. Everyone can benefit. Bring a mat, and a roller if you have one. Rollers available to purchase at class for \$20, payable to instructor. Instructors: Cynthia Ferrier, MD and Ryan Crosby MSW, RYT

Ages 18+	Crosby & Ferrier	PAL	
Res \$35/Non-Res \$53			
15097	10a-12p	Sa	4/8

## YOGA AT PAL

Participation by class registration only.  
These classes do not have the drop-in option.

### **Yogalates**

Yogalates is a core-focused class that pulls the asanas of yoga and the core centered movement of Pilates into one challenging workout. Cultivate a mindful practice with 30-40 min. of vinyasa flow and develop the long, lean, lines of a Pilates body in the last 20-30 min. of class. This class has it all. **No Class 2/15**

Ages 18+	Barner	PAL	
Res \$62/Non-Res \$78			
<b>15095</b>	9:30-10:30a	W	1/4-3/1
<b>15096</b>	9:30-10:30a	W	3/8-4/26

### **Night Night Yoga**

If you need to quiet your mind, this class is for you. A blend of restorative yin yoga, yoga nidra, and slow-flow vinyasa. This is a slower paced class with longer holds for those searching for a relaxing yoga experience while exploring breath and alignment. Each class will explore intention-setting, gentle asana, and meditation. **No Class 2/16 & 3/23**

Ages 18+	Barner	PAL	
Res \$62/Non-Res \$78			
<b>15093</b>	6:30-7:30p	Th	1/5-3/2
<b>15094</b>	6:30-7:30p	Th	3/9-5/4

### **Gentle Yoga**

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 min. **No Class 1/16 & 2/20**

Ages 18+	Sanders	PAL	
Res \$42/Non-Res \$63			
<b>15072</b>	1:15-2:15p	M	1/9-2/27
Res \$49/Non-Res \$74			
<b>15075</b>	1:15-2:15p	M	3/13-4/24
Res \$56/Non-Res \$70			
<b>15073</b>	1:15-2:15p	Th	1/12-3/2
Res \$49/Non-Res \$74			
<b>15074</b>	1:15-2:15p	Th	3/16-4/27

### **Yoga Level 1**

For beginning and continuing students. Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 min.

Ages 18+	Sanders	PAL	
Res \$56/Non-Res \$70			
<b>15080</b>	12-1p	Th	1/12-3/2
Res \$49/Non-Res \$74			
<b>15081</b>	12-1p	Th	3/16-4/27

## YOGA AT ACC

### **Gentle Yoga**

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 min.

Ages 18+	Sanders	ACC	
Res \$56/Non-Res \$70			
<b>15071</b>	11:15a-12:15p	Tu	1/10-2/28
Res \$49/Non-Res \$74			
<b>15070</b>	11:15a-12:15p	Tu	3/14-4/25
Res \$56/Non-Res \$70			
<b>15091</b>	10:15-11:15a	Th	1/12-3/2
Res \$49/Non-Res \$74			
<b>15092</b>	10:15-11:15a	Th	3/16-4/27

### **Gentle Chair Yoga**

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Poses are done seated on a chair or the chair is used for support in standing poses. Students do not get down on the floor.

Ages 18+	Sanders	ACC	
Res \$56/Non-Res \$70			
<b>15068</b>	12:30-1:30p	Tu	1/10-2/28
Res \$49/Non-Res \$74			
<b>15069</b>	12:30-1:30p	Tu	3/14-4/25

### **Drop-In Yoga at the ACC**

Drop-in classes are held Monday and Wednesday evenings at the Adult Community Center. Classes are appropriate for most people and offer a balanced yoga practice. The Drop-In option allows flexibility, and can be purchased in 1, 5, 10 or 15 class increments. Valid only 1/9-5/3 for classes listed below. Non-refundable. Non-transferrable. Bring a mat. **No Class 1/16, 2/20, 3/27 & 3/29**

#### Drop-In Fees

Ages 16+	Crosby/Staff	ACC
<b>15076</b>	Drop-in 1 time	Res \$12/Non-Res \$18
<b>15079</b>	Drop-in 5 times	Res \$60/Non-Res \$75
<b>15077</b>	Drop-in 10 times	Res \$115/Non-Res \$132
<b>15078</b>	Drop-in 15 times	Res \$162/Non-Res \$186

#### Drop-In Classes

##### Yoga Level 1

Class is focused and supportive of beginners. Bring a mat.  
5:30-6:45p W 1/11-5/3

##### Yoga Levels 1 & 2

Beginning and continuing students.

5:30-6:45p M 1/9-5/1

 **NIA**

Fun, non-impact, high energy movements condition the body, mind, emotion and spirit. The choreography draws from a blend of dance arts, martial arts and healing arts with moves and music to inspire joy. Through movement we find health!

**Nia FREE Try-It-Out Days**

For new students. Here's your chance to try out a Nia class for free! Stop by the Lakewood Center.

Ages 14+	Kaplan	LKWD	
15030	8:45-9:55a	Su	1/8
15036	8:45-9:55a	Su	3/19

**Nia Class Registration Only**

Ages 14+	Kaplan	LKWD	
2 X per week			
Res \$177/Non-Res \$204			
15037	9:15-10:25a	Tu/Th	1/3-3/9
Res \$179/Non-Res \$206			
15039	9:15-10:25a	Tu/Th	3/14-5/25
1 X per week			
Res \$89/Non-Res \$103			
15038	8:45-9:55a	Su	1/1-3/12
15040	8:45-9:55a	Su	3/19-5/28

**Nia - Drop-In**

Allows flexibility. Drop-In available only for below Nia classes taught by certified Black Belt Nia Instructor Carol Kaplan at Lakewood Center on Tu/Th/Su. Valid only 1/1-5/28 and available in 1, 5, 10 or 15 class increments for Nia classes in this section. Non-Refundable. Non-Transferrable.

Ages 14+	Kaplan	LKWD
15032	Drop-in 1 time	Res \$12/Non-Res \$18
15035	Drop-in 5 times	Res \$52/Non-Res \$65
15033	Drop-in 10 times	Res \$100/Non-Res \$115
15034	Drop-in 15 times	Res \$146/Non-Res \$168

**Drop-In Options for Nia**

9:15-10:25a	Tu	1/3-5/23
9:15-10:25a	Th	1/5-5/25
8:45-9:55a	Su	1/1-5/28

**NIA at PAL FREE Try-it-Out Day**

Here's your chance to try out Nia at PAL for free then sign up to join class the following week.

Ages 16+	Khorasanee	PAL	
15031	5:40-6:40p	Tu	1/10
15061	5:40-6:40p	Tu	3/28

 **Nia at PAL**

This is a workout to invigorating and inspirational music designed to create sensation and bring awareness to your movement habits. Nia combines dance, martial arts and relaxation to help condition the body, mind and spirit while it improves flexibility, agility, mobility, stability and strength. Bare feet recommended! **No Class 5/30**

Ages 16+	Khorasanee	PAL	
Res \$64/Non-Res \$80			
15041	5:40-6:40p	Tu	1/17-3/14
Res \$70/Non-Res \$88			
15062	5:40-6:40p	Tu	4/4-6/13

**TAI CHI AT PAL**

**Tai Chi for Health, Balance & Relaxation**

**FREE Try-It-Out Day**

For new students, here is your chance to try Tai Chi long form for FREE, then sign up for class the following week.

Ages 18+	Bruderlin	PAL	
15063	7-8p	W	1/4
15064	7-8p	W	3/8

 **Tai Chi for Health, Balance & Relaxation**

This class teaches the Yang style long form and two traditional Chi Kung exercises. Tai Chi practice reduces stress and improves balance. This class is taught in a relaxed manner.

Ages 18+	Bruderlin	PAL	
Res \$62/Non-Res \$78			
15052	7-8p	W	1/11-2/22
15053	7-8p	W	3/15-4/26

 **Tai Chi - Beginning and Intermediate**

This is a slow, graceful, flowing form that benefits mind, body, and spirit while also increasing balance, flexibility and muscle strength. This class features the Yang Style 24 Movement short form with instruction for beginners and intermediate students. **No Class 3/28 & 3/30**

Ages 18+	Monahan	PAL	
Res \$34/Non-Res \$43			
15051	10:15-11:15a	Tu/Th	1/3-4/27

 **Tai Chi - Intermediate & Advanced with Meditation**

A meditative practice of mind-body exercise to increase balance, flexibility, muscle strength and enhanced well-being. Designed for students who know the Yang Style 24 Movement short form, or at least the first half of the 24 movement short form.

**No Class 3/28 & 3/30**

Ages 18+	Tombleson	PAL	
Res \$17/Non-Res \$26			
15054	9-10a	Tu/Th	3/2-4/27

## TAI CHI AT THE ACC

### Tai Chi FREE Try-It-Out Day

Here's your chance to try out Tai Chi classes at the ACC for FREE!

Ages 18+	Kidoguchi	ACC	
<b>Chair Tai Chi</b>			
<b>15025</b>	1-2p	Th	1/5
<b>Beginning Tai Chi</b>			
<b>15013</b>	2:15-3:15p	Th	1/5

### Chair Tai Chi

This is a gentle, meditative mind-body exercise performed while seated in the comfort and safety of a chair. Based on the proven effective Tai Chi-Moving for Better Balance program this class combines traditional tai chi forms with simple, slow, and rhythmical therapeutic movements to improve balance, strength, and reduce the risk of falls. No previous experience necessary. **No Class 1/16 & 2/20**

Ages 18+	Kidoguchi	ACC	
Res \$77/Non-Res \$97			
<b>15027</b>	1-2p	M/Th	1/9-3/2
Res \$82/Non-Res \$103			
<b>15026</b>	1-2p	M/Th	3/6-4/27

### Beginning Tai Chi

A slow paced, low impact, gentle movement art based on the Yang family 24-movement Short Form. Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, or some previous Tai Chi experience. **No Class 1/16 & 2/20**

Ages 18+	Kidoguchi	ACC	
Res \$77/Non-Res \$97			
<b>15014</b>	2:15-3:15p	M/Th	1/9-3/2
Res \$82/Non-Res \$103			
<b>15015</b>	2:15-3:15p	M/Th	3/6-4/27

### Tai Chi: Intermediate Continuing

Tai Chi is a slow, graceful Chinese exercise that can benefit body, mind and spirit. Features the Yang-style 24 movement form for returning students. Focus is ongoing instruction for students with previous experience. Beginners welcome upon instructor approval.

Ages 18+	Nomura	ACC	
Res \$28/Non-Res \$33			
<b>15055</b>	10:10-11:10a	Tu/Th	1/3-3/16
Res \$25/Non-Res \$30			
<b>15066</b>	10:10-11:10a	Tu/Th	3/28-6/1

### Tai Chi: Advanced Long Form

Study in the 103-movement Yang-style long form of tai chi chuan for returning and advanced students. Intended for people who have previously learned the 24 movement short form. Newcomers with some Tai Chi long form experience welcome upon instructor approval.

Ages 18+	Nomura	ACC	
Res \$28/Non-Res \$33			
<b>15050</b>	9-10a	Tu/Th	1/3-3/16
Res \$25/Non-Res \$30			
<b>15065</b>	9-10a	Tu/Th	3/28-6/1

## NEW! Get Nourished

This class covers the fundamentals of a healthy, whole foods diet. Learn how food helps or hurts your body. Participate in an elimination diet under the guidance of a Certified Holistic Nutritionist and make personalized dietary adjustments unique to you.

Ages 18+	Koss	ACC	
Res \$60/Non-Res \$75			
<b>14995</b>	6:30-8:30p	Th	1/12-2/16
<b>15000</b>	6:30-8:30p	Th	2/23-3/30

## MINDFULNESS MEDITATION: Way to Health and Happiness

Actively develop a healthy mind and body and remove stress with comfortable meditation postures. Good for all health conditions, pain management and open to all abilities.

Ages 16+	Tjahaja	PAL	
Res \$64/Non-Res \$80			
<b>14988</b>	6-7:30p	Th	1/12-3/30
<b>14986</b>	7:30-9p	Th	1/12-3/30

Ages 16+	Tjahaja	ACC	
Res \$64/Non-Res \$80			
<b>14987</b>	4-5:30p	Th	1/12-3/30

## One Day Meditation Workshop

Treat yourself to the gift of self-care. This one-day silent retreat offers you a perfect setting to break away from daily routines and reinvigorate or deepen your meditation practice without leaving home. The day includes guided meditation plus a review of how to apply meditation methods and mindfulness to activities of daily living. You'll also have an opportunity for one-on-one guidance. The day closes with an inspirational talk. Remember to bring your own lunch and snacks.

Ages 18+	Tjahaja	PAL	
Res \$30/Non-Res \$45			
<b>14996</b>	8:30a-6p	Sa	1/21

## Zumba Gold 50+ FREE Try-It-Out Day

Here's your chance to try out Zumba Gold classes at the ACC for FREE!

Ages 18+	Weber	ACC	
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**15067** 4-5p M 1/9

 **Zumba Gold 50+**

Ditch the workout, join the party! Enjoy rhythms set to high-energy Latin and international music. This cardio-based class combines fast and slow rhythms that tone and sculpt the body. The easy to follow dance moves require no prior experience.

**No Class 1/16 & 2/20**

**Ages 18+** **Weber** **ACC**  
Res \$49/ Non-Res \$74

**15003** 4-5p M 1/23-3/6  
**15004** 4-5p M 3/13-4/24

**Boomers Boot Camp FREE Try-It-Out Days**

Here's your chance to try Boot Camp for free at the ACC!

**Ages 18+** **Blum** **ACC**

**15018** 6-7p Tu 1/3  
**15016** 7-8a Th 1/5  
**15017** 9-10a Sa 1/7

 **Boomers Boot Camp**

Are you a Boomer or aging master looking to gain strength and feel energized? This class is for all levels of fitness. Increase your heart rate health and strength safely, effectively, and comfortably.

**Ages 18+** **Blum** **ACC**  
Res \$52/Non-Res \$65

**15022** 6-7p Tu 1/10-2/28  
**15023** 6-7p Tu 3/7-4/25  
**15020** 7-8a Th 1/12-3/2  
**15021** 7-8a Th 3/9-4/27  
**15019** 9-10a Sa 1/14-3/4  
**15024** 9-10a Sa 3/11-4/29

 **Sit and Be Fit**

Learn and practice exercises you can do while seated and standing with a chair. Have fun and receive positive reinforcement. Participants do not have to stand if unable.

**No Class 1/2, 1/16 & 2/20**

**Ages 18+** **Bruner** **ACC**  
Res \$99/Non-Res \$124

**15042** 10:10-11:10a M/F 1/6-3/3  
Res \$106/Non-Res \$122  
**15043** 10:10-11:10a M/F 3/6-4/28

 **Flexibility Focus**

Stretching and balancing is a peaceful, relaxing and releasing form of bodywork. Students will work at three levels: floor, chair, and standing to improve range of motion/flexibility and balance. Bring a floor mat and towel. Instructions include how to safely get down on the floor and back up.

**Ages 18+** **Bantz** **ACC**  
Res \$82/Non-Res \$103

**15029** 10-10:50a Tu/Th 1/3-2/23  
Res \$93/Non-Res \$117  
**15028** 10-10:50a Tu/Th 2/28-4/27

 **Strength Training**

Experience low-impact training that uses weights and dynabands to strengthen muscles around joints. Increase muscle strength, improve muscle coordination and balance. Class includes a stretch and relaxation segment.

**No Class 1/16 & 2/20**

**Ages 18+** **Bantz** **ACC**  
Res \$41/Non-Res \$62

**15044** 9-10a W 1/4-2/22  
Res \$47/Non-Res \$71  
**15045** 9-10a W 3/1-4/26

**Ages 18+** **Bruner** **ACC**

Res \$41/Non-Res \$62  
**15049** 9-10a F 1/6-2/24  
Res \$47/Non-Res \$71  
**15047** 9-10a F 3/3-4/28  
Res \$36/Non-Res \$54  
**15048** 9-10a M 1/9-3/6  
**15046** 9-10a M 3/13-4/24

 **50+ Aerobic Exercise to Music**

An easy low-impact class designed for adults 50 and older who love to dance and move. Improve flexibility, strength, balance, and posture as we move to music from the 50s and 60s. Instructor will alternate from chair to standing.

