

Community Education Classes

How to register:

Mail-in

Use the form on this page to register for Community Schools and Senior Programs. Send the form with a check for total tuition and fees. See the following page for Community School and Senior Program addresses.

Phone registration

Please be prepared to provide the information normally required on the registration form. Not all community schools accept phone registration.

In-person

Bring a completed registration form (with payment) to your community school office during the hours listed on the following page.

First class meeting

Some schools accept registration at the first class meeting on a space available basis only. To be sure of a place in the class of your choice register in advance.

Multiple registrations

To register with more than one community school/senior center, or to register more than one individual per site/class, use separate photocopies of the registration form.

Senior discounts

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

Refunds

Refund policies vary, contact the community school/senior program in question.

Community Education

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Please return registration form with Social Security # and payment enclosed to address(es) listed on the following page.

COMMUNITY EDUCATION REGISTRATION FORM SPRING 2010

TODAY'S DATE: / / COMMUNITY SCHOOL OR SENIOR CENTER: SOCIAL SECURITY NUMBER: _____

LAST NAME: FIRST NAME: MIDDLE INITIAL: _____

CURRENT ADDRESS NUMBER AND STREET: CITY: STATE: ZIP: _____

ETHNICITY: AMERICAN INDIAN / ALASKA NATIVE ASIAN / PACIFIC ISLANDER BLACK / NON-HISPANIC HISPANIC WHITE / NON-HISPANIC GENDER: MALE FEMALE PREVIOUS NAME(S): _____

COUNTY: HOME PHONE: () WORK PHONE: () DATE OF BIRTH*: / /

IN CASE OF EMERGENCY, NOTIFY LAST NAME: FIRST NAME: PHONE: ()

SIGNATURE: (PARENT, GUARDIAN OR ADULT STUDENT)

Providing your Social Security Number (SSN) is voluntary. If you provide it, the college will use your SSN for keeping records, doing research, aggregate reporting, extending credit and collecting debts. Your SSN will not be given to the general public. If you choose not to provide your SSN, you will not be denied any rights as a student. Providing your Social Security number means that you consent to the use of the number in the manner described.

* If you're under 18, additional permissions may be required before you can register for classes.

Course No.	Course Title	Time	M	T	W	Th	F	S	Su	Start Date	Location	Tuition	Fee	Total
1
2
3

PAYMENT BY: VISA MASTERCARD CHECK (PAYMENT OPTIONS VARY BY LOCATION.)

NAME ON CARD: CARD #: EXP. DATE: SIGNATURE:

Clackamas Community College does not discriminate on the basis of race, color, religion, gender, sexual orientation, marital status, age, national origin/ancestry, disability, family relationship or any other protected status in accordance with applicable law. The College's commitment to nondiscrimination applies to curriculum activity and all aspects of operation of the College.

Community Education

Community Schools and Senior Programs near you!

Canby Community Education

1859 S. Township Road, Canby, OR 97013

Phone: 503-266-0040 FAX: 503-266-0041

- Checks payable to: Canby Community Education
- Phone/FAX registration with Mastercard or Visa
- Registration begins immediately

Estacada Community School

355 N.E. 6th Avenue, Estacada, OR 97023

Phone: 503-630-8515, ext. 2820/2878 FAX: 503-630-8699

- Checks payable to instructor
- Walk-in registration; Monday-Friday, 10 am-4:45 pm
- Charge card payments not accepted

Gladstone Community School

17789 Webster Road, Gladstone, OR 97027

Phone: 503-650-2570 or 503-655-2777 FAX: 503-655-5201

- Registration begins immediately
- Phone/fax/mail registration with Mastercard or Visa
- Checks payable to: Gladstone Community School
- Confirmation on request only

Milwaukie Center

5440 S.E. Kellogg Creek Drive

North Clackamas Park, Milwaukie, OR 97222

Phone: 503-653-8100 Fax: 503-794-8016

- Registration begins immediately
- Phone/fax/mail registration with credit card
- Make checks payable to: Milwaukie Center

*Senior Discount

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

Community Education Needs You!

Clackamas Community College and the Community School partners are seeking part-time instructors for the Community Education program. If you have the ability and desire to provide a learning experience for seniors, adults and/or youths in your community, your talents are needed. Send your resumé to Community Education, 19600 Molalla Ave., Oregon City, OR 97045, or for more information on teaching positions call 503-594-0627.

Molalla Adult Community Center

P.O. Box 728, Molalla, OR 97038

Phone: 503-829-4214

- Call to register
- Checks payable to: MAS Class Fund

North Clackamas Parks & Recreation

7300 SE Harmony Rd, Milwaukie, OR 97222

Phone: 503-794-8080 FAX: 503-794-8085

- Phone/fax/mail registration with credit card
- Checks payable to: N. Clackamas Parks & Rec

Oregon City Community School

Eastham Community Center

7th & Harrison, P.O. Box 2110, Oregon City, OR 97045

Phone: 503-785-8520 FAX: 503-657-2536

- Registration begins immediately
- Checks payable to: Oregon City Community Schools
- Registration deadline is five business days prior to start of class. Late registrations accepted if space is available.
- Online registration www.activityreg.com

Pioneer Community Center

(Oregon City Senior Center)

615 Fifth Street, Oregon City, OR 97045

Phone: 503-657-8287

- Checks payable to: Pioneer Class Fund

West Linn, Parks & Recreation

22500 Salamo Road, #1100, West Linn, OR 97068

Phone: 503-557-4700 FAX: 503-656-4106

- Register online at <http://westlinnoregon.gov/parksrec> using class number included in class description
- Fax or mail registrations with check or charge card
- Telephone registrations can be done with charge card once your account is set up online
- Checks made payable to City of West Linn

Community Education Locations

Ackerman Middle School
350 SE 13th, Canby

Aikido Northwest
16029 SE McLoughlin, BLDG B, Milwaukie

Athey Creek Middle School
2900 SW Borland Rd, West Linn

Avamere Living at Berry Park
13669 S Gaffney Lane, Oregon City

Baker Prairie Middle School
1859 S Township Rd, Canby

Barclay Community School
12th & Madison, Oregon City

Beyond Art
21497 Hwy 99E NE, Aurora

Broken Arrow Archery
2044 SE Adams St, Milwaukie

Canby High School
721 SW Fourth St, Canby

Canby Swim Center
1150 S. Ivy, Canby

Carus Elementary
14412 S Carus Rd, Oregon City

Cedaroak Park School
4515 S Cedar Oak Dr, West Linn

The Children's Course
19825 River Road, Gladstone

Clackamas High School
13801 SE Webster Rd, Milwaukie

Clackamas River Elementary
301 NE 2nd, Estacada

Clackamas River Racquet Club
790 82nd Dr, Gladstone

Club Fit
365 S Redwood Ave, Canby

Dance Vision Studio
16246 SE 82nd Dr, Clackamas

Doggie Day Camp
16875 SE 82nd Drive, Clackamas

Eagle Creek School
30391 SE Hwy 211, Eagle Creek

Eastham Community School
1404 7th St, Oregon City

East Side Athletic Club
9100 SE Sunnyside Rd, Clackamas

East Side Athletic Club
4606 SE Boardman, Milwaukie

Estacada High School
355 NE 6th, Estacada

Estacada Junior High
350 NE 6th, Estacada

Footwork Dance Studio
16660 SE McLoughlin Blvd, Milwaukie

FUNDamental Golf Course
21661 S Beaver Creek Rd, Oregon City

Gladstone High School
18800 Portland Ave, Gladstone

Gladstone Senior Center
1050 Portland Ave, Gladstone

Grand Finale' Dance Studio
875 Portland Ave, Gladstone

Hammerle Park
5915 Holmes Street, West Linn

Harmony Rd Music Center
17300 SE 82nd Dr, Clackamas

Happy Trails Riding Center
20560 Fernview Road, West Linn

Health Habit
16200 SE 82nd Dr, Clackamas

Highland Stables
16723 S Williams Rd, Beaver Creek

Knight Elementary
511 N Grant, Canby

Knights Pythesis Hall
14979 NE 2nd Ave, Aurora

Kraxberger Middle School
17777 SE Webster Rd, Gladstone

Lee Elementary
1110 S Ivy, Canby

Lloyd Center Ice Rink
953 Lloyd Center, Portland

Milwaukie Bowl
3056 SE Harrison, Milwaukie

Milwaukie Center
5440 SE Kellogg Creek Dr, Milwaukie

Miramont Pointe
11520 SE Sunnyside Rd., Clackamas

Molalla Adult Community Center
305 Kennel Ave, Molalla

Mt. Pleasant Elementary
1232 Linn Ave, Oregon City

Mt. Scott Elementary
11201 SE Stevens Road, Portland

Mt. Talbert Nature Park
10695 SE Mather Road, Clackamas

Niemeyer Center
19600 S Molalla Ave, Oregon City

North Clackamas Aquatic Park
7300 SE Harmony Rd, Milwaukie

Oregon City High School
19761 S Beaver Creek Rd, Oregon City

Or City HS -Jackson Campus
1306 12th St, Oregon City

Oregon City TaeKwon Do
275 S Beaver Creek Rd, Oregon City

Oregon Institute of Technology
7726 SE Harmony Rd, Milwaukie

Out In The Garden Nursery
32483 S Mathias Rd, Molalla

Pilates with Fe
702 Main St, Oregon City

Pioneer Community Center
615 Fifth St, Oregon City

PLAY Boutique
332 First St, Lake Oswego

Precision Elite Gymnastics
9889 SE Mather Rd., #102, Clackamas

River Mill Grade School
850 NE Broadway, Estacada

Rosemont Ridge Middle School
20001 Salamo Rd, West Linn

Rose Villa
13505 SE River Rd, Milwaukie

St. Patrick's Catholic Church
488 NW 9th, Canby

Sachi Wellness
2008 Willamette Fall Dr, #220A, West Linn

Sah-Hah-Lee Golf Course
17104 SE 130th Ave, Clackamas

Stafford School
19875 SW Stafford Rd, West Linn

Stone Creek Golf Club
14603 S Stoneridge Dr, Oregon City

Sunset Fire Hall
2215 Long St, West Linn

Tilton's Gymnastics
2122 SW Borland Rd, West Linn

Trost Elementary
800 S Redwood, Canby

Waverley Greens
1611 Lava Dr, Milwaukie

West Linn High School
West A St, West Linn

West Linn Adult Community Center
1180 Rosemont Rd, West Linn

Wetten Elementary
250 E Exeter, Gladstone

Wetten Gym
250 E Gloucester, Gladstone

Willamette Christian Church
3153 S Brandywine Dr, West Linn

Willamette Park
1100 12th Street, West Linn

Willamette View Association
12705 SE River Rd, Milwaukie

Wilsonville Area Stables
4500 SW Advance Rd, Wilsonville

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

COMMUNITY EDUCATION

Registration form for Community Education classes on page 98.

For class locations, see page 100.

Phone: 503-266-0040

Animal Care/Training

PET-2-100 DOG OBEDIENCE, BASIC
 4:30-5:30pm W 4/22 6 \$60 Strozyk COVER
 Teaches the basic skills to have a well-behaved dog. Certified trainer will instruct you in positive techniques, and keeping your dog motivated. First class bring a lawn chair and no dog. Dog must be spayed or neutered. Knight Elementary School

PET-2-101 DOG OBEDIENCE, BASIC
 5:30-6:30pm W 4/22 6 \$60 Strozyk COVER
 Same description as previous class. Knight Elementary School

Art/Crafts/Hobbies

APA-2-100 KNITTING, BEG.
 6:30-8pm T 4/20 6 \$40 \$15 Carroll CLRM
 Practice the basics of knitting and explore simple patterns. Skills learned will be cast on, bind off, knit and purl. Seniors pay \$30. Ages 13-Adult. Beyond Art

APA-2-101 KNITTING, ADV
 6:30-8pm W 4/21 6 \$40 \$15 Carroll CLRM
 Continue your love of knitting by trying new techniques or projects under the guidance of an experienced knitter. Seniors pay \$30. Ages 13-adult. Beyond Art

APA-2-102 WATERCOLOR WITH JUDE WELTER
 10-12:30pm T 4/06 8 \$88 Welter CLRM
 Beg and more adv painters welcome in this class. Step-by-step demos to complete the basic concepts of this exciting medium. Materials will be discussed at first class. Relaxed atmosphere. St. Patrick's Church

APA-2-103 WATERCOLOR OR ACRYLICS W/ JUDE
 1-3:30pm T 4/06 8 \$88 Welter CLRM
 Explore your own subject matter with plenty of help and advice. Bring unfinished project or a fresh idea. Beginners welcome and will be given a materials list at the first session. St. Patrick's Church

APA-2-104 PHOTOGRAPHY, BASIC
 7-9pm W 4/07 1 \$35 Guvenir 4
 This 2-hour class will teach an overview of how modern digital & film cameras function & explain what you need to know to become a better photographer. Age: 16-Adult. www.oregonphotosafaris.com Canby High School

APA-2-105 PHOTOGRAPHY, ADVANCED
 7-9pm WTH 4/07 2 \$100 Guvenir 4
 This class will teach you everything you need to know to be in complete control of your photography in every situation. www.oregon-photosafaris.com Age: 18-Adult. Canby High School

APA-2-106 PHOTOGRAPHY, ADV. LIGHTING
 7-9pm WTH 4/28 1 \$100 Guvenir 4
 Workshop will help you develop your eye & teach you about the tools you may need to complete your vision. Advanced Photography is a pre-req. Age: 18-Adult. Canby High School

APA-2-107 COMPOSITION FOR PHOTOGRAPHY
 7-9pm WTH 4/21 1 \$100L Guvenir 4
 Learn to craft amazing "professional" quality images utilizing compositional techniques. Stop taking snapshots & start making art. Advanced Photography is a pre-req. www.gshot.com Canby High School

APA-2-108 WOODCARVING BASICS
 7-9pm T 3/23 12 \$5 Farrington CLRM
 Meet with other woodcarvers on a regular basis to learn, share, enjoy. Beginners should come to first class for information on tools, materials, & more. Experienced bring tools. Age: 18-Adult. St. Patrick's Church

APA-2-109 RAG RUG MAKING
 6:30-8pm T 5/04 4 \$40 \$5 Batridge A-138
 Learn to create fun rag rugs to give as gifts or decorate your home! We will be crocheting rugs from sheets, clothing, other fabrics. No prior skills needed. Beginning supplies provided. Age 16-Adult. Baker Prairie Middle School

Basic Academic Skills

GES-4-100 SAT TEST PREP
 6-9pm SU 4/04 4 \$135 Fearing 504
 College-bound students Jr & Sr prepare for the SAT-1 using effective & proven test taking strategies. Taught by reading, writing, & math specialists. Test practice & teacher feedback. Age: 15-18. Canby High School

GES-4-101 SAT TEST PREP
 6-9pm SU 5/02 4 \$135 Fearing 504
 Same description as previous class. Canby High School

Business/Financial Planning

BUS-2-100 ON-LINE SELLING WITH E-BAY
 1-3pm S 5/22 1 \$25 Warren A-138
 Learn the total process of listing and selling on Ebay. We will discuss on-line venue options. Students should be registered on Ebay and have a PayPal account to sell on Ebay. Age: 18-Adult Baker Prairie Middle School

Computers

DPS-4-100 PHOTOSHOP FOR PHOTOGRAPHY
 6:30-9:30pm WTH 5/05 1 \$100 Guvenir 801
 Learn the key elements to unlocking Photoshop's abilities from one of the top Photoshop artists. Create prints that are better than lab prints. Advanced Photography is a pre-requisite. Age: 16-Adult. Canby High School

Dance/Theater/Music

ATA-2-100 CANBY COMMUNITY ORCHESTRA
 7-9pm T 4/06 10 \$60 Stegmeier 805
 For students of all ages, with director Reginald Stegmeier. Canby High students eligible for high school credit. Age: All. Canby High School

ATA-2-104 GUITAR, BEGINNING
 5:15-6:15pm T 4/06 8 \$90 Rector BAND
 Learn popular songs & basic guitar skills including chords, strumming & picking. Bring your electric or acoustic guitar. Designed for entry level guitar students. No discounts. Age: 12-Adult. Baker Prairie Middle School

ATA-2-105 GUITAR II
 6:15-7:15pm T 4/06 8 \$90 Rector BAND
 This class builds on the skills learned in Guitar I or is for students with some guitar experience. We will use more advanced songs and playing techniques, barre chords and intro to scales. Baker Prairie Middle School

ATA-2-107 MOUNTAIN DULCIMER
 6-7pm T 3/30 8 \$50 Smith BAND
 Learn to play this easy three-stringed instrument. Beginners welcome. Learn melody, chords, & reading tablature, playing old time tunes & some gospel. Age: 13-Adult. Baker Prairie Middle School

ATA-2-109 BELLY DANCE BEGINNING
 7-8pm W 4/07 8 \$60 Appleton CLRM
 Learn the basic foundation of belly dance with Hendy. Get fit, have fun & learn an exciting new dance form. Age: 16-Adult. LEE Elementary

Community Education

Community Education Classes

Registration form on page 97.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ATA-2-110	BELLY DANCE, INTER.	8-9pm	W	4/07	8	\$60		Appleton	CLRM	PED-2-107	TAEKWON-DO	6-8pm	TTH	3/30	15	\$80		Matie	CAFE
Building on the foundation of the beginning class, Hendy will work with students on combinations, props & finger symbols. Age: 16-Adult LEE Elementary										Learn this disciplined martial art, using empty hands & bare feet in self-defense. Uniform is suggested/available through instructor. Age: 7-Adult. Ackerman Middle School									
ATA-2-112	INTRODUCTION TO VOICEOVERS	6-8pm	M	5/03	1	\$40		Staff	6	PED-4-108	CORPORATE DROP AND GIVE ME 50	12-1pm	MW	3/29	11	\$99		McArthur	CLRM
Taught by Voices for all, this fun, interactive class is designed to get you started as Professional Voiceover Artists, covering details of industry & importance of marketing & demos. Get coached & recorded for personal evaluation. Age: 18-Adult. Canby High School										Designed for the busy individual who has limited time during the day. Circuit training, using weight equip, boxing drills more. See how 50 min can reshape your idea of exercise. Beg to adv. Club Fit									
Driver Education																			
DRE-4-100	DRIVER EDUCATION	7-9pm	TTH	4/06	8	\$2550		Duckworth	1	PED-4-109	FAT BURNER BLAST	10:15-11:30am	TTH	3/30	11	\$129		Vandebeghe	CLRM
This course satisfies the state requirement of 30 hours classroom and 12 hours of in car instruction. Additional tuition if student is already a licensed driver. Textbook fee \$9.95. Contact the CCE office at 503-266-0040 for registration and additional information. No class May 25. Age: 15-20. Canby High School										Looking to trim your waist line? Fat Burner Blast will set you in the right direction. 20 different exercise routines to help you achieve your goals and get results. Beg to adv levels. Club Fit									
DRE-4-101	DRIVER EDUCATION	6-9pm	TTH	6/15	8	\$255		Duckworth	1	PED-4-110	GROUP CYCLE CORE TRAINING	8:30-9:30am	S	4/03	10	\$49		Schwam	CLRM
Same description as previous class. No class July 4. Textbook fee: \$9.95. Canby High School										Experience outdoor cycling indoors! Improve your cardiovascular level with low impact high intensity music and drills. Strengthens the heart, decreases stress. Beg to adv levels. Club Fit									
DRS-4-102	DRIVER SAFETY PROGRAM	9-5:30pm	S	5/22	1			Staff	4	PED-4-111	SUNRISE WORKOUT	5:15-6:15am	MWF	3/29	11	\$99		Raines	CLRM
Driver training program designed for senior drivers, although any student may enroll. Developed by AARP and approved by Dept of Motor Vehicles. Fee: \$14; \$12 with AARP card. Canby High School										Get a total body workout while combining cardio and strength training! Drills are designed to improve ability, speed, strength and endurance. Beginning to advanced levels. Club Fit									
Exercise/Fitness/Sports																			
PED-4-100	ADULT/SENIOR AQUATIC EXERCISE	7-8am	M-F	3/22	10			Staff	CANPOOL	PED-4-112	TOTAL BODY WORKOUT	5:45-7pm	MW	3/29	11	\$99		Roberts	CLRM
Basic strength training class designed to reduce body fat, improve muscle mass & increase endurance. Call 503-266-2761 for rates & fees. Age: Adult. Canby Swim Center										Same description as previous class. Club Fit									
PED-2-101	BASKETBALL, REC.	8-10pm	W	4/07	11	\$3		Staff	GYM	PED-4-113	PILATES FOR BEGINNERS	12-12:50pm	W	3/31	10	\$75		Wagner	CLRM
Trost Elementary										Pilates for Beginners will slowly introduce you to more traditional Pilates movements with emphasis on proper form & appropriate modifications to best support posture & challenge your muscles. Age: 18-Adult. Pilates With Fe									
PED-2-102	KEMPO-SELF DEFENSE	5-6pm	MW	3/29	11	\$100		Soles	227	PED-4-114	PILATES FOR BEGINNERS	6-6:50pm	M	3/29	10	\$75		Wagner	CLRM
Kempo is the study of highly effective self-defense/martial arts & yoga. Develop your minds & bodies. No class 5/31. Grade 9-Adult. Canby High School										Same description as previous class. Pilates With Fe									
PED-2-103	KINDER KEMPO	4-4:30pm	TH	4/08	8	\$50		Soles	GYM	PED-4-115	GENTLE PILATES	9-9:50pm	T	3/30	10	\$75		Wagner	CLRM
Focus on discipline, self-defense, & self control. Learn basic movements & forms. Uniforms required, details at first class. Ages 4-6. LEE Elementary										Gentle Pilates if for the student who is a little more fragile & refers a safe, slower pace approach to the work & still gets all the benefits of Pilates. Age: 18-Adult. Pilates With Fe									
PED-2-104	KIDS KEMPO	5-5:45pm	TH	4/08	8	\$60		Soles	GYM	PED-4-116	GENTLE PILATES	9-9:50am	TH	4/01	10	\$75		Wagner	CLRM
Class focuses on discipline, self-defense & self-control. Learn basic movements, beginning forms & have fun! Jenny Soles is a Sei Kosho Shorei Kai International certified instructor. Age: 7-10. LEE Elementary										Same description as previous class. Pilates With Fe									
PED-2-105	TAEKWON-DO FOR KIDS!	5-5:45pm	TTH	3/30	11	\$50		Matie	CAFE	PED-4-117	INTERMEDIATE PILATES	12-12:50pm	W	3/31	10	\$75		Wagner	CLRM
New fun for all 4-6 year old boys and girls! Come try a special beginning class in Taekwon-Do. Uniforms available from instructor but not required. Ages: 4-6 Ackerman Middle School										Intermediate Pilates is more challenging with emphasis on fluidity of movement, muscle control, & strength. Age: 18-Adult. Pilates With Fe									
PED-4-106	CARDIO KICKBOXING	10:15-11:15am	MW	3/29	11	\$79		Dellalucia	CLRM	PED-4-118	INTERMEDIATE PILATES	5-5:50pm	TH	4/11	10	\$75		Wagner	CLRM
Get ready to energize your day with hooks, jabs, and kicks! Cardio kickboxing will burn 400-600 calories and improve your physique just in time for summer! Beginning to advanced levels. Club Fit										Same description as previous class. Age: 18-Adult. Pilates With Fe									
PED-4-107	CARDIO KICKBOXING	10:15-11:15am	MW	3/29	11	\$79		Dellalucia	CLRM	PED-4-119	MIXED-LEVEL PILATES	5-5:50pm	T	3/30	10	\$75		Wagner	CLRM
Get ready to energize your day with hooks, jabs, and kicks! Cardio kickboxing will burn 400-600 calories and improve your physique just in time for summer! Beginning to advanced levels. Club Fit										Mixed Level Pilates is for both intermediate & beginners that want to take Pilates to the next level. Age: 18- Adult. Pilates With Fe									
PED-4-121	MIXED-LEVEL PILATES	12-12:50pm	F	5/02	10	\$75		Wagner	CLRM	PED-4-123	TAI CHI	7:30-8:30pm	TTH	3/23	10	\$200		Hancock	CLRM
Same description as previous class. Pilates With Fe										Tai chi is an ancient martial art promoting relaxation and healthy circulation. Builds strength, flexibility and balance. Yang Style Long Form style. Ages 18 & up. Knights Pythesis Hall									

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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PED-2-124 VOLLEYBALL, REC.
8-10pm W 4/07 13 \$3 Robinson GYM

It's a great workout & opportunity to play the game. Drop-in fee \$3 per night. Cancellation notices on CCE office message, 503-266-0040. Age: 18-Adult. Ackerman Middle School

PED-4-125 WATER EXERCISE
8-9am MWF 3/22 11 Staff CANPOOL

This fun aquatic exercise class will enhance your flexibility & muscular strength with aerobic conditioning & muscle strengthening. Call 503-266-0040 for rates & fees. Canby Swim Center

