

# 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

FALL 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

## 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 Education Program and Services

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: OCCEPS
- Registration deadline is five business days prior to start of class. Late registrations accepted if space is available.
- Online registration [www.activityreg.com](http://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

### \*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.

# Community Education Locations

**Abernethy Performing Arts**  
275 S Beaver Creek Rd, Suite A-108,  
Oregon City

**Ackerman Middle School**  
350 SE 13th, Canby

**Aikido Northwest**  
16029 SE McLoughlin, BLDG B, Milwaukie

**Ainsworth House**  
19130 Lot Whitcomb Dr, Oregon City

**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

**Balance and Harmony**  
550 Northeast Territorial Rd, Canby

**Barclay Community School**  
12th & Madison, Oregon City

**Beyond Art**  
21497 Hwy 99E NE, Aurora

**Broken Arrow Archery**  
2044 SE Adams St, Milwaukie, OR

**Canby High School**  
721 SW Fourth St, Canby

**Canby Swim Center**  
1150 S. Ivy, Canby

**Clackamas High School**  
13801 SE Webster Rd, Milwaukie

**Clackamas River Elementary**  
301 NE 2<sup>nd</sup> Ave, Estacada

**Clackamas River Racquet Club**  
790 82<sup>nd</sup> Dr, Gladstone

**Club Fit**  
365 S Redwood Ave, Canby

**Complete Health Chiropractic Center**  
365 Warner Milne Rd #105, Oregon City

**Dance Vision Studio**  
16246 SE 82<sup>nd</sup> Dr, 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

**Estacada Library**  
825 Northwest Wade St, Estacada

**Forte Floral Artistry**  
1502 Washington St, Oregon City

**Footwork Dance Studio**  
16660 SE McLoughlin Blvd, Milwaukie

**Gardiner Middle School**  
180 Ethel St, Oregon City

**Gerding Theater**  
128 NW Eleventh Ave, Portland

**Gladstone High School**  
18800 Portland Ave, Gladstone

**Gladstone Senior Center**  
1050 Portland Ave, Gladstone

**Grand Finale' Dance Studio**  
875 Portland Ave, Gladstone

**Harmony Rd Music Center**  
17300 SE 82<sup>nd</sup> Dr, Clackamas

**Happy Trails Riding Center**  
20560 Fernview Road, West Linn

**Health Habit**  
16200 SE 82<sup>nd</sup> Dr, Clackamas

**Highland Stables**  
16723 S Williams Rd, Beavercreek

**Knight Elementary**  
511 N Grant, Canby

**Knights Pythesis Hall**  
14979 NE 2<sup>nd</sup> 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 Center**  
5440 SE Kellogg Creek Dr, Milwaukie

**Miramont Pointe**  
11520 SE Sunnyside Rd., Clackamas

**Molalla Adult Community Center**  
305 Kennel Ave, Molalla

**Molalla Grange**  
127 Grange Ave, Molalla

**Moonstruck Café**  
45 South State St, Lake Oswego

**Mt. Pleasant Elementary**  
1232 Linn Ave, Oregon City

**North Clackamas Aquatic Park**  
7300 SE Harmony Rd, Milwaukie

**Oak Grove Fire Station**  
2930 SE Oak Grove Blvd, Milwaukie

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

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

**Oregon Institute of Technology**  
7726 SE Harmony Rd, Milwaukie

**Park Place Elementary**  
16075 Front St, Oregon City

**Pilates with Fe**  
702 Main St, Oregon City

**Pioneer Courthouse Square**  
SW Sixth & Yamhill, Portland

**Pioneer Community Center**  
615 Fifth St, Oregon City

**PLAY Boutique**  
332 First St, Lake Oswego

**Precision Elite Gymnastics**  
15507 SE For Mor Ct., Clackamas

**Renaissance Dance Studio**  
610 McLoughlin Blvd, Oregon City

**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 130<sup>th</sup> Ave, Clackamas

**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

**West Linn High School**  
5464 West A St, West Linn

**West Linn Adult Community Center**  
1180 Rosemont Rd, West Linn

**Wetten Gym**  
250 E Gloucester, Gladstone

**Willamette Falls Television**  
1101 Jackson St, Oregon City

**Willamette View Association**  
12705 SE River Rd, Milwaukie

**Wilsonville Library**  
8200 Southwest Wilsonville Rd, Wilsonville

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

# Canby

## COMMUNITY EDUCATION

Registration form for Community Education classes on page 88

For class locations, see page 90

Phone: 503-266-0040

### Animal Care/Training

<b>PET-2-100</b>	<b>DOG OBEDIENCE, BASIC</b>												
4:30-5:30pm	W	9/15	6	\$60	\$5	Strozyk	COVER						

Class teaches the basic skills to having a well-behaved dog. A 45 minute a day commitment to work with your dog is asked. Dogs must be spayed or neutered. No dogs at first class. Ages 12-adult. Knight Elementary School