**Ages 50+** **Bantz** **ACC**  
Res \$82/Non-Res \$103

**15001** 9-9:50a Tu/Th 1/3-2/23  
Res \$93/Non-Res \$117  
**15002** 9-9:50a Tu/Th 2/28-4/27

**Introduction to Fencing**

Learn the basic tactical and technical skills of the Olympic sport of sabre fencing. This dynamic sport builds quick thinking skills, coordination, strength and stamina. Safety emphasized. Equipment provided.

**NEW! Intro to Fencing Free Try-it-Out Day**

Drop-in to try out fencing for free!

**Ages 15+** **OR Fencing All.** **ACC**  
**15129** 6-7p Th 1/19

**Intro to Fencing: 4 week mini-series**

**Ages 15+** **OR Fencing All.** **ACC**  
Res \$69/Non-Res \$87

**15108** 6-7:30p 2/2-2/23

## STEWARDSHIP VOLUNTEER OPPORTUNITIES

**Give back to the environment**, help maintain healthy habitats for plants and animals, and improve the watershed management by volunteering in Lake Oswego's 450 acres of Natural Areas with the Parks Friends Groups.

For additional Stewardship Opportunities that aren't listed, visit **LO-Stewardship.org** or contact Babs Hamachek, Parks Stewardship Coordinator, 503-534-5697, bhamachek@ci.oswego.or.us Please wear sturdy shoes, bring gloves and water to drink. Volunteers under 18 must have a signed parental release form. All locations are in Lake Oswego unless otherwise noted. Please check our website, **LO-Stewardship.org** for work party updates.

### Let's Pull Together at Freepons Park

**January 8, Su 1-3p**

Start 2017 with some outdoor exercise as you join Friends of Hallinan Heights Woods to remove ivy and invasive plants that smother the native plants in Freepons Park. Happy Ivy Free New Year!

**Parking:** Hemlock St. or Bickner St

**Contact:** Barbara Fisher 503-636-3153 [lanefisher@comcast.net](mailto:lanefisher@comcast.net)

### Dig In at Southwood Park

**February 11, Sa 10a-12p**

Grab a shovel and plant native species with the Friends of Southwood Park. This native vegetation provides food and shelter to bug eaters and pollinators, which benefits the park ecosystem.

**Parking:** 6200 Pamela St., Portland 97219

**Contact:** Kim Valley 503-336-4646 [kvalley1@yahoo.com](mailto:kvalley1@yahoo.com)

### Hit The Trails at East Waluga Park

**February 25, Sa 9:30-11:30a**

Our park trails at East Waluga Park are being loved to death! Join Friends of Waluga Park and improve weary trails, restore streams, spread gravel and repair a large muddy puddle on the trail. Did you know there is an old quarry surrounded by large boulders hidden in the park?

**Parking:** 15505 Quarry Rd.

**Contact:** Will Mahoney Watson 503-752-3430

[will@humannatureart.org](mailto:will@humannatureart.org)

### Go Wild at Cornell Corridor of Trees

**March 5, Su 1-3p**

Be part of the inaugural Stewardship work party to Free the Trees in Cornell Natural Area! Don't miss Friends of Hallinan Heights Woods first work party to remove ivy in this 3 acre natural area.

**Parking:** Look for work party signs on Larch St., off Cornell Rd.

**Contact:** Barbara Fisher 503-636-3153 [lanefisher@comcast.net](mailto:lanefisher@comcast.net)

### Be Indiana Jones at West Waluga Park!

**March 11, Sa 9:30-11:30a**

Channel your inner Adventurer and look for ancient artifacts from civilization! Join Friends of Waluga Parks as they uncover and haul out an abandoned boat trailer. Locate and remove buried metal fence posts to return the park to a natural state. Don't miss this unique Stewardship opportunity!

**Parking:** 15775 Waluga Dr.

**Contact:** Will Mahoney Watson 503-752-3430

[will@humannatureart.org](mailto:will@humannatureart.org)

### Calling All Green Thumbs to Springbrook Park

**March 18, Sa 9-11a**

Dig in and plant native species and tender trees with Friends of Springbrook Park. Nestle these new plants in areas recently cleared. Listen to the song birds as you explore 50 acres of forest and creeks. Park is behind the soccer field of Uplands Grade School. Look for work party signs.

**Parking:** Uplands Grade School, 2055 Wembley Park Rd

**Contact:** Ginny Haines 503-699-4082 [vhaines@comcast.net](mailto:vhaines@comcast.net)

### Put Down Your Roots in Woodmont Park

**April 9, 1-3p**

Keep your eyes open for the owl that frequents Woodmont Park as you help plant native species. Share a couple of hours with Friends of Woodmont Park to restore this natural area back to its healthy ecosystem. Perhaps remove invasives or spread a bit of mulch as you work with others that love nature.

**Parking:** 13600 Atwater Ln.

**Contact:** Heidi Schrimsher 503-754-6640

[heidigarden@msn.com](mailto:heidigarden@msn.com)



### Weed Warriors Wanted at Iron Mt. Park

**April 30, Su 1-3p**

Your stewardship help is needed in this majestic 51 acre natural park. Dig in, restore the forest and contribute to the health of this diverse ecosystem full of a variety of plants, animals and birds. Hike the winding trails to the scenic outlook and view the wetlands and hidden pond!

**Parking:** Trailhead is behind the Oswego Hunt Club via graveled Brookside Rd, off of Twin Fir Rd.

**Contact:** Mike Buck 503-914-8607 [mbucks@comcast.net](mailto:mbucks@comcast.net)

# GET HEALTHY

## CHILDREN'S GARDEN PROGRAM AT LUSCHER FARM

### Garden Babies

Parents bring your wee one to the Farm for some fun garden based activities. Parents must accompany children. Class is held rain or shine.

<b>Ages 0-3</b>	<b>Staff</b>	<b>LUSCH</b>		
Free Drop-In Program				
<b>14707</b>	10-10:45a	Tu	4/4-5/23	

### Barnyard Tales

Join Luscher Farm staff for a weekly story time on the farm, followed by a short tour of the Children's Garden. Parents must accompany children.

<b>Ages 3-8</b>	<b>Staff</b>	<b>LUSCH</b>		
Free Drop-In Program				
<b>14705</b>	10-11a	Th	4/6-5/25	

### Spring Break Farm Camp

Spend your Spring Break on the Farm! Campers learn about organic gardening, start seeds, plant veggies, feed the chickens and have fun making farm based crafts. Please wear layered clothing for classroom and outdoor weather.

<b>Ages 5-12</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$155/Non-Res \$178				
<b>14686</b>	9a-1p	M-F	3/27-3/31	

### No School Eco-Days

Spend your school day off at the Farm. Enjoy games, recycling crafts and activities while learning about the ecosystems of Luscher Farm. Bring a sack lunch and water bottle. Campers will spend time outdoors rain or shine, so please dress in layers and wear closed-toed shoes.

<b>Ages 5-12</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$60/Non-Res \$90				
<b>14716</b>	9a-4p	Th	4/6	
<b>14721</b>	9a-4p	F	4/7	

### Sweet Treats and Barnyard Birthday Party

Enjoy your child's birthday while we take care of the party. Bake and decorate cupcakes. Do a craft or garden project. Party supplies, homemade cupcakes, and party favors are provided. Call 503-534-5284 to reserve.

<b>Ages 3-14</b>	<b>Staff</b>	<b>LUSCH</b>		
First 10 guests				
Res \$225/Non-Res \$259				

Extra Guest- Up to 5  
Res\$10/Non-Res \$12

### Kids in the Kitchen

Learn important cooking skills while preparing a healthy meal using produce from the Children's Garden. Allow creativity to mesh with culinary techniques for exciting results!

<b>Ages 6-15</b>	<b>Content</b>	<b>LUSCH</b>		
Res \$30/Non-Res \$45				
<b>Handmade Croissants and Jam with Omelets</b>				
<b>14709</b>	11a-1p	Sa	2/11	
<b>Black Bean Chili and Brownies</b>				
<b>14710</b>	11a-1p	Sa	3/11	
<b>Garden Focaccia and Biscotti</b>				
<b>14711</b>	11a-1p	Sa	4/8	
<b>Ravioli and Strawberry-Rhubarb Parfaits</b>				
<b>14712</b>	11a-1p	Sa	5/13	

## INTERNATIONAL CUISINE SERIES

### French Countryside

Learn to create classic cassoulet, a warming winter dish of sausage, white beans and duck confit. Served with a baguette, green salad, and poached pears. Dine together in the farmhouse parlor!

<b>Ages 18 and up</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$49/Non-Res \$74				
<b>14715</b>	5:30p-8:30p	Tu	2/14	

### Antojitos: Mexican Small Plates

Wow your friends and family at your next get-together with delicious and colorful Antojitos: Mexican small plates. Learn to make fresh salsas, corn masa boats with carnitas, shrimp with roasted garlic and lime, traditional caesar salad and sweet plantains with crema.

<b>Ages 18 and up</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$49/Non-Res \$74				
<b>14708</b>	5:30p-8:30p	Tu	3/14	

### Paella, Perfected

Spain's famous rice dish with chicken, chorizo and clams is on the menu for this class. Students will also learn to make asparagus with lemon and olives, and for dessert, panna cotta with caramel.

<b>Ages 18 and up</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$49/Non-Res \$74				
<b>14717</b>	5:30p-8:30p	Tu	4/11	

### Oregon Bounty

Celebrate our region with dishes that show off our local spring produce. Make salmon and new potatoes with tender greens and brown butter vinaigrette; grilled ramps and wild mushrooms, hazelnut shortcakes with strawberries and rhubarb sauce.

<b>Ages 18 and up</b>	<b>Staff</b>	<b>LUSCH</b>		
Res \$49/Non-Res \$74				
<b>14728</b>	5:30p-8:30p	Tu	5/9	

## Campfire Evening at the Farm

Bring a picnic dinner and spend an evening at the Farm! Children and their families explore different areas of Luscher Farm and enjoy a variety of discovery-based activities. Help with a planting project, and enjoy s'mores around the campfire. Campfire Evening is held rain or shine. Please register each child.

Ages 4+	Staff	LUSCH	
Res \$10/Non-Res \$15			
<b>14706</b>	6-8p	F	4/21
<b>14719</b>	6-8p	F	5/19

## Sunset Stroll

The moon is almost full, so come to the farm and make your own lantern to carry on a stroll around Luscher Farm as the sun sets. Learn about the creatures that inhabit the night and enjoy the beauty of the farm as the light changes! This is a parent-child class, please register your child.

Ages 6+	Staff	LUSCH	
Res \$10/Non-Res \$15			
<b>14724</b>	6:30-8:00p	F	4/7

## GARDENING CLASSES AT LUSCHER FARM

### Garden Planning 101

Now that those seed catalogs have arrived in the mail and you are dreaming of a bountiful summer harvest, it's time to start planting. Learn about succession planting, companion planting and what to plant when.

Ages 18+	Staff	LUSCH	
Res \$10/Non-Res \$15			
<b>14725</b>	1-2:30p	Sa	1/28

### Raised Beds and Garden Structures

Make gardening easier and more productive with raised beds and garden structures. This class is held in the Demonstration Garden with hands on demos showing you just how easy it can be to maximize your garden space with trellises, teepees and planters.

Ages 18+	Staff	LUSCH	
Res \$10/Non-Res \$15			
<b>14726</b>	1-2:30p	Sa	4/15

### Ready, Set, Plant!

May in the Willamette Valley means it's planting time! In this class we will cover preparing your garden space, starting plants from seed or transplants, types of soil amendments, and how to stay ahead of weed growth.

Ages 18 and up	Staff	LUSCH	
Res \$10/Non-Res \$15			
<b>14727</b>	1-2:30p	Sa	5/20



### Lake Oswego Hanging Baskets

Plant materials for this project are identical to those in the fabulous hanging baskets on our city streets. Plants, baskets, planting materials and maintenance instructions are provided. Choose from sun-loving plants or shade tolerant varieties. Leave with your own beautiful creation just in time for Mother's Day!

Ages 16+	Davis	LUSCH	
Res \$40/Non-Res \$60			
<b>14713</b>	10-11:15a	Sa	5/6
<b>14720</b>	1-2:15p	Sa	5/6

### Cutting Garden Basics

Learn how to select annual and perennial flowering plants to install in your garden to create beautiful bouquets. Learn the treatments and techniques to extend their life after picking. When and how to pick different types of flowers is covered along with how to arrange them. This class is held in the Historic Farmhouse parlor.

Ages 18+	Whitman	LUSCH	
Res \$10/Non-Res \$15			
<b>15114</b>	9:30a-11a	Sa	4/22

### Making More of Your Roses and Perennials

Gardening on a budget? Or in love with a few of your plants and want to make more without worrying you have bought the wrong thing? Join Rogerson Clematis Garden curator Linda Beutler for some quick tips for taking rose cuttings, cuttings from some herbaceous perennials, and dividing others.

Ages 18+	Beutler	LUSCH	
Res \$15/Non-Res \$23			
<b>15130</b>	9a-12p	Sa	3/11

## GARDENING OPPORTUNITIES AT LUSCHER FARM

### Luscher Farm Community Garden Lottery 2017

Grow fresh, organic produce at beautiful Luscher Farm. The lottery for available plots is open from December 14-December 30. Priority is given to Lake Oswego residents. Each gardener is required to provide 4 hours of volunteer service at Luscher Farm during the season.

**Mark your calendar.** New garden participants must attend one of the following meetings held at Luscher Farm, at 125 Rosemont Road.

1-3p                      Sa                      2/11  
 1-3p                      Sa                      2/18

**Returning gardeners** do not need to attend an orientation, but are encouraged to do so.

#### Gardening Plot Fees

Res \$55/Non-Res \$69  
 10x20 plot  
 Res \$80/Non-Res \$100  
 20x20 plot

### Adopt-a-Plot at Luscher Farm

Join the community of gardeners at the farm, learn how to grow vegetables organically and donate fresh produce to the Adult Community Center's Meals on Wheels Program. Gardeners may also take home samples for their personal use. All materials and instruction provided. Must be able to attend 3 of the 8 work parties offered the third Saturday of each month between March and October.

**Ages 18+                      Staff                      LUSCH**

Res \$25/Non-Res \$38

**14704** 4x20 plot

Orientation Meetings at Luscher Farm, 125 Rosemont Road.

6p-8p                      Th                      3/9, 3/16  
 1-3p                      Sa                      3/11, 3/18



### LUSCHER FARM SUMMER 2017 CSA

Enjoy the bounty of healthy, fresh vegetables straight from the farm. Lake Oswego Parks & Recreation has teamed up with Laura Masterson of 47<sup>th</sup> Avenue Farms to provide citizens with an opportunity to reconnect with the land and receive healthy, sustainably grown vegetables.

Community Supported Agriculture (CSA) is a partnership between a farmer and local consumers who invest in each other. Shareholders pay a fee at the beginning of the growing season to meet the farm's expenses for the upcoming season. In return, they receive a portion of the farm's produce throughout the growing season. Harvest starts mid-May and continues through the end of October. Members come to Luscher Farm on Thursday evenings to pick up their weekly share of produce. Each week's share consists of 8-10 different vegetables and herbs. Pick up dates are: 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26.

Whole Share Fee - Res \$999/Non-Res \$1149

<b>Age 16+</b>	<b>Masterson</b>	<b>LUSCH</b>	
<b>14722</b>	5-7p	Th	5/18-10/26

Half Share Fee - Res \$555/Non-Res \$638

<b>Age 16+</b>	<b>Masterson</b>	<b>LUSCH</b>	
<b>14723</b>	5-7p	Th	5/18-10/26

## DAY HIKES AND RAMBLES

**Welcome to our Hiking Program** Our group of volunteers has been planning and leading hikes for more than 30 years. Our goals are enjoyment of the outdoors, healthy activity and social interaction with like-minded friends. We are not intent on setting speed or distance records, but aim to promote appreciation and knowledge of the environment in the beautiful Pacific Northwest. Our outings are Tuesdays and Thursdays (see schedule), most within two hours' drive of Lake Oswego.