PED-4-126 WATER EXERCISE
7-8pm TTH 3/23 11 Staff CANPOOL

Same description as previous class. Canby Swim Center

PED-4-127 YOGA
6-7:30pm M 3/29 10 \$75 Fearing CLRM

Involves synchronizing breath with progressive series of postures. Produces internal heat & a sweat that detoxifies muscles & organs. Results: improved circulation, light & strong body & calm mind. Pilates With Fe

PED-4-128 YOGA
9-10:30am S 4/03 10 \$75 Fearing CLRM

Same description as previous class. Pilates With Fe

PED-4-129 YOGA-BEGINNING/INTERMEDIATE
5:30-7pm T 4/06 11 \$98 Fearing 1

Using balance, traditional poses, & good breathing, students will learn to relax & stretch. Dress for comfort/bring blanket or mat. Seniors & previous CCE Yoga students: \$88. Both T/Th:\$160. Age: 16-Adult. Canby High School

PED-4-130 YOGA, BEGINNING/INTERMEDIATE
5:30-7pm TH 4/08 11 \$98 Fearing 1

Same description as previous class. Both T/Th: \$150. Canby High School

PED-4-131 BEG/INT CO-ED YOGA
6-7:30pm W 3/31 10 \$97 Fearing CLRM

Class focuses on breath, balance, strength & relaxation/stress management. Dress for comfort. All supplies provided. Couples & family members welcome. Previous CCE students & seniors \$88. Ages 18-Adult. Sachi Wellness

PED-4-133 ZUMBA!
9:15-10:45am TTH 3/30 11 \$129 Vandenburg CLRM

Easy to follow Latin rhythm dance moves to create one of a kind fitness workout followed by strength intervals that will blow you away. Tuesdays at 5:45pm available for make-up class time. Beg to adv levels. Club Fit

Gardening/Landscape/Farming

PLT-2-100 WATERWISE GARDENING
6:30-8:30pm T 5/04 1 \$20 Westergreen 1

Out In The Garden Nursery owner, Carol Westergreen will discuss simple methods you can use in your garden to conserve your use of water while helping your plants thrive. No discounts. Canby High School

PLT-2-101 BASIC PLANT PROPAGATION II
10-12pm S 5/15 1 \$20 Westergreen CLRM

Learn the basics of propagating your own plants from cuttings. We will discuss layering techniques. A hands-on class so dress for the weather and bring gloves and clippers. Out in the Garden Nursery

PLT-2-102 GOING GREEN IN YOUR GARDEN
6:30-8:30pm T 5/18 1 \$20 Westergreen 1

All the talk today is going green. We will discuss simple things to do in your home & garden to get started being environmental friendly. Canby High School

Health/Safety/Personal Well-Being

HLT-2-100 RED CROSS BABYSITTING
9-3:45pm S 5/22 1 \$65 RedCross 1

Red Cross course teaches the needed skills to become a great babysitter: how to prevent accidents, what to do in an emergency, etc. Bring paper, pencil & lunch or snack. Age: 11-15. Canby High School

HLT-2-101 LOSE WEIGHT WITH HYPNOSIS
6:30-8pm MW 4/19 2 \$35 Marfell A-138

Learn the techniques you need to change behavior & lose weight, without deprivation or super human will power. Wear comfortable clothing. Class meets 4/19, 4/21 & 4/26. Age: 16-Adult Baker Prairie Middle School

HLT-4-102 YOUR CHILD'S BRAIN DEVELOPMENT
6:30-8pm T 5/11 5 \$20 Foster A-138

This parent education class will help you learn how your child's brain changes, grows and how to support their brain development. Taught by Cert. Family Life Educator. Baker Prairie Middle School

HLT-4-103 TAKE SHAPE FOR LIFE
7-8pm TH 4/01 10 Wagner CLRM

Take charge of your diabetes, high blood pressure, weight and other health issues. Listen to the free discussion every Thursday. Catch up on the latest trends and health tips. Pilates With Fe

HLT-2-104 MEDIC FIRST AID & CPR
6-9pm M 5/10 1 \$45 Baker A-131

Medic First Aid training teaches appropriate emergency skills. Adult/Child/Infant CPR, First Aid, AED, & blood borne pathogens. Receive 2 yr. CPR/First Aid card in OSHA compliant course. No discounts. Age: 14-Adult. Baker Prairie Middle School

HLT-2-106 WHEN I'M IN CHARGE
9-11:30am S 5/22 1 \$35 RedCross 3

Prepares children to respond safely to "home alone" situations. Parents are encouraged to attend last 25 minutes for film. Age: 8-11 Canby High School

Language Studies

FLS-4-100 SPANISH, BEGINNING
6:30-8pm T 4/13 8 \$60 Staff 6

Come learn Spanish! Build a great foundation for use in everyday conversation, travel & workplace. Middle schoolers may enroll for \$35 with parent. Seniors \$45. Age: 14-Adult. Canby High School

FLS-4-101 SPANISH, CONTINUING
6:30-8pm TH 4/15 8 \$60 Staff 6

Continue to learn Spanish in a fun & relaxed atmosphere. Build on great foundation for use in everyday conversation, travel, & workplace. Middle schoolers \$35 w/parent in class. Seniors \$45. Canby High School

Science

SCE-2-100 MAD SCIENCE - CARUS ELEMENTARY
3:40-4:40pm T 4/27 6 \$78 MadScience CLRM

Kids will have a blast & learn much in eight weeks. Each week a new topic! Registration & payment mailed to Mad Science! Forms sent home from school. Grade: K-5. Carus Elementary School

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

COMMUNITY EDUCATION

Register at the location of the class.
For class locations, see page 100.
Phone: 503-594-0628

Art/Crafts/Hobbies

APA-1-01 ART APPRECIATION
2-4pm T 3/30 10 \$89 Gillette CLRM
NEW! This course introduces the non-specialist to the qualities that characterize great art. The study of art movements, styles and techniques increases art appreciation for artists and non-artists. Program fee \$20. Willamette View Association

APA-1-02 OIL PAINTING, INTERMEDIATE
9:30-11:30am M 3/29 10 \$89 Lind CLRM
Emphasis will be on color mixing, brush techniques, composition, perspective and blending - from canvas preparation to a finished project. Easy to learn, no prior experience necessary. Supply list available at first class. Program fee \$20. Willamette View Association

APA-1-04 ACRYLIC PAINTING
1-2:30pm T 3/30 11 \$40 Gannon CLRM
Acrylic enthusiasts welcomed! Class covers color selection and mixing, composition basics and some drawing. Instructor demos at each class. Supply list. Class meets every other week: March 30; April 13, 27; May 11, 25 and June 8. Program fee \$15. Avamere Living At Berry Park

APA-1-05 OIL, PASTELS & COLORED PENCILS
9:30-11am F 4/02 11 \$73 Gannon CLRM
Beginning & intermediate students. Bring a min. of 24 colored pencils, 24-25 oil pastels and/or watercolor pencils, an eraser, drawing pad and kleenex. Covers composition basics, color selection & mixing. Includes instructor demo. Program fee \$15. Miramont Pointe

Dance/Theater/Music

ATA-1-04 RING THE CHIMES - BEGINNING
11-12pm TH 4/01 10 \$45 Jensen CLRM
This class is for beginners and anyone who loves music. The ability to count and visual- acuity to see the music are the primary requisites. Be part of an ensemble that "rings the chimes" to make beautiful music. Experience joy while learning musical skills together. Program fee. Rose Villa

ATA-1-05 RING THE CHIMES
12:30-2pm TH 4/01 10 \$67 Jensen CLRM
This class is for the more experienced. Same description as previous description. Program fee \$20. Willamette View Association

Exercise/Fitness/Sports

PED-4-02 PILATES
1-2pm MW 3/29 11 \$93 Rabe CLRM
This class focuses on traditional pilates movement patterns, designed to develop core strength and coordination. Exercises can be modified based on experience. Bring a mat to class. All levels welcome. No class May 31. Program fee: \$20. Waverley Greens

PED-4-03 SENIOR YOGA
4-5pm TTH 3/30 10 \$89 Waddell CLRM
Come join us for this gentle yoga class designed specifically for seniors to increase overall health, flexibility and balance. Program fee. Rose Villa

PED-4-04 STRETCH & TONE
11-12pm MW 3/29 11 \$93 Rabe CLRM
Gentle stretching, strengthening and balancing exercises. Class meets Mondays and Wednesdays. No class May 31. Program fee. Rose Villa

PED-4-05 TAI CHI - BEG
1-2pm S 4/03 11 \$49 Bernunzio CLRM
A gentle approach to exercise emphasizing mind/body harmony & balance, relaxation, centering, and coordination. Traditional style helps develop effortless vitality and awareness through meditative movement. Program fee \$20. Waverley Greens

PED-4-06 TAI CHI: ALL LEVELS
10-11am TTH 3/30 10 \$89 Bernunzio CLRM
Same description as above. Program fee \$20. Willamette View Association

PED-4-07 WATER AEROBICS
7:15-8:15pm MW 3/29 10 \$89 Stanton POOL
High energy, low impact workout uses a wide range of muscles. Hot tub to relax in after class. Swim skills not necessary. Senior Discount \$45. Willamette View Association

PED-4-09 ZUMBA GOLD
1:30-2:30pm TTH 3/30 7 \$62 Wilson CLRM
Zumba is designed to take exciting Latin and International dance rhythms and bring them to the active older adult. Includ3s Merengue, Salsa, Cha Cha, Flamenco and more. Beginners welcomed. Program fee \$20. Waverley Greens

History/Writing/Literature

HWL-1-01 GENEALOGY
9:30-11:30am W 4/14 9 \$80 Baird CLRM
Come join us and learn to successfully research your family in a simple, step-by-step method. Learn how to begin a family history project, how to organize your records and materials, and learn the skills to continue your project on your own! Program fee \$20. Willamette View Association

HWL-1-02 19TH CENTURY RUSSIAN WRITER
1:30-3:30pm M 3/29 8 \$71 Steinberg CLRM
Anton Chekhov was a revered 19th Century Russian writer. We will read and discuss many of his masterful short stories and plays, inc "Uncle Vanya", "The Seagull" and "The Cherry Orchard." Program fee. Rose Villa

HWL-1-03 19TH CENTURY RUSSIAN WRITER
10-12pm F 4/02 10 \$71 Steinberg CLRM
Same description as previous class. Program fee \$20. Willamette View Association

HWL-1-04 WRITING YOUR MEMOIRS
1:30-3pm W 3/31 8 \$53 McEnerney CLRM
Capture your own life experiences or family stories on paper before they are lost to the next generation. We'll show you how. Program fee. Rose Villa

HWL-1-05 HISTORY OF THE OREGON TRAIL
3-4pm W 3/31 11 \$49 Tompkins CLRM
Spring term we will examine the trail and again, in their own words, study what the emigrants had to say about the trail and the beginning of their lives in Oregon. Program Fee \$15. Avamere Living At Berry Park

HWL-1-06 HISTORY OF THE OREGON TRAIL
3-4pm TH 4/01 11 \$49 Tompkins CLRM
Same description as previous class. Program fee \$15. Miramont Pointe

HWL-1-07 HISTORY OF THE OREGON TRAIL
9-11am F 4/02 10 \$89 Tompkins CLRM
Same description as previous class, but more a more in-depth look. Program fee \$20. Willamette View Association

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

The Seasoned Adult Enrichment Programs are designed and administered by its participants. Individual classes \$3.00, per term \$15.00 and \$30.00 for the full year. For more information or to request a brochure please call 503-594-0620.

SAEP-3-01 BIRDING TALES
 9:30-11:30am W 4/07 1 Ligocki OIT191
 Two expert photographers, Marti & Lew Ligocki, from Salem's Audubon Society will share their birding adventures far and wide. Oregon Institute of Technology

SAEP-3-02 CLIMATE CHANGE CONFERENCE
 9:30-11:30am W 4/14 1 Hallmark OIT191
 Elaine and Bill Hallmark, official observers at last year's UN Conference on Climate Change in Barcelona and Copenhagen, will tell us their impressions of the event and give us an update. Oregon Institute of Technology

SAEP-3-03 RHODODENDRON GARDENS
 W 4/21 1 Lister
 FIELD TRIP to the Rhododendron Gardens at Crystal Springs. Ken Lister, who entertained us last fall with his great photos of Scotland, volunteers at the gardens regularly, and will be our tour guide. Choose to drive direct and meet in the parking lot at the gardens or in the OIT parking lot at 9:30am to carpool.

SAEP-3-04 OREGON FIELD GUIDE
 9:30-11:30am W 4/28 1 Amen OIT191
 Steve Amen of OPB television's Oregon Field Guide will recall his many experiences over the years with this wonderful program. Oregon Institute of Technology

SAEP-3-05 EUROPEAN TRAVELING TIPS
 9:30-11:30am W 5/05 1 Ferris OIT191
 Glenn and Diane Ferris, both instructors at CCC, have traveled extensively in Europe, and are eager to pass along tips about traveling there. Oregon Institute of Technology

SAEP-3-06 LEND A HAND WITH ECO-VIVA
 9:30-11:30am W 5/12 1 Davidson OIT191
 Sher and Gary Davidson will talk about helping our neighbors to the South, particularly El Salvador, with a philanthropy called Eco-Viva, formerly Foundation for Self-Sufficiency in Central America. Oregon Institute of Technology

SAEP-3-07 CHILDREN'S CTR - CLACKAMAS CTY
 9:30-11:30am W 5/19 1 Lugar OIT191
 Shauna Lugar, Development Director of the Children's Center of Clackamas County, will explain the purpose of the Center and the role it fills. Oregon Institute of Technology

SAEP-3-08 EGYPT AND JORDAN ADVENTURES
 9:30-11:30am W 5/26 1 Baker OIT191
 Joanne and Jim Baker, having recently returned from a three-week trip to Egypt and Jordan, are eager to share their adventures with us all. Oregon Institute of Technology

SAEP-3-09 CCC THEATRE PRODUCTION
 2:30-4:30pm SU 5/23 2 N147
 Come see the CCC Theatre production 'Dirty Work at the Crossroads' or Tempted Tried and True - a Gay 'Nineties Melodrama in 3 Acts by Bill Johnson. Two Sunday shows available: May 23 or May 30th. Call 503-594-3153 or visit our department website at www.TheatreCCC.org for production information or to buy tickets. Neimeyer Center

Estacada

COMMUNITY SCHOOL

Registration form for Community Education classes on page 98.

For class locations, see page 100.

Phone: 503-630-8515, ext. 2860/2878

Art/Crafts/Hobbies

APA-2-201 CERAMICS-ADULT/CHILD
 3:30-8:30pm T 3/30 8 \$85 Griswold ART
 Basic hand building techniques (coil, slab, pinch) taught in fun, relaxed atmosphere. Children 3:30-5:30pm, \$10 fee paid to instructor. Adults 5:30-8:30pm, supplies may be purchased from the instructor, 503-630-3874. Estacada High School

Computers

DPS-4-200 ACCESS
 6-9pm TTH 4/20 1 \$60 Sargent EHS2
 Project based instruction using problem solving databases that will give you the control to save time and stay organized. Additional training aids are furnished with a take-home CD. Estacada High School

DPS-4-201 EXCEL
 6-9pm TTH 4/13 1 \$60 Sargent EHS2
 You don't have to be a math whiz to use a spreadsheet. Easily create formulas and display data in charts, organize and manipulate numbers to make informed decisions. Additional training aids are furnished with a take-home CD. Estacada High School

DPS-4-202 WORD
 6-9pm TTH 4/06 1 \$60 Sargent EHS2
 Format letters, flyers, newsletters and outlines. Make information attractive, organized, and easy to understand with the use of character/paragraph formatting, graphics, columns, styles and charts. Additional training aids are furnished with a take-home CD. Estacada High School

Dance/Theater/Music

ATA-2-200 KARAOKE
 7-9pm M 3/29 8 \$35 Denmark CLRM
 Learn about Karaoke as a hobby and profession. Learn aspects of vocal and mic education, stage presence and persona, care & handling of your KJ at the establishment you sing at, and karaoke etiquette. Estacada High School

ATA-2-201 DANCE! DANCE! DANCE!
 4-5pm M 4/05 6 \$55 Smith CAFE
 Weeks 1-2: hip-hop routine. Weeks 3-4: West Coast Swing. Weeks 5-6: popular line dances. Types of dances may change with student consensus. Pay \$12 per class or take all six for \$55. Estacada High School

ATA-2-202 KINDERMUSIC-IMAGINE THAT
 10:15-11am T 3/30 9 \$110 Groff CLRM
 Toys/Make, Trips/Take. We'll use the theme of a toy shop to make our pretend creations using rhythm and songs with every saw, hammer and nail. Parents participate in the last 15 minutes. Ages 3-5. Eagle Creek School

ATA-2-203 KINDERMUSIC-IMAGINE THAT
 9:15-10am W 3/31 9 \$110 Groff CLRM
 Same description as previous class. Eagle Creek School

ATA-2-204 KINDERMUSIC-SIGN & SING
 10:15-11am W 3/31 4 \$70 Groff CLRM
 Learn to incorporate sign language into your daily routines, favorite nursery rhymes and stories. Research-proven strategies speed language development in hearing children. Eagle Creek School

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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ATA-2-205 KINDERMUSIC-SIGN & SING
9:15-10am T 3/30 9 \$130 Groff CLRM
Same description as previous class. Eagle Creek School

ATA-2-206 KINDERMUSIC-YOUNG CHILD
2:25-3:25pm W 3/31 9 \$115 Groff CLRM
Through dances and games that focus on rhythmic development, learn a keyboard instrument, the glockenspiel. Parents participate in last 15 minutes. Ages 5-7. Eagle Creek School

ATA-2-207 KINDERMUSIC-YOUNG CHILD
9:30-10:30am S 4/03 9 \$115 Groff CLRM
Same description as previous class. Eagle Creek School

Exercise/Fitness/Sports

PED-4-200 AEROBICS
5-6pm TWTH 3/30 11 Oakes CLRM
A moderate-intensity aerobics class that encourages you to work at your own fitness level. Warm-up, aerobic portion (20 min), strength & floor work all included. During fire season, classes may be cancelled when instructor is on fire assignment. Clackamas River Elementary

PED-2-202 MARTIAL ARTS & SELF DEFENSE
6:30-7:30pm M 3/29 13 \$35 Griffiths GYM
Beginners learn self-defense, discipline, & methods of exercise to enhance physical fitness & stress relief through the combined traditional styles of Okinawan Karate, Torite-Jutsu, & Sombo. Open age 5 & up. Eagle Creek School

PED-2-203 MARTIAL ARTS & SELF DEFENSE
7:30-8:30pm M 3/29 13 \$35 Griffiths GYM
A continuation of the beginning class. Eagle Creek School

PED-2-204 TAE KWON DO KARATE
5:30-7:30pm M 3/29 13 \$35 Kirkpatrick CAFE
For individuals wishing to learn the basic fundamentals of Karate. Helps build confidence of the body & mind. Wear loose fitting clothing/no jewelry. Families \$70. Age 8 & up. River Mill School

PED-2-205 ADVANCED ADULT VOLLEYBALL
7-9pm M 3/29 13 \$10 Cooke GYM
Fast paced competitive volleyball. Must know rules and have experience in passing, setting, and hitting; and have knowledge of defensive & offensive positions. River Mill School

PED-2-206 ADULT VOLLEYBALL-FUN & FITNESS
7-10pm T 3/30 13 \$10 Hall GYM
Come play volleyball and have fun. Open to all adults who want to participate for fun and fitness. Estacada Junior High School

Gardening/Landscape/Farming

PLT-2-200 PRUNE LIKE A PRO
9-12pm S 4/03 2 \$70 Schmidt 10
Learn the basics of how to prune your plants and make them look great. Taught by a local gardening expert, known nationally in the field for 40 years. Estacada High School

PLT-2-201 LANDSCAPE PLANNING & PLANTING
9-12pm S 4/17 2 \$70 Schmidt 10
Learn the basics of how to landscape your home, soil preparation, planting, and more. Taught by a local gardening expert known nationally in this field for 40 years. Estacada High School

PLT-2-202 VEGETABLE GARDENING DONE RIGHT
9-12pm S 5/01 2 \$70 Schmidt 10
Learn the basics of vegetable gardening, soil preparation, and planting. Taught by a local gardening expert, known nationally in this field for 40 years. Estacada High School

Health/Safety/Personal Well-Being

HLT-2-200 FIRST AID CPR & AED
8-3pm S 5/15 1 Day CLRM
Primary certification full day (\$70), re-certification half day (\$35). Estacada High School

Gladstone COMMUNITY SCHOOL

Registration form for Community Education classes on page 98.

For class locations, see page 100.

Phone: 503-650-2570 or 503-655-2777

Art/Crafts/Hobbies

APA-2-300 ACRYLIC WITH MELISSA
6-8:30pm W 4/07 8 \$65 Gannon CLRM
Explore acrylic medium using washes, texturing, & impasto techniques. Class will include painting landscapes, water, flowers, buildings. Bring imagination & be prepared to use COLOR! Supply list. Seniors \$45. Gladstone High School

APA-2-301 ADVENTURES IN PASTELS
2-4:30pm TH 4/08 8 \$65 Gannon MULTI
Use your pastels to portray vibrant landscapes, water, still lifes. Class will cover drawing, composition, color layering. Supply list. Seniors \$45. Gladstone Senior Center

APA-2-302 BEADING WITH WIRE BASICS
6:30-9pm TH 4/01 3 \$40 Hage CLRM
Learn techniques to create beads; wrap stones/beads/make split/jump rings. Create earrings, bracelet, necklace. Bring chainnose & roundnose pliers, wire cutter. 1st night supplies incl. GAC \$30. Gladstone High School

APA-2-314 DRAWING WITH MELISSA GANNON
6-8:30pm T 4/06 8 \$65 Gannon CLRM
Love to paint but feel you need more drawing skills? Love to draw, want to improve? Focus on seeing & drawing shapes, showing 3 dimensions using lines to be expressive. Bring paper, pencil, charcoal. Seniors \$45 Gladstone High School

APA-2-316 HOT GLASS SUNCATCHER/YARD ART
9:30-4pm S 3/27 1 \$55 \$40 Peterson TBA
Brighten and sparkle up your windows and yard with fused glass suncatchers and yard art in this beginning class. Age 18 & over; class size limited. Local Gladstone Studio. No discounts.