<b>PET-2-101</b>	<b>DOG OBEDIENCE, BASIC</b>												
5:30-6:30pm	W	9/15	6	\$60	\$5	Strozyk	COVER						

Same description as previous class. Knight Elementary School

### Art/Crafts/Hobbies

<b>APA-2-100</b>	<b>KNITTING, BEG.</b>												
6:30-8:00pm	T	9/21	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. Ages 13-Adult. Beyond Art

<b>APA-2-101</b>	<b>KNITTING, ADV.</b>												
6:30-8:00pm	W	9/22	6	\$40	\$15	Carroll	CLRM						

Continue your love of knitting by trying new techniques or projects under the guidance of an experienced knitter. Ages 13-adult. Beyond Art

<b>APA-2-102</b>	<b>KNIT CHRISTMAS ORNAMENTS</b>												
6:30-8:00pm	T	11/2	2	\$15	\$15	Carroll	CLRM						

It's never too late to make new ornaments that will be treasured for years to come. Many can be knit in just one afternoon. Both beginning and complex ornament patterns will be available so there will be something for every level of knitter. Ages 13-adult. Beyond Art

<b>APA-2-103</b>	<b>QUICK-TO-KNIT GIFTS</b>												
6:30-8:00pm	W	11/3	2	\$15	\$15	Carroll	CLRM						

The key to knitting for gift-giving is to keep things simple, use quality materials and, if you want to knit several gifts, consider using one pattern multiple times. Even a beginning knitter can make wonderful gifts that will show your love and creativity! Ages 13-adult. Beyond Art

<b>APA-2-104</b>	<b>PHOTOGRAPHY, BASIC</b>												
7:00-9:00pm	W	10/06	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](http://www.oregonphotosafaris.com) Canby High School

<b>APA-2-105</b>	<b>PHOTOGRAPHY, ADVANCED</b>												
7:00-9:00pm	WTH	10/06	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.oregonphotosafaris.com](http://www.oregonphotosafaris.com) Age: 16-Adult. Canby High School

<b>APA-2-106</b>	<b>COMPOSITION FOR PHOTOGRAPHY</b>												
7:00-9:00pm	WTH	10/20	2		\$100	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.oregonphotosafaris.com](http://www.oregonphotosafaris.com) Canby High School

<b>APA-2-107</b>	<b>PHOTOGRAPHY, ADV. LIGHTING</b>												
7:00-9:00pm	WTH	10/27	2		\$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

<b>APA-2-108</b>	<b>RAG RUG MAKING</b>												
6:30-8:00pm	T	10/5	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.

<b>APA-2-109</b>	<b>WATERCOLOR WITH JUDE WELTER</b>												
10am-12:30pm	T	9/28	8	\$88		Welter	CLRM						

Step-by-step demos to complete the basic concepts of this exciting medium. All levels welcome; more advanced painters are given further challenges for their paintings. Beginners will be given material list at the first class with explanation of supplies. Relaxed atmosphere. St. Patrick's Church

<b>APA-2-110</b>	<b>INDEPENDENT STUDY WITH JUDE</b>												
1-3:30pm	T	9/28	8	\$88		Welter	CLRM						

Watercolor, acrylic, pencil or pen drawing—Jude will assist you in your individual projects. Bring unfinished project or a fresh idea. St. Patrick's Church

<b>APA-2-111</b>	<b>YUPO IN WATERCOLOR/ACRYLIC</b>												
10:00am-2:00pm	T	11/23	1	\$28		Welter	CLRM						

Explore this new paper and have fun with the exciting textures and effects that come about. Bring your regular supplies and purchase Yupo ahead or some will be available for purchase in class. Some painting experience necessary. Bring snacks/lunch. St. Patrick's Church

<b>APA-2-112</b>	<b>PAINT YOUR OWN GREETING CARDS</b>												
10:00am-2:00pm	T	11/30	1	\$28		Welter	CLRM						

Using watercolor or acrylics, paint greeting cards, and take to a professional print shop to make more or give them as a gift! Step-by-step process. Greeting card stock/env supplied for one card. More can be purchased in class or bring your own and your regular painting kit. Some painting exp necessary. Bring snacks/lunch. St. Patrick's Church

<b>APA-2-113</b>	<b>WINTER BARN WATERCOLOR/ACRYLIC</b>												
10:00am-2:00pm	T	12/7	1	\$28		Welter	CLRM						

Paint a charming scene with Jude doing a step/by/step demo. Bring your usual kit to class, including paper and/or canvas, no larger than 9x12-inches so that it can be finished that day. Some painting experience necessary. Bring snacks/lunch. St. Patrick's Church

<b>APA-2-114</b>	<b>BIRDS IN WATERCOLOR/ACRYLIC</b>												
10:00am-2:00pm	T	12/14	1	\$28		Welter	CLR						

Paint our winter feathered friends in a step-by-step demo. Bring your usual kit to class, including paper and/or canvas, no larger than 9x12-inches so that it can be finished that day. Some painting experience necessary. Bring snacks/lunch. St. Patrick's Church

<b>APA-2-115</b>	<b>WOODCARVING BASICS</b>												
7-9pm	T	9/07	15		\$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

### Basic Academic Skills

<b>GES-4-100</b>	<b>SAT TEST PREP</b>												
6-9pm	SU	9/12	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

<b>GES-4-101</b>	<b>SAT TEST PREP</b>												
6-9pm	SU	10/10	4	\$135		Fearing	504						

Same description as previous class. Canby High School

# Community Education Classes

Registration form on page 88.