**Hikes** are designed for hikers of intermediate ability. Hiking distances are usually between 6-10 miles, with elevation gains of 800-2000 ft.

**Rambles** are typically shorter, 3-6 miles, less rugged and more leisurely paced – perfect for beginners.

**Meeting Place:** Lake Oswego Parks & Recreation at Palisades, 1500 Greentree Ave. No pre-registration required.

**Departure Times:** Listed in the schedule. Please arrive at least 15 minutes before departure time to sign liability release and hike roster, arrange carpools and get driving instructions. We leave promptly at the stated times.

**What to Wear:** Clothes suitable for weather conditions. Breathable, moisture-wicking layers are ideal. Sturdy, lug-soled, waterproof walking shoes or boots are recommended.

**What to Bring:** Daypack containing lunch and trail snacks, sufficient water, sun protection, personal first aid kit, extra jacket or vest, rain gear or umbrella, extra shoes and plastic bag for muddy items (your driver will thank you). Hiking poles are often helpful but optional.

**Carpooling and Fees:** Carpools are arranged among participants. Riders pay a mileage donation to the driver, and share any bridge tolls or parking fees. See LOHIKES.com for carpool donations specific to each hike. All mileages listed are roundtrip. A Parks & Rec fee of \$1 is payable before departure.

**Conditions and Safety:** Hikes and Rambles are not cancelled due to rain, but are cancelled if Lake Oswego Schools are closed or delayed due to weather. Location may be changed for hiking or driving safety. Leaders may refuse to take anyone judged not properly equipped or prepared. Participants accept responsibility for their personal safety. No pets permitted.



Join us for the Hikes Planning Meeting on  
Friday, March 17, 2017, 9a at Palisades

For further details on any hike, visit  
**LOHIKES.com** or inquire at the  
LO Parks & Recreation Office

DATE	DEPART	DRIVE	AREA	(H)IKE/(R)AMBLE	MILES	ELEV GAIN	FEATURES
1/12	9a	7	PDX / Valley	R-Cook Park to Tualatin Park	4.5	flat	Parks, Ki-a-Kuts Bridge
1/19	9a	1	PDX / Valley	HR-Lake Oswego Skylands	3-5	450-800'	Mountain views with friends.
1/26	9a	10	PDX / Valley	R-Mary S. Young Park	3	200'	Willamette River
2/2	9a	180	Columbia Gorge	R-Eagles in the Gorge	4-5	flat	Eagles & short walk
2/9	9a	9	PDX / Valley	R-Oregon City	5	500'	Historic homes and sites
2/16	9a	14	PDX / Valley	R-Maricara & Marshall Park Natural Areas	4	300-350'	Forests, SW PDX history
2/23	9a	13	PDX / Valley	R-Trolley Trail part 2	5	40'	History Old Travel line
3/2	9a	46	PDX / Valley	R-Frenchman's Bar	6	0'	River, meadows, lake
3/9	9a	30	PDX / Valley	R-Newberg Historic Homes	2.5	minimal	Early architecture, history
3/16	9a	200	Coast/Coast Mts	R-Astoria Riverfront	6.4	flat	River, history
3/23	9a	20	PDX / Valley	R-Eastbank Esplanade	4 - 5	flat	Waterfront, streetcar, bridges
3/30	9a	15	PDX / Valley	R-Maddax Woods	3	200'	Willamette River, herons
4/4	8a	170	Columbia Gorge	H-Catherine Creek	5	1200'	Wildflowers, views
4/4	8:30a	5	PDX / Valley	R-5 Tees	5	900'	City, forest, transportation
4/6	8a	152	Columbia Gorge	H-Hood River Valley	5.5	400'	Columbia River waterfront, Hood River
4/6	8:30a	164	Columbia Gorge	R-Memaloose Hills	4.9	860'	Wildflowers, views, history
4/11	8a	100	Columbia Gorge	H-Multnomah Falls/Larch Mountain Trail	7	1400-1600'	Waterfalls, old growth forest
4/11	8:30a	120	Columbia Gorge	R-Pika Walk at Little Beacon Rock	4	500'	Pikas, waterfall
4/13	8a	150	SW Washington	H-Lewis River Falls	7	500'	3 falls through Douglas firs
4/13	8:30a	70	Columbia Gorge	R-Lacunas Creek	4.3	300'	Waterfalls, lake, river
4/18	8a	94	Clackamas Ft. Hills	H-Clackamas River Trail East	6	500'	Spring foliage, river views
4/18	8:30a	30	PDX / Valley	R-Washington Park	4 - 5	400'	Explore Washington Park
4/20	8a	102	Columbia Gorge	H-Triple Falls	5	610'	Waterfalls and views
4/20	8:30a	170	Coast/Coast Mts	R-Salishan Spit	6.5	minimal	Siletz Bay, seals
4/25	8a	126	Santiam Foothills	H-Shellburg Falls	6.7	1200'	Waterfalls, forest, moss
4/25	8:30a	106	Columbia Gorge	R-Eagle Creek to Punchbowl Falls	4.2	400'	Waterfalls, wildflowers
4/27	8a	90	Mt Hood - West	H-Boulder Ridge Trail 783A	6.6	2000'	Scenic Forest, Wildflowers
4/27	8:30a	18	PDX/Valley	R-Scouters Mtn.	4	150'	Newest Park in HV





**Kayak, Canoe, Raft & SUP | Portland, OR**

Classes | Rentals | Adventure  
George Rogers Park | Tryon Cove  
re-opening May 2017  
aldercreek.com

**COYLE OUTSIDE CLASSES**

**Fish Hunters**

Work on setting up rods/lines, casting and hooking fish and learning to clean the fish we catch (students are encouraged to bring their own rods). Students learn other approaches to getting fish in situations when you may not have access to modern equipment.

<b>Ages 8-13</b>	<b>Coyle</b>	<b>GRP</b>	
Res \$45/Non-Res \$52			
<b>15125</b>	9a-4p	Su	3/11

For Outdoor Spring Break Intro to Survival Camp, please see page 6



**GEAR UP!**  
**EMERGENCY PREPAREDNESS FAIR**  
**WEDNESDAY APRIL 26, 2017**

Learn how to care for yourself and your family in the event of an earthquake, landslide, flood, winter storm, or other disaster at the Emergency Preparedness Fair. Brought to you by the City of Lake Oswego, this free, family-friendly, event features approximately 20 informational booths plus presentations and activities. Stop by any time between 4 and 8 p.m. and learn about water storage and emergency food options, emergency supply kits, pet preparedness, portable sanitation, seismic retrofitting your home, non-structural recommendations, living without power, and much more!

4.26.2017 | 4-8 pm  
Parks & Rec - Palisades  
1500 Greentree Road




1341 Pacific Avenue Forest Grove, OR 97116

**ADVENTURES WITHOUT LIMITS**

Adventures Without Limits is mission-directed to empower people of all abilities through quality outdoor experiences. We provide participants with the opportunity to develop new skills, enhance awareness of the natural environment, build self-confidence, and recognize personal potential. Adventures Without Limits can adapt equipment and provide additional staff support to accommodate people with disabilities. These trips are for youth ages 9 and up. For more information, please visit [www.awloutdoors.org](http://www.awloutdoors.org)

**Local pick-up at Palisades**

**Snowshoe Trip - Trillium Lake**

One of Oregon's most photographed mountain lakes. This site has become one of the most popular Nordic skiing and winter trail systems in all of Oregon. Participants enjoy reflections of Mt. Hood in the lake, exploring diverse trail systems, and hearing the history of the lake and surroundings.

<b>Ages 9+</b>	<b>AWL</b>	<b>Pal</b>	
Res \$75/Non-Res \$94			
<b>14701</b>	8a-6p	Sa	1/7

**Cross Country Skiing - Multorpor Meadows**

Multorpor Mountain is a small volcanic cone on the southern slopes of Mount Hood. Views extend north to the mountain and south to Mount Jefferson. To the east are Trillium Lake and Barlow Butte. Whether you are a seasoned cross country skier, or just clicking your boots in for the first time, this trip is for everyone.

<b>Ages 9+</b>	<b>AWL</b>	<b>Pal</b>	
Res \$75/Non-Res \$94			
<b>14702</b>	8a-6p	Sa	2/11

**Snowshoe Trip - White River**

Tucked around the east side of Mt. Hood, lies the scenic and historic White River. This stream wanders its way down the mountain and turns into a larger river, before feeding into the Deschutes River. Join us for a snowshoe trip that is accessible for everyone.

<b>Ages 9+</b>	<b>AWL</b>	<b>Pal</b>	
Res \$75/Non-Res \$94			
<b>14703</b>	8a-6p	Sa	3/11

**Ape Caves Trip**

The Ape Caves in Southern Washington are the longest lava tube systems in the continental US. The caves have stunning views of the Gifford Pinchot National Forest and participants will enjoy their beauty and mystery without the summer crowds. Make sure to bring your camera to capture all their geological splendor.

<b>Ages 9+</b>	<b>AWL</b>	<b>Pal</b>	
Res \$75/Non-Res \$94			
<b>14700</b>	8a-6p	Sa	4/2

## ROWING



**ROWING PROGRAMS** offered through Lake Oswego Community Rowing (LOCR)



### CHARLIE S. BROWN WATER SPORTS CENTER FOR ROWING

(On the Willamette River at Oswego Pointe Dr., near Roehr Park)  
350 Oswego Pointe Drive, Lake Oswego  
503-765-6102

Spring, Summer and Fall season rowing programs are held at the Charlie S. Brown Water Sports Center for Rowing. Indoor training sessions during the winter months are held at Palisades, 1500 Greentree Road.

### REGISTRATION FOR ROWING

Register online for listed classes

[www.lakeoswegoparks.org](http://www.lakeoswegoparks.org)

or call Parks & Recreation 503-675-2549

Information about all programs offered by LOCR is available on their website at [www.lorowing.com](http://www.lorowing.com)

### REFUND AND CANCELLATION POLICY

Please see page 46 in this catalog.

### INCLEMENT WEATHER

LOCR reserves the right to cancel classes due to poor weather or river conditions.

### REGISTRATION REQUIREMENTS

Lake Oswego Community Rowing has teamed up with Parks & Recreation to provide easy access to information and registration for all rowing activities.

Enrollment in any rowing program is dependent on the following requirements:

- Current and signed Float Test form
- Lake Oswego Community Rowing forms
- Completed USRowing waiver

Required forms are available online at [www.lorowing.com](http://www.lorowing.com) or through Lake Oswego Parks & Recreation - 1500 Greentree Road.

### ROWING WITH LOCR

In partnership with the City of Lake Oswego Parks & Recreation Department, Lake Oswego Community Rowing (LOCR) offers programs for both new and experienced rowers. Programs include Learn to Row classes, Youth Rowing (ages 13-18) and Experienced Adult (Masters) rowing (18+). The on-the-water season runs from mid-February through mid-November, weather permitting, and participants learn proper rowing technique, boat handling and water safety. Winter indoor land training is available to anyone, regardless of rowing experience, and includes ergometer (rowing machine) workouts, yoga, and strength building.

Lake Oswego Community Rowing is a non-profit, volunteer driven organization. Guided by an Executive Director and Head Coaches, the experienced and highly trained staff at LOCR provides all coaching and instructional training. LOCR also offers private lessons year-round; please email [info@lorowing.com](mailto:info@lorowing.com) for details.

### YOUTH ROWING PROGRAM

LOCR is open to student athletes, ages 13-18 (8th-12th grade), regardless of experience. Practice is daily after school, Monday through Friday, 3:45 – 6:15p, and Saturday mornings 7:30 – 10a. LOCR offers a fall racing season, winter training season, spring racing season, plus options row during the summer months. Rowers new to the sport are considered novice and after their first year advance to varsity. Through a partnership with the local high schools, varsity athletes have an opportunity to “letter” just as they would in a sport offered through their school.

### Youth Team Spring Season

Lake Oswego Community Rowing is looking for athletes interested in rowing with a nationally competitive and varsity sport youth team. Enjoy a spring rowing season filled with training and racing in the Northwest and Canada. We offer high energy and camaraderie with fellow athletes from around the area. No practice held on federal holidays, but practice is held on no-school days. First day of practice begins Tuesday, February 21st.

<b>Ages 13-18</b>	<b>LOCR Coaches</b>		<b>WSC</b>
Fee \$475			
<b>14699</b>	3:45-6:15p	M-F	2/21 – 5/22
	7:30-10a	Sa	2/25 – 5/20



## ADULT ROWING

LOCR offers rowing programs for adults (18+) with prior rowing experience and those wanting to learn. We welcome experienced rowers from other rowing programs or those who have completed the Learn to Row program with us.

### Adult Indoor Rowing & Fitness Class

Come train with the coaches of LOCR and kick start your New Year's fitness goals! Whether you are interested in rowing with us in the spring or just want a great work out over the winter months, this class is open to anyone wanting to work hard and get fit. All training is on our state-of-the-art Concept 2 rowing machines and overseen by coaches who understand proper form and technique. New and experienced athletes are welcome. No class held on federal holidays.

Ages 18+	LOCR Coaches	PAL
Fee \$165		
Early Morning		
<b>14695</b>	5:45-7:15a	M/W/F 1/4 - 1/27
<b>14696</b>	5:45-7:15a	M/W/F 1/30 - 2/24
Mid-Morning		
<b>14697</b>	9-10:30a	M/W/F 1/4 - 1/27
<b>14698</b>	9-10:30a	M/W/F 1/30 - 2/24

### Adult Learn to Row Class - Level 1

LOCR offers rowing classes for adults during Spring, Summer and Fall, for those who have little or no prior rowing experience. We teach the basics of rowing terminology, boat handling and safety. Proper rowing technique is taught first on rowing machines and then we progress to the water. Successful completion of any of our Learn to Row classes allows participants to join the LOCR Masters Program (coach clearance required). All classes are 4 weeks, 2 times per week. Class size is limited; sign up today!

Ages 18+	LOCR Coaches	WSC
Fee \$160		
Early Morning		
<b>14689</b>	5:45-7:15a	Tu/Th 4/4 - 4/27
Mid-Morning		
<b>14690</b>	9-10:30a	M/W/F 2/28 - 3/23
<b>14691</b>	9-10:30a	Tu/Th 4/4 - 4/27



### Adult Learn to Row Class - Level 2

Continue to hone your skills in our Level 2 classes! Specifically designed for graduates of Level 1 or anyone with previous but limited rowing experience, you'll further your understanding of the rowing stroke with opportunities to row in bigger boats such as doubles and quads. Successful completion of any of our Learn to Row classes allows participants to join the LOCR Masters Program (coach clearance required). All classes are 4 weeks, 2 times per week. Class size is limited; sign up today!

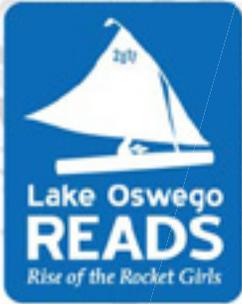
Ages 18+	LOCR Coaches	WSC
Fee \$165		
Early Morning		
<b>14692</b>	5:45-7:15a	Tu/Th 4/4 - 4/27
Mid-Morning		
<b>14693</b>	9-10:30a	M/W/F 2/28 - 3/23
<b>14694</b>	9-10:30a	Tu/Th 4/4 - 4/27

## MASTERS PROGRAM

Experienced adult rowers interested in fitness, improving technique, or competing in regattas can join the LOCR Masters Rowing Program. Masters practice and train under the supervision and direction of our coaches, and the group includes post collegiate rowers, individuals who have completed Learn to Row classes and rowers who were introduced to rowing at another club. Whether you are an experienced rower or relatively new, our coaching staff can hone your skills and bring your rowing to a new level.

Adults (Ages 18+) join the Masters Program by purchasing either an annual or 3 month (seasonal/quarterly) membership which provides access to any of the designated Masters rowing times as posted at [www.lorowing.com](http://www.lorowing.com). Memberships are purchased at [www.loparcs.org](http://www.loparcs.org). Click on the Memberships tab, and then choose LOCR Masters 3 Month or Annual Membership; or call 503-675-2549.