APA-2-317 OIL PAINTING BOB ROSS STYLE
10-2pm W 3/17 1 \$48 Stubb MULTI
Start with blank canvas & leave with completed masterpiece! De-stress & relax with Judy Stubb. Beginners to advanced welcome. All supplies & canvas provided. No discounts. Glacier Lake. Gladstone Senior Center

APA-2-318 OIL PAINTING BOB ROSS STYLE
10-2pm F 4/02 1 \$48 Stubb MULTI
Same description as previous class. Lone Mountain Gladstone Senior Center

APA-2-322 OIL PAINTING BOB ROSS STYLE
5:30-9pm W 4/14 1 \$48 Stubb MULTI
Same description as previous class. Lilacs & Daisies in Basket Gladstone Senior Center

APA-2-323 OIL PAINTING BOB ROSS STYLE
2-6pm SU 4/18 1 \$48 Stubb MULTI
Same description as previous class. Pastel Winter. Gladstone Senior Center

APA-2-324 OIL PAINTING BOB ROSS STYLE
5:30-9pm F 5/07 1 \$48 Stubb MULTI
Same description as previous class. Cypress Creek Gladstone Senior Center

APA-2-325 OIL PAINTING BOB ROSS STYLE
2-6pm SU 5/16 1 \$48 Stubb MULTI
Same description as previous class. By the Sea. Gladstone Senior Center

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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APA-2-326 OIL PAINTING BOB ROSS STYLE
10-2pm M 5/24 1 \$48 Stubb MULTI
Same description as previous class. Trails End Gladstone Senior Center

APA-2-327 OIL PAINTING BOB ROSS STYLE
5:30-9pm F 6/04 1 \$48 Stubb MULTI
Same description as previous class. Wilderness Way Gladstone Senior Center

APA-2-328 OIL PAINTING BOB ROSS STYLE
2-6pm SU 6/13 1 \$48 Stubb MULTI
Same description as previous class. Hazy Day Gladstone Senior Center

APA-2-329 OIL PAINTING BOB ROSS STYLE
10-2pm W 6/16 1 \$48 Stubb MULTI
Same description as previous class. Marinos Magnolias Gladstone Senior Center

APA-2-337 WATERCOLOR WITH MELISSA
6-8:30pm M 4/05 8 \$65 Gannon 112
Explore the exciting & challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, & drawing for all levels. Supply list. Seniors \$45. Gladstone High School

Basic Academic Skills

GES-4-300 SAT PREP COLLEGE-BOUND JR & SR
6-9pm SU 4/04 4 \$135 Staff CLRM
Test prep course helps students for SAT-I using effective, proven test-taking strategies. Teachers are reading, writing, math specialists, small class size (12), test practice & feedback. Book included. Eastham Community Center

GES-4-301 SAT PREP COLLEGE-BOUND JR & SR
6-9pm M 4/05 4 \$135 Staff CLRM
Same description as previous class. Gladstone High School

GES-4-302 SAT PREP COLLEGE-BOUND JR & SR
6-9pm SU 5/02 4 \$135 Staff CLRM
Same description as previous class. Eastham Community Center

GES-4-303 SAT PREP COLLEGE-BOUND JR & SR
6-9pm M 5/03 4 \$135 Staff CLRM
Same description as previous class. Gladstone High School

Business/Financial Planning

BUS-4-301 INVESTING FOR FUTURE SERIES
6:30-8:30pm W 4/14 5 \$49 Horn CLRM
Save! Sign up for all five classes for only \$49 (couples \$59): Investment Basics, Investing for Income, The Stock Market, Mutual Funds, & Tax-Advantaged Investments. Workbook included in series price. Seniors \$29. Gladstone High School

BUS-2-302 INVESTMENT BASICS
6:30-8:30pm W 4/14 1 \$15 Horn CLRM
Basic concepts & ground rules to investing incl importance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72, recommend take before other invest classes. \$20/couple. Gladstone High School

BUS-2-303 INVESTING FOR INCOME
6:30-8:30pm W 4/21 1 \$15 Horn CLRM
Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relationship between interest rates & bond market. Couples \$20. Gladstone High School

BUS-2-304 MUTUAL FUNDS
6:30-8:30pm W 4/28 1 \$15 Horn CLRM
What are they, how do they work, what do they cost, what should I expect from them, what are my choices, what is "no load"? Learn the many options that are so popular! Couples \$20. Gladstone High School

BUS-2-305 STOCK MARKET
6:30-8:30pm W 5/05 1 \$15 Horn CLRM
Learn about income stocks, growth stocks, what to look for when buying or selling stocks, & how to make sense of all the numbers. Learn easy formulas essential to basic stock analysis. Couples \$20. Gladstone High School

BUS-2-306 TAX-ADVANTAGE INVESTMENTS
6:30-8:30pm W 5/12 1 \$15 Horn CLRM
Traditional & Roth IRAs, 401K, 403B, TSA, 457, Annuities, plans for Small Business Owners. Discuss each type & learn how to handle a rollover or transfer of retirement funds. Couples \$20. Gladstone High School

BUS-2-307 NAVIGATING REAL ESTATE MARKET
6:30-8:30pm TTH 4/20 1 \$15 Gorton CLRM
Confused about Foreclosures, Short Sales, and Bank Owned properties? What are the differences between them and how can these properties dominating our market be acquired? Couples \$20/Seniors \$10. Gladstone High School

BUS-2-308 WILLS, TRUSTS, ESTATE PLANNING
6:30-8pm TH 4/22 1 \$15 Sakys CLRM
What is difference between a Will & Living Trust? When does estate have to go through probate? Do you need Power of Attorney or advance directive? Taught by attorney Nicole Sakys. Seniors \$10. Gladstone High School

Childcare

FAM-2-300 INDOOR PLAYGROUND
9:15-10:30am WF 3/31 9 \$10 Staff GYM
Opportunities for 0-4 year olds to learn how to play with others in unstructured play situation. Parent participation & attendance required. Add'l children \$5 ea. Wetten Gym

Computers

DPS-4-300 ADOBE PHOTOSHOP BASICS
6-9pm M 4/26 3 \$59 Weesner CLRM
Learn to digitally re-size, crop & retouch photographs from digital camera or scanned pictures using Adobe Photoshop. Scanning, email attachments, layered montage. Need basic computer & photo skills. GAC \$39. Gladstone High School

DPS-4-301 ADOBE PHOTOSHOP THE NEXT STEP
6-9pm M 5/17 3 \$59 Weesner CLRM
Learn more about restoring & retouching digital or scanned pictures. Removing water spots, folds, etc., color correction. See some special effects, more on resizing pictures for online posting. GAC\$39. No class May 31. Gladstone High School

DPS-4-303 COMPUTER STEP BY STEP BASIC #1
1-3pm M 4/05 4 \$45 Aguilar MULTI
Learn step-by-step computer basics: How to open/close programs, what icons mean, use mouse to navigate through computer world, more. Hands-on classes for those w/ little to NO computer exp. No disc. Gladstone Senior Center

DPS-4-304 COMPUTER STEP BY STEP BASIC #2
1-3pm M 5/03 4 \$45 Aguilar MULTI
Ready for next step? Learn computer terms, basic knowledge of e-mail & connecting to the Internet, how to search the World Wide Web. Some computer knowledge recommended. No discount. Gladstone Senior Center

DPS-2-305 EASY COMPUTER INTRO
10-11am M 4/12 3 \$20 Stone MULTI
Ready to learn about computers? Small class for very beginner. Introduces you to basics of using computer creating/saving simple files, setting up email account, how to use it. Bring questions. No disc. Gladstone Senior Center

DPS-2-306 EASY COMPUTER INTRO
10-11am M 5/10 3 \$20 Stone MULTI
Same description as previous class. Gladstone Senior Center

Community Education

Community Education Classes

Registration form on page 97.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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DPS-2-308 DIGITAL CAMERA - HOW TO USE
6:30-9pm T 4/06 2 \$19 Gutierrez CLRM

Have a digital camera, but don't know how to use it? Discuss basics of digital photography. Learn to use all your camera's features & interpret manual. Bring camera AND manual, question & answer format. Seniors \$12. Gladstone High School

DPS-2-309 DIGITAL CAMERA - HOW TO USE
6:30-9pm T 4/20 2 \$19 Gutierrez CLRM

Same description as previous class. Seniors \$12. Gladstone High School

DPS-2-310 DIGITAL PICTURE PROJECTS
6-9pm T 4/20 1 \$19 Fasching CLRM

How to upload, organize, prepare for scrapbooking, photo books, picture cd's with music. See examples & discuss software for making music cd's. Overview of creating slide shows with music & text. GAC \$12. Gladstone High School

DPS-2-312 DO YOU WANT BETTER PICTURES?
6:30-9pm T 5/04 2 \$19 Gutierrez CLRM

Learn to take better pictures, whether you have digital or point & shoot camera. Basics of composition, indoor/outdoor lighting, use of color or black & white, common mistakes, critique. Bring camera. Seniors \$12. Gladstone High School

DPS-4-313 EXCEL 2007 LEVEL I
6-9pm TH 4/08 3 \$59 \$15 Aguilar 41

Basic functions of Excel 2007. Navigate worksheets, enter & edit text, values, formulas, simple functions, basic formatting, ranges, rows, columns. Some Windows exp. Bring 1G flashdrive. GAC \$39 + lab. Gladstone High School

DPS-4-314 EXCEL 2007 LEVEL II
6-9pm TH 4/29 3 \$59 \$15 Aguilar 41

Builds on skills learned in Level I. Learn to use multiple worksheets, start working w/more advanced formatting options-styles, themes, backgrounds, lists, tables. Bring 1G flashdrive. GAC \$39 + lab. Gladstone High School

DPS-2-315 QUICKBOOKS 2008 LEVEL 1
6-9pm M 4/26 5 \$99 Weesner CLRM

Intro class/basic info on small business bookkeeping program/setup fictitious company books/invoices. Must have some Windows exp. Very basic info on Windows & accounting incl. GAC \$69. Gladstone High School

DPS-4-316 WORD 2007 LEVEL I
6-9pm W 4/07 3 \$59 \$15 Aguilar 41

Learn basic functions of Word 2007. Enter & edit text, save documents, cut, delete, move, copy & paste data, tabs, bullets, insert graphics. Some Windows exp. Bring 1G flash drive. GAC \$39 + lab. Gladstone High School

Cooking

EAT-2-306 DAVID'S VEG. MILK W/O THE MOO
6-8:30pm TH 4/08 1 \$29 Gabbe MULTI

Why choose highly processed non-dairy milks? You can easily make fresh & nutritious (& cheap) milk from soybeans, oats, brown rice, nuts, & shredded coconut with blender & strainer. Come hungry! GAC\$27. Gladstone Senior Center

EAT-2-307 DAVID'S VEG. COOKING W/GREENS
2-4:30pm SU 4/25 1 \$29 Gabbe MULTI

Collard, kale, mustard greens, bok choy, calcium-rich greens protect against cancer, osteoporosis. Come hungry, taste savory dishes-inexpensive, low-fat, cholesterol-free, pure vegetarian. GAC \$27. Gladstone Senior Center

EAT-2-308 DAVID'S VEG BEANS/GRAINS MAGIC
2-4:30pm SU 5/16 1 \$29 Gabbe MULTI

Beans & whole grains are among most hearty & healthful foods around. See how easy it is to use them in exciting dishes & yummy desserts, all low-fat, pure vegetarian dishes. Come hungry! GAC \$27. Gladstone Senior Center

Dance/Theater/Music

ATA-2-301 BALLET AGE 3-5
5:30-6pm T 4/06 8 \$38 Staff CLRM

Classroom activities get little ones moving & exploring the grace & flexibility that their bodies are capable of in a fun & easygoing environment. Footwork

ATA-2-303 BALLET FOR AGE 8 & UP W/AUTISM
7-7:45pm T 4/06 8 \$76 Staff CLRM

Class limited to 6 students. Focus on large motor skill development, awareness of rhythms, creative movement, and group interactions. Should be able to participate without assistance. Call w/questions. Footwork

ATA-2-306 COUNTRY LINE DANCE BEG.
6-7pm W 4/07 8 \$30 Harn CAFE

Country line dance is all the rage! Here's opportunity to learn latest & some traditional ones, too. Steps are fun/easy. Come by yourself or with a friend. Only \$50 for two. Seniors \$20/\$35. Kraxberger Middle School

ATA-1-307 COUNTRY WESTERN PARTNER DANCE
7:30-8:30pm W 4/07 6 \$45 Mullican CAFE

Learn the latest partner dances: Traveling Cha Cha, Horseshoe, Schottische, 2 step, East Coast Swing. Designed for beginners of all ages, rotation is not necessary. Fee is \$45 per couple. GAC \$35. Kraxberger Middle School

ATA-2-308 EAST COAST SWING DANCE
6:30-8:30pm M 4/05 6 \$65 Davis CLRM

Fun beginners course for new or occasional dancer/Basic steps & swing patterns of single & triple time East Coast Swing, how to lead & follow for man & woman. \$65 per couple NO partner rotation. GAC \$45. Kraxberger Middle School

ATA-2-312 GUITAR BEG 1 GRADES 3-6
6:30-7pm T 3/30 5 \$55 \$5 Price CLRM

This is place to get started-get playing FAST in fun 5-week class! Learn easy chords, strumming, simple songs. Bring guitar. Taught by artist/entertainer Bill Price. Space limited. Gladstone High School

ATA-2-313 GUITAR BEG 2 GRADES 3-6
6:30-7pm T 5/04 5 \$55 Price CLRM

Class picks up where Beginning Guitar 1 left off or for those who have had some beginning guitar. More chords, strumming, & songs. Bring guitar. No discounts. Gladstone High School

ATA-2-314 GUITAR BEG 1 YOUTH-ADULT
7:15-7:55pm T 3/30 5 \$65 \$5 Price CLRM

This is place to get started-get playing FAST in fun 5-week class! Learn easy chords, strumming, simple songs. Bring guitar. Taught by Bill Price. No discount/space limited/bring own guitar. Min age 5th gr. Gladstone High School

ATA-2-316 GUITAR BEG 2 YOUTH-ADULT
7:15-7:55pm T 5/04 5 \$65 Price CLRM

It's time for the next step. 5 week class picks up where Beginning Guitar 1 left off or for those who have had some beginning guitar. More chords, strumming, songs. Bring guitar. No discounts. Gladstone High School

ATA-2-317 GUITAR, ROCK - BEG. GR 5 & UP
7:55-8:35pm T 3/30 5 \$65 \$5 Price CLRM

Different rock styles, power chords, "Guitar Hero" songs, lead guitar scales, solos, rhythm. Must know simple chords/strumming, string names, how to tune. Bring guitar, electric w/amp best. No discount. Gladstone High School

ATA-2-318 GUITAR, ROCK - BEG. GR. 5 & UP
7:55-8:35pm T 5/04 5 \$65 Price CLRM

Same description as previous class. Gladstone High School

ATA-2-325 MUSIC-HELLO MUSIC AGES 3-4
11:15-12pm M 4/05 4 \$65 HarmonyMusic CLRM

An exciting introduction to music. Activities include movement, singing, rhythms, keyboard playing, creative projects. Enjoyable readiness program with parent involvement. Materials included. Harmony Road Music Center

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ATA-2-328	MUSIC-TODDLER TUNES 18 MO-3 YR	10:30-11am	M	4/05	4	\$60		HarmonyMusic	CLRM	PED-2-305	AIKIDO FOR KIDS AGE 11-18	TBA	TBA	3/29	10	\$60		Staff	CLRM
Joyful first music class shared by tots and parents. Singing, movement, fingerplay, rhythms, keyboard games encourage active involvement. Materials included. Harmony Road Music Center										Same description as previous class. Specify one day/time: Mon 6:15-7:15pm or Thurs 5:15-6:15pm. Aikido Northwest									
ATA-2-329	MUSIC-TODDLER TUNES 18 MO-3 YR	10-10:30am	F	4/09	4	\$60		HarmonyMusic	CLRM	PED-2-306	AIKIDO FOR ADULTS	TBA	TTH	3/30	10	\$80		Staff	CLRM
Same description as previous class. Harmony Road Music Center										Aikido-traditional Japanese Martial Art that develops mind, body, spirit to fullest. Attend any or all: Tues 7:30-8:30pm & Thurs 6:30-7:30pm, basic weapons Thurs 7:30-8:30pm, open mat 8:30-9pm Tues/Thur. No discounts. Aikido Northwest									
ATA-2-330	MUSICTIME AGES 4-1/2 - 5	12-12:45pm	M	4/05	4	\$65		HarmonyMusic	CLRM	PED-2-307	GOLF FOR KIDS, AGE 4-6	3:30-4:30pm	T	4/27	4	\$52		Staff	COUR
Unique program encourages development of musical concepts through singing, movement, keyboard/piano playing & creative projects. Active preschool program with parent involvement. Materials incl. Harmony Road Music Center										"FUN" Discovery Golf for ages 4-6. Swing, rules, etiquette of golf, equipment provided. Class size limited. The Children's Course									
ATA-2-337	MUSIC-PIANO ADULTS/TEENS	9:30-10:15am	M	4/05	6	\$95		Staff	CLRM	PED-2-308	GOLF FOR JUNIORS AGES 7-17	6-7pm	M	4/26	4	\$52		Staff	COUR
Learn to play piano/keyboard with other older beginners. This motivating program includes ear training, note reading, use of chords, solo/ensemble playing and composing. Materials inc. No discount. Harmony Road Music Center										Have fun while learning to play golf. All equipment provided + pass for future play. Open to beginning and intermediate students. The Children's Course									
ATA-2-339	TAP/JAZZ AGE 3-4 GF	10:30-11:15am	M	3/29	8	\$84		Staff	CLRM	PED-2-309	GOLF ADULT AT CHILDRENS COURSE	7-8pm	M	4/26	4	\$60		Staff	COUR
Get the chance to learn basic jazz and tap skills in a fun dance environment at Grande Finale. Students need basic tights and leotard, ballet slippers (any color) and black patent tap shoes. Grand Finale Dance Studio										Learn basics of golf: proper grip, stance, swing, putting, chipping, more. Last class will include course play. All equipment provided+pass for future play. Beg to inter. No discounts. The Children's Course									
ATA-2-340	VOICE ACTING INTRO AGE 18+	6-8pm	W	4/28	1	\$35		VoicesForAll	CLRM	PED-2-310	GOLF-STARTING GOLF FOR WOMEN	6-7:30pm	TH	4/01	4	\$75		Staff	COUR
Fun, interactive class to get started as a Professional Voiceover Artist, covering details of industry & importance of marketing & demos. Get coached & recorded for personal evaluation. No discounts. Gladstone High School										Learn about the game of golf and how to swing a golf club in a non-intimidating, fun environment. Clubs provided. No discounts. The Children's Course									
Driver Education																			
DRE-4-300	DRIVER EDUCATION	4:30-7:30pm	W	3/31	11	\$265		Staff	CLRM	PED-2-311	GOLF-STARTING GOLF FOR ADULTS	6-7:30pm	TH	5/06	4	\$75		Staff	CRSE
Program for high school students under 18 requires 30 hours classroom instruction, 6 hours behind-the-wheel, 6 hours in-vehicle observation. Attendance at all sessions mandatory. Sign up for driving times at first class. The first class of Driver's Ed includes a segment for the parent/guardian. Must have valid Oregon permit. Tuition is add'l \$150 with license, if student gets license before completing last class, or if they turn 18 before final class. First priority given to Gladstone students. Includes book. For more info call 503-650-2570. Gladstone High School										Learn about the game of golf and how to swing a golf club in a non-intimidating, fun environment. Clubs provided. No discounts. FUNdaMental Golf Learning Ctr									
Exercise/Fitness/Sports																			
PED-4-300	AEROBICS SPECIAL AT CRRC	TBA	M-SAT	3/29	11	\$75		Staff	AEROB	PED-2-312	GOLF "9 IN 5" BEG-INT GOLFERS	9:30-11am	S	5/01	5	\$90		Staff	CRSE
Body sculpting, cardio, step variety, attend any or all: MWTH 5:45 am, WF 9am, TTH 8:30am, MTTH 4:30 pm, Sat 8 am. Held at Clackamas River Racquet Club-for info call 503-650-2570. Seniors \$70. Clackamas River Racquet Club										This series takes you from basic swing to playing 9 holes of golf in 5 classes. You will have four 1.5 hour sessions with the 5th class on the course (3 hour session). Includes green fees. No discounts. FUNdaMental Golf Learning Ctr									
PED-2-301	AIKIDO FOR KIDS AGE 4-5	6-7pm	W	3/31	10	\$60		Staff	CLRM	PED-2-313	GOLF PUTTING WORKSHOP	12-1pm	S	4/03	4	\$50		Staff	CRSE
Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self defense, discipline. Aikido Northwest										Putting is 50% of the game! Learn how to putt more effectively. Find out how to make good putting decisions, read the green, short and long putts. No discounts. FUNdaMental Golf Learning Ctr									
PED-2-302	AIKIDO FOR KIDS AGE 4-7	TBA	TBA	3/29	10	\$60		Staff	CLRM	PED-2-314	GOLF PUTTING WORKSHOP	12-1pm	S	6/05	4	\$50		Staff	CRSE
Same description as previous class. Specify day/time: Mon 5-6pm or Tues 6:15-7:15pm. Aikido Northwest										Same description as previous class. FUNdaMental Golf Learning Ctr									
PED-2-303	AIKIDO FOR KIDS AGES 6-10	7-8pm	W	3/31	10	\$60		Staff	CLRM	PED-2-315	GOLF SHORT GAME WORKSHOP	10:30-11:30am	S	4/03	4	\$50		Staff	CRSE
Same description as previous class. Aikido Northwest										Make the 100 yards in more effective shots and take strokes off your game. Pitching, chipping, bunker play will be covered. No discounts. FUNdaMental Golf Learning Ctr									
PED-2-304	AIKIDO FOR KIDS AGES 8-10	TBA	TBA	3/30	10	\$60		Staff	CLRM	PED-2-316	GOLF SHORT GAME WORKSHOP	10:30-11:30am	S	6/05	4	\$50		Staff	CRSE
Same description as previous class. Specify one day/time: Tues 5-6pm or Thurs 4-5pm. Aikido Northwest										Same description as previous class. FUNdaMental Golf Learning Ctr									
PED-2-307	GOLF FOR KIDS, AGE 4-6	3:30-4:30pm	T	4/27	4	\$52		Staff	COUR	PED-2-317	GOLF FULL SWING WORKSHOP	9-10am	S	4/03	4	\$50		Staff	CRSE
"FUN" Discovery Golf for ages 4-6. Swing, rules, etiquette of golf, equipment provided. Class size limited. The Children's Course										This course is for the golfer who want their iron and wood play to become more consistent. No discounts. FUNdaMental Golf Learning Ctr									
PED-2-308	GOLF FOR JUNIORS AGES 7-17	6-7pm	M	4/26	4	\$52		Staff	COUR	PED-2-318	GOLF FULL SWING WORKSHOP	9-10am	S	6/05	4	\$50		Staff	CRSE
Have fun while learning to play golf. All equipment provided + pass for future play. Open to beginning and intermediate students. The Children's Course										Same description as previous class. FUNdaMental Golf Learning Ctr									
PED-2-309	GOLF ADULT AT CHILDRENS COURSE	7-8pm	M	4/26	4	\$60		Staff	COUR										
Learn basics of golf: proper grip, stance, swing, putting, chipping, more. Last class will include course play. All equipment provided+pass for future play. Beg to inter. No discounts. The Children's Course																			