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

## Business/Financial Planning

**BUS-2-100 ON-LINE SELLING WITH EBAY**  
 1-3pm S 10/23 1 \$25 Warren 5  
 Learn the process of listing and selling on Ebay from beginning to end; re-listing, invoices, shipping, etc. We will discuss the pros and cons of other on-line venue options as well. Learn to use the tools available through Ebay to make the listing process easier. Students should be registered on Ebay and have a Pay Pal account. Canby High School

## Computers

**DPS-4-100 PHOTOSHOP FOR PHOTOGRAPHY**  
 6:30-9:30pm WTH 11/3 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 9/28 12 \$60 Stegmeier 805  
 For students, of all ages, with director, Reginald Stegmeier. Canby High students eligible for high school credit. No class 11/23. Age: All Canby High School

**ATA-2-101 GUITAR, BEGINNING**  
 5:30-6:30pm T 9/28 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-2-102 GUITAR II**  
 6:30-7:30pm T 9/28 8 \$90 Rector BAND  
 Same description as previous class. Baker Prairie Middle School

**ATA-2-103 JUST FOR FUN PIANO**  
 6-9pm T 11/16 1 \$65 \$25 Rochlin CLRM  
 Ages 18-Adult. Learn to play piano in one night. Taught by nationally known pianist Donn Rochlin, this unique course will teach you all you need to know to play your favorite songs NOW without years of lessons. \$25 materials fee for book and CD collected in class. No discounts. Canby High School

**ATA-2-104 INTRODUCTION TO VOICEOVERS**  
 6-8pm T 10/5 1 \$40 Elmore OMNI  
 Fun, interactive class to get 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

## Driver Education

**DRE-4-100 DRIVER EDUCATION**  
 7-9pm TTH 9/14 8 \$270 \$10 Duckworth 1  
 This course satisfies the state requirement of 30 hours classroom and 12 hours of in-car instruction. Additional tuition is student is already a licensed driver. Classroom materials fee \$10. Ages 15-20. Canby High School

**DRS-4-100 DRIVER SAFETY PROGRAM**  
 9am-5:30pm S 10/23 1 Staff 4  
 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

## Exercise/Fitness/Sports

**PED-4-100 ADULT/SENIOR SWIM**  
 7-8am M-F 9/06 15 Staff CANPOOL  
 Fitness is enhanced and those endorphins kick in when swimming! Call 503-266-2761 for rates & fees. Age: Adult. Canby Swim Center

**PED-2-101 BASKETBALL, REC.**  
 8-10:00pm W 9/08 14 \$3 Staff GYM  
 It's a great workout and opportunity to play the game. Drop-in fee \$3 per night. Cancellation notices on CCE office message (503) 266-0040. Ages 18-Adult. Trost Elementary

**PED-2-102 KEMPO-SELF DEFENSE**  
 5-6pm MW 9/13 10 \$100 Soles 229  
 Kempo is the study of highly effective self-defense/martial arts & yoga. Develop your minds & bodies. Grade 9-Adult. Canby High School

**PED-2-103 KINDER KEMPO**  
 4-4:30pm TH 9/30 8 \$50 Soles GYM  
 Focus on discipline, self-defense, & self-control. Learn basic movements & forms. Uniforms required, details at first class. No Class 10/14, 11/11, 11/25. Ages 4-6. Lee Elementary

**PED-2-104 KIDS KEMPO**  
 5-5:45pm TH 9/30 8 \$60 Soles GYM  
 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. No class 10/14, 11/11, 11/25. Age: 7-10. Lee Elementary

**PED-2-105 TAEKWON-DO**  
 6-8pm TTH 9/07 15 \$80 Matie CAFE  
 Learn this disciplined martial art, using empty hands & bare feet in self-defense. Uniform is suggested/available through instructor. Age: 7-Adult. No class 10/14, 11/11, 11/25. Ackerman Middle School

**PED-2-106 TAEKWON-DO FOR KIDS**  
 5-5:45pm TTH 9/07 15 \$50 Matie CAFE  
 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. No class 10/14, 11/11, 11/25. Ackerman Middle School

**PED-4-107 TAI CHI**  
 7:30-8:30pm TTH 9/14 14 \$280 Hancock CLRM  
 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

**PED-4-108 PILATES FOR BEGINNERS**  
 12-12:50pm M 9/27 10 \$75 Dolor CLRM  
 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-4-109 PILATES FOR BEGINNERS**  
 6-6:50pm W 9/29 10 \$75 Dolor CLRM  
 Same description as previous class. Pilates With Fe