Ages 18+	LOCR Coaches	WSC
3 Month Membership		\$275
One Year Membership		\$975



# Rise of the ROCKET GIRLS

For more information regarding events for LO Reads, go to [lakeoswegoreads.org](http://lakeoswegoreads.org)

### Starry Night Artwork

The Oak Creek Elementary School Art Literacy is studying Van Gogh and painting Starry Night! View the cosmos through the lens of a young person's heart and talent. Students' art work displayed all month long in February at LOPR- Palisades.

### Space Age Lunch

The Adult Community Center is having a "50's Themed Lunch" on Friday, February 10 at 12pm and immediately following lunch a book discussion about the popular book, Rise of the Rocket Girls. **RSVP 503-635-3758. Under age 60, \$5. Ages 60+, \$4.**

### Rocket Demo

Oregon Rocketry will hold a model rocket launch at Parks & Rec Palisades field. Launch pads and controllers will also be available for those who would like to fly their own model rockets (A and B motors only please, due to the size of the field). Portland-based Oregon Rocketry has about 150 members affiliated with the National Association of Rocketry and the Tripoli Rocketry Association. **Saturday, Feb. 11th at 11am-1pm**

### FIRST Event

FIRST (For Inspiration and Recognition in Science and Technology) -FTC Team Axis 7187 Robotics  
Come join FTC Team Axis 7187 for a few hours of fun, learning, and ROBOTS!  
They are a Lake Oswego FIRST Tech Challenge (FTC) team and became the World Champion in "Robot Intelligence" in 2015. They have been in the top 7.7% of FTC teams in the World for three years running. They will discuss FIRST robotics, STEM, and how to get involved. A FIRST History Showcase of robots will be on display, and, they will have other FIRST and STEM related activities and games for students of all ages (Elementary, Middle School and High School) WITH PRIZES!!! Come join the fun!! Registration Required:  
<https://goo.gl/forms/opZBcyFRsc9FUODq1>  
**Feb. 4 9a-12p LOPR - Palisades Gym**



HEALTHY EATING  
ACTIVE LIVING  
**LAKE OSWEGO**

## January is Healthy Eating Month in LO!

**Celebrate your commitment to health and wellness!**

**Eat at a LO HEAL City Restaurant!**

**Chuck's Place | Babica Hen Cafe | Tucci Restaurant | Pasha Gubanc's | Baja Fresh | Beeztro at Play Boutique**

*These Restaurants have committed to do one, some or all of these things to be the City's partner in offering healthy and nutritious foods to citizens.*

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner
- Offer smaller portions of high calorie and high fat dishes
- Establish pricing structures that encourage consumption of lower-calorie, lower-fat, and less processed foods.



[www.LivingWellinLO.org](http://www.LivingWellinLO.org)

**#LivingWellinLO**

## Teen Scene

### THE LO TEEN LOUNGE

The LO Teen Lounge offers a wide range of activities for all teens, including classes, karaoke nights, field trips and more. All teens currently in grades 6-12 are welcome to attend.

Participants are responsible for signing in and out of the Lounge. Lounge staff members are present at all times to assist and supervise participants. Movies, video games and television at The Lounge are rated "teen" (PG-13, Teen, TV-14). TV-14 rated television shows are only allowed from 5-7pm. Please be advised before registering your child.

### Teen Lounge Winter/Spring Hours

**January 3-June 13**

**M-F 3-7p**

\*We are also open at 2p for Early Release Thursdays

**The Teen Lounge will be closed:**

**1/16, 2/20, 3/27-3/31, 5/29**

Drop-In hours are 5p-7p each day and are free to all teens currently in grades 6-12

(Please see ASAP Membership for details on our after-school program)



Follow us on Instagram! Get the latest happenings of the Teen Lounge and its programs! @LOTeenLounge



Follow the Teen Lounge on Twitter! Get updates on job and volunteer opportunities, YAC events and words of wisdom from our participants and staff. @LOTeenLounge



Become a fan of the Teen Lounge on Facebook! Simply type McKenzie Lounge for Teens into your search browser and click the LIKE button! Get updates on events, daily happenings, & the latest photos!

### ASAP MEMBERSHIP

Membership is required to attend the After School Activities Program (ASAP) from 3-7p, M-F at the Teen Lounge, Palisades, 1500 Greentree Rd. The ASAP Drop-In is a program for grades 6-12 from 3-7p on school days. ASAP is also open on early release Thursdays (2p) and 12p dismissals.

Students get a light snack and can participate in activities including classes, clubs, games, crafts, homework help, competitions and much more!

Transportation is provided from Lake Oswego Junior High via the Parks & Recreation mini-bus. Lakeridge Junior High students can ride school bus #11 to the entrance of Palisades.

### ASAP Annual Membership Fee

ASAP Membership allows each student access to all the amenities of the Teen Lounge including all classes and clubs, events and homework help. Registration is for the entire school year.

Ages 11-17	Staff	PAL	
Res \$75/Non-Res \$94			
<b>Membership</b>	3-7p	M-F	10/1-6/1

### ASAP Daily Drop-In Fee

Not sure about attending the whole school year? That's OK! Students can pay a small daily fee to attend the ASAP program and still enjoy all the Lounge has to offer without registering for the school year.

Res \$2/Non-Res \$3

*Fee due at each day of attendance			
	3-7p	M-F	10/1-6/1

### WINTER TEEN CLASSES!

**January 16-March 23**

These teen classes are free to attend with the annual ASAP membership!

#### Rock Shop

**Mondays, 4-5p**

Start your own band with RMC Studios, equipment provided.

#### Drawing

**Tuesdays, 4-5p**

Learn different forms of illustration and drawing including still life, portraits and landscapes.

#### Slackline

**Wednesdays, 4-5p**

Learn the basics of the popular new trend: slacklining!

#### Contemporary Dance

**Thursdays, 4-5p**

Learn the basics of contemporary dance, wear comfy clothes.

### WINTER TEEN CLUBS!

**January 16-March 23**

These teen clubs are free to attend with the annual ASAP membership!

#### Dodgeball Club

**Mondays, 3:30-4:30p**

Dip, Duck, Dive, Dodge.

#### Video Game Club

**Tuesdays, 3:30-4:30p**

Compete and win!

#### Engineering Club

**Wednesdays, 3:30-4:30p**

Build cool stuff!

#### Friendship Bracelet Club

**Thursdays, 3:30-4:30p**

Make friends for life or just make a bracelet, we don't judge.

## SPRING TEEN CLASSES!

**April 3-June 1**

These teen classes are free to attend with the annual ASAP membership!

### Teen Drumming

**Mondays, 4-5p**

Learn about different drumming patterns and different beats using hand drums and other instruments.

### Mixed Media Art

**Tuesdays, 4-5p**

Use various mixed media to create your own work of art.

### Stop-Motion Video

**Wednesdays, 4-5p**

Learn techniques for your own stop-motion video.

### Contemporary Dance

**Thursdays, 4-5p**

Continue to learn techniques of contemporary dance, wear comfy clothes.



## SPRING TEEN CLUBS!

**April 3-June 1**

These teen clubs are free to attend with the annual ASAP membership.

### Spikeball Club

**Mondays, 3:30-4:30p**

It's all the craze. Learn a new sport.

### Photography Club

**Tuesdays, 3:30-4:30p**

Learn to take better selfies

### Kickball Club

**Wednesdays, 3:30-4:30p**

Like baseball, but with your feet.

### Tie-Dye Club

**Thursdays, 3:30-4:30p**

Learn how to tie-dye stuff.

## TEEN LOUNGE EVENTS

Friday Night Events are free & open to all teens, registration is not required.

### BINGO Night

**Friday, January 13; 5-7p**

Bring your A game...actually, bring your B I N G O game and get ready to win some prizes.

### NERF War

**Friday, February 3; 5-7p**

Bring your own NERF weapon, we supply (standard) ammo.

### Super Smash Tourney

**Friday, March 3; 5-7p**

Sign ups end at 5p sharp! Earn prizes for 1st, 2nd & 3rd playing on Wii U

### Karaoke & Tacos

**Friday, April 7; 5-7p**

Come sing & taco 'bout it.

### Twister Night

**Friday, April 21; 5-7p**

Come compete in a giant Twister competition! Prizes to winners, wear socks.

## Mix & Mingle: Future 6th Grade

### Meet & Greet

**Friday, May 26; 4-7p**

**Open to ALL incoming 6th graders**

Come mingle with your future middle school compadres and get your first taste of the perks of Jr. High: The Teen Lounge! Enjoy refreshments, games and more!



## FRIDAY NIGHT FIELD TRIPS

Once a month, the Teen Lounge offers a full night of fun! Meet at the LO Teen Lounge at Palisades, then head out for an evening of intense fun at go-cart racing, laser tag and other great locations. **Dinner is provided.** Space is limited, so register early.

### Bowling @ Tigard Bowl

<b>Ages 11-17</b>	<b>Staff</b>	<b>PAL</b>	
Res \$22/Non-Res \$33			
<b>14976</b>	5-9p	F	1/20

### Safari Sam's

<b>Ages 11-17</b>	<b>Staff</b>	<b>PAL</b>	
Res \$20/Non-Res \$30			
<b>14977</b>	5-9p	F	2/24

### Paint Pots

<b>Ages 11-17</b>	<b>Staff</b>	<b>PAL</b>	
Res \$22/Non-Res \$33			
<b>14978</b>	5-8p	F	3/17

### Wunderland Arcade

<b>Ages 11-17</b>	<b>Staff</b>	<b>PAL</b>	
Res \$20/Non-Res \$30			
<b>14979</b>	5-9p	F	4/28

## TEEN VOLUNTEERS WANTED!

### Apply For The 2017-18 Youth Action Council

Earn volunteer hours and make a difference in your community. Applications open on March 6 for the 2017-18 school year. Applicants must be in high school in order to serve on the Council. Applications are available from the Teen Lounge or at [www.LOTeenscene.org](http://www.LOTeenscene.org) and are due no later than 5p on May 1.

### Be a Jr. Camp Counselor for Summer 2017

We are accepting applications until May 12, 2017 for Jr. Camp Counselors. Students are needed throughout the summer at our camps from June 19-August 25. Volunteers must be ages 14+ and available every day for assigned week(s) of camp. Applications are available at [www.LOTeenscene.org](http://www.LOTeenscene.org). Interviews will be conducted the last two weeks of May. Students selected will be required to attend a volunteer training in June.

## RENT THE LOUNGE

The LO Teen Lounge is available for private parties and special events. Rental packages include staff on hand to help set up and clean up, plus use of all teen lounge perks. If you would like to have a party at the lounge, please contact Cydny Fletcher at [teenprograms@ci.oswego.or.us](mailto:teenprograms@ci.oswego.or.us) to discuss party packages and available hours. Rental brochures can be downloaded at [www.LOTeenscene.org](http://www.LOTeenscene.org)

## Tutoring and Homework Help

The Teen Lounge offers free drop-in homework help for Junior and High School students! There is no registration required, first come-first serve basis.

**M-Th; 5-7p**

# Youth Action Council presents 2017 HIGH SCHOOL CO-ED FLAG FOOTBALL

- Each team is guaranteed 4 games
- Bonus All-Girl Powder Puff Game Included!
- Teams of 7-12 with 5 on the field
- Games are Tuesday/Thursday, 3/7-3/23, 2017
- Games at Westlake Park, 6pm-9pm
- \$140 per team
- Registration opens January 13

## REGISTRATION ENDS FEBRUARY 24 @ 4PM

Register now as only 8 teams can compete!  
All players must attend LOHS or LHS  
Completed team packets can be returned to  
LO Parks & Recreation, 1500 Greentree Rd

Download forms at  
[www.LOTeenscene.org](http://www.LOTeenscene.org)

# SPORTS HIGHLIGHTS

### CONTACT INFORMATION:

Sports/Leagues/Event Information: 503-675-2547  
 Twitter @LOCitySports for league and event information, registration, facility closures, game cancelations, etc.  
 League Info: [lakeoswegosports.com](http://lakeoswegosports.com)  
 Register at: [loparks.org](http://loparks.org)

### Adult Drop-In Sports

Designed for the fun and fitness of Lake Oswego residents over 18 years of age. Residency is checked at the door. Non-residents may play if availability exists.  
 Res \$3 per visit/Non-Res \$5 per visit.

**Ages 35+**      **Basketball**      **8:30-10p Tu/Th**  
 Forest Hills Elementary (Winter); LO Jr. High (Spring)

**Ages 18+**      **Volleyball**      **8:30-10p Tu/Th**  
 Lake Grove Elementary

**Ages 18+**      **Table Tennis**      **7-9p Th\***  
 Palisades

\*offered 1st & 3rd Thursday of every month through May

<b>Age 18+</b>	<b>Pickleball</b>	<b>PAL</b>
Sundays	1:15-3p	Levels: Novice-3.0
	3-4:45p	Levels: 3.5-5.0
Mondays	12-3p	All Levels
Wednesdays	9a-12p	All Levels
Thursdays	9a-12p	All Levels
Fridays*	5:45-8:45p	All Levels
*3rd Friday of each month through May		
1/20, 2/17, 3/17, 4/21, 5/19		

For specific dates of drop-in sports visit [lakeoswegosports.com](http://lakeoswegosports.com) and click on the "Adult Drop-in Sports" page.



### GIRLS YOUTH LACROSSE FOR GRADES K-2

Registration for L.O. Residents opens **January 19**  
 Registration for Non-Residents opens: **February 9**

Young lacrosse enthusiasts learn the fundamentals of girl's lacrosse in a fun environment.

Program runs April-May on weekend afternoons  
**Kindergarten:** Start-Up Program meets Sunday afternoons  
**Grades 1-2:** Skills & Scrimmages Program meets various Saturday and Sunday afternoons for practices, scrimmages and games with teams from area communities

Find program calendar and program details by visiting [lakeoswegosports.com](http://lakeoswegosports.com); click on the Girl's Lacrosse page. To register go to: [loparks.org](http://loparks.org)

### SKYHAWKS SUMMER SPORTS ACADEMY

Enjoy a variety of youth sports camps throughout the summer for ages 3.5-12 at various locations throughout Lake Oswego. Basketball, baseball, flag football, soccer, boy's lacrosse, volleyball, and multi-sport camps are offered. Summer Camp Registration begins in February. To register go to [skyhawks.com](http://skyhawks.com) or call 1-800-804-3509



### PRE-K/YOUTH P.E. 101

See page 5 for a fun variety of Pre-K/Youth sports and fitness classes for ages ranging from 2-6. Little tennis, soccer, t-ball, basketball and multi-sports classes held at Palisades.

From 2016 Season:



Co-ed Fri Comp Champions: **Temporary Insanity**



Co-ed Fri Rec Champions: **Beauties and the Beasts**



Men's Tuesday Rec Champions: **Benderz**



Men's 35+ Champions: **Hawks**

# Arts Council

OF LAKE OSWEGO

Art Throb, a celebration for lovers of art  
February 11, 2017  
Hawthorn Room, Marylhurst University  
A benefit for the Arts Council of Lake Oswego



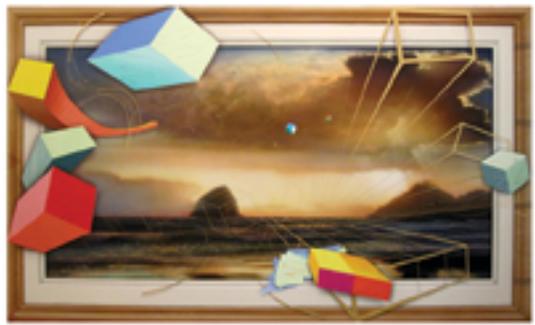
## ART THROB

Check our website for ticket information!  
[artscouncillo.org](http://artscouncillo.org)

### Arts Council Exhibitions & Special Programs

@ 510 Gallery and ARTspace

- January 6-28: ArtMart
- March 3-30: George D. Green Exhibition
- March 15, 2-4p: Doodle Day  
with George D. Green
- April 7-29: Beaver Tales Exhibit



# GET CREATIVE

## YOUTH

### Rec Zone Drop-In Program

The Lake Oswego Parks & Recreation Rec Zone activity program is a drop-in program that creates a safe place for youth to have fun and offers a wide range of supervised activities for grades K-5. Social, physical, and creative interests are planned for Tuesday and Thursday afternoons during the school year. **Transportation to Rec Zone is not provided by Parks & Rec; please check LOSD bus schedules for possible bus stops.**

#### Hours of operation:

	Tu	3:30-6p
Early Release	Th	2:45-6p

### Rec Zone Annual Membership Fee

Rec Zone Membership allows each student access to Rec Zone October 4-May 25. Rec Zone will be closed for Winter/Spring Break as well as no-school days.