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-2-321 4-4:30pm	ICE SKATING SNOWBUNNY AGE 3-6 W	4/14	7	\$69		Staff	RINK	PED-2-335 6-7:30pm	SOCCER CLINIC BOYS/GIRLS GR3-8 M	3/29	5	\$35		Hess	FIELD
<p>These 7-week introductory classes are designed to get your child comfortable with the ice & be able to move across it with control. Skate rental included. Lloyd Center Ice Rink</p>								<p>Learn soccer fundamentals or hone skills you already have-dribbling, passing, shooting, ball control, scrimmages. Bring soccer shoes, shin guards, ball w/name on it, water bottle. Reg by March 19. Gladstone High School</p>							
PED-2-322 11:30-12pm	ICE SKATING SNOWBUNNY AGE 3-6 S	4/17	7	\$69		Staff	RINK	PED-2-336 7:30-9pm	TAE KWON DO ADULT TTH	3/30	11	\$79		Woo	CAFE
<p>Same description as previous class. Lloyd Center Ice Rink</p>								<p>Great workout while learning Korean style of martial arts from Master Jaiwhan Woo, past Korean National Champion, dedicated instr 30+yrs. Strengthen body, mind, spirit. Men & women all ranks welcome. Kraxberger Middle School</p>							
PED-2-323 11:30-12pm	ICE SKATING INTRO AGE 7-ADULT S	4/17	7	\$69		Staff	RINK	PED-2-337 6-7:30pm	TAE KWON DO FOR AGES 8-15 TTH	3/30	11	\$69	\$5	Beasley	CAFE
<p>These 7-week introductory classes are designed to acquaint you with the ice & give you basic skills to skate independently. Skate rental included. No discounts. Lloyd Center Ice Rink</p>								<p>Develop your mind & body with this ancient disciplined Martial Art that promotes self-discipline & self-esteem. Parents invited to participate at no add'l charge after signing release. All levels. Kraxberger Middle School</p>							
PED-2-324 4:30-5pm	ICE SKATING INTRO AGE 7-ADULT W	4/14	7	\$69		Staff	RINK	PED-4-338 9-10:30am	TAI CHI CHUAN BEGINNING F	4/09	9	\$60		Schmidt	MULTI
<p>Same description as previous class. Lloyd Center Ice Rink</p>								<p>Tai Chi is slow graceful form of Chinese exercise that benefits body, mind & spirit. Yang style 24 Movement short form esp. for beginners & older students. Seniors \$45. Gladstone Senior Center</p>							
PED-4-325 TBA	PILATES - ALL LEVELS AT CRRC MTWTH	3/29	11	\$85		Staff	AEROB	PED-4-339 10:30-12pm	TAI CHI CHUAN INTERMEDIATE M	4/05	9	\$60		Schmidt	MULTI
<p>Cultivate strength, flexibility, balance, grace for body & mind. Attend any or all: MTWTH 5:30-6:30pm. Performed on mat, discover how body meant to move. No discounts. Clackamas River Racquet Club</p>								<p>Tai Chi is slow graceful form of Chinese exercise that benefits body, mind & spirit for students who have learned first half of Yang-style 24 Movement form. Learn 2nd half of form. Seniors \$45. No class May 31. Gladstone Senior Center</p>							
PED-4-326 5-6pm	PILATES AT HEALTH HABIT 10 MW	3/29	10	\$55		Staff	AEROB	PED-4-340 9-10:30am	TAI CHI CHUAN ADVANCED M	4/05	9	\$60		Schmidt	MULTI
<p>People who do Pilates regularly feel they have better posture, less prone to injury, & experience better overall health. Good for 10 classes between March 29 - June 16. No discounts. Health Habit</p>								<p>Tai Chi is slow graceful form of Chinese exercise that benefits body, mind & spirit, open to students who have learned entire Yang-style 24 Movement form. Form refinement, theory, adv forms. Seniors \$45. No class May 31. Gladstone Senior Center</p>							
PED-4-327 5-6pm	PILATES AT HEALTH HABIT MW	3/29	12	\$120		Staff	AEROB	PED-2-341 5:30-6:15pm	TUMBLING BASICS AGE 2.5-4 M	3/29	8	\$84		Staff	FLOOR
<p>Pilates strengthens the muscles that support the spine to bring balance into the body. No discount. 12 weeks. Health Habit</p>								<p>Flexibility & fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults, & handstands! Parent/child class includes parent participation. Grand Finale Dance Studio</p>							
PED-2-328 3-3:45pm	ROLL, FLY, TWIST, SPIN AGE 4-7 F	4/02	10	\$90		Staff	FLOOR	PED-2-342 10-10:45am	TUMBLING BASICS AGE 2.5-4 TH	4/01	8	\$84		Staff	FLOOR
<p>Come enjoy the fun in 17,000 sq ft gym including a 30 foot long trampoline. Class focuses on gymnastics & trampoline skills for boys & girls. Wear leotards or shorts and a t-shirt. Precision Elite Gymnastics</p>								<p>Same description as previous class. Grand Finale Dance Studio</p>							
PED-2-329 4:30-5:15pm	ROLL, FLY, TWIST, SPIN AGE 4-7 F	4/02	10	\$90		Staff	FLOOR	PED-4-343 9-10am	YOGA BEGINNING GENTLE T	3/30	10	\$50		Haye	MULTI
<p>Same description as previous class. Precision Elite Gymnastics</p>								<p>Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring blanket/mat. Seniors \$35. Gladstone Senior Center</p>							
PED-2-330 3:45-4:30pm	ROLL, FLY, TWIST, SPIN AG 7-10 F	4/02	10	\$90		Staff	FLOOR	PED-4-344 9-10am	YOGA BEGINNING GENTLE F	4/02	10	\$50		Haye	MULTI
<p>Same description as previous class. Precision Elite Gymnastics</p>								<p>Same description as previous class. Gladstone Senior Center</p>							
PED-2-331 5:15-6pm	ROLL, FLY, TWIST, SPIN AG 7-10 F	4/02	10	\$90		Staff	FLOOR	PED-4-345 5-6pm	YOGA BASICS M	3/29	10	\$50		Haye	MULTI
<p>Same description as previous class. Precision Elite Gymnastics</p>								<p>Feel better physically & reduce stress. Learn simple stretches, breathing & relaxation techniques suitable for all ages. Wear loose clothing, bring a blanket or mat. Class limited. Seniors \$35. No class May 31. Gladstone Senior Center</p>							
PED-2-332 9-4pm	SHAPE SPRING BREAK CAMP K-6TH M-F	3/22	1	\$124		Shape	GYM	PED-4-346 9-10am	YOGA BASICS TH	4/01	10	\$50		Haye	MULTI
<p>Have fun, be active and healthy! Camp activities could include basketball, flag football, baseball, soccer, martial arts, wall ball, jump rope, fun w/food class, dance, art. Wetten Elementary School</p>								<p>Same description as previous class. Gladstone Senior Center</p>							
PED-2-333 10-10:30am	SKYHAWKS AGE 3 1/2-4 S	4/03	8	\$45		Skyhawks	GYM	PED-4-347 6:30-7:30pm	YOGA, CONTINUING T	3/30	10	\$50		Fegel	MULTI
<p>Tiny Hawks helps fine-tune motor skills in Soccer & Basketball. No pressure, just lots of fun learning the basics of sports through age-appropriate games. Class size limited. Wetten Gym</p>								<p>Feel better physically & reduce stress. Stretches, breathing & relaxation techniques for those who have taken at least 1 term of Yoga. Wear loose clothing & bring mat. Seniors \$35 Gladstone Senior Center</p>							
PED-2-334 9-9:45am	SKYHAWKS AGES 4-6 S	4/03	8	\$55		Skyhawks	GYM								
<p>Mini-Hawks introduces 4-6 year olds to soccer, baseball & basketball. No pressure, just lots of fun learning basics of sports in age appropriate games. Class size limited. Wetten Gym</p>															

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-4-348 6-7pm	YOGA, CONTINUING W	3/31	10	\$50		Haye	MULTI	PLT-2-307 6:30-9:30pm	PRUNING BASICS IN THE SPRING M	5/10	1	\$15		Hage	CLRM
Same description as previous class. Gladstone Senior Center								Learn what can be pruned at this time of the year and HOW to prune for the benefit of the plant. Nan Hage has been teaching gardening classes and sharing her expertise for many years. GAC: \$10. Gladstone High School							
PED-4-349 6-7:30pm	YOGA CONTINUING W/MEDITATION W	3/31	10	\$75		Haye	MULTI	PLT-2-308 6:30-9:30pm	FAUX GARDEN TROUGHS TH	5/13	1	\$20		Hage	CLRM
Class is 1 hr yoga + 30 minutes meditation techniques to help relax, improve concentration, focus mind, strengthen mind & body. Bring mat or blanket. Students must have taken at least 1 term yoga. GAC\$55. Gladstone Senior Center								Create "cement/rock looking" trough using a plastic foam box, paint, and sand. 24 hours later the "rock" garden can be planted. Paint & sand provided. Supply list. GAC :\$15. Gladstone High School							
PED-4-350 9:30-10:30am	YOGA ADULT M	3/29	8	\$84		Staff	FLOOR	PLT-2-309 6:30-9:30pm	PATHS & WALLS FOR YOUR YARD W	5/19	1	\$15		Hage	CLRM
Vinyasa or "flow" yoga with Linda Pomeroy for all levels of Yogi's. Flexibility & control in fun, relaxed setting. Bring mat. No discounts. Grand Finale Dance Studio								Find out which type of path is best for your needs and your environment, and how to install. Discuss different types of walls for edges: retention, decoration, installation tips. GAC: \$10. Gladstone High School							
PED-4-352 TBA	YOGA SPECIAL BEG-INT CRRC M-F	3/29	11	\$85		Staff	AEROB	PLT-2-310 9:30-12:30pm	CONCRETE LEAF CASTS S	5/22	1	\$30		Hage	TBA
Engage yourself physically & mentally through yoga. Breathing, relaxation, postural alignments. Wear loose clothing & bring mat. No discounts. Attend any or all MWF 8-9am; T-Th 9:30-10:30am; W 4:30-5:30pm. Clackamas River Racquet Club								Learn technique to create leaf casts for birdbaths, water features, garden art using concrete. Make one in class +3 small ones for "toad house." Bring 1-2 shallow plastic tubs. Held offsite OC. GAC: \$25.							
Gardening/Landscape/Farming															
PLT-2-300 6:30-9:30pm	SPRING YARDCARE/LANDSCAPE W	3/31	1	\$15		Hage	CLRM	Health/Safety/Personal Well-Being							
Learn where and how-to's for planting, fertilizing, watering for new & established plantings. Lawn care, how to choose a plant, pest control, rapid compost secrets, more. Bring your questions. GAC: \$10. Gladstone High School								HLT-4-300 1-5pm							
PLT-2-301 6:30-9:30pm	ORGANIC GARDENING/RAISED BEDS W	4/07	1	\$15		Hage	CLRM	AARP DRIVER SAFETY (55 ALIVE) TW	3/30	1			Staff	MULTI	
Create lush, productive vegetable & flower gardens in any size space. Includes seed choices best for your needs, planting mediums, weed/insect control, raised bed gardening, plant installation. GAC: \$10 Gladstone High School								Helps you improve driving skills to become safe & defensive driver. Upon completion of 8 hours of class, may receive discount on auto insurance. Call 503-655-7701 to register, pay \$14 at class, \$12 w/ AARP card. Gladstone Senior Center							
PLT-2-302 6:30-9:30pm	COMPANION PLANTING FOR VEGGIES W	4/14	1	\$15		Hage	CLRM	HLT-4-301 1-5pm	AARP DRIVER SAFETY (55 ALIVE) MT	5/03	1			Staff	MULTI
Maximize the benefits of light, moisture, and soil by companion planting. Find out why and how these plants benefit from each other. Why and which plants are "enemies", insect control, more. GAC: \$10. Gladstone High School								Same description as previous class. Gladstone Senior Center							
PLT-2-303 6:30-9:30pm	PATIO POTS & HANGING BASKETS M	4/26	1	\$15		Hage	CLRM	HLT-4-302 8:30-5pm	AARP DRIVER SAFETY (55 ALIVE) S	6/12	1			Staff	CLRM
Tricks to successful container gardening! Learn the do's & don'ts in selecting, planning, maintaining bulbs, annuals, perennials. Tips on choosing greens & color for spring & summer pots. GAC: \$10. Gladstone High School								Same description as previous class. Gladstone Senior Center							
PLT-2-304 6:30-9:30pm	HERB GARDENING BASICS W	4/28	1	\$15		Hage	CLRM	HLT-2-303 6:30-8pm	IDENTITY THEFT W	3/24	1			Fitch	CLRM
How to plant and care for herbs and edible flowers, design an herb garden, use in existing landscapes, drying. Use for cooking, medicinal, decorative purposes, companion planting, aromatherapy. GAC: \$10. Gladstone High School								Identity theft occurs when someone uses your personal information without permission. Learn how it happens, minimizing risk, what to do if your identity is stolen, resolving problems. No cost. Pre-register. Gladstone Senior Center							
PLT-2-305 6:30-9:30pm	FLORAL DESIGN M	5/03	1	\$20		Hage	CLRM	HLT-2-304 6-9pm	MEDIC BASIC FIRST AID/CPR W	4/14	1	\$45		Baker	CLRM
How to use beautiful NW plants, cultivated flowers to create corsages, boutonniere, Mother's/Memorial, bridal bouquets. Learn best greens/flowers for cutting, make corsage in class. Bring pruners. GAC: \$15. Gladstone High School								Medic First Aid training teaches appropriate emergency response skills Adult/Child/Infant CPR & First Aid, AED, bloodborne pathogens. Receive a two year CPR/First Aid card in OSHA compliant course. No discounts. Gladstone High School							
PLT-2-306 6:30-9:30pm	PERENNIALS & ANNUALS W	5/05	1	\$15		Hage	CLRM	HLT-2-305 6-9pm	MEDIC BASIC FIRST AID/CPR W	5/12	1	\$45		Baker	CLRM
Learn what grows best in your yard for the look you want to create. How to combine perennials & annuals for max growth & blooms thru the season. Secrets for successful, healthy sun & shade flowers. GAC: \$10. Gladstone High School								Same description as previous class. Gladstone High School							
								HLT-2-306 6-9pm	MEDIC BASIC FIRST AID/CPR W	6/23	1	\$45		Baker	CLRM
								Medic First Aid training teaches appropriate emergency response skills Adult/Child/Infant CPR & First Aid, AED, bloodborne pathogens. Two year CPR/First Aid card in OSHA compliant course. No discounts. Gladstone High School							
								HLT-4-307 9:30-12pm	POWERFUL TOOLS FOR CAREGIVERS W	4/28	6			Staff	CLRM
								Are you a family caregiver? Learn to take care of yourself to better care for loved one & get info on resources for help. Sponsored by Clackamas County Social Services. No charge-please pre-register. Gladstone Senior Center							

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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HLT-2-308 STRESS MANAGEMENT 101
6:30-9pm M 4/19 1 \$15 Hannam CLRM
Understand your body's response to stress. Learn practical tools to manage stress: breath & relaxation techniques, massage, behavior modification, biofeedback. Bring pillow, mat/blanket. GAC \$10. Gladstone Senior Center

Home Buying/Decorating/Improvement

HME-2-301 BUYING HOME IN BUYER'S MARKET
6:30-8:30pm T 4/27 1 \$15 Gorton CLRM
Learn what you need to know to get the best deal, in the best buyer's market we have seen in years. Get your questions answered! Seniors \$10. Gladstone High School

HME-2-304 SELLING HOME IN BUYER'S MARKET
6:30-8:30pm TH 4/29 1 \$15 Gorton CLRM
The market has changed, so does way you need to sell your home. Discuss market activity, pricing, identify greatest competition, what you need to do to get home sold today, options you have. Couples \$20 Gladstone High School

HME-2-305 SMALL ENGINE REPAIR
6:30-9:30pm TH 4/08 8 \$65 Hopperstad CLRM
Learn how to service and repair small engines in this hands-on class. Instruction includes lawnmowers & chain saws. Bring project to first class. Open to men and women. Seniors \$39. Gladstone High School

HME-2-306 WOODWORKING
6:30-9:30pm TH 4/08 8 \$65 Shafer SHOP
Instructor will help with proper handling of the power equipment and answer any questions regarding your project. Bring supplies. STUDENTS MUST HAVE BASIC WORKING KNOWLEDGE OF POWER EQUIPMENT. Seniors \$39. Gladstone High School

Language Studies

FLS-4-300 SIGN LANGUAGE INTERMEDIATE ASL
6-7:30pm M 4/05 8 \$49 \$20 Stone CLRM
Learn more about ASL & deaf culture. Increase your vocabulary, learn more about reading signs, improve communication skills. Must have taken beginning ASL or have basic skills. Seniors \$35 + lab. Gladstone High School

FLS-4-301 SIGN LANGUAGE ADVANCED ASL
7:30-9pm M 4/05 8 \$49 \$20 Stone CLRM
Learn more about ASL & deaf culture. Continue to increase your vocabulary and improve your conversational skills. Must have taken Intermediate ASL or have interm. skills. Seniors \$35 + lab fee. Gladstone High School

FLS-4-302 SPANISH BEGINNING PART I
7-9pm TH 4/08 8 \$62 \$32 Sotelo CLRM
Practical, fun & easy! This beginning Spanish class will focus on the spoken language. Ideal for travelers or those needing Spanish in the working environment. Fee for books. Seniors \$39 + lab. Gladstone High School

FLS-4-303 SPANISH BEGINNING PART I
6:30-8:30pm W 4/07 8 \$62 \$32 Marquez-Horna CLRM
Same description as previous class. Gladstone High School

FLS-4-304 SPANISH BEGINNING PART II
7-9pm T 4/06 8 \$62 \$32 Sotelo CLRM
Continuation from Level I class, designed to develop practical skills in listening, reading, writing, speaking Spanish. Use same book as in Part I. Fee for workbook & textbook-new students only. Gladstone High School

FLS-4-305 SPANISH BEGINNING PART III
7-9pm M 4/05 8 \$62 \$32 Sotelo CLRM
Continuation from Beginning II class, designed to develop practical skills in listening, reading, writing, speaking Spanish. Complete textbook in this class; lab fee for new students only. GAC: \$39 + lab. Gladstone High School

Travel/Trips/Tours

TVL-2-300 BIRD STUDY ALL LEVELS
7-12pm S 4/24 5 \$25 Strong TBA
Learn to identify birds by sight & sound during field trips (approx. 4-5 hours) include hiking in slippery, hilly terrain. BYOB (binoculars) 5 Sat. field trips, class limited, info sheet. Seniors \$20.

TVL-2-301 MIDDLE SOUTH TRIP 2011
7-8:30pm W 3/31 1 Weber CLRM
Gery Weber is organizing an approx 15 day trip to the South in the spring of 2011 (adults 21+). Visit Atlanta, Chattanooga, Dollywood, Charleston, Savannah. Attend info meeting or call for details. Gladstone High School

Milwaukie CENTER

Registration form for Community Education classes on page 98.

For class locations, see page 100.

Please pre-register by mail or by calling 503-653-8100 for classes held at the Milwaukie Center. For a complete list of classes and workshops offered through the Milwaukie Center, please request a Healthy Living Recreation and Education Guide by calling 503-653-8100.

Classes held at Milwaukie Center unless otherwise note.

Art/Crafts/Hobbies

APA-1-50 EXPLORE THE ARTS WORKSHOP
9-4pm S 4/24 1 McCarty CLRM
Have fun with pencil and paper. Learn to add different textures and values when you sketch or do detailed drawings. This is not a drawing class. However, outlines of subjects will be available to practice on if needed. Fee: Res: \$20; Non-res: \$24. Milwaukie Center

APA-1-52 PAINT WITH ACRYLICS
9:30-12pm F 4/02 8 \$89 Ugrin CLRM
Learn color theory, glazing, impasto. For beginners as well as the experienced. Course touches on many aspects such as color and shading. Senior Discount \$67. Materials list available at www.MilwaukieCenter.com. Milwaukie Center

APA-1-55 DRAWING
10-12pm M 3/29 10 \$71 Ugrin CLRM
Pencil, charcoal, ink washes and mixed medium in color and black and white. Emphasis will be on linear qualities that give artwork direction and action. Senior Discount \$53. Materials list available at www.MilwaukieCenter.com. Milwaukie Center

APA-1-56 DRAWING - BEGINNING
2-4pm W 3/31 8 \$71 Ugrin CLRM
We will use many different mediums in order to learn the basics of drawing in a classical format. Senior Discount \$53. Materials list available at www.MilwaukieCenter.com. Milwaukie Center

APA-1-57 OIL PAINTING - SECT 1
9:30-12pm TH 4/01 8 \$89 Wilson CLRM
Develop skills in composition and color mixing with one-on-one attention--from canvas preparation to finished project. Senior Discount \$67. Materials list available at www.MilwaukieCenter.com. Milwaukie Center

APA-1-58 OIL PAINTING - SECT 2
1-3:30pm TH 4/01 8 \$89 Wilson CLRM
Same description as previous class. Senior Discount \$67. Milwaukie Center

APA-1-59 PRINTMAKING WORKSHOP
9-12pm T 4/27 1 \$13 Ugrin CLRM
Join us for a creative morning of printmaking. Our easy cut blocks will be the matrix for creating art prints. Demos, hands on guidance. Supplies include: 'ex-cut' block, papers and use of tools and ink. Bring \$5 for supplies. Senior Discount \$10. Milwaukie Center

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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APA-1-60 PRINT MAKING
1-3:30pm F 4/02 8 \$89 Ugrin CLRM
Designing your own images will provide many creative opportunities. Relief, monotype, and chine colle. A small fee will be charged for shared materials. Senior Discount \$67. Milwaukie Center

APA-1-61 WATERCOLOR BEG/INTER
1-3:30pm M 3/29 10 \$89 Ugrin CLRM
Enjoy the basics in this luminous medium. Many opportunities for beginners and experienced to learn color theory, composition and a variety of techniques. Senior Discount \$67. Materials list available at www.MilwaukieCenter.com. Milwaukie Center

APA-1-62 FRIENDS QUILTING
8:30-11:30am TH Staff CLRM
For experienced needle crafters. Group quilts once a week to raise funds for senior services. Bring a sample of your work. No fee. Milwaukie Center

APA-1-63 WOOD CARVING
8:30-12pm W Staff CLRM
Activity period for novice to advanced wood carvers--with guidance for starter projects, instruction on safety and tool care. Activity fee: \$1 per session. Drop in. Milwaukie Center

APA-1-64 DUPLICATE BRIDGE
12:45-3:30pm M Staff CLRM
Meets weekly at Milwaukie Center on Monday from 12:30-3:30pm. Please bring a partner. Activity fee: \$1 per session. Group rules of play apply. Center closed May 31. Milwaukie Center

APA-1-65 PINOCHLE
1-4pm T Staff CLRM
Meets weekly at Milwaukie Center on Tuesdays. Activity fee: \$1 per session. Group rules of play apply. Milwaukie Center

APA-1-66 POOL, SNOOKER, & DARTS
8:30-5pm M-F Staff CLRM
Tune up your game Mon-Fri, in a friendly setting. Two pool, one snooker table with open play. Darts open for play too. Activity fee: \$1 per session. Center closed May 31. Milwaukie Center

Computers

DPS-4-50 COMPUTER FIRST STEPS
9-11am F 4/02 5 King CLRM
Level 1. If you've never touched a computer or learn best at a slower pace, this class is for you. Learn to communicate with the computer and understand the signs and symbols it uses to communicate. Hands-on practice. Res. \$65. Non-Res. \$70. No class April 9. Milwaukie Center

DPS-4-51 COMPUTER FIRST STEPS
9:30-11:30am S 5/08 5 King CLRM
Level 1. Same description as previous class. Res. \$65. Non-Res. \$70. No class May 15. Milwaukie Center

DPS-4-52 COMPUTER BASICS
2:30-4:30pm F 4/02 5 King CLRM
Level 2. This course opens with a survey of computer technology & components. You'll set up your own master files and email account, learn your way around the Worldwide Web, and send a picture to a friend. Res. \$65. Non-Res. \$70. No class April 9. Milwaukie Center

DPS-4-53 COMPUTER BASICS
9-11am F 5/07 5 King CLRM
Level 2. Same description as previous class. Res. \$65. Non-Res. \$70. No class May 14. Milwaukie Center

DPS-4-56 COMPUTER WORD PROCESSING
12-2pm F 4/02 5 King CLRM
Level 3. Class will help master keyboard functions, fine tune processing skills, learn tool bar settings, set up tables and charts. Materials extra. Res. \$65. Non-Res. \$70. No class April 9. Milwaukie Center

DPS-4-57 COMPUTERS: WORD PROCESSING
2:30-4:30pm F 5/07 5 King CLRM
Level 3. Same description as previous class. Res. \$65. Non-Res. \$70. No class May 14. Milwaukie Center

DPS-4-58 COMPUTER: BEYOND BASICS
9:30-11:30am S 4/03 5 King CLRM
Level 4. Follow up to basic course to show you how to install and un-install software, set-up shortcuts, back up data, upload and download files. Materials fee extra. Res. \$65. Non-Res. \$70. No class April 10. Milwaukie Center

DPS-4-59 COMPUTERS: PICTURE PLUS
12-2pm F 5/07 5 King CLRM
Learn to scan photos, make CD slide Shows with narration and preserve memories. Students should know how to create folders on PCs or have completed a Computer Basics course. Material fees extra. Wheelchair accessible. Res: \$65. Non-Res: \$70. No class May 14. Milwaukie Center

Dance/Theater/Music

ATA-1-50 BELLYDANCE - BEGINNER
6-7pm TH 4/01 10 \$45 Burroughs CLRM
Tone muscles while learning the beginning movements of this intriguing middle eastern dance. Senior Discount \$34. Milwaukie Center

ATA-1-51 BELLYDANCE-INTERMEDIATE
7:05-8:05pm TH 4/01 10 \$45 Burroughs CLRM
Enjoy the music while learning rhythm and advanced moves of belly dancing. Learn about one's self and express your inner feelings through dance movements. Senior Discount \$34. Milwaukie Center

ATA-1-52 SALSA DANCE
6-7pm T 3/30 10 \$45 Romero CLRM
Students will be able to distinguish the different types of Latin beats, model different forms of Salsa movement and have a brief understanding of the background and culture involved with Salsa. Senior Discount \$34. Milwaukie Center

ATA-1-53 CENTER SINGERS
1-2:30pm M 3/29 12 Rupp CLRM
Can you carry a tune? These mixed voices represent the Milwaukie Center in performances throughout the community. Check out this musical group and audition. Rehearsals open to the public. No fee. No class May 31. Milwaukie Center

ATA-1-54 COUNTRY LINE DANCE-BEGINNING
12:30-1:30pm TH 4/01 10 \$45 Mullican CLRM
This class is designed for newcomers to line dance and patterns. Presented at an easy pace! Senior Discount \$34. Milwaukie Center

ATA-1-55 COUNTRY LINE DANCE-BEGINNING
7:05-8:05pm T 3/30 10 \$45 Mullican CLRM
Same description as previous class. Senior Discount \$34. Milwaukie Center

ATA-1-56 COUNTRY LINE DANCE - INTER.
1:30-2:30pm TH 4/01 10 \$45 Mattson CLRM
Continue building your line dance repertoire with Joyce Mattson. For those with experience and/or basic line dance skills solidly in place. Senior Discount \$34. Milwaukie Center

ATA-1-57 COUNTRY LINE DANCE-INTER.
6-7pm T 3/30 6 \$27 Mullican CLRM
Same description as previous class. No class Tuesday, April 20. Senior discount \$20. Milwaukie Center

Exercise/Fitness/Sports

PED-4-50 CHAIR PILATES
3-3:45pm W 3/31 10 \$33 Wilson CLRM
Pilates exercises held in a chair - ideal for people who do not want to be on the floor. All levels welcome. Focus on cultivating strength, balance, and flexibility. Senior discount \$25. Milwaukie Center

PED-4-53 QIGONG
1:30-2:30pm M 3/29 11 \$45 Ocker PKSD
Qigong is a relaxing meditative exercise with origins in China. It is practiced to improve health and is a combination of slow, repetitive movements of stretching and meditation. Appropriate for adults of all ages. No class May 31. Senior discount \$34. North Clackamas Aquatic Park