**PED-4-110 PILATES FOR BEGINNERS**  
 5-5:50pm TH 9/30 10 \$75 Dolor CLRM  
 Same description as previous class. Pilates With Fe

**PED-4-111 GENTLE PILATES**  
 9-9:50am T 9/28 10 \$75 Dolor CLRM  
 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-4-112 GENTLE PILATES**  
 9-9:50am TH 9/30 10 \$75 Dolor CLRM  
 Same description as previous class. Pilates With Fe

**PED-4-113 INTERMEDIATE PILATES**  
 12-12:50pm W 9/29 10 \$75 Dolor CLRM  
 Intermediate Pilates is more challenging with emphasis on fluidity of movement, muscle control, & strength. Age: 18-Adult. Pilates With Fe

**PED-4-114 MIXED-LEVEL PILATES**  
 5-5:50pm T 9/28 10 \$75 Dolor CLRM  
 Mixed Level Pilates if for both intermediate & beginners that want to take Pilates to the next level. Age: 18-Adult. Pilates With Fe

**PED-4-115 MIXED-LEVEL PILATES**  
 12-12:50pm F 10/01 10 \$75 Dolor CLRM  
 Same description as previous class. Pilates With Fe

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>PED-2-116</b>	<b>VOLLEYBALL, REC.</b>	8-10pm	W	9/08	14	\$3		Robinson	GYM	<b>PED-4-129</b>	<b>TOTAL BODY/FITNESS/WEIGHT LOSS</b>	10:00-11:20am	MW	9/13	10	\$199		Roberts	CLRM
<p>It's a great workout &amp; opportunity to play the game. Drop-in fee \$3 per night. Cancellation notices on CCE office message, 503-266-0040. Age: 18-Adult. No Gym 10/13, 11/24. Ackerman Middle School</p>										<p>Get a total body workout while combining cardio and strength training! Drills are designed to improve agility, speed, strengthen the heart and decrease stress. Beginning to advanced levels. Club Fit</p>									
<b>PED-4-117</b>	<b>WATER EXERCISE</b>	8-9am	MWF	9/06	15			Staff	CANPOOL	<b>Health/Safety/Personal Well-Being</b>									
<p>This fun aquatic exercise class will enhance your flexibility &amp; muscular strength with aerobic conditioning &amp; muscle strengthening. Call 503-266-0040 for rates &amp; fees. Canby Swim Center</p>										<b>HLT-2-100</b>	<b>RED CROSS BABYSITTING</b>	9am-3:45pm	S	10/23	1	\$65		Red Cross	1
<b>PED-4-118</b>	<b>WATER EXERCISE</b>	7-8pm	TTH	9/07	15			Staff	CANPOOL	<b>HLT-2-101</b>	<b>LOSE WEIGHT WITH HYPNOSIS</b>	6:30-8pm	MW	11/10	2	\$35		Marfell	A-138
<p>Same description as previous class. Canby Swim Center</p>										<p>Learn the techniques you need to change behavior &amp; lose weight, without deprivation or super human will power. Age: 16-Adult. Class meets November 10, 15, and 17. Baker Prairie Middle School</p>									
<b>PED-4-119</b>	<b>YOGA-BEGINNING/INTERMEDIATE</b>	6-7:30pm	M	9/13	13	\$97		Fearing	CLRM	<b>HLT-2-102</b>	<b>MEDIC FIRST AID &amp; CPR</b>	6-9pm	T	9/28	1	\$45		Baker	A-131
<p>This class involves synchronizing the breath with a progressive series of postures; a process that detoxifies muscles and organs. Results in improved circulation, light and strong body, and a calm mind. Pilates with Fe.</p>										<p>Medic First Aid training teaches appropriate emergency skills. Adult/Child/Infant CPR, First Aid, AED, &amp; bloodborne pathogens. Receive 2 yr. CPR/First Aid card in OSHA compliant course. No discounts. Age: 14-Adult. Baker Prairie Middle School</p>									
<b>PED-4-120</b>	<b>YOGA-BEGINNING/INTERMEDIATE</b>	9-10:00am	S	9/11	13	\$97		Fearing	CLRM	<b>HLT-2-103</b>	<b>MEDIC FIRST AID &amp; CPR</b>	6-9pm	T	10/19	1	\$45		Baker	A-131
<p>Same description as previous class. Pilates with Fe.</p>										<p>Same description as previous class. Baker Prairie Middle School</p>									
<b>PED-4-121</b>	<b>YOGA-BEGINNING/INTERMEDIATE</b>	5:30-7pm	T	9/07	14	\$98		Fearing	3	<b>HLT-2-104</b>	<b>MEDIC FIRST AID &amp; CPR</b>	6-9pm	T	11/30	1	\$45		Baker	A131
<p>Using balance, traditional poses, &amp; good breathing, students will learn to relax &amp; stretch. Dress for comfort/bring blanket or mat. Seniors &amp; previous CCE Yoga students: \$85. Age: 16-Adult. Canby High School</p>										<p>Same description as previous class. Baker Prairie Middle School</p>									
<b>PED-4-122</b>	<b>YOGA, BEGINNING/INTERMEDIATE</b>	5:30-7pm	TH	9/09	14	\$98		Dahl	3	<b>HLT-2-105</b>	<b>WHEN I'M IN CHARGE</b>	9-11:30am	S	10/23	1	\$35		Red Cross	3