**No Class 3/28, 3/30, 4/6, 4/27**

<b>Ages 6-10</b>	<b>Staff</b>	<b>PAL</b>		
Res \$40/Non-Res \$60				
<b>14464</b>	3:30-6p	Tu/Th	10/4-5/25	

### Art Lab

Come explore different types of art techniques and media like drawing, painting, printmaking, and mixed media while learning about various artists. Be inspired to explore your own interpretation of the ideas presented using an array of materials.

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$65/Non-Res \$82				
<b>14866</b>	10a-12p	Sa	2/4-2/25	

### Teen Mixed Media Art

Explore different principles of artistic design using a variety of art techniques and mixed media. Use watercolors with ink, oil pastels, chalk and various collage materials. **Registered Teen Lounge participants may attend this class for free!**

<b>Ages 11-17</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$43/Non-Res \$65				
<b>14867</b>	4-5p	Tu	4/4-4/25	
<b>14868</b>	4-5p	Tu	5/2-5/30	

### Washer Necklaces

Simple and fun to make, washer necklaces are a hot trend! Make some for yourself and some for a friend, washer necklaces make a colorful and one-of-a-kind gift.

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$26/Non-Res \$39				
<b>14869</b>	10a-12p	Sa	1/21	

### Paper Marbling

Learn to marble paper by transferring swirled patterns onto paper. From monochromatic to multi-colored, marbling paper is a great way to make amazing paper to use in art, greeting cards or scrapbooking.

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$30/Non-Res \$45				
<b>14870</b>	10a-12p	Sa	1/28	

### Melted Crayon Art

Using crayons in a very different way, create unique art by melting crayons! Abstract art at its best!

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$31/Non-Res \$47				
<b>14871</b>	10a-12p	Sa	3/11	

### Origami Workshop

Use this unique Japanese art form to create your own gifts, ornaments and more! Origami uses critical thinking and can enhance creativity and mindfulness.

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$23/Non-Res \$35				
<b>14872</b>	10a-12p	Sa	4/8	

### Mandala Art

Mandalas have been used by different cultures for hundreds of years, including Tibetan monks and Native American Indians. Look at the elements of shape, line, pattern, color and how they are important in design.

<b>Ages 7-12</b>	<b>Thomas</b>	<b>PAL</b>		
Res \$23/Non-Res \$35				
<b>14873</b>	10a-12p	Sa	4/22	

### Beginning to Rock

Newcomers are invited to put rock in their roll. Students get a chance to explore the drums, bass, guitar, keyboard and vocals, and learn the fundamentals of music, such as pitch, melody, harmony, and rhythm. **No Class 2/20, 3/27**

<b>Ages 5-7</b>	<b>RMC</b>	<b>PAL</b>		
Res \$101/Non-Res \$117				
<b>14874</b>	4:15-5:15p	M	1/23-3/6	
<b>14875</b>	4:15-5:15p	M	3/13-4/24	

### Intro to Guitar I

Do you want to play guitar? This fun course is designed to teach students of all ages the basic fundamentals and techniques needed to play guitar of any musical style.

**No Class 2/20, 3/27**

<b>Ages 7-12</b>	<b>RMC Studios</b>	<b>PAL</b>		
Res \$101/Non-Res \$117				
<b>14876</b>	5:30-6:30p	M	1/23-3/6	
<b>14877</b>	5:30-6:30p	M	3/13-4/24	

## Rock Shop

Calling all guitarists, drummers, pianists, vocalists, shredders and rockers. We NEED you to join our Rock Shops (student rock bands). Prior experience on your instrument preferred.

**No Class 2/20 Registered Teen Lounge participants can attend this class for free!**

Ages 11-17	RMC Studios	PAL	
Res \$75/Non Res \$94			
<b>14879</b>	4-5p	M	1/23-3/20

## Teen Drum Circle

Learn about different drumming patterns and different beats by using hand drums and rhythm instruments. Come let loose, relieve some stress and get ready to find your rhythm!

**Registered Teen Lounge participants can attend this class for free!**

Ages 11-17	RMC Studios	PAL	
Res \$75/Non Res \$94			
<b>14878</b>	4-5p	M	4/3-5/22

## Introduction Group Piano

A group piano lesson that includes beginning rhythm, improv, ear training and note reading, all taught in a fun group format.

**No Class 3/28, 3/30**

Ages 5-7	RMC	PAL	
Res \$72/Non-Res \$90			
<b>14880</b>	5:15-6p	Tu	1/17-2/21
<b>14881</b>	5:15-6p	Tu	2/28-4/11
<b>14882</b>	5:15-6p	Tu	4/18-5/23
<b>New Thursday Sessions!</b>			
<b>14883</b>	5:15-6p	Th	1/19-2/23
<b>14884</b>	5:15-6p	Th	3/2-4/13

## Beginning Piano

Learn the basic skills of piano on a keyboard. Group lessons introduce students to the basics of music theory. Learn to play songs, read music and rhythmic expression. Students need to have taken beginning piano or have taken prior piano lessons.

**No Class 3/28**

Ages 7-10	RMC	PAL	
Res \$72/Non-Res \$90			
<b>14885</b>	6:15-7p	Tu	1/17-2/21
<b>14886</b>	6:15-7p	Tu	2/28-4/11
<b>14887</b>	6:15-7p	Tu	4/18-5/23

## Intermediate Piano

A group piano lesson experience that includes intermediate rhythm, improv, ear training and note reading taught in a fun and positive group format. Beginning piano or private piano lessons required. **No Class 3/28**

Ages 8-12	RMC	PAL	
Res \$72/Non-Res \$90			
<b>14888</b>	7:15-8p	Tu	1/17-2/21
<b>14889</b>	7:15-8p	Tu	2/28-4/11

## RMC STUDIOS PRIVATE LESSONS

RMC Studios is now proud to offer individual weekly music lessons! Registrations are taken on a first come, first serve basis. Lessons are 30 minutes in length and include one-on-one instruction from an experienced instructor. Please register online for your desired lesson and an RMC representative will contact you to confirm time slot. A home instrument is recommended.

### Wednesday: Guitar Lessons

Private instruction for beginners, intermediate, or expert levels. Work on rhythm, guitar basics, reading music, and learning popular songs. **No Class 3/29**

Ages 5-17	RMC	PAL	
Res \$216/Non-Res \$249			
<b>14890</b>	3:30-6:30p	W	1/18-2/22
<b>14891</b>	3:30-6:30p	W	3/1-4/12

### Thursday: Voice Lessons

Private instruction for beginners, intermediate, or expert levels. Work on rhythm, vocal techniques, reading music, and learning popular songs. **No Class 3/30**

Ages 5-17	RMC	PAL	
Res \$216/Non-Res \$249			
<b>14892</b>	3:30-6:30p	Th	1/19-2/23
<b>14893</b>	3:30-6:30p	Th	3/2-4/13

### Friday: Drum Lessons

Private instruction for beginners, intermediate, or expert levels. Work on rhythm, drum beats, reading music, and learning popular songs on a drum set or hand drums.

**No Class 3/31**

Ages 5-17	RMC	PAL	
Res \$216/Non-Res \$249			
<b>14894</b>	3:30-6:30p	F	1/20-2/24
<b>14895</b>	3:30-6:30p	F	3/3-4/14

## ADULT MUSIC

### Intro to Guitar

Impress your family and friends with a melodic strum or a popular rock tune. This fun course is designed to teach the basic fundamentals and techniques needed to play guitar in any musical style.

Ages 18+	RMC Studio	ACC	
Res \$66/Non-Res \$83			
<b>14955</b>	4-5p	W	1/18-3/1
<b>14956</b>	4-5p	W	3/8-4/19
<b>14985</b>	4-5p	W	4/26-6/7

## Choral Group

Whether you have not sung in years or you've been singing your entire life, come use your voice and be heard! Learn the basics of proper vocal techniques, warm-ups and vocal health. This class provides physical and mental benefits and the chance to socialize with other music lovers.

Ages 18+	RMC Studio	ACC	
Res \$36/Non-Res \$54			
<b>14948</b>	5-6p	W	1/18-3/1
<b>14949</b>	5-6p	W	3/8-4/19
<b>14982</b>	5-6p	W	4/26-6/7

## Drumming Circle

Get ready to find your rhythm! Learn about different drumming patterns and different beats by using a variety of hand drums and drum sets.

Ages 18+	RMC Studio	ACC	
Res \$66/Non-Res \$83			
<b>14950</b>	6-7p	W	1/18-3/1
<b>14951</b>	6-7p	W	3/8-4/19
<b>14983</b>	6-7p	W	4/26-6/7

## Stay within the Wines

Adult coloring is fun and relaxing. We provide coloring pens, coloring sheet and 1 glass of wine per person. You bring the friends and the FUN! Students may purchase additional glass of wine at \$4. Snacks provided.

Ages 21+	Blum	ACC	
Res \$18/Non-Res \$27			
<b>14968</b>	6:30-8p	Th	2/2
<b>14969</b>	6:30-8p	Th	4/6

## ACC CLASSES

### MORNING ARTS & CRAFTS

#### Cork Art

Save your favorite wine corks and bring them in to make cork wreaths and/or cork art on canvas. Corks and other supplies will be provided.

Ages 18+	Thomas	ACC	
Res \$22/Non-Res \$33			
<b>14963</b>	9:30-11:30a	W	1/18

#### Valentine's Day Cards

Making your own cards for family and friends is a wonderful and warm way to let people know you are thinking of them. We use various print making techniques to make greeting cards that can easily be used for the upcoming Valentine's Day!

Ages 18+	Thomas	ACC	
Res \$28/Non-Res \$42			
<b>14962</b>	9:30-11:30a	W	2/1

## St. Patrick's Day Wreath

Use a variety of green art supplies and quilling paper techniques to create a leprechaun-worthy wreath! If you don't like green, use any other color of the rainbow to make a wreath worthy of hanging year round.

Ages 18+	Thomas	ACC	
Res \$26/Non-Res \$39			
<b>14961</b>	9:30-11:30a	W	3/1

## Wood Burning

Learn the fabulous art of wood burning! An iron wood-burning tool is provided for each person to use during class so you can make a set of coasters or wood circles to hang as ornaments. Tools and supplies provided.

Ages 18+	Thomas	ACC	
Res \$28/Non-Res \$42			
<b>14960</b>	9:30-11:30a	W	4/5

## EVENING ARTS & CRAFTS

### Starburst Décor

Using paper and glue, participants are guided step-by-step to make a lovely starburst decoration. Colorful and neutral colors of paper are available so you can create just the right starburst for your home.

Ages 18+	Thomas	ACC	
Res \$22/Non-Res \$33			
<b>14930</b>	6-8p	W	1/18

### Quill a Heart

This art project is just in time for Valentine's Day! Quilling uses long strips of paper that are rolled into coils or scrolls, then manipulated and arranged to make a unique design, decorative pattern or shape.

Ages 18+	Thomas	ACC	
Res \$22/Non-Res \$33			
<b>14931</b>	6-8p	W	2/1

### Paper Art on Canvas

Join us to make a one of a kind piece of art using an array of paper and modgepodge. We have plenty of green paper if you want to make a St. Paddy's-themed piece of wall art, or any other color to meet your creative needs.

Ages 18+	Thomas	ACC	
Res \$22/Non-Res \$33			
<b>14932</b>	6-8p	W	3/1

### Easter Eggs

Use colored string or embroidery floss to create special eggs for Easter. These make wonderful hanging pieces of art and will look great on an Easter egg tree!

Ages 18+	Thomas	ACC	
Res \$22/Non-Res \$33			
<b>14933</b>	6-8p	W	4/5

## Bob Ross Oil Painting

Easy step-by-step class takes beginners to seasoned painters from blank canvas to finished masterpiece in one class. All supplies provided. Visit [loparks.org](http://loparks.org) to view paintings.

**Ages 12+ Stubb ACC**

Res \$48/Non-Res \$72

### Crocus in the Snow

**14947** 1-4:30p Tu 1/31

### Shades of Grey

**14943** 1-4:30p Tu 2/21

### Night Light

**14945** 1-4:30p Tu 3/21

### Hint of Springtime

**14946** 1-4:30p Tu 4/18

**Ages 12+ Stubb PAL**

Res \$48/Non-Res \$72

### Grey Winter

**14939** 10a-2p Th 1/5

### Clown Conductor

**14940** 5:30-9p M 1/23

### Pastel Seascape

**14941** 10a-2p Th 2/2

### Mexican Calla Lilies

**14942** 5:30-9p M 2/27

### Weathered Barn

**14944** 10a-2p Th 3/2

### Mountain Waterfall

**14936** 5:30-9p M 3/27

### Just Before the Storm

**14937** 10a-2p Th 4/6

### Evergreens at Sunset

**14938** 5:30-9p M 4/24

## Memoir Writing

Everyone can be a writer, you just need a story. Learn how to tell your story in this fun and thought-provoking class.

**Ages 18+ Talney ACC**

Res \$20/Non-Res \$30

**14959** 10a-12p M 3/6-4/17

## Knitting with Kat for Beginners

Learn the stitches to make your own cozy accessories in this beginner level course. All materials provided for new students.

**Ages 18+ Riley ACC**

Res \$17/Non-Res \$22

**14957** 10-11:30a F 1/6-2/24

Res \$19/Non-Res \$24

**14958** 10-11:30a F 3/3-4/28

## Roses Glassworks Art School

All tools provided and additional materials fees may apply.

Visit [www.rosesglassworks.com](http://www.rosesglassworks.com)

**Ages 14+ McDougal/Griffith, TA ROSE**

### Stained Glass

Do you enjoy the look of stained glass? Here is a great way to get started in stained glass without having to purchase tools. In this 2-week class, you pick from over a dozen patterns and learn to construct a copper foil stained glass panel. All tools provided, additional charge for glass.

Res \$104/Non-Res \$120

**15100** 10a-3:30p Sa 1/28, 2/4

### Beginning Glass Fusing

In this 2-day course, learn the exciting "art" of fusing, otherwise known as "warm" glass. Intensive class instructions with plenty of time to play and create your own glass objects from coasters to plates to jewelry and more. Basic materials and all tools provided. Fee includes 2 free kiln rentals.

Res \$282/Non-Res \$325

**15098** 11a-4p Sa 2/11, 2/18

### Mosaics the Stained Glass Way

Turn an ordinary surface into a work of art! No experience necessary for this 3-day class. Work with patterns and cut glass the "Stained Glass" way, while learning the exciting art of mosaics. Numerous FREE patterns available.

Res \$104/Non-Res \$120

**15099** 10a-1p Sa 2/25, 3/4, 3/11

## Intermediate Watercolors

Explore ideas and skills. Instructor will contact students prior to class start date. Instructor will have the following items for purchase for \$20 during class; good quality watercolor paper, tracing paper, Frisket & tape.

**Ages 18+ Luneke PAL**

Res \$120/Non-Res \$138

**14954** 9:30a-11:30a W 1/4-3/8

**14984** 9:30a-11:30a W 4/5-6/7

## Beginning Watercolors

Class explores watercolor painting, history, materials, techniques and practices. To keep costs low, Instructor will contact students prior to class start date to review paints and brushes. Instructor will have the following items for purchase for \$20 during class; good quality watercolor paper, tracing paper, Frisket & tape.

**No Class 3/31**

**Ages 18+ Luneke ACC**

Res \$47/Non-Res \$71

**14952** 1-3p F 1/13-2/17

**14953** 1-3p F 3/17-4/28

# Get Interested

As part of *Living Well in LO*, Parks & Recreation offers activities to encourage Intellectual Wellness. Intellectual Wellness is one of the Six Dimensions of Wellness and is defined as meeting life's challenges successfully through one's ability to think coherently and logically, as well as having the ability to solve problems. Learning something new is a great way to challenge and exercise your intellect.