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-4-54 11:15-12:15pm	TAI CHI FOR BEGINNERS (DAY) TTH	3/30	10	\$89		Lusk	CLRM	PED-4-67 12:30-1:30pm	ZUMBA GOLD F	4/02	10	\$45		Wilson	CLRM
For participants new to the wonderful art of this ancient Chinese material art. You'll learn to improve concentration, strength, balance, and flexibility. Senior Discount \$67. Milwaukie Center								Zumba Gold is designed to take exciting Latin and International dance rhythms and bring them to the active older adult. Includes Merengue, Salsa, Cha Cha, Flamenco and more. Beginners welcomed. Senior discount \$34. Milwaukie Center							
PED-4-55 6:35-7:35pm	TAI CHI, INTERMEDIATE (EVE) MW	3/29	10	\$85		Lusk	CLRM	Health/Safety/Personal Well-Being							
Same description as previous class. No class May 31. Senior Discount \$64. Milwaukie Center								HLT-1-50 6:30-7:30pm	COMMUTING BY BICYCLE T	4/13	1			Marek	CLRM
PED-4-56 10:10-10:55am	TAI CHI, INTERMEDIATE (DAY) MWF	3/29	10	\$97		Lusk	CLRM	Become part of the 10% of people in the region getting around on bicycles. A seasoned NW cyclist shares his perspective about bicycles, equipment, routes and more to break down the barriers that prevent you from riding. Fee: Free. Milwaukie Center							
This class will help bring energy while emphasizing health and coordination. Continued focus will be on balance, strength, and flexibility skills while learning techniques to relax the body and mind. No class May 31. Senior Discount \$72. Milwaukie Center								HLT-1-51 12:30-4pm	A PLACE AT THE CENTER W				Staff	CLRM	
PED-4-57 9:20-10:05am	TAI CHI, ADVANCED MWF	3/29	10	\$97		Lusk	CLRM	Check out this social activities program designed for people with memory loss or confusion due to stroke, Alzheimer's or related disorders. Meets one time per week. Call 503-653-8100 for enrollment and fee info. Milwaukie Center							
Students are requested to be able to perform 24 Yang style on their own. Tai Chi Sword and Qigong forms will be emphasized. No class May 31. Senior Discount \$72. Milwaukie Center								HLT-1-52 9:45-11:45am	BLOOD PRESSURE CHECK MT				Staff	CLRM	
PED-4-58 5:30-6:30pm	TAI CHI, ADVANCED (EVE) MW	3/29	10	\$85		Lusk	CLRM	Drop in and get your blood pressure checked by volunteer nurses. 1st Monday and 3rd Tuesday of the month. No fee. Milwaukie Center							
Same description as previous class. No class May 31. Senior Discount \$64. Milwaukie Center								HLT-1-53 1:30-3pm	DIABETES SUPPORT GROUP W				Staff	CLRM	
PED-4-59 8:30-9:15am	EZ-DOES-IT AEROBICS MWF	3/29	10	\$97		Stauss	CLRM	Information, education and sharing for people with diabetes, their families and friends. Meets 1st Wednesday monthly. No fee. Milwaukie Center							
Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout. No class May 31. Senior Discount \$73. Milwaukie Center								HLT-1-54 TBA	MANICURES TH				Staff	CLRM	
PED-4-60 11:05-11:50am	SIT-N-FIT MWF	3/29	10	\$97		Stauss	CLRM	Licensed manicurist available by appointment for low cost fingernail manicures, trims, polish. Call 503-421-5059 for appointment. Wheel-chair accessible. Fees vary. Milwaukie Center							
Strengthen your muscles, improve your range of motion, mobility & balance--sitting or standing next to a chair for support! Great for those with some physical limits. No class May 31. Senior Discount \$73. Milwaukie Center								History/Writing/Literature							
PED-4-61 8:30-9:15am	STRETCH & FLEX TTH	3/30	11	\$73		Hall	CLRM	HWL-1-50 1-2:45pm	CREATIVE WRITING W	3/31	8	\$62		Arnold	CLRM
Learn to breathe--and stay flexible as you build strength and balance in this relaxing non-aerobic approach to exercise. Bring an exercise mat; includes floor time. Senior Discount \$55. Milwaukie Center								Students tell us this class stimulates creative thinking and stretches their abilities to see and write in fresh new ways. Take the challenge--pressure free. Senior Discount \$47. Milwaukie Center							
PED-4-62 9:25-10:10am	LIGHT AEROBICS A TTH	3/30	11	\$73		Hall	CLRM	HWL-1-51 3-4:45pm	CREATIVE WRITING W	3/31	8	\$62		Arnold	CLRM
This entry level exercise class will go through warm-up, stretching, and an aerobic workout. Some hand-held weights used. Senior Discount \$55. Milwaukie Center								Same description as previous class. Senior Discount \$47. Milwaukie Center							
PED-4-63 10:20-11:05am	LIGHT AEROBICS B TTH	3/30	11	\$73		Hall	CLRM	HWL-1-52 3-4:30pm	LIFE STORY WRITING M	3/29	8	\$53		McEnnerney	CLRM
Same as Light Aerobics A, but the workout will be a faster pace. Senior Discount \$55. Milwaukie Center								Capture your life experiences or family stories on paper before they are lost to the next generation. We'll show you how. Senior Discount \$40. Milwaukie Center							
PED-4-64 6:30-7:30pm	PERSONAL FITNESS M	3/29	11	\$45		Hall	CLRM	HWL-1-53 1-2:30pm	NAT AMER INDIANS IN OR HISTORY T	4/06	3	\$20		Tompkins	CLRM
Advanced beginner to intermediate aerobics. Anything from boxing, resistance training, bands, weights, and floor work. Bring a floor mat. No class May 31. Senior Discount \$34. Milwaukie Center								Discussion surrounding the history of Oregon in the 19th Century and at the personalities of specific Indians and the whites that interacted with them. Senior Discount \$15. Milwaukie Center							
PED-4-65 4:45-5:45pm	YOGA T	3/30	10			Watson	CLRM								
Stretch, strengthen, breathe and relax! Learn techniques from this ancient discipline to increase well-being, reduce stress, and to modify poses to meet your needs. Bring a mat and an empty stomach. Fee: Res: \$35; Non-res: \$40. Milwaukie Center															
PED-4-66 4:45-5:45pm	YOGA TH	4/01	10			Watson	CLRM								
Same description as previous class. Fee: Res: \$35; Non-res: \$40. Milwaukie Center															

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

FLS-4-50 SPANISH - INTRO
11:15-12:45pm W 3/31 8 \$53 Luckow CLRM

This class is for students with little Spanish experience. Senior discount \$40. Continuation from winter term. Milwaukie Center

FLS-4-51 SPANISH I
1:45-2:45pm M 3/29 8 \$36 Luckow CLRM

A small knowledge of Spanish required. Topics covered include word gender, beginning conjugation and beginning conversation skills. Senior Discount \$27. Continuation from winter term. Milwaukie Center

FLS-4-52 SPANISH II
12:45-1:45pm M 3/29 8 \$36 Luckow CLRM

Basic Spanish language skills will be strengthened in this course. Topics covered include word gender, beginning conjugation, and beginning conversation skills. Senior Discount \$27. Continuation from winter term. Milwaukie Center

FLS-4-53 SPANISH III
11:30-12:30pm M 3/29 8 \$36 Luckow CLRM

Topics include irregular verbs, commands, and an introduction to past tense conjugation. Grammar and vocab reviewed. Senior Discount \$27. Continuation from winter term. Milwaukie Center

FLS-4-54 SPANISH IV
10:30-11:30am M 3/29 8 \$36 Luckow CLRM

Speaking in Spanish is stressed. Focus will be on proper verb tense. Students will develop sentence and conversation skills. Senior Discount \$27. Continuation from winter term. Milwaukie Center

FLS-4-55 SPANISH V
4:35-6:20pm M 3/29 8 \$62 Luckow CLRM

Students will continue to develop conversation skills. Book work and verb tense development emphasized, including use of the future tense. Correct use of imperfect and preterit tense emphasized. Senior Discount \$47. Continuation from winter term. Milwaukie Center

FLS-4-56 SPANISH VI
6:20-8:05pm M 3/29 8 \$62 Luckow CLRM

Very little English will be used in class. Speaking and listening skills will be developed. Senior Discount \$47. Continuation from winter term. Milwaukie Center

FLS-4-57 SPANISH VII
9-10:30am M 3/29 8 \$53 Luckow CLRM

Recommended for fluent or near fluent Spanish speakers. No English used in class. Students speak and the teacher makes corrections while leading a topic. Senior Discount \$40. Continuation from winter term. Milwaukie Center

Molalla

ADULT COMMUNITY CENTER

Registration form for Community Education classes on page 98.

For class locations, see page 199. Phone: 503-829-4214

Classes held at Adult Community Center.

APA-1-90 LET'S MAKE ART!
9:30-12pm W Staff CLRM

Come and join in on our open art lab - Wednesdays from 9:30-noon. No instruction. Students will be able to work at their own pace and with their choice of media. Bring your own supplies and materials. By donation. Molalla Adult Community Center

APA-1-91 QUILTING MADE EASY
10-2pm TF Staff CLRM

On-site training. Learn the art of quilting from experts in the field. No material necessary. By donation. Molalla Adult Community Center

Exercise/Fitness/Sports

PED-4-90 STRETCH & BE FIT/LITE AEROBICS
9-10am MWF Staff CLRM

Total body workout to light, easy to follow stretching exercises and aerobic music. Use of 3lb weights and dyna-bands. Center closed May 31. By donation. Molalla Adult Community Center

PED-4-91 TAI CHI - BEG
9:30-10:30am TTH 3/30 10 \$89 Schenck CLRM

Learn the flowing movements of Tai Chi starting with the 8 simplified Yang forms. Improve your balance, coordination, flexibility, strength and endurance. Understand exercising by relaxing. Senior discount \$45. Molalla Adult Community Center

History/Writing/Literature

HWL-1-90 WRITING PERSONAL HISTORY CLASS
1-2:30pm M Staff CLRM

Class consists of one hour reading excerpts from class members' writings & 1/2 hour of writing process discussion. Topics include what to write about, mining the memory of older relatives, finding pictures, making your history accurate & much more. By donation. Molalla Adult Community Center

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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North Clackamas PARKS AND RECREATION

Registration form for Community Education classes on page 98.
For class locations, see page 100.

Please pre-register by mail or by calling 503-794-8080, ext. 0 for classes offered through the North Clackamas Parks & Recreation District. For a complete list of classes & programs offered through North Clackamas Parks & Recreation, please request a Healthy Living Recreation & Education Guide by calling 503-794-8080, ext. 0.

Animal Care/Training

PET-2-500 DOG HOUSE MANNERS CLASS
6:45-7:45pm TH 4/01 6 Tonkin CLRM
Certified dog trainer. Basic Obedience Cues: focus, sit-stay, down-stay, come. Behavior problem solving. Proof of vaccination req. Bring leash and treats to class. No dogs first class. Reg online at www.bestbehaviordogservices.com or call 503-860-0450. Fee: \$100. Doggie Day Camp

Art/Crafts/Hobbies

APA-2-500 ARCHERY: AGE 8-14
10-11am S 4/10 6 Okita ARCH
Learn the basics of archery from stance to aim, draw, release & follow-through. Finger tabs & arm guards required. Parent must attend first class. Res. \$55, Non-Res. \$65, includes rental equipment; Res. \$40, Non-Res \$50, students provide equipment. Broken Arrow Archery

APA-2-501 ARCHERY: AGE 8-14
11-12pm S 4/10 6 Okita ARCH
Same description as previous class. Broken Arrow Archery

APA-2-502 BOWLING, AGE 18+
9:30-10:30am T 3/30 6 Combs BA
Jeff Combs, USBS certified coach, will share skills on your grip, generating ball speed, more. Res. \$60, Non-Res. \$65 (no ball); Res. \$110, Non-Res. \$115 (receive new ball). Milwaukie Bowl

APA-2-503 BOWLING, AGES 7-15
4-5pm TH 4/01 6 Combs BA
The tips & tricks Jeff Combs, USBC certified coach, will share with you will help Bowlers of all skill levels improve their game. Res. \$60, Non-Res. \$65 (no ball); Res. \$110, Non-Res. \$115 (receive new ball). Milwaukie Bowl

APA-2-504 NATURE WALK-MT TALBERT
10:30-12:30pm SU 4/25 1 \$5 Staff PARK
Explore the springtime beauty of this unique lava dome as we search for wildlife, spring blooms, and geologic stories. Bring your own binoculars or borrow ours. Trails are rough and steep in places. Advanced registration and payment is required. Ages 10 and older. Mt. Talbert Nature Park

Dance/Theater/Music

ATA-2-500 BALLROOM DANCING
11-12:30pm S 4/03 6 \$65 Klimova-Preston CLRM
Learn beginning instruction in popular couple dance steps such as Fox Trot, Swing, Cha-Cha, Waltz & Salsa. Couples pay \$85. East Side Athletic Club-Clack

Driver Education

DRE-4-500 DRIVER EDUCATION
4:30-7:30pm T 3/29 11 \$310 Weisdorfer 309
Attendance at all sessions mandatory. When registering, select both a classroom and a drive lab. Copy of permit must accompany registration. Tuition is \$410 for students 18 yrs or older or licensed driver of any age. Required text packet available for purchase at CCC Harmony Center bookstore: 503-594-0647. REQUIRED PARENT NIGHT at the end of first class, 6:30-7:30pm. For more info call 503-353-6091 or go online under Community Education at www.nclack.k12.or.us for registration and information. Clackamas High School

DRE-4-501 DRIVER EDUCATION OIT
4:30-7:30pm W 3/29 11 \$310 Weisdorfer OIT191
Same Description as previous class. REQUIRED PARENT MEETING is 1st night of class on Jan 5 from 6:30-7:30pm. Held at Clackamas High School. Oregon Institute of Technology

Exercise/Fitness/Sports

PED-4-500 RED CROSS LIFEGUARD TRAINING
6-9:30pm TTH 4/13 6 \$140 Staff POOL
Fee includes books, instruction, pool time & certificates. Participants are trained in safety & water rescue skills for a controlled environment, first aid, CPR/PR & AED. Non-Res: \$165. North Clackamas Aquatic Park

PED-4-501 TAKE THE PLUNGE
7:30-8pm TTH 4/06 11 \$70 Staff POOL
Adults work at their own pace with an American Red Cross Swim Instructor. Sessions 1B & 2B only. Non-Res. \$90. North Clackamas Aquatic Park

PED-2-502 GOLF: SPRING BREAK, AGES 8-16
12-2pm SSU 3/20 1 Staff GC
Fundamentals of golf include techniques in learning or improving swing, chipping and putting. Res. \$60, Non-Res. \$67. Stone Creek Golf Course

PED-2-503 GOLF: SPRING BREAK, AGES 8-16
12-2pm SSU 3/27 1 Staff GC
Same description as previous class. Stone Creek Golf Course

PED-2-504 GOLF: SPRING BREAK, AGES 7-13
10-2pm MT 3/22 1 Staff COURSE
Introduction to the game of golf, including the basic set-up and swing fundamentals. Students will use driving range and short game area. Lunch provided. Res. \$110, Non-res. \$120. Sah Hah Lee Golf Course

PED-2-505 GOLF: SPRING BREAK, AGES 7-13
10-2pm THF 3/25 1 Staff GC
Same description as previous class. Sah Hah Lee Golf Course

PED-2-511 SH VOLLEYBALL CAMP, AGES 7-14
9-3pm M-F 3/22 1 Staff OITGYM
Focus on serving, hitting, spiking, and activities to engage novice or experienced player. Skill based and co-ed program. Bring kneepads, lunch, two snacks, water. Call 1-800-804-3509 to register or online at www.skyhawks.com. Oregon Institute of Technology

PED-2-512 SH MULTI-SPORT CAMP, AGE 6-12
9-3pm M-F 3/22 1 Staff CLRM
Program designed to teach sport fundamentals, skill assessment, and basic sport strategies in basketball, soccer and baseball. Call 1-800-804-3509 to register or online at www.skyhawks.com. Mt. Scott Elementary

PED-2-513 HORSEBACK RIDING, AGE 6-17
4:30-6pm W 3/31 4 Gill ARENA
Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn, & riding helmets provided. Four students per session. Res. \$115, Non-Res. \$125. Highland Stables

PED-2-514 HORSEBACK RIDING, AGE 6-17
4:30-6pm F 4/02 4 Gill ARENA
Same description as previous class. Highland Stables

PED-2-515 HORSEBACK RIDING, AGE 6-17
8:30-10am S 4/03 4 Gill ARENA
Same description as previous class. Highland Stables

PED-2-516 HORSEBACK RIDING, AGE 6-17
4:30-6pm W 4/28 4 Gill ARENA
Same description as previous class. Highland Stables

PED-2-517 HORSEBACK RIDING, AGE 6-17
4:30-6pm F 4/30 4 Gill ARENA
Same description as previous class. Highland Stables

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-2-518	HORSEBACK RIDING, AGE 6-17	8:30-10am	S	5/01	4			Gill	ARENA	PED-2-533	LEVEL A, AGE 5+	6:20-6:50pm	TBA					Staff	POOL
Same description as previous class. Highland Stables										Same description as previous class. North Clackamas Aquatic Park									
PED-2-519	SKI SNOWBOARD SPR BREAK CAMP	6:30-5pm	THF	3/25	1				MHMCLS	PED-2-534	LEVEL B, AGE 5+	4:35-5:05pm	TBA					Staff	POOL
Ages 7-12. Transportation from N. Clackamas Aquatic Park each day provided. 2 days of instruction, lunch, storage area. Res. \$260; Non-res \$265 (rental equip provided). Res. \$250; Non-res \$255 (no rental equipment). Mt Hood Meadows										Fundamental skills. Students learn how to combine front & back-strokes. Rhythmic breathing will be introduced in this level. Choose session dates from description above. North Clackamas Aquatic Park									
PED-2-520	SKI-SNOWBOARD SPR BREAK CAMP	6:30-5pm	THF	3/25	1				MHMCLS	PED-2-535	LEVEL B, AGE 5+	5:10-5:40pm	TBA					Staff	POOL
Ages 13-14. Transportation from N. Clackamas Aquatic Park each day provided. 2 days of instruction, lunch, storage area. Res. \$250; Non-Res \$255 (rental equipment provided). Res. \$240; Non-Res \$245 (no rental equipment). Mt Hood Meadows										Same description as previous class. North Clackamas Aquatic Park									
SWIM LESSONS																			
American Red Cross learn to swim lessons consist of nine 30-minute classes per session. Session 1A: M/W, April 5-May 3. Session 1B: T/Th, April 6-May 4. Session 2A: M/W, May 10-June 9 (No class 5/31). Session 2B: T/Th, May 11-June 8. The cost is \$35 for residents and \$45 for non-residents.																			
PED-2-521	SEALS, AGE 3-4	4-4:30pm	TBA						POOL	PED-2-539	LEVEL D, AGE 5+	4:35-5:05pm	TBA					Staff	POOL
Nine thirty minute classes introducing water breath-holding, bubble-blowing, front & back floats & rhythmic breathing. Choose session dates from description above. North Clackamas Aquatic Park										Stroke Improvement. Develops confidence in the strokes learned & to improve other aquatic skills. This level will focus on greater conditioning & introduce the breaststroke, scissor kick, rotary kick & survival float. Choose session dates from description above. North Clackamas Aquatic Park									
PED-2-522	SEALS, AGE 3-4	4:35-5:05pm	TBA						POOL	PED-2-540	LEVEL D, AGE 5+	5:45-6:15pm	TBA					Staff	POOL
Same description as previous class. North Clackamas Aquatic Park										Same description as previous class. North Clackamas Aquatic Park									
PED-2-523	SEALS, AGE 3-4	5:10-5:40pm	TBA						POOL	PED-2-541	LEVEL E, AGE 5+	6:55-7:25pm	TBA					Staff	POOL
Same description as previous class. North Clackamas Aquatic Park										Stroke Refinement. Provides further coordination & refinement of strokes. Begin advanced skill development & further focus on conditioning. Intro to flip turns, sidestroke, survival swimming and dives. Choose session dates from description above. Sessions 1A & 2A only. North Clackamas Aquatic Park									
PED-2-524	SEALS, AGE 3-4	6:20-6:50pm	TBA						POOL	PED-2-542	LEVEL E, AGES 5+	7:30-8pm	TBA					Staff	POOL
Same description as previous class. North Clackamas Aquatic Park										Same description as previous class. Sessions 1B & 2B only. North Clackamas Aquatic Park									
PED-2-525	SEALS, AGES 3-4	6:55-7:25pm	TBA						POOL	PED-2-543	FUNDAMENTALS OF DIVING	7:30-8pm	TBA					Staff	POOL
Same description as previous class. North Clackamas Aquatic Park										Introduces the swimmer to basic diving skills. Includes diving from side, from a board, approach & hurdle from a diving board, diving in a tuck & pike position. Choose session dates from description above. Sessions 1B & 2B only. North Clackamas Aquatic Park									
PED-2-526	ADVANCED SEALS, AGE 3-4	4-4:30pm	TBA						POOL	PED-2-544	FITNESS SWIMMING	6:55-7:25pm	TBA					Staff	POOL
Eligibility in Advanced Seals is based on instructor recommendation. Choose session dates from description above. North Clackamas Aquatic Park										This level introduces the swimmer to use of a pace clock, pull buoys, fins & hand paddles & training principles. Choose session dates from description above. Sessions 1A & 2A only. North Clackamas Aquatic Park									
PED-2-527	ADVANCED SEALS, AGE 3-4	5:10-5:40pm	TBA		9				POOL	PED-2-545	TEEN WAVE	7:30-8pm	TTH			\$70		Staff	POOL
Same description as previous class. North Clackamas Aquatic Park										Teens work at their own pace with an American Red Cross swim instructor. Sessions 1B & 2B only. Non-Res. \$90. North Clackamas Aquatic Park									
PED-2-528	ADVANCED SEALS, AGE 3-4	6:20-6:50pm	TBA						POOL	AQUATIC EXERCISE									
Same description as previous class. North Clackamas Aquatic Park										Aquatic Exercise is a fitness program designed to enhance your health & wellness. Admission per class: \$4 residents & \$5 non-residents. 18 class punch card: \$63 residents & \$81 non-residents.									
PED-2-529	SUPER SEALS, AGE 3-4	5:45-6:15pm	TBA						POOL	PED-4-546	DEEP H2O	8-9am	MWF	3/29	11			Staff	POOL
Eligibility in Super Seals is based on instructor recommendation. Choose session dates from description above. North Clackamas Aquatic Park										Deep H2O is held in the dive well with the assistance of floatation equipment. This non-weight bearing routine enhances flexibility & muscular strength. North Clackamas Aquatic Park									
PED-2-530	SUPER SEALS, AGE 3-4	6:55-7:25pm	TBA						POOL	Same description as previous class. North Clackamas Aquatic Park									
PED-2-531	LEVEL A, AGE 5+	4:35-5:05pm	TBA						POOL	Same description as previous class. North Clackamas Aquatic Park									
PED-2-532	LEVEL A, AGE 5+	5:45-6:15pm	TBA						POOL	Same description as previous class. North Clackamas Aquatic Park									