<p>Same description as previous class. Canby High School</p>										<p>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</p>									
<b>PED-4-123</b>	<b>YOGA, PRE/POST NATAL</b>	11:30am-12:30pm	SU	9/12	15	\$135		Hancock	CLRM	<b>HLT-2-106</b>	<b>BLOOD PRESSURE CONTROL</b>	5-7:00pm	T	9/21	1	\$25		Walker	3
<p>Celebrate your pregnancy! Breath, stretch and connect with baby in preparation for the wonderful birth or to bring back the strength in the body after birth. Club Fit</p>										<p>Techniques and practices to reduce blood pressure. Informational packet and snacks provided. Instructed by Dr. Erin Walker, Naturopathic Physician. Canby High School</p>									
<b>PED-4-124</b>	<b>BODY BLAST/CYCLE</b>	5:45-7:00pm	TTH	9/14	10	\$99		McArthur	CLRM	<b>HLT-2-107</b>	<b>SLEEPING SOUNDLY</b>	5-7:00pm	T	10/5	1	\$25		Walker	3
<p>This class is unlike any exercise you've ever performed. All aspects of a great workout with cardio, strength endurance, balance and agility, along with constant core development. Utilizes your own body weight for resistance so beg or adv can work side by side and achieve awesome results! Club Fit</p>										<p>Alternative methods to help you get to sleep and stay asleep through the night. Informational packet and snacks provided. Instructed by Dr. Erin Walker, Naturopathic Physician. Canby High School</p>									
<b>PED-4-125</b>	<b>TRX EXERCISE</b>	6:15-7:15am	TTH	9/14	10	\$129		McArthur	CLRM	<b>HLT-2-108</b>	<b>DIET AND DETOX</b>	5-8:00pm	T	10/19	1	\$30		Walker	3
<p>This class is unlike any exercise you've ever performed. All aspects of a great workout with cardio, strength endurance, balance and agility, along with constant core development. Utilizes your own body weight for resistance so beg or adv can work side by side and achieve awesome results! Club Fit</p>										<p>A natural approach to safely reach your optimal weight and achieve lasting results. Informational packet and snacks provided. Instructed by Dr. Erin Walker, Naturopathic Physician. Canby High School</p>									
<b>PED-4-126</b>	<b>CORPORATE CIRCUIT TRAINING</b>	12-1:15pm	MW	9/13	10	\$129		McArthur	CLRM	<b>HLT-2-109</b>	<b>MANAGING MENOPAUSE</b>	5-7:00pm	T	11/2	1	\$25		Walker	3
<p>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</p>										<p>Need I say more? Informational packet and snacks provided. Instructed by Dr. Erin Walker, Naturopathic Physician. Canby High School</p>									
<b>PED-4-127</b>	<b>SUNRISE WORKOUT!</b>	5:15-6:15am	MWF	9/13	10	\$99		Raines	CLRM	<b>Language Studies</b>									
<p>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</p>										<b>FLS-4-100</b>	<b>SPANISH, BEG.</b>	6:30-8pm	T	9/21	8	\$65		Scott	6
<b>PED-4-128</b>	<b>CARDIO TOTAL BODY</b>	5:45-7pm	MW	9/13	10	\$99		Roberts	CLRM	<p>Learn Spanish in a fun and relaxed atmosphere. Build a great foundation for use in everyday conversation, travel and workplace. Be inspired to continue your education and expand your possibilities. No class 10/12. Canby High School</p>									
<p>Get a total body workout while combining cardio and strength training! Drills are designed to improve agility, speed, strengthen the heart and decrease stress. Beginning to advanced levels. Club Fit</p>																			

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

## Clackamas Community College

### SENIOR PROGRAM

Register at the location of the class.  
For class locations, see page 90.  
Phone: 503-594-0628

#### Art/Crafts/Hobbies

**APA-1-01 ART APPRECIATION**  
1:30-3:30pm W 9/29 10 \$91 Gillette CLRM  
This course introduces great art within its historical framework beginning with the Italian Renaissance. The study of art movements, styles and techniques increases art appreciation for artists and non-artists alike. Program fee \$20. Willamette View Association

**APA-1-02 ACRYLIC PAINTING**  
1-2:30pm T 9/28 11 \$41 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: September 28; October 12, 26; November 9, 23 and December 7. Program fee \$15. Avamere Living At Berry Park