## YOUTH

### Babysitter Training

Topics include accident prevention, handling emergencies, first aid and child development, positive supervision and the rights and responsibilities of a great babysitter.

Ages 10-15	ARC	PAL	
Res \$93/Non-Res \$117			
<b>14846</b>	9a-3:45p	Sa	2/18
<b>14847</b>	9a-3:45p	Sa	3/11
<b>14848</b>	9a-3:45p	Sa	4/15

### Babysitter Bootcamp

This two-day experience includes Babysitter Training on day one and pediatric CPR, First Aid and AED training on day two. Help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Students receive certification upon completion of two-day course.

Ages 10-15	ARC	PAL	
Res \$132/Non-Res \$152			
<b>14849</b>	8:30a-4:30p	F-Sa	3/3-3/4

### Wilderness First Aid

This two-day course provides one day of indoor education and one day of outdoor training. Learn first aid principles and skills to respond to emergencies in areas that don't have immediate emergency medical services. Training includes wilderness, remote environments and natural disasters.

Ages 14+	ARC	PAL/GRP	
Res \$132/Non-Res \$152			
<b>14850</b>	8:30a-4:30p	F-Sa	3/24-3/25

### Adult CPR, First Aid and AED Certification Training

Learn to recognize and respond appropriately to cardiac, breathing and first aid emergencies or give immediate care to a suddenly injured or ill person. Students receive certification upon completion of class.

Ages 10+	ARC	PAL	
Res \$98/Non-Res \$122			
<b>14851</b>	9a-2:15p	F	1/27
<b>14853</b>	9a-2:15p	Sa	2/11
<b>14854</b>	9a-2:15p	Sa	3/18
<b>14855</b>	9a-2:15p	Sa	4/22

### Little Medical School

Little Medical School brings medicine, science and the importance of health to children in a fun way! Age appropriate activities, crafts, and games will inspire children to explore the world of medicine and create healthy lifestyles. **No Class 3/29**

Ages 4-6	LMC	PAL	
Res \$89/Non-Res \$112			
<b>14856</b>	9:15-10:15a	W	1/18-2/22
<b>14857</b>	9:15-10:15a	W	3/8-4/19

### NEW! Little Veterinarian School

Little Veterinarian School encourages elementary school children to explore the exciting world of veterinary care. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use.

Ages 6-11	LMC	PAL	
Res \$89/Non-Res \$112			
<b>14858</b>	9a-12p	Th-F	4-6-4/7

### NEW! Little Sports Medicine School

Come explore the exciting world of sports medicine with Little Medical School. Using interactive demonstrations, crafts and games, learn how doctors do an assessment, treat common sports injuries, and more!

Ages 8-11	LMC	PAL	
Res \$89/Non-Res \$112			
<b>14859</b>	9:30-10:30a	Sa	2/4-3/11
<b>14860</b>	9:30-10:30a	Sa	4/15-5/20



## ADULT

### Spanish

Whether you are planning a trip, need to learn Spanish for work, or just want to learn a beautiful language, these fun and laughter-filled classes provide you with 10 weeks of knowledge.

**Ages 16+**      **Cohan**      **PAL**  
 Res \$65/Non-Res \$82

### Beginning I Spanish

Introduction to alphabet and pronunciation. Emphasis on rules and separation of words into different syllables.

**14967**      10:20-11:35a      Th      1/12-3/16  
**14990**      10:20-11:35a      Th      4/6-6/8

### Beginning II Spanish

Review of Beginning class, sentence structure, articles and subject pronouns, gender, numbers and conjugation of "AR" verbs.

**14997**      9-10:15a      F      1/13-3/17  
**14998**      9-10:15a      F      4/7-6/9

### Advanced I Spanish

Review of past tense, indirect, direct object and pronominal pronouns. Subjunctive and reading for comprehension and conversation.

**14966**      9-10:15a      Th      1/12-3/16  
**14989**      9-10:15a      Th      4/6-6/8

### Social Security Planning Workshop for Couples

The Social Security decisions spouses make when they are in their 60s will determine the amount of total income they will receive over their lifetime – including the lifetime of the spouse who lives the longest. This workshop will cover little-known rules that can help married couples get more out of the Social Security system.

**Ages 55+**      **Alfonso**      **ACC**  
 Res \$15/Non-Res \$25  
**14965**      6-8p      M      1/23

### Social Security Planning Workshop for Boomers

Learn how to maximize your income from Social Security. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime.

**Ages 55+**      **Alfonso**      **ACC**  
 Res \$15/Non-Res \$25  
**14964**      6-8p      M      3/13



### Casey McCoy

Casey McCoy has been a PGA Professional since 1997. Casey has been one of the top players and teachers in the Pacific Northwest PGA Section qualifying for the Hudson Cup eight of the last eleven years. Casey has won the Rosauers Open Invitational, the Oregon PGA Championship, the Oregon PGA Match Play Championship, back to back Oregon PGA Assistant Championships, the Oregon PGA Player of the Year, and has qualified for the PGA National Club Professional Championship twice. Casey's teaching style has been influenced by his work with Hank Haney and Butch Harmon. Casey has worked with golfers of all levels from beginners to PGA tour players. Casey is available for lessons Tuesday, Wednesday, and Thursdays by appointment only. **Please call 541-300-0403.**



**J-Willy's 19th Hole** will re-open in March 2017. They offer a delicious variety of sandwiches and American style pub food, plus a full service bar to satiate your appetite and quench your thirst after your round. They are operated and managed by the same group that runs the very popular J-Willy's Public House and Eatery in West Linn.

# GOLF COURSE & PRACTICE RANGE



**Long considered the hidden gem of Lake Oswego** this beautiful and well-maintained 18-hole Par 3 Golf Course is a great place to develop your game with special emphasis on your short game. Our small, contoured greens provide challenge for players of all skill levels. A typical 18-hole round takes less than 3 hours, offers 18 hole-in-one opportunities, plus over half of the 10,000 steps recommended to maintain optimal health a day. Scenery abounds as Lost Dog Creek meanders through the back 9 canvassed by spruce, fir, and maple trees.

## DIRECTIONS

The facility is located 2.5 miles north of I-205 on Stafford Road adjacent to Lakeridge High School and Luscher Farm just past the lighted intersection at Overlook Dr. If coming from downtown Lake Oswego follow St./Hwy 43 south and turn right on McVey Ave. Follow 1.2 miles and turn right just past Pioneer Cemetery.

## FACILITY HOURS

**November-February** 9a-6p  
 (hours may vary depending on weather conditions)  
**\*\*\*FACILITY WILL BE CLOSED 12/16/16 - 1/2/17\*\*\***  
**March** 7:30a-7:30p  
 Range basket sales end 30 minutes prior to scheduled closing time.  
**April** 7a-8p  
**May** 6:30a-9p

<b>WINTER FEES</b> (Nov-Feb)	9 Holes	18 Holes
M-F	\$10	\$17
Jr/Sr	\$9	\$14
Sa,Su,Hol	\$13	\$20

<b>FEES</b> (Mar-Oct)	M-F	Sa/Su/Holidays
9 Holes	\$15.00	\$17.50
18 Holes	\$24.50	\$27.50

Jr./Sr. \$13.00/9 holes (M-F only)  
 Jr./Sr. \$20.00/18 holes (M-F only)

Twilight Rates are available daily during the prime season. Check our website or call the Pro Shop for time of day when these rates apply.

## DISCOUNT PLAY CARDS

\*GoLO Golf Club Membership Card. Valid through March 2018! Just \$99. Benefits include FREE 18-hole round, FREE lesson, 20% discount on merchandise, paid entry into October KP Shootout, plus discounts up to 50% off daily green fees. Supply limited, get yours today at [www.lakeoswegogolf.org](http://www.lakeoswegogolf.org).

### \*\*Unlimited 2017 Play Pass

Adults \$850  
 Seniors (60+) \$700

### \*\*\*Frequent Player Punch Card

(valid for 15 9-hole rounds or punch twice for 18 holes)  
 Adults \$190 (valid every day)  
 Juniors (17 & under) \$150 (valid M-F only)  
 Seniors (60+) \$150 (valid M-F only)

## PRACTICE RANGE

The range has 17 anti-shock artificial turf mats; 13 mats are covered, and five of the stations are heated. Hours are the same as the Course. Range closed on Tuesday mornings until 9a for mowing during peak season and may be closed periodically for ball recovery in the winter months. Please call the Pro Shop to confirm hours at 503-636-8228.

### FEES

20 balls	Warm-up Bucket	\$3.00
45 balls	Small Bucket	\$6.00
90 balls	Medium Bucket	\$9.00
135 balls	Large Bucket	\$12.00
Unlimited balls for 2017		\$500

### Punch cards

(20% savings! Valid for cardholder only)

10 small buckets	\$50
10 medium buckets	\$70
10 large buckets	\$90

## TEE TIME RESERVATIONS

Reservations for 9 or 18-hole play may be made up to seven days in advance. For a reservation, call the Pro Shop at 503-636-8228 or visit our website to book online at [www.lakeoswegogolf.org](http://www.lakeoswegogolf.org).

For same day reservations call the Starter directly at 503-534-5727.

## 2017 GROUP GOLF ORGANIZATIONS

There are several opportunities to play with organized groups. Visit our website for details.

## GOLF CLASSES & INSTRUCTION

Lake Oswego residents receive priority for class placement at the beginning of each catalog season. Our instructors take pride in teaching players of all abilities and communicating necessary changes to ensure optimum performance. It's our goal to help you take your BEST game to the course.

## PROFESSIONAL INSTRUCTORS

**Tom Mueller**, PGA Professional and Course Manager  
26 years of experience

**Casey McCoy**, PGA Professional  
20+ years of experience

**Meurig Morgan**, Golf Professional  
13 years of experience

**Gary Huffmaster**, Golf Professional  
11 years of experience

**Brynn Hurdus**, Lady Golf Professional  
6 years of experience

## JUNIOR PROGRAM

Juniors (ages 6-17) welcome anytime during normal hours of operation. Juniors 8 and under must be accompanied by an adult golfer. We assist juniors in meeting others and playing golf in a fun, safe and courteous environment. We offer three levels of junior golf education to meet the needs of all age groups and ability levels. We also offer a number of junior golf camps during the spring and summer.

## PGA JUNIOR GOLF LEAGUE

Team golf for kids age 7-13 to advance their skills in competition vs. teams from other area clubs. Matches run June -July. Weekly practices on Friday beginning in May at 4p. Top performers will have the opportunity to play on the League All-Star team. Those wishing to participate need to attend tryouts held at the Golf Course. Each junior who qualifies will receive a team shirt, balls, and a bag tag. Call the Course for more details and scheduled tryout dates 503-534-5430. FEE \$200. Payable upon qualifying for our team(s).

## Kool Kidz Clinics – New Recruits (Level 1)

This fun-filled beginner clinic gets new recruits up to speed on the basics and enjoying this great game in no time! Clubs provided if needed. Please arrive 10 minutes early. No make-ups and only registered students may attend.

Res \$45/Non-Res \$68

Ages 6-9	Morgan	GC	
<b>14734</b>	10a-12:30p	Sa	3/4
<b>14735</b>	10-11:15a	Su	3/5-3/12
Ages 10+	Huffmaster	GC	
<b>14736</b>	10a-12:30p	Sa	3/4

## Kool Kidz Clinics – Birdie Hunters (Level 2)

So you know the basics, but want to raise your game to the next level. Come join the birdie hunters and let's chase down those rare birds! Clubs available if needed. There are no make-ups. Registered students only please. Min.3/max.10 students per clinic.

Res \$45/Non-Res \$68

Ages 6-9	Morgan	GC	
<b>14732</b>	10a-12:30p	Sa	3/11
<b>14733</b>	10-11:15a	Su	4/9-4/16
Ages 10+	Huffmaster	GC	
<b>14737</b>	10a-12:30p	Sa	3/11

## Kool Kidz Clinics – Low Score Joes (Level 3)

This awesome clinic helps budding players learn the art of scoring while fine-tuning their swing, especially for tournament play.. Clubs available if needed. There are no make-ups. Only registered students may attend. Please arrive 10 minutes early. Min.3/max.10 students per clinic.

Res \$45/Non-Res \$68

Ages 6-9	Morgan	GC	
<b>14738</b>	10a-12:30p	Sa	3/18
<b>14739</b>	10-11:15a	Su	4/23-4/30
Ages 10+	Huffmaster	GC	
<b>14740</b>	10a-12:30p	Sa	3/18

## Spring Break Junior Camp

A fun opportunity for kids to brush up their game in all areas with 4 days of golf, lessons & activities. Includes daily practice on the Course. One t-shirt and cap per participant and lunch each day included.

Res \$149/Non-Res \$175

Ages 6-17	Mueller/Hurdus/Morgan	GC	
<b>14741</b>	10a-1p	Tu-F	3/28-3/31

## HIGH SCHOOL GOLF SEASON

Students on the roster of the Lakeridge or LOHS Boys and Girls golf teams are granted free golf and range use M-F from initial tryouts through the last school day prior to Spring Break. Weekday tee times between 3:20-4:30p are subject to reservation for these groups between late February and late April.

### ADULT GOLF CLINICS

We offer the following one-day adult clinics for groups up to 10 students. Whether you're brand new to the game or an intermediate player we have group instruction that suits your needs.

#### Meurig's Winter Practice Program

Don't let your golf game fall away over the Winter. Led by award-winning coach Meurig Morgan, this 8-week supervised practice program uses video analysis and personalized drills to enhance your long and short game so you're ready to play in Spring. **No class Super Bowl Sunday 2/5.**

Res \$100/Non-Res \$115

<b>Ages 18+</b>	<b>Morgan</b>	<b>GC</b>	
<b>14742</b>	1-2p	Su	1/8-3/5
<b>14743</b>	5-6p	M	1/9-2/27

#### Beginners Guide to Golf

A two-hour clinic on the fundamentals of the golf swing, chipping and putting.

Res \$38/Non-Res \$57

<b>Ages 18+</b>	<b>Mueller</b>	<b>GC</b>	
<b>14744</b>	1-3p	Sa	3/11
<b>14745</b>	5-7p	Tu	4/18

#### It's All About Short Game

If you're tired of throwing away shots from 50 yards or less this clinic is for you. Chipping, pitching, lobbing, putting, and sand play are covered.

Res \$38/Non-Res \$57

<b>Ages 18+</b>	<b>Mueller</b>	<b>GC</b>	
<b>14746</b>	1-3p	Sa	3/18
<b>14747</b>	5-7p	Tu	4/25

#### Intermediate Clinic

If you usually hit it in the air and have begun to keep score this is the clinic for you. Enhance your ball striking skills and learn to hit from uneven lies, out of rough, longer, straighter tee shots. Min.3/max.10 students per clinic.

Res \$38/Non-Res \$57

<b>Ages 18+</b>	<b>Mueller</b>	<b>GC</b>	
<b>14749</b>	1-3p	Sa	4/15

#### 8-Session Ladies Golf Clinic

Comprehensive coverage of all subjects golf twice weekly over 4 weeks. Ladies only! Each week our Pros introduce a single aspect of the swing or short game and help you do them yourself. Fee includes a card valid for five 9-hole rounds. Beginners or intermediate ladies welcome. Min.6/Max.15 students per class.

<b>Ages 18+</b>	<b>Mueller/McCoy</b>	<b>GC</b>	
Res \$100/Non-Res \$115			
<b>14748</b>	10-11a	Tu/Th	3/7-3/30
<b>14750</b>	10-11a	Tu/Th	4/11-5/4



#### FOOT GOLF

Foot Golf is played by kicking a regulation size 5 soccer ball, counting each kick as a stroke, until it is holed. The 23" diameter holes are cut away from the golfing greens and are proportional in size to a soccer ball as a conventional golf hole is to a golf ball. Foot golf tee times are available at Lake Oswego Public Golf Course every Thursday 3pm to close and the first Weekend of each month F-Su, open to close. Call to make your reservation at 503-636-8228. Wet conditions may preclude play of Foot Golf.