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-4-547	DEEP H2O							PED-4-723	CYCLE						
5:30-6:30pm	MW	3/29	11			Staff	POOL	6:15-7pm	T	4/01	10	\$48		Wesner	CLRM
Same description as previous class. North Clackamas Aquatic Park								45-minute indoor ride cycle class set to fun, motivating music-guaranteed to make you sweat! East Side Athletic Club-Milw							
PED-4-548	DEEP H2O							PED-4-724	CYCLE ESSENTIALS						
6:30-7:30pm	TTH	3/30	11			Staff	POOL	6:15-7pm	W	3/31	10	\$48		Staff	CLRM
Same description as previous class. North Clackamas Aquatic Park								45-minute introduction to indoor cycle class set to fun, motivating music and guaranteed to make you sweat! East Side Athletic Club-Clack							
PED-4-549	H2O FITNESS							PED-4-725	CYCLE EXPRESS						
7:30-8:30am	S	4/03	11			Staff	POOL	5:30-6pm	MW	3/29	10	\$48		Ehlers	CLRM
H2O Fitness is a water exercise program designed to enhance health & wellness. North Clackamas Aquatic Park								30-minute indoor cycle class set to fun, motivating music! East Side Athletic Club-Milw							
PED-4-550	H2O FITNESS							PED-4-726	CYCLE EXPRESS PLUS						
8-9am	MWF	3/29	11			Staff	POOL	5:30-6:30am	W	3/31	10	\$48		Staff	CLRM
Same description as previous class. North Clackamas Aquatic Park								30-minutes of fat-burning cycling followed by 15 minutes of strengthening. East Side Athletic Club-Clack							
PED-4-551	H2O FITNESS							PED-4-727	GROUP POWER						
9-10am	MWF	3/29	11			Staff	POOL	6-7pm	MW	3/29	10	\$84		Crow	CLRM
Same description as previous class. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Milw							
PED-4-552	H2O FITNESS							PED-4-728	GROUP POWER						
10-11am	MWF	3/29	11			Staff	POOL	5:30-6:30am	TTH	3/30	10	\$84		Foust	CLRM
Same description as previous class. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Clack							
PED-4-553	H2O FITNESS							PED-4-729	GROUP POWER						
6:30-7:30pm	MW	3/29	11			Staff	POOL	5:40-6:40am	TTH	3/30	10	\$84		Ordlin	CLRM
Same description as previous class. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Milw							
PED-4-554	H2O GYM							PED-4-730	GROUP POWER						
5:30-6:30pm	TTH	3/30	11			Staff	POOL	9:15-10:15am	TTH	3/30	10	\$84		Crowe	CLRM
Basic strength training class designed to reduce body fat, improve muscle mass & increase endurance. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Clack							
PED-4-555	SMILE							PED-4-731	GROUP POWER						
11-11:45am	MWF	3/29	11			Staff	POOL	6:05-7:05pm	TTH	3/30	20	\$84		Ordlin	CLRM
Slow Movement Interactive Leisure Exercise. Experience a gentle water exercise class for a modified & prudent exercise routine. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Clack							
PED-4-556	PILATES							PED-4-732	GROUP POWER						
11-12pm	MW	4/05	10			Wilson	PKSD	8:10-9:10am	S	4/03	10	\$48		Summerville	CLRM
Focus on cultivating strength, flexibility, balance and grace. Bring mat to class and exercise ball on Wednesdays. All levels welcome. No class 5/31. Res: \$61.75, Non-Res: \$80.75 North Clackamas Aquatic Park								SEE RESULTS! Feel the POWER with this NEW barbell class set to fun, popular music. East Side Athletic Club-Clack							
FITNESS EAST SIDE ATHLETIC CLUB CLACKAMAS AND MILWAUKIE															
Register with East Side with VISA/MC debit or charge cards, cash or check.															
Clackamas location: Call 503-659-3846 to register or register in person at 9700 SE Sunnyside Road.															
Milwaukie location: Call 503-659-3845 to register or register in person at 4606 SE Boardman Avenue.															
Please mention that you are registering through Clackamas Community College.															
PED-4-720	CARDIO CIRCUIT							PED-4-733	GROUP POWER						
9:15-10:15am	M	3/29	10	\$48		Welborn	CLRM	9:30-10:30am	S	4/03	10	\$48		Staff	CLRM
Challenge your metabolism. Class includes: utilizing the jump ropes, step & your own body weight. Take the intensity to your personal level. East Side Athletic Club-Clack								Same description as previous class. East Side Athletic Club-Milw							
PED-4-721	CARDIO CRUNCH TIME							PED-4-734	H2O EXERCISE						
7-7:30pm	MW	3/29	10	\$48		Crow	CLRM	9:30-10:30am	MWF	3/29	10	\$99		Ferriss/Rask	POOL
This 30 minute class rotates traditional cardio class moves with short segments of sports conditioning drills. East Side Athletic Club-Milw								Proven results while protecting joints. Cardiovascular conditioning & muscle strengthening performed in the water. Aqua dumbbells & other floating devices are used to enhance the strength component of class while the water cushions the impact. East Side Athletic Club-Milw							
PED-4-722	CARDIO SPLASH							PED-4-735	H2O EXERCISE						
6:15-7:15pm	TTH	3/30	10	\$84		Rask/Stratton	POOL	8:30-9:30am	TTH	3/30	10	\$84		Stratton	POOL
Designed for a more advanced water workout, utilizing sports conditioning moves to create a more intense cardiovascular workout. East Side Athletic Club-Clack								Same description as previous class. East Side Athletic Club-Milw							
PED-4-723	CYCLE							PED-4-736	H2O EXERCISE						
6:15-7pm	T	4/01	10	\$48		Wesner	CLRM	9-10am	TTH	3/30	10	\$84		Staff	POOL
45-minute indoor ride cycle class set to fun, motivating music-guaranteed to make you sweat! East Side Athletic Club-Milw								Same description as previous class. East Side Athletic Club-Clack							
PED-4-724	CYCLE ESSENTIALS							PED-4-737	H2O EXERCISE						
6:15-7pm	W	3/31	10	\$48		Staff	CLRM	10-11am	TTH	3/30	10	\$99		Willie	POOL
45-minute introduction to indoor cycle class set to fun, motivating music and guaranteed to make you sweat! East Side Athletic Club-Clack								Same description as previous class. North Clackamas Aquatic Park							
PED-4-725	CYCLE EXPRESS							PED-4-738	H2O EXERCISE						
5:30-6pm	MW	3/29	10	\$48		Ehlers	CLRM	9-10am	S	4/03	10	\$48		Latshaw	POOL
30-minute indoor cycle class set to fun, motivating music! East Side Athletic Club-Milw								Same description as previous class. East Side Athletic Club-Clack							
PED-4-726	CYCLE EXPRESS PLUS							PED-4-739	TURBO H2O						
5:30-6:30am	W	3/31	10	\$48		Staff	CLRM	6:15-7:15pm	MW	3/29	10	\$84		Priem/Latshaw	POOL
30-minutes of fat-burning cycling followed by 15 minutes of strengthening. East Side Athletic Club-Clack								Pump up your water workout! This class combines sports conditioning, dance and traditional water cardio moves for one dynamic water workout. East Side Athletic Club-Milw							

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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PED-4-740 MAT PILATES
 10:20-11:20am MW 3/29 10 \$120 Wesner CLRM
 Stand taller, look leaner! Join us today so that you too can increase your flexibility, core strength, balance, concentration, & control in order to OPTIMIZE YOUR level of physical fitness. East Side Athletic Club-Clack

PED-4-741 MAT PILATES & PILATES PLUS
 9-10am TTH 3/30 10 \$110 Ehlers CLRM
 Optimize your level of physical fitness through these two classes. Tues. is Mat Pilates & Thur. combines weight-training & various Mat Pilates exercises for a core challenging workout! East Side Athletic Club-Milw

PED-4-742 MIDDLE MANAGEMENT
 5:30-6pm MW 3/29 10 \$48 Petert CLRM
 A non-cardio, functional training class that concentrates on strengthening & reshaping your upper leg, abdominal & back muscles. East Side Athletic Club-Clack

PED-4-743 MIDDLE MANAGEMENT
 5:30-6pm TTH 3/30 10 \$48 Bullock/Wesner CLRM
 Same description as previous class. East Side Athletic Club-Milw

PED-4-744 PIYO
 7-8pm W 3/31 10 \$60 Archuleta CLRM
 Combines the best elements of Pilates and Yoga to create an efficient flexibility, core strength and balance class. East Side Athletic Club-Clack

PED-4-745 PIYO BUZZ
 6:15-6:45pm MW 3/29 10 \$60 Ehlers CLRM
 This 30-minute class combines Yoga positions which flow into mat Pilates exercises. The result is a core strengthening, muscular stretching, mental relaxing experience. East Side Athletic Club-Milw

Language Studies

FLS-2-500 BABY SIGN LANGUAGE 101
 9:30-11am S 5/22 1 Fogel PKSD
 Communicate and teach your baby sign language long before they are ready to speak! Learn 50 common signs, tips and techniques. Participants receive signing dictionary and journal. Res: \$40, Non-Res: \$43 (spouse/partner \$10 additional). North Clackamas Aquatic Park

Oregon City COMMUNITY SCHOOL

Registration form for Community Education classes on page 98. For class locations, see page 100. Phone: 503-785-8520

Art/Crafts/Hobbies

APA-2-600 BUSY BEES QUILT GROUP
 6-9pm T 4/06 6 Staff CLRM
 Quilt group focuses on learning how to quilt, meeting new friends, and community service quilt projects. Field trips and quilt retreats planned. No childcare. Meet every 1st and 3rd Tuesday of the month. Ages: 16+. Free. Eastham Community Center

APA-2-601 HERBALS AT HOME WORKSHOP
 11-7pm S 6/05 1 \$37 Elting 101
 Come hungry to prepare several herb dishes: pasta, spring green salad and a torta. Remaining class focuses on creams and lotions. Bring 5 small jars w/lids. Additional supply fee of \$30 payable to instr in class. Ages: 14+. Eastham Community Center

APA-2-602 HERBAL VEGETARIAN SOAP MAKING
 11-3pm S 4/10 1 \$30 Elting CLRM
 Come explore how to safely create your own scent blends and textures with essential oils and additives. Bring a pair of goggles, dish washing rubber gloves and newspaper (about a Sunday's worth). Additional supply fee of \$15 payable to inst. Age: Adult. Eastham Community Center

APA-2-603 SPRING DOMESTICITY
 6-9pm W 4/07 4 \$40 Elting 101
 Spring activities are all about getting outdoors! From cleaners to chicks to the garden, you are guaranteed to find something of interest. Others based on student interest. Project supply fee of \$10 payable to instr. Ages: Adult Eastham Community Center

APA-2-604 YOUR BACKYARD CHICKENS
 7-10pm TH 4/01 1 \$25 Elting 215
 Be a part of the self sufficiency movement. Come with questions about how to raise a few hens for your own fresh eggs. Kids will love this responsibility! Handouts provided. Additional supply fee of \$10 payable to instr. Ages: Adult. Eastham Community Center

APA-2-605 YOUR BACKYARD CHICKENS
 9-12pm S 4/24 1 \$25 Elting 215
 Same description as previous class. Eastham Community Center

APA-2-606 PROGRESSIVE FLY FISHING
 6:15-8:30pm T 3/30 3 \$97 Lauzon CLRM
 Fly Fishing/Coed. Beginning/Intermediate class for hands on learning with professional FFF Certified Casting Instructor. Gain skill & presentation techniques. River outing on April 17. Eastham Community Center

APA-2-607 PROGRESSIVE FLY FISH-BEG/INT
 6:15-8:30pm TH 5/13 3 \$97 Lauzon CLRM
 Same description as previous class. River outing on May 29. Eastham Community Center

Basic Academic Skills

GES-4-600 SAT-I PREP CLASS
 6-9pm SU 4/04 4 \$135 Staff CLRM
 To prepare for the May 1 SAT-I. Learn test-taking strategies, take practice tests with teacher feedback, learn how to reduce test anxiety while learning the unique structure of the SAT-I Test. Class size limited to 12. To register call Cascade Academics at 503-557-0336. Eastham Community Center

GES-4-601 SAT-I PREP CLASS
 6-9pm SU 5/02 4 \$135 Staff CLRM
 Same description as previous class. To prepare for the June 5 SAT-I. Eastham Community Center

Community Education

Community Education Classes

Registration form on page 97.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Child Care/Family Life

FAM-2-600 BABYSITTING, RED CROSS
 9-3:45pm S 4/24 1 \$55 0 Staff CLRM
 Receive handbooks providing information on injury prevention, first aid & basic child care skills. Earn Red Cross certificate & practice packing a sitter bag. Bring paper, pencil & lunch. Age: 11-15. Eastham Community Center

FAM-2-605 WHEN I'M IN CHARGE
 9-11:30am S 4/24 1 \$28 RedCross CLRM
 Personal safety & time management for children home alone. Subjects covered gun & Internet safety, home safety, sibling care, more. Age: 8-11. Eastham Community Center

Dance/Theater/Music

ATA-2-600 SNOW WHITE AND THE SEVEN DWARFS
 TBA FS 3/12 1 \$75 Dodge CLRM
 Auditions for characters in Snow White and the Seven Dwarfs. Auditions Friday from 5-8pm; call backs on Saturday 12-4pm. For all details go to www.occtheatre.org. Ages: 3-6. Oregon City HS-Jackson Campus

HARMONY ROAD MUSIC

Harmony Road Music courses are exciting, comprehensive music programs designed to help children discover the world of music through motivating materials and activities which develop the whole child. For more information visit their website at www.harmonyroadoregon.com.

ATA-2-602 TODDLER TUNES
 10:30-11am M 4/05 4 \$60 Staff CLRM
 A joyful first music class shared by tots and parents. Singing, rhythms, movement and keyboard games encourages active involvement. Materials included. Ages: 18mos-3yrs. Harmony Road Music Center

ATA-2-603 TODDLER TUNES
 10-10:30am F 4/09 4 \$60 Staff CLRM
 Same description as previous class. Harmony Road Music Center

ATA-2-604 HELLO MUSIC
 11:15-12pm M 4/05 4 \$65 Staff CLRM
 An exciting intro to music activities. Class includes singing, rhythms, movement and keyboard playing and creative projects. Enjoyable readiness program. Parents involved. Materials inc. Ages: 3-4. Harmony Road Music Center

ATA-2-606 MUSIC TIME
 12-12:45pm M 4/05 4 \$65 Staff CLRM
 Encourages development of musical concepts through singing, movement, keyboard/piano playing and creative projects. This is an active program for preschoolers with parent involvement. Materials inc. Ages: 4-6. Harmony Road Music Center

ATA-2-613 BEGINNING TEEN/ADULT PIANO
 9:30-10:15am M 4/05 6 \$95 Staff CLRM
 Play with other older beginners. Includes ear training, note reading, use of chords and solo/ensemble playing. Practical and fun. Materials included. Ages: Teen/Adult. Harmony Road Music Center

DANCE AT BARCLAY

Ballet registration is now open on a first come, first served basis. Students must be appropriate age for class. Pre-ballet and Ballet requires instructor's consent, classes continue throughout the year, and require a dress code of: black leotard, pink tights, and ballet shoes.

ATA-2-615 CREATIVE MOVEMENT I
 11-11:30am W 4/07 10 \$60 Staff GYM
 Introduces the dancer to new music & steps in a fun & creative environment. Class continues year around, term 3 of 3. Age: 3-4. Barclay Community School

ATA-2-616 CREATIVE MOVEMENT I
 11:30-12pm W 4/07 10 \$60 Staff GYM
 Same description as previous class. Age: 3-4. Barclay Community School

ATA-2-617 CREATIVE MOVEMENT I
 1-1:30pm W 4/07 10 \$60 Staff GYM
 Same description as previous class. Barclay Community School

ATA-2-618 CREATIVE MOVEMENT II
 1:45-2:30pm W 4/07 10 \$70 Staff GYM
 Students learn positions & movements related to ballet and other forms of dance. Term 3 of 3. Age: 5-7. Barclay Community School

ATA-2-619 PRE-BALLET
 2:30-3:15pm W 4/07 10 \$70 Staff GYM
 Fundamentals of ballet positions & movements. Recommended for students who have taken at least 1 yr of Creative Movement II. Instructor consent required. Class is term 3 of 3. Age 6-7. Barclay Community School

ATA-2-620 BALLET I
 3:15-4:15pm W 4/07 10 \$70 Staff GYM
 For students who have completed 1 yr of pre-ballet. Dress Code. Term 3 of 3. Age: 6-8. Barclay Community School

ATA-2-621 BALLET II
 4:15-5:15pm W 4/07 10 \$80 Staff GYM
 For students who have completed 1 yr of Ballet 1. Focus on combinations, jumps & turns. Placement by instructor. Age: 8+. Barclay Community School

TAP AND JAZZ WITH VICKI MILLS

Tap and Jazz classes for both beginning and continuing students for all ages. Students must have tap shoes and ballet slippers.

ATA-2-622 TAP & JAZZ
 3:30-4:15pm M 3/29 10 \$70 Mills CLRM
 Beginning tap & jazz dance class from professional dance instructor, Vicki Mills. Open to boys & girls. Student should have tap shoes & ballet slippers. Performance at end of term. Age: 3-5. No class May 31. Barclay Community School

ATA-2-623 TAP & JAZZ
 4:15-5pm M 3/29 10 \$70 Mills CLRM
 Same description as previous class. Barclay Community School

ATA-2-624 TAP & JAZZ
 5-5:45pm M 3/29 10 \$70 Mills CLRM
 Same description as previous class. Age: 6-7. Barclay Community School

ATA-2-625 TAP & JAZZ
 5:45-6:45pm M 3/29 10 \$70 Mills CLRM
 Same description as previous class. Age: 8+. Barclay Community School

DANCE VISION STUDIO

Dance Vision Studio offers a variety of classes ranging from Ballet to Technique. For more information you can visit their website at www.dancevisionusa.com or contact Eastham Community Center at 503-785-8520. Studio Address is 16246 SE 82nd Dr, Clackamas.

ATA-2-626 BALLET-BEGINNING
 4-4:45pm W 3/31 5 \$70 Staff CLRM
 Entry level teaching the foundation of all dance styles. Dancers should wear a leotard, tights and ballet slippers. Hair in a bun or pony tail. Ages: 7+ Dance Vision Studio

ATA-2-627 HIP HOP-BEGINNING
 5-6pm M 3/29 5 \$70 Staff CLRM
 Entry level to popular rhythmic music. Convey your own attitude while learning popping, locking and how to hit dance moves. Dancers can wear loose fitting clothing and tennis shoes. Age: 7+. Dance Vision Studio

ATA-2-628 HIP HOP-INTERMEDIATE
 6-7pm M 3/29 5 \$70 Staff CLRM
 Intermediate dance class to popular rhythmic music. Learn to convey your own attitude while popping, locking and hitting dance moves with precision and funk. Wear loose fitting clothes and tennis shoes. Ages: 7+. Dance Vision Studio

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ATA-2-629	JAZZ-BEGINNING	6-7pm	M	3/29	5	\$70		Staff	CLRM	ATA-2-643	INTERMEDIATE GUITAR	7-8pm	T	3/30	8	\$115		Johnson	CLRM
Entry level class. Learn arm and feet positions, traveling turns pirouettes, jumps and leaps while incorporating into progressions and fun up-beat combinations. Wear snug-fitting clothes, jazz shoes or dance paws. Ages: 7+. Dance Vision Studio										Subjects covered include advanced chords, scales, music notation, and basic music theory. Learn how they make all those crazy sounds on your favorite songs. Basic guitar skills req'd. Willamette Christian Church									
ATA-2-630	JAZZ-BEGINNING	5-5:45pm	W	3/31	5	\$70		Staff	CLRM	ATA-2-646	WILLAMETTE FALLS SYMPHONY	7-9pm	TH	4/01	11	\$10		Staff	TBA
Same description as previous class. Ages: 7+. Dance Vision Studio										Focus on musicianship & interpretation with a variety of styles. Concludes with a performance. New members must audition. Call 503-785-8520. Checks payable to Willamette Falls Symphony.									
ATA-2-631	JAZZ-INTERMEDIATE	5-6pm	M	3/29	5	\$70		Staff	CLRM	J. KUNZMAN SCHOOL OF BALLET & MUSICAL THEATER									
An up-tempo class that develops flexibility, control and technique. Learn progressions, combinations and choreography. Dancers should wear snug-fitting dance clothes, jazz shoes or dance paws. Ages: 7+. Dance Vision Studio										Ballet & Musical Theater with Jacquie Kunzman. To register call Jacquie Kunzman Ballet Studio at 503-656-1011. Studio is located in the Barclay Gym building. For more information, visit our website at www.jkballet.com .									
ATA-2-632	TECHNIQUE	4-5:30pm	W	3/31	5	\$80		Staff	CLRM	ATA-2-700	PRE BALLET 1 - AGE 3 1/2-4	4-4:30pm	T	3/30	12	\$70		Harter	GYM
Focus is on core-strengthening and technique enhancing exercises to give the dancer a better center. Class increases flexibility, strength, turnout, extension & overall control. Ages: 7+. Dance Vision Studio										Introduction to simple correct basic positions & movement. Fun with music, stretches & jumps. Barclay Community School									
ATA-2-633	BALLET-BEGINNING	4-4:45pm	W	5/05	5	\$70		Staff	CLRM	ATA-2-701	PRE BALLET 1 - AGE 3 1/2-4	9:30-10am	S	4/03	12	\$70		Harter	GYM
Entry level class teaching foundation of all dance styles. Achieve new steps and gain self-confidence. Wear a leotard, tights and ballet slippers. Hair in bun or pony tail. Ages: 7+. No class 6/02. Dance Vision Studio										Same description as previous class. Barclay Community School									
ATA-2-634	HIP HOP-BEGINNING	5-6pm	M	5/03	5	\$70		Staff	CLRM	ATA-2-702	PRE BALLET 2 - AGE 3 1/2-4	4-4:30pm	TH	4/01	12	\$70		Howard	GYM
Entry level class to popular rhythmic music. Convey your own attitude while learning popping, locking and dance moves with precision and funk. Wear loose-fitting clothes and tennis shoes. Ages: 7+. No class 5/31. Dance Vision Studio										Continuation of Pre Ballet 1. Must have teachers consent. Barclay Community School									
ATA-2-635	HIP HOP-INTERMEDIATE	6-7pm	M	5/03	5	\$70		Staff	CLRM	ATA-2-704	PRE BALLET 1 - AGE 5-7	10-10:45am	S	4/03	12	\$93		Harter	GYM
Inter class. Dancers will learn technical aspects of hip hop as well as combinations in the latest popular dance styles. Wear loose-fitting clothing and tennis shoes. Ages: 7+. No class 5/31. Dance Vision Studio										Introduction to simple correct basic positions & movement. Fun with music, stretches & jumps. Barclay Community School									
ATA-2-636	JAZZ-BEGINNING	6-7pm	M	5/03	5	\$70		Staff	CLRM	ATA-2-705	PRE BALLET 2 - AGE 5-7	4:30-5:15pm	T	3/30	12	\$93		Harter	GYM
Entry level. Learn positions of arms and feet, traveling turns pirouettes, jumps & leaps. Dancers should wear snug-fitting dance clothes, jazz shoes or dance paws. Ages: 7+. No class 5/31. Dance Vision Studio										Continuation of Pre Ballet 1. Must have teachers consent. Barclay Community School									
ATA-2-637	JAZZ-BEGINNING	5-5:45pm	W	5/05	5	\$70		Staff	CLRM	ATA-2-706	PRE BALLET 3 - AGE 5-7	4-5pm	TH	4/01	12	\$112		Howard	GYM
Same description as previous class. No class 6/02. Dance Vision Studio										Continuation of Pre Ballet. Must have teachers consent. Barclay Community School									
ATA-2-638	JAZZ-INTERMEDIATE	5-6pm	M	5/03	5	\$70		Staff	CLRM	ATA-2-708	BEGINNING - TEEN/ADULT	7-8pm	M	3/29	12	\$112		Staff	GYM
Dynamic class that develops flexibility, control and technique through the use of isolation movements, turns & jumps. Dancers wear snug-fitting dance clothes, jazz shoes or dance paws. Ages: 7+. No class 5/31. Dance Vision Studio										Introduction to ballet. Learning basic barre & center movements. Barclay Community School									
ATA-2-639	TECHNIQUE	4-5:30pm	W	5/05	5	\$80		Staff	CLRM	ATA-2-709	BASIC 2 - AGE 9-12	5-6pm	TH	4/01	12	\$158		Harter	GYM
Focus on core-strengthening and technique enhancing exercises to give a better center for perfecting dance moves. Increase flexibility, strength, extension and overall control. Ages: 7+. No class on 6/02. Dance Vision Studio										Continuation of Basic Level I. Must have teachers consent. Barclay Community School									
ATA-2-640	DANCE TEAM PREP-AGES 10 & UP	5-7:45pm	M	3/29	8	\$220		Staff	CLRM	ATA-2-710	BASIC 3 - AGE 8-12	4:30-5:45pm	M	3/29	12	\$137		Harter	GYM
Learn technique, leaps and turns along with fun jazz to help prepare you for future dance team auditions. Final performance on May 23. Wear snug fitting dance clothes, jazz shoes and bring loose fitting clothes and tennis shoes for hip hop. Ages: 10+ Dance Vision Studio										Continuing training of barre & center movement. Preparing for turns & large jumps. Barclay Community School									
										ATA-2-711	INTERMEDIATE - TEEN/ADULT	6:30-8pm	MW	3/29	12	\$275		Kunzman	GYM
										Adding more difficult steps & positions. Begin putting steps into combinations Barclay Community School									
										ATA-2-712	INTERMEDIATE 1B	4:30-6pm	MTH	3/29	12	\$275		Kunzman	GYM
										Learning more difficult steps, turns & movement. Barclay Community School									
										ATA-2-713	INTERMEDIATE II - ADVANCED	5-6pm	TTHS	3/30	12	\$371		Kunzman	GYM
										Thursday class is 5:30-7:00pm. Saturday class is 11:00am-12:30pm. Barclay Community School									