**APA-1-03 OIL PAINTING, INTERMEDIATE**  
9:30-11:30am M 9/27 10 \$91 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 OIL, PASTELS & COLORED PENCILS**  
9:30-11am F 10/1 11 \$69 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-1-01 RING THE CHIMES - BEGINNING**  
11-12pm TH 9/30 11 \$46 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. No class November 25. Program fee. Rose Villa

**ATA-1-04 RING THE CHIMES**  
12:30-2pm TH 9/30 11 \$69 Jensen CLRM  
This class is for the more experienced. Same description as previous description. No class November 25. Program fee \$20. Willamette View Association

#### Exercise/Fitness/Sports

**PED-4-03 SENIOR YOGA**  
4-5pm TTH 9/28 11 \$91 Waddell CLRM  
Come join us for this gentle yoga class designed specifically for seniors to increase overall health, flexibility and balance. No class November 4 and 25. Program fee. Rose Villa

**PED-4-04 STRETCH & TONE**  
11-12pm MW 9/27 11 \$101 Rabe CLRM  
Gentle stretching, strengthening and balancing exercises. Class meets Mondays and Wednesdays. Program fee. Rose Villa

**PED-4-05 TAI CHI - ALL LEVELS**  
10-11am TTH 9/28 11 \$96 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. No class November 25. Program fee \$20. Willamette View Association

**PED-4-07 WATER AEROBICS**  
7:15-8:15pm MW 9/27 11 \$101 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 \$50. Willamette View Association

#### History/Writing/Literature

**HWL-1-01 GENEALOGY**  
9:30-11:30am W 10/13 8 \$73 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-1-03 OREGON HISTORY**  
3-4pm W 9/29 11 \$50 Tompkins CLRM  
Topics include: the arrival of the first natives and the spread of the Indians across the state; Euro-American exploration, by sea and by land; and a look at the colonization of Oregon by Euro-Americans with emphasis on the fur trade and missionaries. Program Fee \$15. Avamere Living At Berry Park

**HWL-1-04 OREGON HISTORY**  
3-4pm TH 9/30 11 \$46 Tompkins CLRM  
Same description as previous class. No class November 25. Program fee \$15. Miramont Pointe

**HWL-1-05 OREGON HISTORY**  
1:30-3pm F 10/1 11 \$75 Tompkins CLRM  
Same description as previous class. No class November 26. Program fee. Rose Villa

**HWL-1-06 OREGON HISTORY**  
9-11am F 10/1 11 \$91 Tompkins CLRM  
Same description as previous class, but more a more in-depth look. No class November 26. Program fee \$20. Willamette View Association

**HWL-1-02 WRITING YOUR MEMOIRS**  
1:30-3:00pm W 9/28 10 \$69 Arnold CLRM  
A memoir is not an autobiography. Rather it is a record of a person's perspective about a specific moment in their life. The meeting between a past-self and a present-self creates a dynamic story. It can be an incredible journey. Program fee. Rose Villa

#### 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 CRADLE OF WESTERN CIVILIZATION**  
9:30-11:30am W 10/6 1 Clay OIT191  
Gary and Pat Clay will share their adventures and impressions of Greece, ancient and modern, gleaned from a trip earlier this year. Oregon Institute of Technology

**SAEP-3-02 FIELD TRIP - MERCY CORPS**  
10:30am W 10/13 1 Staff OITPkLot  
This amazing philanthropic organization is now located in downtown Portland and includes an Action Center, which we shall explore in addition to being given a tour by a staff member. Meet in the OIT parking lot at 10am. Oregon Institute of Technology

**SAEP-3-03 LEAGUE OF WOMEN VOTERS**  
9:30-11:30am W 10/20 1 Staff OIT191  
To help you make informed voting decisions, hear more about what is on this November's ballot. Oregon Institute of Technology

**SAEP-3-04 SOLV**  
9:30-11:30am W 10/27 1 Lyon OIT191  
Brett Lyon from SOLV will tell us the history and purpose of the organization and discuss their current activities and future plans. Oregon Institute of Technology

**SAEP-3-05 WORLD WAR II MEMOIRS**  
9:30-11:30am W 11/3 1 Staff OIT191  
Dr. Leif Terdal and Bill Brun, a Norwegian and a Dane, share their memories of World War II in Nazi occupied Scandinavia. Oregon Institute of Technology

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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**SAEP-3-06 LIFE IN THE HIMALAYAS**  
 9:30-11:30am W 11/10 1 Thapa-Chhetri OIT191  
 Surya Thapa-Chhetri, who works at Willamette Falls Hospital, recounts his life growing up in Nepal before arriving in the United States ten years ago. Oregon Institute of Technology

**SAEP-3-07 OREGON ZOO**  
 9:30-11:30am W 11/17 1 Staff OIT191  
 A volunteer from the Oregon Zoo will be with us to share their experiences and pictures of the zoo's new exhibits as the zoo expands and educates people of all ages. Oregon Institute of Technology