<b>Rates</b>	<b>9 holes</b>	<b>18 holes</b>
Adults (18-59yrs)	\$9	\$15
Junior/Senior	\$7	\$10



#### NEW! Whing Golf

Whing Golf is a brand new game. The rules are similar to regular golf, but instead of needing lots of clubs and other equipment to play, all you need is a Whinger, a putter, and a golf ball. **LO Golf permits the play of Whing Golf ANY TIME.**

Round pricing is as follows: Whinger rental = \$5

<b>9 hole adult = \$10</b>	<b>junior = \$7</b>
<b>18 hole adult= \$15</b>	<b>junior = \$10</b>

#### PRIVATE LESSONS

We have many instruction options available for adults and kids, both individually and in groups. Options and pricing are posted on our website.

#### WINTER LESSON PROMOTION

20% discount on single Private Lessons (no multi-lesson packages) taken before February 28, 2017!

## TENNIS



### All Court Times: \$20 per hour

**Be a good neighbor!** Please drive slowly and obey stop signs as you drive through our neighborhood.

### COURT RESERVATIONS

Reservations may be made up to one week in advance by calling the Tennis Center at 503-635-5550 during office hours.

#### Office Hours, September 1-May 31

M-F	9a-8p
Sa	9a-4p
Su	11a-4p

### ACCESS TO THE TENNIS CENTER

The use of a card key allows access to your pre-reserved court at the Tennis Center when the office is closed. A card may be purchased at the Tennis Center when making a court reservation. Card keys are effective for one year. The cost is \$10 per year, or \$30 for four years.

### SEASONAL RESERVATIONS

Guaranteed court time may be purchased in advance, at our normal hourly rate, for a particular day and time each week for a 4.5 month period (Fall/Winter, and renewable in Winter/Spring). For more information about seasonal reservations, call the Tennis Center at 503-635-5550. The seasonal lottery draw is held at the end of July.

**Fall/Winter - September 1-January 18**

**Winter/Spring - January 19-May 31**

### CONNECT WITH US

To learn more about the Tennis Center, visit our website at [lakeoswegotennis.com](http://lakeoswegotennis.com). You can stay informed about what's happening by subscribing to our newsletter and liking us on Facebook.

### TENNIS CENTER STAFF

**Lisa West**, Tennis Center Coordinator

**Gerri Allen**, PTR MAP 5 Professional

**Sam Dibbins**, USPTA Elite Professional

**Amy Leahy**, USPTA Elite Professional

**Ellen MacPherson**, USPTA Elite Professional

**Kevin Hughes**, PTR Professional

**Brian Hughes**, PTR Instructor

**Paul Hesser**, Instructor

**John Auer**, Instructor

To contact professionals regarding private instruction, call the Tennis Center at 503-635-5550. Private lessons taught by individuals other than City tennis employees are prohibited.

### ABILITY LEVELS

#### Beginner

You have no (or limited) tennis experience.

#### Advanced Beginner

You have had some lessons, but need on-court experience to improve fundamentals and develop consistency.

#### Intermediate

You have more dependable strokes, but are still working to keep the ball in play with others of the same ability level.

### ADULT TENNIS ACTIVITIES

Many opportunities are provided for competitive and non-competitive play in weekly ladders, and on City League and USTA tennis teams. Contact the Tennis Center at 503-635-5550 for more information.

### NEED A PARTNER?

Add your name to our "looking for a partner" list in the lobby.

### ABOUT OUR FEES

The Tennis Center is a self-sustaining enterprise not funded by tax dollars. Lake Oswego residents receive priority for class placement at the beginning of each season.



## JUNIOR LESSONS

ACTIVITY#	AGE	LEVEL	DATES	DAY(S)	TIME	INSTR	RES/NON-RES	NOTES
14972	3	Little Tennis	1/10-1/31	Tu	9:30-10a	Kevin	\$25/\$43	Palisades Gym
14973	3	Little Tennis	2/7-2/28	Tu	9:30-10a	Kevin	\$25/\$43	Palisades Gym
15115	3	Little Tennis	4/4-4/25	Tu	9:30-10a	Kevin	\$25/\$43	Palisades Gym
15116	3	Little Tennis	5/2-5/23	Tu	9:30-10a	Kevin	\$25/\$43	Palisades Gym
14974	4	Little Tennis	1/10-1/31	Tu	10:15-10:45a	Kevin	\$25/\$43	Palisades Gym
14975	4	Little Tennis	2/7-2/28	Tu	10:15-10:45a	Kevin	\$25/\$43	Palisades Gym
15117	4	Little Tennis	4/4-4/25	Tu	10:15-10:45a	Kevin	\$25/\$43	Palisades Gym
15118	4	Little Tennis	5/2-5/23	Tu	10:15-10:45a	Kevin	\$25/\$43	Palisades Gym
14803	5-6	Jr. Aces	1/14-3/4	Sa	9-9:45a	Brian	\$85/\$107	
14804	5-6	Jr. Aces	1/14-3/4	Sa	1-1:45p	Brian	\$85/\$107	
14805	5-6	Jr. Aces	4/8-5/20	Sa	9-9:45a	Brian	\$75/\$97	
14806	5-6	Jr. Aces	4/8-5/20	Sa	1-1:45p	Brian	\$75/\$97	
14813	7-9	Beg	1/9-2/1	M/W	5-6p	Kevin	\$110/\$127	
14814	7-9	Beg	2/6-3/1	M/W	5-6p	Kevin	\$110/\$127	
14815	7-9	Beg	4/3-4/26	M/W	5-6p	Kevin	\$110/\$127	
14818	7-9	Beg	5/1-5/24	M/W	5-6p	Kevin	\$110/\$127	
14816	7-9	Beg	1/14-3/4	Sa	9-10a	Paul	\$110/\$127	
14817	7-9	Beg	1/14-3/4	Sa	12-1p	Brian	\$110/\$127	
14820	7-9	Beg	4/8-5/20	Sa	9-10a	Paul	\$96/\$120	
14819	7-9	Beg	4/8-5/20	Sa	12-1p	Brian	\$96/\$120	
14807	7-9	Adv Beg	1/10-2/2	Tu/Th	4:30-5:30p	Kevin	\$110/\$127	
14808	7-9	Adv Beg	2/7-3/2	Tu/Th	4:30-5:30p	Kevin	\$110/\$127	
14809	7-9	Adv Beg	1/14-3/4	Sa	10-11a	Brian	\$110/\$127	
14810	7-9	Adv Beg	1/14-3/4	Sa	11a-12p	Brian	\$110/\$127	
14811	7-9	Adv Beg	4/8-5/20	Sa	10-11a	Brian	\$96/\$120	
14812	7-9	Adv Beg	4/8-5/20	Sa	11a-12p	Brian	\$96/\$120	
14821	7-9	Int	1/14-3/4	Sa	1-2p	Kevin	\$110/\$127	
14823	7-9	Int	4/4-4/27	Tu/Th	4:30-5:30p	Kevin	\$110/\$127	
14822	7-9	Int	4/8-5/20	Sa	1-2p	Kevin	\$96/\$120	
14824	7-9	Int	5/2-5/25	Tu/Th	4:30-5:30p	Kevin	\$110/\$127	
14780	10-12	Beg	1/9-2/1	M/W	6-7p	Kevin	\$110/\$127	
14783	10-12	Beg	2/6-3/1	M/W	6-7p	Kevin	\$110/\$127	
14784	10-12	Beg	4/3-4/26	M/W	6-7p	Kevin	\$110/\$127	
14785	10-12	Beg	5/1-5/24	M/W	6-7p	Kevin	\$110/\$127	
14777	10-12	Beg	1/14-3/4	Sa	10-11a	Kevin	\$110/\$127	
14778	10-12	Beg	4/8-5/20	Sa	10-11a	Kevin	\$96/\$120	
14781	10-12	Adv Beg	1/10-2/2	Tu/Th	5:30-6:30p	Kevin	\$110/\$127	
14779	10-12	Adv Beg	2/7-3/2	Tu/Th	5:30-6:30p	Kevin	\$110/\$127	
14782	10-12	Adv Beg	1/14-3/4	Sa	2-3p	Brian	\$110/\$127	

## JUNIOR LESSONS CON'T

ACTIVITY#	AGE	LEVEL	DATES	DAY(S)	TIME	INSTR	RES/NON-RES	NOTES
14786	10-12	Adv Beg	4/8-5/20	Sa	2-3p	Brian	\$96/\$120	
14787	10-12	Int	1/14-3/4	Sa	2-3p	Kevin	\$110/\$127	
14788	10-12	Int	4/8-5/20	Sa	2-3p	Kevin	\$96/\$120	
14789	10-12	Int	4/4-4/27	Tu/Th	5:30-6:30p	Kevin	\$110/\$127	
14790	10-12	Int	5/1-5/24	Tu/Th	5:30-6:30p	Kevin	\$110/\$127	
14791	13-18	Beg/Adv Beg	1/9-2/1	M/W	4-5p	Kevin	\$110/\$127	
14792	13-18	Beg/Adv Beg	2/6-3/1	M/W	4-5p	Kevin	\$110/\$127	
14793	13-18	Beg/Adv Beg	4/3-4/26	M/W	4-5p	Kevin	\$110/\$127	
14794	13-18	Beg/Adv Beg	5/1-5/24	M/W	4-5p	Kevin	\$110/\$127	
14796	13-18	Adv Beg/Int	1/10-2/2	Tu/Th	3:30-4:30p	Kevin	\$110/\$127	
14795	13-18	Adv Beg/Int	2/7-3/2	Tu/Th	3:30-4:30p	Kevin	\$110/\$127	
14797	13-18	Adv Beg/Int	4/4-4/27	Tu/Th	3:30-4:30p	Kevin	\$110/\$127	
14798	13-18	Adv Beg/Int	5/2-5/25	Tu/Th	3:30-4:30p	Kevin	\$110/\$127	
14799	13-18	Adv Beg/Int	1/14-3/4	Sa	11a-12p	Kevin	\$110/\$127	
14801	13-18	Adv Beg/Int	1/14-3/4	Sa	12-1p	Kevin	\$110/\$127	
14800	13-18	Adv Beg/Int	4/8-5/20	Sa	11a-12p	Kevin	\$96/\$120	
14802	13-18	Adv Beg/Int	4/8-5/20	Sa	12-1p	Kevin	\$96/\$120	

## JUNIOR COMPETITIVE PROGRAM

Accelerated tennis skills, strategy, mental training techniques and physical development for committed players ages 7-18. This level supplements the advanced student's knowledge and provides preparation and support for competitive tennis. Professional's pre-approval required. Contact the Tennis Center at 503-635-5550 for more information.  
Res \$325/Non-Res \$374

## Special Olympics Training

The Tennis Center is in its 13<sup>th</sup> year of teaching tennis fundamentals to Special Olympians. Instructors provide a positive and fun learning experience with lots of success and high fives! Sign up only through Special Olympics Clackamas County. **NOTE:** According to Special Olympics policies, athletes must have a current Special Olympics medical form that will last through the spring tennis season.

**Ages 12+**      **Staff**      **ITC**  
4-4:50p      Sa      1/14-3/4

## ADULT LESSONS

ACTIVITY#	LEVEL	DATES	DAY(S)	TIME	INSTR	RES/NON-RES	NOTES
14755	Beg	1/12-3/2	Th	9-10:30a	Ellen	\$125/\$144	
14756	Beg	4/6-5/25	Th	9-10:30a	Ellen	\$125/\$144	
14773	Stroke Production	1/9-2/1	M/W	9-10a	Amy	\$110/\$127	Beg/Adv Beg
14774	Stroke Production	2/6-3/1	M/W	9-10a	Amy	\$110/\$127	Beg/Adv Beg
14775	Stroke Production	4/3-4/26	M/W	9-10a	Amy	\$110/\$127	Beg/Adv Beg
14776	Stroke Production	5/1-5/24	M/W	9-10a	Amy	\$110/\$127	Beg/Adv Beg
14752	Adv Beg	1/9-2/1	M/W	10-11a	Amy	\$110/\$127	
14753	Adv Beg	2/6-3/1	M/W	10-11a	Amy	\$110/\$127	
14751	Adv Beg	4/3-4/26	M/W	10-11a	Amy	\$110/\$127	
14754	Adv Beg	5/1-5/24	M/W	10-11a	Amy	\$110/\$127	
14772	Int	1/9-2/1	M/W	11a-12p	Amy	\$110/\$127	
14770	Int	2/6-3/1	M/W	11a-12p	Amy	\$110/\$127	
14769	Int	4/3-4/26	M/W	11a-12p	Amy	\$110/\$127	
14771	Int	5/1-5/24	M/W	11a-12p	Amy	\$110/\$127	
14835	Drill & Play 2.5-3.0	1/10-2/28	Tu	6:30-8p	Sam	\$125/\$144	

## ADULT LESSONS CON'T

ACTIVITY#	LEVEL	DATES	DAY(S)	TIME	INSTR	RES/NON-RES	NOTES
14833	Drill & Play 2.5-3.0	1/12-3/2	Th	6:30-8p	Sam	\$125/\$144	
14836	Drill & Play 2.5-3.0	4/4-5/23	Tu	6:30-8p	Sam	\$125/\$144	
14834	Drill & Play 2.5-3.0	4/6-5/25	Th	6:30-8p	Sam	\$125/\$144	
14763	Drill & Play 3.0-3.5 Singles	1/9-2/27	M	10:30a-12p	Ellen	\$125/\$144	
14764	Drill & Play 3.0-3.5 Singles	4/3-5/22	M	10:30a-12p	Ellen	\$125/\$144	
14757	Drill & Play 3.0	1/12-3/2	Th	10:30a-12p	Ellen	\$125/\$144	
14758	Drill & Play 3.0	4/6-5/25	Th	10:30a-12p	Ellen	\$125/\$144	
14759	Drill & Play 3.0-3.5	1/10-2/28	Tu	9-10:30a	Ellen	\$125/\$144	
14760	Drill & Play 3.0-3.5	4/4-5/23	Tu	9-10:30a	Ellen	\$125/\$144	
14765	Drill & Play 3.0-3.5	1/10-2/28	Tu	10:30a-12p	Ellen	\$125/\$144	
14766	Drill & Play 3.0-3.5	4/4-5/23	Tu	10:30a-12p	Ellen	\$125/\$144	
14761	Drill & Play 3.0-3.5	1/11-3/1	W	12-1:30p	Amy	\$125/\$144	
14762	Drill & Play 3.0-3.5	4/5-5/24	W	12-1:30p	Amy	\$125/\$144	
14767	Drill & Play 3.5-4.0	1/9-2/27	M	12-1:30p	Paul	\$125/\$144	
14768	Drill & Play 3.5-4.0	4/3-5/22	M	12-1:30p	Paul	\$125/\$144	
14839	Drill & Play 3.5-4.0	1/10-2/28	Tu	8-9:30p	Sam	\$125/\$144	
14837	Drill & Play 3.5-4.0	1/12-3/2	Th	8-9:30p	Sam	\$125/\$144	
14840	Drill & Play 3.5-4.0	4/4-5/23	Tu	8-9:30p	Sam	\$125/\$144	
14838	Drill & Play 3.5-4.0	4/6-5/25	Th	8-9:30p	Sam	\$125/\$144	



## GET ACQUAINTED

**Kevin Hughes**  
Tennis instructor  
**Age:** 30

**Classes I teach:** Junior classes every day except Fridays and Sundays.

**Alma Mater:** Portland State University, bachelor's degree in mechanical engineering.

**Teaching Certifications:** PTR Adult Development, PTR 10 & Under Tennis

**Years I have been teaching:** About 10. I've been working at the Tennis Center for about 13 years.

**My favorite thing about teaching:** Introducing new players to the sport of tennis, seeing that moment when things start to "click."

**What I'm excited about this season:** Meeting new people and seeing the improvements in current students.

**Favorite pro tennis player:** Roger Federer



## LAKE OSWEGO FARMERS' MARKET

Saturdays, May 20–October 14

8:30a–1:30p

Millennium Plaza Park

Discover exceptional seasonal produce, superior nursery items, beautiful flowers, and some of the finest fresh foods at the Lake Oswego Farmers' Market. Plan your Saturday (rain or shine) around this award-winning Farmers' Market. The Market boasts an average of over 80 vendors and features live music from 10:30a–12:30p. Guests can also enjoy Kids Corner, local artisan vendors, and more—there is something for everyone! Experience the luscious bounty of the Pacific Northwest at this cherished community event.