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
ATA-2-714 6-6:30pm	POINTE 1 & PRE POINTE M	3/29	12	\$70		Kunzman	GYM	PED-2-607 6-7pm	PRE SCHOOL TAEKWON DO W	3/31	10	\$80		Coulter	CLRM
Age 11-up. Learn to work in pointe shoes. Must have teacher consent. Barclay Community School								Same description as previous class. Oregon City TaeKwon Do							
ATA-2-718 6:30-7pm	POINTE 2 & 3 - AGE 12+ TTHS	3/30	12	\$156		Kunzman	GYM	PED-2-608 6-7pm	PRE SCHOOL TAEKWON DO TH	4/01	10	\$80		Coulter	CLRM
Focusing on steps to strengthen legs & feet. Saturday class is 12:30-1:00pm. Thursday class is 7:00-7:30pm. Barclay Community School								Same description as previous class. Oregon City TaeKwon Do							
ATA-2-719 8-8:30pm	TEEN/ADULT BEG. POINTE MW	3/29	12	\$112		Kunzman	GYM	PED-2-609 7-8pm	YOUTH TAEKWON DO MW	3/29	10	\$80		Coulter	CLRM
Learn correct approach to working in pointe shoes. Must have teacher's consent. Barclay Community School								TaeKwon Do class is a traditional Korean martial art. Class focuses on basics to strengthen mind and body. Non-contact and family friendly. No class May 31. Age: 7+. Oregon City TaeKwon Do							
Driver Education															
DRE-4-600 3:30-6:30pm	DRIVER'S EDUCATION M	3/29	10	\$275		DeWitz	D111	PED-2-610 12-1pm	YOUTH TAEKWON DO MW	3/29	10	\$80		Coulter	CLRM
REQUIRED PARENT MEETING is 1st night of class on March 29 from 5:30-6:30pm. Drive times start the week of April 12th. No class May 31 and will be made up on Wednesday, June 2. Satisfies state requirement of 30 hours classroom & 12 hours of in car time. Drive time selected at registration. If student already has license or obtains license prior to completing the Driver Education program, an additional \$200 will be charged. Materials included in price. Refunds are given 1 week prior to the beginning class minus \$25 non-refundable fee. Register online or at Eastham. Age: High School. Oregon City High School								Same description as previous class. Ages: 7+ Oregon City TaeKwon Do							
DRE-4-601 3:30-6:30pm	DRIVER'S EDUCATION T	3/30	10	\$275		DeWitz	D111	PED-2-611 7-8pm	YOUTH TAEKWON DO TTH	3/30	10	\$80		Coulter	CLRM
Same description as previous class. REQUIRED PARENT MEETING is 1st night of class on March 30 from 5:30-6:30pm. Oregon City High School								Same description as previous class. Age: 7+. Oregon City TaeKwon Do							
Exercise/Fitness/Sports															
JAZZERCISE															
Jazzercise blends aerobics, yoga, Pilates, kickboxing & stretching movements into fun dance routines! All levels welcome. Begin any time. Call for class pass prices, 971-219-0790. Childcare provided for weekday morning class. Age: Adult.															
PED-4-600 9:15-10:15am	JAZZERCISE AM M-F	3/29	11			Staff	CLRM	PED-4-612 5:45-6:45pm	YOGA T	3/30	11	\$60		Waddell	36
Jazzercise blends aerobics, yoga, Pilates, kickboxing, & stretching movements into fun dance routines! All levels welcome. Begin anytime. Call for class pass prices, 971-219-0790. Childcare provided for all classes. Age: Adult. Oregon City HS-Jackson Campus								This class is for experienced and beginning students. Practice poses to help strengthen your body and work on flexibility. Bring 2 blocks, yoga strap, mat, and a big bath towel. Please wear fitness clothing. Mt. Pleasant Elementary							
PED-4-601 5:45-6:45pm	JAZZERCISE PM MTWTH	3/29	11			Staff	GYM	PED-4-615 9-10am	GENTLE PILATES T	3/30	10	\$75		Wagner	CLRM
Same description as previous class. Eastham Community Center								Gentle Pilates is for the student who is a little more fragile & prefers a safe, slower pace approach to the work & still get all the benefits of Pilates. Register with studio, 503-515-7585. Age: Adult. Pilates With Fe							
PED-4-602 5:45-6:45am	JAZZERCISE AM MWF	3/29	11			Staff	CLRM	PED-4-616 9-10am	GENTLE PILATES TH	4/01	10	\$75		Wagner	CLRM
Same description as previous class. Oregon City HS-Jackson Campus								Same description as previous class. Pilates With Fe							
PED-4-603 9-10am	JAZZERCISE, SAT. S	4/03	11			Staff	CLRM	PED-4-617 12-1pm	PILATES, BEGINNING M	3/29	10	\$75		Wagner	CLRM
Same description as previous class. Oregon City HS-Jackson Campus								Emphasis on proper form and appropriate modifications to best support your posture and challenge your muscles. Register with 503-515-7585. Age: Adult. Pilates With Fe							
PED-4-604 4-5pm	JAZZERCISE PM SU	4/04	11			Staff	GYM	PED-4-618 6-7pm	PILATES, BEGINNING W	3/31	10	\$75		Wagner	CLRM
Same description as previous class. Eastham Community Center								same description as previous class. Pilates With Fe							
PED-2-605 5:45-7pm	TAE KWON DO TTH	3/30	10	\$70		Dutton	CAFE	PED-4-619 12-1pm	PILATES, INTERMEDIATE W	3/31	11	\$75		Wagner	CLRM
A non-contact course that focuses on basic techniques & principles of Taekwon-Do. Uniform & Patches are purchased from instructor on first night (\$40). Age: 6-Adult Eastham Community Center								Emphasis on fluidity of movement, muscle control & strength. Register at 503-515-7585. Age: Adult. Pilates With Fe							
PED-2-606 6-7pm	PRE SCHOOL TAEKWON DO M	3/29	10	\$80		Coulter	CLRM	PED-4-620 5-6pm	PILATES, INTERMEDIATE TH	4/01	11	\$75		Wagner	CLRM
TaeKwon Do class designed for younger children. Class focuses on courtesy, self control, co-ordination and balance. Helps build confidence. No class May 31. Age: 4-6. Oregon City TaeKwon Do								Same description as previous class. Pilates With Fe							
PED-4-621 5-6pm PILATES, MIXED LEVEL T 3/30 10 \$75 Wagner CLRM For both the intermediate & beginner who wants to take Pilates to the next level. Register with 503-515-7585. Adults. Pilates With Fe															
PED-4-624 12-1pm PILATES, MIXED LEVEL F 4/02 10 \$75 Wagner CLRM Same description as previous class. Pilates With Fe															
PED-4-629 7-8pm TAKE SHAPE FOR LIFE TH 4/01 11 Staff CLRM Take charge of your diabetes, high blood sugar, low cholesterol, weight and other health issues. Learn tips to have a healthier life style. Different topic each week. FREE. Register 503-515-7585. Age: Adult. Pilates With Fe															

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
BALANCE AND HARMONY															
Balance and Harmony is dedicated to promoting health and wellbeing in body, mind and spirit. They offer Yoga and Tai Chi at surrounding locations. For more information on these classes you can visit their website at www.balancenharmony.com or call 503-266-9939.															
PED-2-630	KUNG-FU	TTH	3/30	11		Staff	CLRM	PED-2-644	HORSEBACK RIDING/NOVICE LEVEL	T	4/27	4	\$120	Staff	ARENA
5-6pm								6-7:30pm							
Develop good physical fitness by toning the body and strengthening the mind. Students learn self defense and self control while developing confidence & coordination. Ages: 6 & up. Knights Pythesis Hall															
PED-2-631	KUNG-FU	TTH	3/30	11		Staff	CLRM	PED-2-645	HORSEBACK RIDING/NOVICE LEVEL	TH	4/01	4	\$120	Staff	ARENA
6-7pm								6-7:30pm							
Same description as previous class. Ages: Adult. Knights Pythesis Hall															
PED-4-632	TAI CHI	TTH	3/30	11		Staff	CLRM	PED-2-646	HORSEBACK RIDING/NOVICE LEVEL	TH	4/29	4	\$120	Staff	ARENA
7:30-8:30pm								6-7:30pm							
Tai Chi-an ancient martial art-promotes relaxation and healthy circulation. Learn the Yang style Long form beginning with stretching & breathing exercises. Ages: Adult. Knights Pythesis Hall															
PED-4-633	YOGA	M	3/29	11		Staff	CLRM	OUTDOOR RECREATION WITH NW DISCOVERIES							
7:15-8:15am								Enjoy Oregon waterways in a flat water Kayak, sea kayak, or canoe while taking a lesson from a guide/instructor. NW Discoveries will provide all equipment needed to have a relaxed enjoyable experience. All classes go rain or shine. Sign up for an evening, half-day or full day class. For directions and meet locations go to www.nwdiscoveries.com .							
Basic Vinyasa style Hatha Yoga class focusing on breathing, stretching, strengthening and relaxation. Beginners welcome. Teens through adult. Club Fit															
PED-4-634	YOGA	M	3/29	11		Staff	CLRM	PED-2-647	CANOE SHORT TOUR	S	5/22	1	\$42	Staff	LOT
7:15-8:15pm								12:30-4:30pm							
Same description as previous class. Club Fit															
PED-4-635	YOGA	T	3/30	11		Staff	CLRM	Participants should have canoed at least once before. Individual instruction is provided upon request. Cost includes canoe equipment and guide. Trips go rain or shine. Transportation from Portland area included. Ages: 18+ Sauvie Island							
12-1pm								PED-2-648	CANOE BEGINNING LESSON	SU	5/23	1	\$42	Staff	RIVER
Same description as previous class. Club Fit															
PED-4-636	YOGA	W	3/31	11		Staff	CLRM	4:30-7pm							
7:15-8:15pm								Canoe lesson teach basic forward, backward and steering strokes. Prepares you for our tours. Cost includes canoe equip and instr. Lessons go rain or shine. Age: 18+. Tualatin River							
Same description as previous class. Club Fit															
PED-4-637	YOGA	TH	4/01	11		Staff	CLRM	PED-2-649	TOURING KAYAK BEGINNING LESSON	S	4/10	1	\$42	Staff	PARK
12-1pm								1:30-4:30pm							
Same description as previous class. Club Fit															
PED-4-638	PRE/POST NATAL YOGA	SU	4/04	11		Staff	CLRM	Learn how to use touring kayaks. Discuss kayak equipment, steering strokes, paddling, rescues and more. You will be given a tour on a local waterway. Cost includes kayak equipment & guide. Trips go rain or shine. Ages: 18+ Willamette Park Portland							
1-2:30pm								PED-2-650	TOURING KAYAK BEGINNING LESSON	S	6/05	1	\$42	Staff	RIVER
Celebrate your pregnancy! Breathe, stretch and connect with Baby in preparation for the wonderful birth. Gentle relaxing class focuses on restoring mother and baby. Ages: Adult. Club Fit															
PED-2-639	HORSEBACK RIDING	T	3/30	4	\$120	Staff	ARENA	1-4pm							
4:30-6pm								Same description as previous class. Ages: 18+. Tualatin River							
See above description. Age: 6+. Highland Stables															
PED-2-640	HORSEBACK RIDING	T	4/27	4	\$120	Staff	ARENA	PED-2-651	TOURING KAYAK LONG TOUR	SU	4/11	1	\$82	Staff	COAST
4:30-6pm								8:15-6pm							
Same description as previous class. Highland Stables															
PED-2-641	HORSEBACK RIDING	TH	4/01	4	\$120	Staff	ARENA	Transportation provided, meet at Tualatin Park. Tours include shuttle to allow you to paddle with the flow. Both solo and double kayaks are available. Cost inc. kayak equipment and guide. Age: Adult Salmon River							
4:30-6pm								PED-2-652	TOURING KAYAK SHORT LESSON	S	4/10	1	\$42	Staff	RIVER
Same description as previous class. Highland Stables															
PED-2-642	HORSEBACK RIDING	TH	4/29	4	\$120	Staff	ARENA	5-8pm							
4:30-6pm								These very stable, large cockpit and responsive kayaks will allow you to become proficient paddlers. Solo and double kayaks available. Brief intro/kayaking lesson to get you ready. Cost includes equip and guide. Trips go rain or shine. Ages: Adult Willamette Park							
Same description as previous class. Highland Stables															
PED-2-643	HORSEBACK RIDING/NOVICE LEVEL	T	3/30	4	\$120	Staff	ARENA	PED-2-653	TOURING KAYAK SHORT LESSON	S	5/22	1	\$42	Staff	RIVER
6-7:30pm								12:30-4:30pm							
Student must be able to walk and trot by themselves. All riders are required to wear helmets (provided) and hard-soled shoes or boots. Directions upon registration. Ages: 6+ Highland Stables															
PED-2-644	HORSEBACK RIDING/NOVICE LEVEL	T	4/27	4	\$120	Staff	ARENA	Same description as previous class. Sauvie Island							
6-7:30pm								PED-2-654	TOURING KAYAK SHORT LESSON	S	6/05	1	\$42	Staff	RIVER
Same description as previous class. Highland Stables															
PED-2-645	HORSEBACK RIDING/NOVICE LEVEL	TH	4/01	4	\$120	Staff	ARENA	Gardening/Landscape/Farming							
6-7:30pm								OUT IN THE GARDEN NURSERY							
Same description as previous class. Highland Stables															
PED-2-646	HORSEBACK RIDING/NOVICE LEVEL	TH	4/29	4	\$120	Staff	ARENA	Out in the Garden Nursery is a small family run nursery. They specialize in all aspects of gardening and landscape design. Register for all classes for only \$55.							
6-7:30pm								PLT-2-600	ALL 3 OUT IN THE GARDEN SERIES	TBA	5/03	3	\$55	Westergreen	CLRM
Same description as previous class. Highland Stables															
Take all 3 classes for less! Learn how to conserve water while allowing your plants to thrive, learn basics of propagating your plants, and also learn to go green in the garden! Ages: Adult Out in the Garden Nursery															

Community Education Classes

Registration form on page 97.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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PLT-2-601 WATERWISE GARDENING
6:30-8:30pm M 5/03 1 \$20 Westergreen CLRM

We will discuss simple methods you can use in your garden to conserve your use of water while allowing your plants to thrive. Ages: Adult. Eastham Community Center

PLT-2-602 BASIC PLANT PROPAGATION II
10-12pm S 5/15 1 \$20 Westergreen CLRM

Learn the basics of propagating your own plants from cuttings. We will also discuss layering techniques. This will be a hands-on class so dress for the weather and bring your gloves and favorite clippers. Ages: Adult. Out in the Garden Nursery

PLT-2-603 GOING GREEN IN YOUR GARDEN
6:30-8:30pm M 5/17 1 \$20 Westergreen CLRM

All the talk is going green. We will discuss simple everyday things you can do in both your home and garden that will get you started in being more environmental friendly. Ages: Adult. Eastham Community Center

Home Buying/Decorating/Improvement

HME-2-600 HOW TO BUILD YOUR OWN HOME
6-9pm TTH 3/16 8 \$475 Staff CLRM

Learn how a house is constructed including codes for Or. and Wa., estimating, scheduling, and more. Save money by project managing and doing your own work. Register at 503-631-8007. Eastham Community Center

Language Studies

FLS-4-600 INTRO & CONT SPANISH-ADULT
4-5:30pm T 4/06 10 \$45 Luckow 215

This class is taught by Delores Luckow, is for adults. It is a full year commitment (term 2 of 3). Must pre-register. Age: Adult. Eastham Community Center

Oregon City Pioneer COMMUNITY CENTER

Registration form for Community Education classes on page 98.
For class locations, see page 100. Phone: 503-657-8287
Classes held at Pioneer Community Center. Center opens at 9 a.m.

Art/Crafts/Hobbies

APA-1-30 ACRYLIC PAINTING - BEGINNING
9:30-11:30am W 3/31 10 \$89 Lind CLRM

For beginners and experienced artists. Emphasis on learning brush techniques, color mixing, shading and composition. Class will include painting landscapes, flowers, wildlife or your preference with one-to-one supervision. Pick up supply list at Pioneer Center prior to first class. Senior Discount \$45. Pioneer Community Center

APA-1-31 BUSY BEES
9-12pm M Staff CRAFT

Have fun making crafts, sewing quilts, aprons, etc. for fundraisers. Group meets every Monday. Center closed May 31. Pioneer Community Center

APA-1-33 KNITTING & CROCHETING, BEG.
10-12pm W 3/31 11 Tipton FIRE

Learn basic knitting and crocheting stitches. Bring your own needles, yarn & patterns. Cost is \$20 - 4/wk sessions. Call Janice Tipton to schedule:503-829-8031. Pioneer Community Center

APA-1-35 OIL PAINTING
12:30-2:30pm W 3/31 10 \$89 Lind CLRM

For beginners and experienced artists. Emphasis will be on color mixing, brush techniques, composition, perspective and blending - from canvas preparation to a finished project. No prior experience necessary. Pick up supply list at Pioneer Center prior to first class. Senior Discount \$45. Pioneer Community Center

APA-1-37 WATERCOLOR WITH MELISSA GANNON
11-1:30pm TH 4/01 11 \$122 Gannon CLRM

Explore exciting & challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, and drawing. Supply list upon registering. All levels. Senior Discount \$61. Pioneer Community Center

APA-1-39 BINGO
12:30-3pm TH Staff CLRM

Group meets every Thursday. .25 cents per card. Pioneer Community Center

APA-1-40 CHESS GAMES
7-10pm T Staff BASEMENT

Come play Chess - it's free! Pioneer Community Center

APA-1-41 PINOCHLE
12-3pm MWF Staff CLRMIII

Group meets Monday, Wednesdays and Fridays at noon. .25 cent fee. Center closed May 31. Pioneer Community Center

APA-1-42 POOL
TBA M-F Staff POOL RM

Pool playing available Monday-Friday 9am-4pm. No charge (adults only). Center closed May 31. Pioneer Community Center

APA-1-43 SCRABBLE
12:30-3pm F Staff CLRM

Come challenge this fun, friendly group that meets once every week. Pioneer Community Center

Computers

DPS-1-30 COMPUTERS AVAILABLE FOR USE
TBA TBA Staff CLRM

Computers for Seniors at the Pioneer Center. Computers are available for use Monday-Friday, 9-4pm. Center closed May 31. Pioneer Community Center

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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DPS-4-31 COMPUTER FIRST STEPS
 TBA TBA King CLRM
 If you've never touched a computer before, this class is for you. Learn at your own pace how to understand and communicate with the computer. Hands-on practice/individual attention. Call Jerry King, 503-723-9497 to register. Center closed May 31. Pioneer Community Center

DPS-4-32 COMPUTER BASICS
 TBA TBA King CLRM
 This course opens with a survey of computer technology & components. Set up your own master files, email account and learn your way around the World Wide Web. Call Jerry King, 503-723-9497 to register. Center closed May 31. Pioneer Community Center

DPS-4-33 WORD PROCESSING
 TBA TBA King CLRM
 Build on basics you've mastered to fine-tune your word processing skills. Set up tables and charts. Call Jerry King, 503-723-9497 to register. Center closed May 31. Pioneer Community Center

Dance/Theatre/Music

ATA-1-30 BALLROOM DANCING
 12:30-3pm W Tadina CLRM
 Come and dance to the music of the Glenn Tadina 15 piece Big Band - waltzes, rumba, cha-cha, tango, etc. The Black Magic Band alternates every other Wednesday. \$5 fee per person. Call the Pioneer Center 503-657-8287 or Glenn Tadina 1-503-769-5598 for more information. Pioneer Community Center

Exercise/Fitness/Sports

PED-4-30 CROSS TRAINING PROGRAM
 9:30-10:15am M 3/29 11 \$33 Hall CLRM
 Get in shape for spring. This modified workout program is designed for overall body fitness. We will combine cardio, weight training and stretching exercises. Bring light hand held weights & exercise mat. No class May 31. Senior Discount \$17. Pioneer Community Center

PED-4-31 CARDIO-DANCE
 10:45-11:30am TTH 3/30 11 \$73 Hall CLRM
 This fun class combines walking, aerobics and dance with high energy music for a calorie burning workout! Open to adults of all ages who want to stay fit or get fit. Senior Discount \$36. Pioneer Community Center

PED-4-33 GENTLE PILATE STRETCHING/YOGA
 9:30-10:30am TTH 3/30 11 \$98 Hall MILL
 Using yoga movements and Pilates stretches to strengthen and promote more flexibility, strength & balance. Please bring a mat and light hand held weights. Adults of all ages welcome. Senior Discount \$49. Pioneer Community Center

PED-4-34 TAI CHI, BEGINNING
 10:40-11:25am MW 3/29 11 \$70 Crain MILL
 This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. The slow and controlled moves also strengthens muscles and reduces stress. Senior Discount \$35. No class May 31. Pioneer Community Center

PED-4-35 TAI CHI, INTERMEDIATE
 11:30-12:15pm MW 3/29 11 \$70 Crain CLRM
 Continuation of form with further integration of breath and body, balance, relaxation, and coordination. Increased emphasis on circular movement, softness and smoothness. Senior Discount \$35. No class May 31. Pioneer Community Center

PED-1-36 LINE DANCING
 11:45-2pm T Staff MILL
 Learn all the latest line dance steps, and some traditional ones as well. No partner needed. Group meets every Tuesday. No fee. Pioneer Community Center

PED-4-37 YOGA - BEGINNING
 5:30-6:30pm TH 4/01 10 Juffs CLRM
 Relax and have fun. Call Jenny to register at 503-419-9738. Cost \$65. Senior discount \$60. Pioneer Community Center

PED-4-38 YOGA - INTERMEDIATE
 6:30-7:30pm TH 4/01 10 Juffs CLRM
 Call Jenny to register at 503-419-9738. Cost \$65. Senior discount \$60. Pioneer Community Center

PED-4-39 TAOIST TAI CHI SOCIETY, BEG.
 6-7:30pm M 5/03 Staff CLRM
 This internal martial art developed by Master Moy Lin-Shin improves health through a gentle set of 108 movements. Turning and stretching exercises your whole physiology, and restores calmness and peace of mind. Wear flat shoes and loose clothing. Cost includes Int'l Taoist Tai Chi Society lifetime membership. Suggested donation \$180. Over 62 \$120. This is a 17 week class that ends August 30th. Pioneer Community Center

PED-4-40 TAOIST TAI CHI SOCIETY, INT.
 7:30-9pm M 5/03 Staff CLRM
 This is a continuing/intermediate class for Society members who have taken the beginning class. Same description as previous class. Monthly donation suggested. Call 503-220-5970 or go to www.taoist.org. This is a 17 week class that ends August 30th. Pioneer Community Center

PED-1-41 WEIGHT ROOM ORIENTATION
 TBA TBA Staff WEIGHT
 An individual weight training session to introduce you to a personalized fitness program designed to meet your individual needs. Call for appointment 503-657-8287. Center closed May 31. Pioneer Community Center

PED-1-42 WEIGHT TRAINING ROOM
 9-4pm M-F 0 Staff WEIGHT
 Come join our weight room - it's fun to exercise with others. Open Monday thru Friday 9am-4pm. Adults only. Pre-requisite: Weight Room Orientation. Purchase 24 visits/\$20. Center closed May 31. Pioneer Community Center

Health/Safety/Personal Well-Being

HLT-1-30 PEDICURES & MANICURES
 TBA TW Staff CRAFT
 RNs Bea and Jan are offering pedicures and manicures every other Tuesday or 2nd Wednesday of the month. Cost is \$25 (bring 2 towels). Call for an appointment 503-657-8287. Let the receptionist know if you are a diabetic or have foot problems for extra time. Pioneer Community Center

HLT-1-31 AA SUPPORT GROUP
 1:30-3:30pm SU Staff BASEMENT
 Come join in our Alcoholic Anonymous support group. Meets every Sunday. Pioneer Community Center

HLT-1-32 NARANON SUPPORT GROUP
 7-9pm TH Staff BASEMENT
 Join in our Narcotics Anonymous support group. Meets every Thursday. Pioneer Community Center

HLT-1-33 LUNCH AT THE COMMUNITY CENTER
 11:30-12:30pm M-F Staff DINE
 Come join us for lunch with dessert bar served Monday-Friday from 11:30am-12:30pm in our dining room. Suggested donation (60+) is \$2.50. Cost under 60 is \$4.50. Call 503-657-8287 for more information. Live music on Fridays. Center closed May 31. Pioneer Community Center

HLT-1-34 "MEALS ON WHEELS" PROGRAM
 TBA TBA Staff CLRM
 Provides home-delivered noon meals (Mon-Fri) to homebound 60+ seniors and Medicaid qualified disabled persons in Oregon City's Urban Growth Boundary and West Linn. Call Shirley Ryan at 503-722-5979 for more info. Volunteer drivers needed. Pioneer Community Center

HLT-1-35 GROCERY SHOPPING TRIPS
 TBA MTWF Staff CLRM
 For ages 55+ years or disabled. Suggested donation \$1.00 each way. Pick-up starts at 12:30pm. Call 503-657-8287 for a ride. Mon - Market of Choice; Tues - Fred Meyers; Wed - Albertsons; Fri - Haggens/Fred Meyers. Center closed May 31. Pioneer Community Center

Community Education Classes

Registration form on page 97.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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HLT-1-36 TRANSPORTATION
TBA TBA Staff CLRM

For ages 55+ years or disabled who reside in OC's Urban Growth Boundary and West Linn. Redland service available on Thursdays only. Vans are lift-equipped. \$1.00 donation each way. Call up to a week ahead to make a reservation. Pioneer Community Center

HLT-1-37 DINE-OUTS
TBA M Staff CLRM

Meet at the Center 1st and 3rd Mondays or call for a pick-up (suggested donation \$1.00 each way). Bus leaves at 11:00am. Transportation from the Center to the dine-out is free. Lunch is on your own. Call 503-657-8287 for more information. Center closed May 31. Pioneer Community Center

Travel/Trips/Tours

TVL-1-30 DAY TRIPS
TBA W Staff CLRM

Come join us for day trips: Mar 24-Maryhill Museum; Apr 14-Wooden Shoe Tulip Farm/Outlet Stores; Apr 28-Mt Hood// Timberline Lodge; May 12-Iris Gardens/State Capital; May 26 Columbia Gorge/Sternwheeler; June 9-Salem/Bush House/Carousel; June 23-Portland Rose Garden. Call for trip details and reservations. \$15 transportation fee. Meals and admission costs not included. Limited seating so reserve early. Pioneer Community Center

West Linn

PARKS AND RECREATION

Registration form for Community Education classes on page 98.