**SAEP-3-08 CCC THEATRE PRODUCTION**  
 2:30-4:30pm SU N147  
 Come see the CCC Theatre production 'Leading Ladies', by Ken Ludwig. There will be two Sunday shows available for this hilarious comedy about two English Shakespearean actors. The dates are November 14 and November 21. Call 503-594-3153 or visit our department website at [www.TheatreCCC.org](http://www.TheatreCCC.org) for further information or to buy tickets. Neimeyer Center

## Estacada COMMUNITY SCHOOL

Registration form for Community Education classes on page 88.  
 For class locations, see page 90.  
 Phone: 503-630-8515, ext. 2860/2878

### Art/Crafts/Hobbies

**APA-2-201 CERAMICS-ADULT**  
 5:30-8:30pm T 9/28 8 \$85 Griswold ART  
 Basic hand building techniques (coil, slab, pinch) will enable you to create functional and/or decorative pieces for use in your home or garden. Supplies may be purchased from the instructor. Estacada High School

**APA-2-202 CERAMICS-CHILDREN**  
 1-3pm T 9/28 8 \$85 Griswold ART  
 Same technique as taught in Adult Ceramics, but geared towards children. \$10 material fee paid to instructor. Class size limited. Pre-registration encouraged. Estacada High School

**APA-2-203 WIRE FEED/PLASMA TORCH WELDING**  
 7-8pm MW 9/28 4 \$80 Gutfleisch METAL SHOP  
 Wire Feed and Plasma Torch welding for the artist and for the home hobbyist. Class is 4 weeks in duration. One time supplies fee of \$15. Eight students minimum and 12 maximum. Estacada High School

**APA-2-204 OXY-ACETYLENE WELDING/CUTTING**  
 7-8pm MW 10/25 4 \$80 Gutfleisch METAL SHOP  
 Oxy-Acetylene Welding and Cutting for the Artist and the Home Hobbyist. Class is 4 weeks in duration. One time supplies fee of \$15. Eight students minimum and 12 maximum. Estacada High School

### Computers

**DPS-4-200 BASIC PHOTO EDITING**  
 6-8PM MW 9/27 3 \$70 Schulfer 2  
 Learn to save, organize, back up and edit your photos and create "simple" projects. Bring your digital camera and photo storage card. You will also learn to crop and resize your photos. Estacada High School

**DPS-4-201 PHOTO/VIDEO EDITING**  
 6-8PM MW 10/18 3 \$70 Schulfer 2  
 Learn to edit, make movies and slide shows with your own family pictures and videos. Put that slide show to music and enjoy at your next family gathering. Estacada High School.

### Dance/Theater/Music

**ATA-2-200 INTRO TO WALTZ AND CHA CHA**  
 7-7:55pm M TBA 9 \$72 Olson STUDIO  
 Learn basics of Waltz and Cha Cha including timing, frame and connection as well as fun patterns that will have you dancing in no time. No experience or partner needed. Renaissance Dance Studio

**ATA-2-202 YOU'RE ON THE AIR VOICE-OVERS**  
 7-9pm TH TBA 1 \$35 Foster CLRM  
 Voice-over artist Lisa Foster will introduce students to the voice-over business including opportunities, income potential, and producing the all-important demo. Students will practice recording techniques and hear the results. Estacada High School

### Exercise/Fitness/Sports

**PED-4-200 AEROBICS**  
 5-6pm TWTH 9/28 11 Oakes TBA  
 This is a moderate-impact 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 9/13 13 \$35 Keyes 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 9/13 13 \$35 Keyes GYM  
 A continuation of the beginning class. Eagle Creek School

**PED-2-204 TAE KWON DO KARATE**  
 5:30-7:30pm TH 9/16 13 \$25 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 \$35. Age 8 & up. River Mill School

**PED-2-205 ADVANCED ADULT VOLLEYBALL**  
 7-9pm M 9/13 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**  
 7-9pm T 9/14 14 \$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

### Health/Safety/Personal Well-Being

**HLT-4-200 FIRST AID CPR & AED**  
 8am-3pm S 10/16 1 Day/Lewis CLRM  
 Primary certification full day, re-certification half day. Estacada High School

### Language Studies

**FLS-2-200 SPANISH FOR KIDS**  
 5:30-6:30pm T 9/15 7 \$65 TBA 3  
 Ages 6-11. Learn Spanish language and culture through songs, dances, games and fiestas! Estacada High School

**FLS-4-201 BEGINNING SPANISH**  
 6:30-8pm T 9/15 7 \$70 TBA 3  
 Learn the basics for Spanish communication in a variety of practical environments. Fun and relaxed atmosphere. Ages 14-adult. Take with Spanish Conversation class for even more Spanish fun. Estacada High School

**FLS-4-202 SPANISH CONVERSATION**  
 8-9pm T 9/15 7 \$65 TBA 3  
 Enjoy conversation in Spanish for beginning or intermediate speakers. Take with Beginning Spanish for even more Spanish fun or to advance your previous knowledge. Ages 14-adult. Estacada High School

# Community Education Classes

Registration form on page 88.