## LAKE RUN

The 41st Annual Lake Run, hosted by the Lake Oswego Women's Club (LOWC) will be held Saturday, May 13, 2017. This event is a time-honored tradition with a 5K and 10K challenge around the lake.

The LOWC fundraiser benefits several local charities in Clackamas. For race and registration information, including route maps, visit [www.lowomensclub.org](http://www.lowomensclub.org).



## DADDY DAUGHTER DINNER DANCE

Saturday, March 11

6-8:30p

Palisades Elementary

From under the sea and onto the shore, calling all mermaids, seahorses and more! Join us for an evening of enchantment under the sea at the annual Daddy Daughter Dinner Dance. Throw on your dancing shoes and your prettiest dress, enjoy a tasty meal and create a memory to last a lifetime. Capture the magic of the evening with our professional photographer. Get ready to make a splash! Price is per pair. Please register under daughter's name. Additional sibling discount is available if registering for another daughter.

Ages 3+	Staff	PAL
Res \$53/Non-Res \$67	6-8:30p	Sa 3/11
13332		
Each Additional Daughter		
Res \$15/Non-Res \$19		
A Semi-formal Mermaid Affair		

## THE FRENCH GAME OF PETANQUE

Monday afternoons 4p

March - October

Foothills Park

You can learn to play the French game of Petanque (pronounced "pay-TONK") in beautiful Foothills Park March through October. Competitive Club play takes place on Sunday mornings and late afternoon on Mondays (weather permitting) is open for drop in play, instruction and demonstrations. This is a great opportunity to learn a new skill and perhaps even learn a word or two of French.

For more information please email Johnny at [javapetanque@gmail.com](mailto:javapetanque@gmail.com) or visit Lake Oswego Petanque on Facebook.

## NEW!! Night out at ACC!



Join us for first Friday's at the Adult Community Center. Grab a friend or meet new ones! Learn about what's happening in the evenings at the ACC. Sip on tasty beverages, watch movies, and enjoy desserts and great company. You never know what First Friday's will bring your way! Suggested donation for the evening \$5.

## Active Living Night

There's more to leading a healthy lifestyle than going to the gym! Do you want to become more healthy and active but feel overwhelmed not sure where to start? Then Active Living Night is for you! Meet people, hear about new ways to engage, be creative and enlightened and maybe even win a prize while you're out!

<b>Ages 18+</b>	<b>Staff</b>	<b>ACC</b>	
Suggested Donation \$5			
<b>15139</b>	6-8p	F	1/6

## First Friday Movie Night

February is the month for love, what better way to celebrate the best emotion in all humanity than to watch a wonderful romantic comedy? Join us for a night of grand entertainment and socialization with libations, chocolate tastings and of course some buttery popcorn.

<b>Ages 18+</b>	<b>Staff</b>	<b>ACC</b>	
Suggested Donation \$5			
<b>15137</b>	6-8p	F	2/3

## Everyone's Irish Tonight

Calling all you Lads and Lassies! Wear your favorite shade of green from absinthe to zomp (yes, that's a real shade of green) this evening and try some cider and tasty St Paddy's Day treats. Be smilin' and stompin' to the music and by the performance end, you will be wantin' to dance a jig too!

<b>Ages 18+</b>	<b>Staff</b>	<b>ACC</b>	
Suggested Donation \$5			
<b>15138</b>	6-8p	F	3/3

## Tailgating Game Night

Time to tailgate. It's a kickoff to summer sports so let's tailgate and celebrate. Game night tailgating brings food, fun and fellowship to sports fans. Yep, you'll have corn hole, table tennis, social games and more to choose from. Join us under the big tent for food hot-off-the-grill, homemade pretzels and crafted beer.

<b>Ages 18+</b>	<b>Staff</b>	<b>ACC</b>	
Suggested Donation \$5			
<b>15136</b>	6-8p	F	4/7

## GET ACQUAINTED



### Betty Barber

Meet Superstar Volunteer Betty Barber! As reliable and steady as the rain in Oregon you'll find Betty helping out in some capacity at any number of the City's Special Events. Not only is she tried and true week in and week out, but she's been keeping this pace up since the Farmers' Market began in 2001!

After living in Spokane, Washington for 36 years, raising a family and teaching, Betty decided to not only retire but also move. She wanted to find a place that was closer to the ocean and near a large city and that would make it easier to fly overseas. After teaching world history, Betty was anxious to see all the places she had been teaching about for so many years. She chose Lake Oswego because of its proximity to Portland and its small town atmosphere. After walking up to the Farmers' Market in the summer of 2001, she knew immediately that she had selected the right town. Little did she know that it was the first year of the market, and they were looking for volunteers. Sixteen years later, Betty is still volunteering at the Market (and concerts), still traveling overseas, spending time at the beach, taking care of a garden at Luscher Farm, playing golf and singing in a choir. In Betty's words "Whatever worries I had about finding enough to do in retirement in a new town, have long been put to bed."

# Lake Oswego Adult Community Center

505 G Avenue Lake Oswego, OR

**The LOACC is a community focal point** that celebrates aging through creative, inspiring and exciting opportunities that promote independence, as well as physical and emotional wellness.



**Office Hours** M-F 8a-4:30p  
**Building hours** M-F Call 503-635-3758

**For the Winter/Spring season, the ACC is closed on the following dates: 1/2, 1/16, 2/20**

## ACC Fitness Center

The ACC has four pieces of user-friendly exercise equipment.

**VIP Partners** have access to the Fitness Room (after orientation) through their generous donation. Orientation provided on site. Requirements: VIP Partner status, Orientation & Liability Waiver Form. M-F hours vary, contact ACC for more information.

## What's For Lunch?

The ACC provides lunch on M/W/F at 12p. Eat in, take-out or Meals-On-Wheels service. Everything is made from scratch and reviewed and approved for nutritional content. Please call 503-635-3758 or visit our website at [www.loacc.info](http://www.loacc.info) for a listing of our monthly menus.

### Special Luncheons at the ACC

2/10	L.O. Reads Luncheon
2/13	Valentine's Day
2/27	Mardi Gras
3/17	St. Patrick's Day
4/14	Spring Luncheon

## LO Reads Happenings at the ACC

The ACC is sponsoring two events in celebration of LO Reads "Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars" by Nathalia Holt. A 1950's themed lunch with a book discussion to follow in the Spruce room is scheduled. Suggested donation \$4.00 for those 60 and over, \$5.00 charge for those under 60. Call the ACC at (503) 635-3758 to register.

Lunch	12-1p	F	2/19
Pay at ACC			
Book Discussion	1-2p	F	2/19
Free			

## New! Comfort Food Mondays at the ACC

Starting in January, Chef Sara brings you traditional favorites, reminders of home, places and people. It's what you crave. Every Monday, enjoy a satisfying, daily prepared, in house entrée like Cabbage Rolls, Chicken Paprikash or Meatloaf, always paired with a fresh salad, side veggies, home baked bread and dessert. And while comfort food might sound like all mashed potatoes and gravy, you can be sure that the ACC makes it a balanced, healthy meal with a right-sized entrée. Plus, all our menus are reviewed by a licensed dietician, and we adhere to strict national nutrition guidelines.

For complete menu, call the ACC at 503-635-3758. We will make you feel like home.



### NEW PERK FOR VIPS!

If you are not already a Very Important Partner (VIP) of the Lake Oswego Adult Community Center, here is another reason to become one! If you donate at the Bronze Level (that's just \$50 a year), you

will be eligible for \$5 off your first massage at the Center with our Licensed Massage Therapist, Cindy Gellinger. Cindy has been getting rave reviews since she started here earlier this year, so make sure you get on her schedule.

Your donation to the Center is vitally important to help the community and so appreciated. It supports the only Meals-On-Wheels site in Lake Oswego, plus award-winning programs, evidence based caregiver series, support groups, free medical equipment loans, family consultations, and much more.

Call 503-635-3758 today to pledge your support for the Center and get the massage you so deserve! Be sure to mention you are a VIP when scheduling your appointment.

Ann Adrian, Center Manager



The ACC offers a variety of classes, programs, activities and trips. Check the Living 50+ newsletter for more information or visit us on the web at [www.loacc.info](http://www.loacc.info). Call 503-635-3758 for more information and registration.

### HEALTH & WELLNESS CHATS

Monthly health and wellness programs of interest to the 50+ population are offered on the fourth Wednesday of each month. Registration Required. No Cost.

### Nutrition in the New Year

Kayla Peterson, R.D. New Seasons Market Nutritionist, will be here to help you kick off 2017 the right way! She shares some simple tips and tricks to optimize your health and achieve New Year's goals – including 10 easy ways to boost your nutrition without the stress of a diet overhaul.

**14683**      **10-11:30a**      **W**      **1/25**

### Introduction to Acupuncture and Traditional Chinese Medicine

Come for an introduction to the history and concepts of acupuncture with Dr. Colin Gold DAOM, L.Ac. Learn about meridians, acupuncture points, the most common problems treated with acupuncture and frequently asked questions. You can also experience acupuncture first-hand.

**14675**      **10-11:30a**      **W**      **2/22**

### Aging with Grace: Mental Well-Being for Older Adults

Angelie Karabatsos, MA, Licensed Professional Counselor (Intern) explores the physical, emotional and social factors that affect the mental well-being of aging adults, including chronic pain, irregular sleep patterns, lifestyle changes, loss of mobility, depression, and dementia.

**14674**      **10-11:30a**      **W**      **3/22**

### Foot Care and Shoes for Diabetics

Join Jana Boyer, CFTS (Certified Fitter Therapeutic Shoes), from Priority Footwear & Pedorthic to learn about the impact on diabetes on your feet. Find out if you qualify for Medicare assistance for diabetic shoes and custom inserts that help alleviate some foot conditions.

**14676**      **10-11:30a**      **W**      **4/26**

### Lake Oswego Place Day Respite Program

A weekly program designed for older adults with memory loss who are being cared for by family members. The purpose of this program is to improve the quality of life for participants, while providing their loved ones with a block of time away from the stresses of their caregiving responsibilities.

Pre-registration is required. \$30.00 per session, includes lunch. Scholarships available.

Ongoing      **11:30a-3:30p**      **W**

### Healthy Living for the Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement — and how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**14555**      **11a-12p**      **Th**      **1/12**

### The Basics: Memory Loss, Dementia & Alzheimer's

Alzheimer's affects people in various ways and affects those who interact with them. Understanding the disease is the key to interacting and providing quality care. This class includes information from expert professionals and first-hand accounts from people diagnosed with Alzheimer's disease.

**14554**      **9-10a**      **F**      **2/10**



### Alzheimer's Association: MEMORIES IN THE MAKING®

For those with memory loss, the world can become confusing and even frightening. This art program for individuals with Alzheimer's disease or related dementias brings comfort and joy through watercolor painting. This program is grant funded, no cost to participants.

Pre-registration is required.

**14680**      **10:30-12p**      **Tu**      **2/21-4/4**

### Writing/Sharing Our Life Story

As we move through our lives, we carry with us the stories of our journey. Share with others the events that helped shape you and explore the legacy of wisdom that you would like to pass along. This program is offered by VIEWS (Volunteers Involved for the Emotional Well-being of Seniors) Space is limited to 8 participants. Registration required.

**14684**      **10-11:30a**      **Tu**      **2/7-3/21**

### Making Connections: Support Groups at the Center

A support group is simply a gathering of people who share a common interest or concern. Groups are open to everyone, there is no fee, or registration required. The groups offer a safe place in which to share, learn, and connect.

New Beginnings/Widowed Group	1st W	10-11:30a
Caregiver Support	3rd W	1:30-3:30p
Grandparents Raising		
Grandchildren Coffee Hour	3rd W	10-11:30a
Family Caregiver Discussion*	4th W	7-8:30p

\*Group meets at Palisades, 1500 Greentree Road

## HOW TO REGISTER

### Online:

Most classes are available for online registration at [www.loparks.org](http://www.loparks.org).

There is a processing fee for all online registrations.

### Phone:

Call **503-675-2549**. Payment by credit card is required for online and phone registrations.

### In Person:

Register at the Palisades, Tennis Center, Golf Course, or Adult Community Center

### Current Term Registration

Registration for Winter/Spring classes begins at 10a Dec 5 for residents and Dec 12 for all others.

### Cancellations

Classes held at the Palisades follow the Lake Oswego School District closures for legal holidays, inclement weather, or other unforeseen emergencies. Call Parks & Recreation regarding cancellations at other class locations. Early registration is encouraged as classes may be canceled five working days prior to the start date due to low enrollment.

### Refunds

The Parks & Recreation office must be notified at least five working days prior to the first class that you wish to cancel a class. A \$5 processing fee is charged for each refunded class. In lieu of a refund, you may request a voucher toward a future class, and the \$5 fee is waived. All vouchers are nonrefundable once issued and must be used prior to the end of the following fiscal year (June 30).

### Residency

The fee for non-residents may be up to 1.5 times the resident rate. A resident is:

- An individual who rents or owns property inside the incorporated city limits of Lake Oswego
- An individual who lives within the LO School District boundaries
- **EXCEPTION:** Sports Leagues will additionally consider individuals employed within the incorporated city limits of Lake Oswego or within Lake Oswego School District boundaries as residents.

### Scholarships

The Lake Oswego Parks & Recreation Department offers a limited number of partial scholarships for City and School District residents needing financial assistance. Resident applicants may receive up to 50% of the cost of a program, up to a maximum of \$50 per class, maximum \$160 per person per fiscal year (July 1-June 30) and a maximum of \$300 per fiscal year per family. A completed application must be submitted **ten calendar days prior to the program start date** for processing. The online scholarship application and all information can be found at: [www.lakeoswego.city/parksrec/scholarship-program](http://www.lakeoswego.city/parksrec/scholarship-program). For more detailed information, please contact Dina Balogh at [dbalogh@lakeoswego.city](mailto:dbalogh@lakeoswego.city) or **503-534-5420**.

## Special Accommodations

If you have a disability or need an accommodation, please call 503-675-2549 to register.

## Liability, Photography & Medical Release Information

Payment of fees and participation in Parks & Recreation programs shall constitute participants' acknowledgement of the nature of the activity and release the City of Lake Oswego from liability for any and all claims for personal injuries. Participants, and/or parents/guardians of registered minors, authorize employees of the City to seek medical treatment in the event of an accident or emergency. Photos taken during programs may be used for promotional purposes.

## Inclement Weather

Parks & Recreation programs follow Lake Oswego School District schedules.

Please call the weather hotline 503-699-7460 or visit [www.lakeoswego.city/parksrec](http://www.lakeoswego.city/parksrec) for current information.

## Location Key

<b>ABDA</b>	Academy of Ballet & Dance Arts	311 B Ave., Suite Z
<b>ACC</b>	Adult Community Center	505 G Avenue
<b>FHE</b>	Forest Hills Elementary	1133 Andrews Rd.
<b>GC</b>	Public Golf Course	17525 Stafford Rd.
<b>GRP</b>	George Rogers Park	611 S. State St.
<b>ITC</b>	Indoor Tennis Center	2900 Diane Dr.
<b>LGE</b>	Lake Grove Elementary	15777 SW Boones Ferry Rd.
<b>LKWD</b>	Lakewood Center for the Arts	368 S. State Street
<b>LUSCH</b>	Luscher Farm	125 Rosemont Rd.
<b>MILL</b>	Millennium Plaza Park	200 First St.
<b>PAL</b>	Palisades	1500 Greentree Rd.
<b>ROSE</b>	Rose's Glassworks	10105 SW Hall Blvd., PDX
<b>Springs</b>	Springs at Carman Oaks	3800 Carman DR.
<b>TBA</b>	To Be Announced	
<b>WSC</b>	Water Sports Center	350 Oswego Pointe Dr.
<b>LOJH</b>	Lake Oswego Junior High	2500 Country Club Rd

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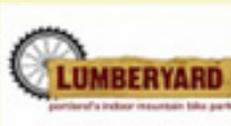
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