For class locations, see page 100. Phone: 503-557-4700

Art/Crafts/Hobbies

APA-2-800 BASIC PHOTOGRAPHY
7-9pm M 4/05 1 \$35 Guvenir E-204

This 2 hour class will teach an overview of how modern digital & film cameras function and explain what you need to know to become a better photographer. West Linn High School

APA-2-801 ADVANCED PHOTOGRAPHY
7-9pm T 4/06 2 \$100 Guvenir E-204

This class teaches you everything you need to know to be in complete control of your photography in every situation. West Linn High School

APA-2-802 ADVANCED LIGHTING
7-9pm MT 4/26 1 \$100 Guvenir E-205

This workshop will help you develop your eye & teach you about tools you may need to complete your vision. Advanced Photography is a prerequisite. West Linn High School

APA-2-803 CLOCK REPAIR
7-10pm T 4/06 8 \$55 Petersen CLRM

Bring an old spring-wound or weight-driven clock; learn the types of movements, as well as basic through advanced maintenance & repair skills. Athey Creek Middle School

OIL PAINTING

In this Bob Ross style of oil painting class, you will start with a blank canvas and leave with a completed masterpiece in the same class. Judy Stubb, who has been painting in this style for 12 years and is certified in landscape, floral, and wildlife, teaches this class with assistant Pam Davis. Her paintings are proudly hung in many local homes. Beginners to advanced students welcomed. This is a great way to relax and de-stress To see specifics on art go to www.wetpaints.net. Fee: Resident \$40 Non-Resident \$45

APA-2-804 OIL PAINTING
5:30-9pm TH 4/08 1 \$40/\$45 Stubb CLRM

In one class you create a masterpiece from a blank canvas. All materials provided. Name of painting: Fisherman's Trail. West Linn Adult Community Ctr

APA-2-805 OIL PAINTING
10-2pm S 4/24 1 \$40/\$45 Stubb CLRM

Same description as above. Name of painting: Oval Essence Seascape. Sunset Fire Hall

APA-2-806 OIL PAINTING
5:30-9pm TH 5/13 1 \$40/\$45 Stubb CLRM

Same description as above. Name of painting: Forest Dawn Oval. West Linn Adult Community Ctr

APA-2-807 OIL PAINTING
10-2pm S 5/22 1 \$40/\$45 Stubb CLRM

Same description as above. Name of painting: Oval Essence Seascape. Sunset Fire Hall

APA-2-808 ARTIST'S PLAY
4-5pm W 4/07 4 \$45 Staff CLRM

Ages 4-7. Using their creativity, children will explore some of the most famous artists and their artwork. They will learn various art techniques and methods used by these famous artists. PLAY Boutique

APA-2-809 ARTIST'S PLAY
4-5pm W 5/05 4 \$45 Staff CLRM

Same description as previous class. PLAY Boutique

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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APA-2-810 ART FROM THE HEART-EASTER
 11-1pm S 4/03 1 \$15 Staff CLRM
 Ages 1-7. Photos with the Easter Bunny and unique art projects for kids to make and then give as gifts to family members and loved ones. Refreshments and treats for everyone. Parent participation required. PLAY Boutique

APA-2-811 MOTHER'S DAY TEA
 11-1pm S 5/08 1 \$15 Staff CLRM
 Dress in your best and join mom, grandma and friends for high tea. Keepsake crafts, tea, refreshments and memories. Parent participation required. PLAY Boutique

APA-2-812 AFTERSCHOOL CHOCOLATE CREATION
 4-5pm W 4/14 8 \$105 Darzes CLRM
 If you are 8-12 years old and love chocolate, this is the program for you! We'll create our very own "Chocolate Laboratory" during this hands-on exploration into the world of chocolate. Make chocolate from scratch and produce different creations each week. Stafford School

APA-2-813 GIRLS' GAME NIGHT
 7-8pm TH 4/08 4 \$25 Winchester CLRM
 Ages 10-11. Enjoy a night of games while making connections with other girls your age. Participants are invited to bring their own board games, play provided games or try one of Ms. Winchester's challenge games. Plan to chat, laugh and enjoy the company of your peers. Willamette Christian Church

APA-2-814 BEGINNING BEADING
 6:30-8:30pm T 3/30 2 \$30 Marks CLRM
 Ages 15-up. Beading is a quick, easy, fun and relatively inexpensive hobby. As you learn to connect beautiful beads to their components, your skill level increases and your creativity will become endless! Supply list at time of registration. Willamette Christian Church

Basic Academic Skills

GES-4-800 BEAT THE SAT!
 6:30-8:30pm T 4/27 6 \$320 Petersen A-206
 This small group course will help boost your SAT scores. Build vocabulary, analyze reading passages, prepare for impromptu essay, study standard English grammar, learn test taking strategies, more. Fee includes workbook & practice tests. Class ends before June 5th SAT. West Linn High School

Childcare/Family Life

FAM-2-800 MOM, ME AND PONY MAKES THREE
 10-11:30am S 4/10 1 \$70 Staff STBLE
 For ages 2-4. Learn how to brush, ride and feed these large animals and sit tall in the saddle safe. Discover the cowgirl/cowboy in me! Accompanied by an adult. Long pants and close toed shoes recommended. Wilsonville Area Stables

FAM-2-801 MOM, ME AND PONY MAKES THREE
 10-11:30am S 4/24 1 \$70 Staff STBLE
 Same description as previous class. Wilsonville Area Stables

FAM-2-802 MOM, ME AND PONY MAKES THREE
 10-11:30am S 5/22 1 \$70 Staff STBLE
 Same description as previous class. Wilsonville Area Stables

FAM-2-803 PONY PLANET FRIDAYS
 11-4pm F 4/16 1 \$75 Staff STBLE
 Ages 7-11. Learn the skills necessary to trail ride. Practice arena riding - learn mounting and dismounting, basic ground safety, neck reining, heels down, eyes up and more. Wilsonville Area Stables

FAM-2-804 PONY PLANET FRIDAYS
 11-4pm F 4/23 1 \$75 Staff STBLE
 Same description as previous class. Wilsonville Area Stables

FAM-2-805 PONY PLANET FRIDAYS
 11-4pm F 4/30 1 \$75 Staff STBLE
 Same description as previous class. Wilsonville Area Stables

FAM-2-806 COFFEE BREAK-AGES BIRTH-7
 1:30-4pm T 4/06 4 \$15 Staff CLRM
 Children play in our creative and educational environment. Plenty of fun, energy burning learning activities. Parents take a break, read a magazine, check out the internet or chat with friends. PLAY Boutique

FAM-2-807 COFFEE BREAK-AGES BIRTH-7
 1:30-4pm T 5/04 4 \$15 Staff CLRM
 Same description as previous class. PLAY Boutique

FAM-2-808 TODDLER EARLY LEARNING
 11-1pm TH 4/08 4 \$90 Staff CLRM
 Ages 1-2.5. Join us at the Play Boutique for a fun-filled learning experience using plenty of imagination, games, songs and activities. Children are engaged in a specific theme each day while parents are away. PLAY Boutique

FAM-2-809 TODDLER EARLY LEARNING
 11-1pm TH 5/06 4 \$90 Staff CLRM
 Same description as previous class. PLAY Boutique

FAM-2-810 PARENTS HAPPY HOUR
 5:30-8:30pm S 4/17 1 \$25 Staff CLRM
 Ages 2-7. Take a much needed night out while your children are under the watchful eye of trained professionals. This fun-filled night for your child includes a light dinner, games, learning activities, and an overall great time! PLAY Boutique

FAM-2-811 PARENTS HAPPY HOUR
 5:30-8:30pm S 4/24 1 \$25 Staff CLRM
 Same description as previous class. PLAY Boutique

FAM-2-812 PARENTS HAPPY HOUR
 5:30-8:30pm S 5/29 1 \$25 staff CLRM
 Same description as previous class. PLAY Boutique

FAM-2-813 TAKE CARE OF WEST LINN DAY
 9-12pm S 5/15 1 Staff PARK
 2nd Annual City-Wide Community Service Day. Educational presentations at most locations prior to the start of projects. Call the West Linn Parks & Recreation Dept at 503-557-4700 to propose a project. Appreciation BBQ follows at Hammerle Park. Hammerle Park

Computers

DPS-4-801 PHOTOSHOP FOR PHOTOGRAPHY
 6:30-9:30pm MT 5/03 1 \$100 Guvenir A-104
 Learn the key elements to unlocking Photoshop. This course will teach you how to make perfect prints on your own. You must bring your own laptop with any version of Adobe Photoshop. Advanced Photography is a prerequisite. West Linn High School

Cooking

EAT-2-801 VEGETARIAN GRAB-AND-GO
 6-8:30pm T 4/13 1 \$29 Gabbe CLRM
 See how easy it is to prepare deliciously portable, out of hand meals that'll keep you fueled up while you're dashing about. These low-fat, cholesterol free, pure vegetarian dishes are especially convenient to eat while working or at a sporting event. Come hungry. West Linn Adult Community Ctr

EAT-2-802 ADVENTURES WITH TOFU
 6-8:30pm T 5/18 1 \$29 Gabbe CLRM
 Eating tofu daily may result in reduced risk of cancer, heart disease, and osteoporosis. Come learn all about tofu and watch how easy it is to prepare inexpensive, low-fat, cholesterol-free pure vegetarian meals with tofu. Come hungry, too. West Linn Adult Community Ctr

EAT-2-804 SUKIYAKI
 10-1:30pm SU 4/11 1 \$25 \$3 Tjahaja CLRM
 A favorite Japanese dish. We will use quality beef to make this gourmet meal with exotic vegetables, such as lotus root and chrysanthemum leaf, guaranteed to impress, at a budget price, and easy to make. We will serve the dish at the class. West Linn Adult Community Ctr

Community Education Classes

Registration form on page 97.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
Dance/Theater/Music																			
ATA-2-800	TODDLER TUNES 1	10:30-11am	M	4/05	4	\$60		Staff	CLRM	ATA-2-825	SATURDAY CAMP	10:30-1pm	S	5/08	4	\$90		Staff	CLRM
Age 18 mo-3 yrs. For parent & child. Toddlers absorb music naturally through singing, rhythms, movement, creative activities, more. Materials included. www.harmonyroad.com Harmony Road Music Center										Same description as previous class. PLAY Boutique									
ATA-2-801	TODDLER TUNES 1	10-10:30am	F	4/09	4	\$60		Staff	CLRM	ATA-2-826	HOOKED ON PHONICS READING	4-5pm	T	4/06	4	\$75		Staff	CLRM
Same description as previous class. Harmony Road Music Center										Ages 3-8. The HOP Program is designed to help your child learn the letter names and sounds, combine the letter sounds to read words, practice reading, understand the meaning of stories and enjoy learning to read. PLAY Boutique									
ATA-2-803	HELLO MUSIC	11:15-12pm	M	4/05	4	\$65		Staff	CLRM	ATA-2-827	HOOKED ON PHONICS READING	4-5pm	T	5/04	4	\$75		Staff	CLRM
Ages 3-4. This intro to music includes movement, singing, rhythms, keyboard playing and creative projects. Parents involved. Material included. www.harmonyroadoregon.com Harmony Road Music Center										Same description as previous class. PLAY Boutique									
ATA-2-806	MUSIC TIME	12-12:45pm	M	4/05	4	\$65		Staff	CLRM	PED-2-800	INTRO TO ACROBATICS & TUMBLING	4:30-5:30pm	M	5/03	4	\$55		Tilton	FLOOR
Ages 4-6. Encourages the development of musical concepts through singing, movement, keyboard/piano playing and creative projects. An active preschool program w/parent involvement. Materials inc. www.harmonyroadoregon.com . Harmony Road Music Center										Ages 4-6. Young gymnasts learn the basics of tumbling and acrobatics and progress at their own pace in these floor-only classes. Learn front rolls, back rolls, crabwalks, cartwheels, handsprings, front walkovers, back walkovers, flip flops and more. Tilton's Gymnastics									
ATA-2-813	BEG PIANO / TEENS & ADULTS	9:30-10:15am	M	4/05	8	\$95		Staff	CLRM	Exercise/Fitness/Sports									
Play piano/keyboard with other older beginners. This motivating program includes ear training, note reading, use of chords, solo/ensemble playing and composing. www.harmonyroadoregon.com . Harmony Road Music Center										PED-2-801	KINDIE MOVES	4:30-5:30pm	W	4/14	4	\$30		Winchester	CLRM
This is an intermediate/advanced class. No partner rotation. Partners strongly encouraged. Different dance every session for the more experienced dancer. Call 503-637-6295 for details. West Linn Adult Community Ctr										Ages 4-5. The US Dept of Health and Human Services recommends children get an hour of physical activity each day, so come play in the gym with local primary PE teacher, Ms. Winchester. This class is perfectly balanced to compliment all sporting skills. Cedaroak Park School									
ATA-2-816	BALLROOM DANCE, INTER	7-8:30pm	T	4/06	4	\$45		Crandell	MPR	PED-2-802	NIGHT MOVES	6-7:30pm	W	4/14	4	\$30		Winchester	CLRM
Same description as previous class. West Linn Adult Community Ctr										Ages 6-8. Same description as previous class. Cedaroak Park School									
ATA-2-817	BALLROOM DANCE, INTER	7-8:30pm	T	5/04	4	\$45		Crandell	MPR	PED-2-803	SOCCER MINI-STARS	3:15-3:45pm	W	4/07	3	\$37.50		Staff	CLRM
Same description as previous class. West Linn Adult Community Ctr										Ages 3-5. A fun introduction to the world of soccer through an activity based. program. Emphasis is on a "Skills Based" approach to coaching soccer within a fun learning environment. PLAY Boutique									
ATA-2-818	BALLROOM DANCE, INTER	7-8:30pm	T	6/08	4	\$45		Crandell	MPR	PED-2-804	SOCCER MINI-STARS	3:15-3:45pm	W	5/05	4	\$50		Staff	CLRM
Same description as previous class. West Linn Adult Community Ctr										Same description as previous class. PLAY Boutique									
ATA-2-819	COUNTRY WESTERN 2 STEP	7-8:30pm	TH	4/08	4	\$45		Crandell	MPR	PED-2-805	SOCCER STARS	4-5pm	W	4/07	3	\$100		Staff	CLRM
No partner rotation/partners strongly encouraged. Learn the popular CW 2 Step from award winning CW dancers Dave and Jody Crandell. West Linn Adult Community Ctr										Ages 6-8. Designed to teach basic soccer and provide a foundation for future learning. Filled with challenging, creative, fun-filled instruction. Geared for the beginning level. PLAY Boutique									
ATA-2-821	TEEN DANCE - LATIN	7-9pm	F	5/07	4	\$30		Crandell	MPR	PED-2-806	SOCCER STARS	4-5pm	W	5/05	4	\$100		Staff	CLRM
For teens 13-19 years old. A safe and fun activity for the teen on a Friday night! Learn Latin Dance that includes Salsa, Cha Cha, Mambo, Meringue and Tango. No class May 28. West Linn Adult Community Ctr										Same description as previous class. PLAY Boutique									
ATA-2-822	TEEN DANCE - SWING	7-9pm	F	4/09	4	\$30		Crandell	MPR	PED-2-807	HORSE RIDING	10-10:30am	S	5/01	3	\$90		Tangvold	ARENA
For 13-19 years old. Learn Swing Dancing that includes Jitterbug, Lindy Hop, East Coast Swing and Jive. No partner needed. No class April 16. West Linn Adult Community Ctr										Horseback riding for people with disabilities and special needs 3-6 year olds. Happy Trails Riding Center									
ATA-2-823	SALSA BEGINNING LEVEL	7-8:30pm	TH	5/06	4	\$45		Crandell	MPR	PED-2-808	HORSE RIDING	11-11:45am	S	5/01	3	\$135		Tangvold	TBA
Learn the most popular of Latin dances- the Salsa! Fun and easy to learn. West Linn Adult Community Ctr										Same description as previous class. 7-14 year olds.									
ATA-2-824	SATURDAY CAMP	10:30-1pm	S	4/10	4	\$90		Staff	CLRM	PED-4-809	NIA	9:15-10:25am	MF	4/12	8	\$113		Kaplan	CLRM
Children are engaged in a fun filled, learning experience using plenty of imagination, games, songs and activities as children engage in a specific theme each day while parents are away. PLAY Boutique										Nia is a cardiovascular program that uses whole-body, expressive, grounded movement. All Nia movements are adaptable & can be personalized for any level of fitness & agility. Experience the joy of movement. No shoes required. Sunset Fire Hall									

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
PED-4-811	TAI CHI BEGINNING	6:30-8pm	W	4/14	8	\$45		Kelley	CLRM	PED-4-841	SATURDAY MORNING YOGA I	8-9:15am	S	4/03	10	\$90		Staff	CLRM
Intro to the beg form of Yang style Tai Chi Chaun, an ancient Chinese system of physical exercise for health, vitality and awareness. Performed in continuous sequence at slow speed. Rosemont Ridge Middle School										Learn core & peripheral strength & flexibility. Class includes beginning poses, stretching, breath work & meditation techniques. Sachi Wellness									
PED-4-812	TAI CHI BEGINNING	9-10:30am	S	4/10	8	\$45		Kelley	CLRM	Health/Safety/Personal Well-Being									
Same description as previous class. No class 5/29. Willamette Christian Church										HLT-2-800	BABYSITTER'S TRAINING	5:30-8:45pm	M	4/12	2	\$47		Staff	CLRM
PED-4-815	TAI CHI ADVANCED	8-9pm	W	4/14	8	\$45		Kelley	CLRM	This American Red Cross babysitting class is available to youth ages 11-15 years. Topics include: accident prevention, handling emergencies, first aid and child development, positive supervision. Bring pencil and paper. Willamette Christian Church									
This class is for students who have completed the Tai Chi Beginning class and want to perfect their style. Rosemont Ridge Middle School										HLT-2-801	WHEN I'M IN CHARGE	5:30-8pm	T	4/06	1	\$27		Staff	CLRM
PED-4-816	TAI CHI ADVANCED	10:30-11:30am	S	4/10	8	\$45		Kelley	CLRM	This American Red Cross class is available to youth ages 8-11. Topics include: role playing, safe responses to phone calls and visitors, getting along with siblings, and simple first aid techniques. Willamette Christian Church									
Same description as previous class. No class 5/29. Willamette Christian Church										HLT-2-802	NUTRITION MISSION	6-7pm	T	5/04	4	\$30		Winchester	CLRM
PED-4-819	YOGA LEVEL 1	9:30-10:45am	W	4/10	10	\$90		Staff	CLRM	Ages 7-9. This is a drop off class that is designed for your child to teach the family what they have learned about nutrition, so have your child be the head of the household in planning healthy meals & snacks for the entire family. Willamette Christian Church									
Learn core & peripheral strength & flexibility. Class includes beginning poses, stretching, breath work & meditation techniques. Sachi Wellness										HLT-4-803	STRESS REDUCTION MEDITATION	7-8:30pm	M	4/19	10	\$55		Tjahaja	CLRM
PED-4-821	YOGA LEVEL II	9-10:15am	T	3/30	10	\$90		Staff	CLRM	Learn how to calm the mind while strengthening concentration with simple breathing methods and comfortable sitting, walking, lying down, and standing postures. All ages, all health conditions. Drop-ins welcome. Rosemont Ridge Middle School									
For yoga students with some experience. Special attention is given to postural alignment, core strength, & pose breakdowns while incorporating twists, inversions & balance work. Sachi Wellness										HLT-2-804	DEPRESSION NUTRITION TREATMENT	7-9pm	W	4/07	1	\$15		Marzell	CLRM
PED-4-822	YOGA LEVEL II	9-10:15am	TH	4/01	10	\$90		Staff	CLRM	Depression: nutritional treatments that work! Brighten your brain and rev up your neurotransmitters. Dr. Marzell, naturopathic physician, will discuss how to kick the depression bucket the natural way. West Linn High School									
Same description as previous class. Sachi Wellness										HLT-2-805	VITAMIN D	7-9pm	W	4/14	1	\$15		Marzell	CLRM
PED-4-825	VINYASA YOGA - SACHI WELLNESS	9:30-10:30am	M	3/29	9	\$90		Staff	CLRM	Miracle nutrient or hoax? Can this simple vitamin really prevent cancer, treat the flu, and prevent bones from breaking? You need to know. West Linn High School									
Concentrate on using breath with movement and experience purification and renewed energy. All levels welcome. The instr will guide you through variations and modifications. Willamette Christian Church										HLT-2-806	YOU NEED TO KNOW ABOUT HORMONES	7-9pm	W	4/21	1	\$15		Marzell	CLRM
PED-4-826	VINYASA YOGA - SACHI WELLNESS	9:30-10:30am	W	3/31	10	\$90		Staff	CLRM	Things you need to know about hormones. Will they really turn back the clock of time, reduce wrinkles, and rev up your sex life? Find out! West Linn High School									
Same description as previous class. Willamette Christian Church										Language Studies									
PED-4-827	BEG YOGA-STRETCH & AWARENESS	6-7:15pm	M	3/29	10	\$90		Staff	CLRM	FLS-2-800	SPANISH PLAY	11:30-12:30pm	S	4/10	4	\$65		Staff	CLRM
For beginning level student with minimal yoga experience. Taught by a licensed Physical Therapist/Yoga instructor. learn to use awareness and gentle activation to remove habitual movement patterns that can create restrictions and pain. Sachi Wellness										Ages 3-7. Through art, music, and gross motor activities, children will begin to lay a solid foundation in the learning of a new language. Min 2 Max 4. PLAY Boutique									
PED-4-830	BEG YOGA-STRETCH & AWARENESS	6-7:15pm	TH	4/01	10	\$90		Staff	CLRM	FLS-2-801	SPANISH PLAY	11:30-12:30pm	S	5/08	4	\$65		Staff	CLRM
Same description as previous class. Sachi Wellness										Same description as previous class. PLAY Boutique									
PED-4-833	A COURSE IN YOGA	7:45-9pm	T	3/30	10	\$100		Lundberg	CLRM	FLS-2-802	BEGINNING CHINESE	10-10:45am	TH	4/01	10	\$100		Staff	CLRM
A must for anyone interested in yoga! Aimed at helping to enhance the yoga practice of students at any level. The classes will build on each other creating a stronger foundation of yoga. Sunset Fire Hall										Ages 2-5. This beginning level class will teach elementary Chinese language. Class will introduce Chinese culture and tradition through songs, dances, rhymes and games. Simple vocabulary and conversation patterns. \$55 materials fee payable to instructor. Willamette Christian Church									
PED-4-834	A COURSE IN YOGA	7:45-9pm	TH	4/01	10	\$100		Lundberg	CLRM										
Same description as previous class. Sunset Fire Hall																			
PED-4-837	YOGA, BEGINNING I	7:30-9pm	M	3/29	8	\$42		Rohrbacker	CAFE										
Increase strength, flexibility, & energy while reducing stress. Bring mat and/or blanket, comfortable clothing, & empty stomach. No class 4/19. Cedar Oak Park																			
PED-4-839	YOGA, BEGINNING II	7:30-9pm	W	3/31	8	\$42		Rohrbacker	CAFE										
A continuation of Beg. I class, but still accessible to beginners. Based on a more active style of Yoga known as Vinyasa. More aerobic. Bring a mat, blanket. Cedar Oak Park																			