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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## Gardening/Landscape/Farming

**PLT-2-200 SUSTAINABLE HOME LANDSCAPING**  
6-8pm TTH 9/28 2 \$70 Schmidt 10  
Learn how to landscape your home, soil preparation, planting, and more. Taught by a local gardening expert known nationally in this field for 40 years. Class meets 9/28, 9/30 and 10/5. Estacada High School

**PLT-2-201 PRUNE LIKE A PRO**  
6-8pm THT 10/7 2 \$70 Schmidt 10  
Learn how to prune your plants and make them look great. Taught by a local gardening expert, known nationally in the field for 40 years. Class meets 10/7, 10/12 and 10/14. Estacada High School

**PLT-2-202 FALL & WINTER VEGETABLE GARDENS**  
6-9pm TH 10/12 2 \$70 Schmidt 10  
Learn vegetable gardening, soil preparation, planting, and seed collection & storage. Taught by a local gardening expert, known nationally in this field for 40 years. Class meets 10/19, 10/21 and 10/26. Estacada High School

# Gladstone

## COMMUNITY SCHOOL

Registration form for Community Education classes on page 88.

For class locations, see page 90.

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

## Art/Crafts/Hobbies

**APA-2-300 ACRYLICS WITH MELISSA**  
6-8:30pm W 9/29 8 \$69 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 \$49. Gladstone High School

**APA-2-301 ACRYLICS WITH SHIRLEE**  
9:30-11:30am TH 9/30 8 \$59 Lind CLRM  
For beginning to exp artists with emphasis on learning brush techniques, color mixing, shading, composition. Includes painting landscapes, flowers, wildlife w/some one-to-one supervision. Supply list. Seniors \$44. No class Nov. 11 & 25. Gladstone Senior Center

**APA-2-302 ADVENTURES IN PASTELS**  
2-4:30pm TH 9/30 8 \$69 Gannon MULTI  
Use your pastels to portray vibrant landscapes, water, still life. Class will cover drawing, composition, color layering. Supply list. Seniors \$49. No class Nov 11 & 25. Gladstone Senior Center

**APA-2-303 BEADWORK BEGINNING**  
6:30-9pm M 10/04 3 \$35 Hage CLRM  
Learn basic beading techniques to create one-of-a-kind bracelet, necklace & dragonfly earrings. Basic beadwork supplies (\$5) included in tuition. A supply list will be given for extra projects. Seniors \$28. Gladstone High School

**APA-2-304 BEADED ORNAMENTS**  
6:30-9pm M 11/08 2 \$32 Hage CLRM  
Create "one of a kind" ornaments using simple beading techniques. Lab fee of \$10 included in tuition for first ornament. Short supply list. Seniors \$27. Gladstone High School

**APA-2-305 CAKE DECORATING BEGINNING**  
7-9pm T 9/21 6 \$30 Hargens MULTI  
Learn a wide variety of decorating techniques, use of colors & equipment, several borders & flowers. You'll be decorating like a pro in no time! Beginning supplies included. No discounts. Gladstone Senior Center

**APA-2-306 CAKE DECORATING ADVANCED**  
7-9pm W 9/22 6 \$25 Hargens MULTI  
Louise will cover advanced techniques and new designs for wedding cakes, side borders, baby cakes, flowers, butterflies, lace work, using royal icing, and much more. No discounts. Gladstone Senior Center

**APA-2-307 CAKE DECORATING-CHRISTMAS, INT**  
7-9pm T 11/02 4 \$20 Hargens MULTI  
Louise will teach techniques & tips for decorating cookies, gingerbread houses & a variety of different Christmas designs. Must have taken beginning class or had some prior exp. No discounts. Gladstone Senior Center

**APA-2-308 CARDS-3 METHODS OF EMBOSING**  
6-8pm W 9/29 1 \$25 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards using three different embossing methods. Tuition includes \$13 lab fee for all supplies for 3 cards. See pictures of each week's projects at [www.letsghostamping.com](http://www.letsghostamping.com). Seniors \$22. Gladstone High School

**APA-2-309 CARDS-MASKING/BACKGROUND STAMP**  
6-8pm W 10/13 1 \$20 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards using masking and background stamps. Tuition includes \$8 lab fee for all supplies for 2 cards. Seniors \$17. Gladstone High School

**APA-2-310 CARDS-BORDER & SHAPE PUNCHES**  
6-8pm W 10/27 1 \$20 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards using border and shape punches. Tuition includes \$8 lab fee for all supplies for 2 cards. Seniors \$17. Gladstone High School

**APA-2-311 CARDS-WORKING WITH CHALKS**  
6-8pm W 11/03 1 \$20 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards using chalks. Tuition includes \$8 lab fee for all supplies for 2 cards. Seniors \$17. Gladstone High School

**APA-2-312 CARDS-WATERCOLOR CRAYON/PENCIL**  
6-8pm W 11/17 1 \$20 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards using watercolor crayons and pencils. Tuition includes \$8 lab fee for all supplies for 2 cards. Seniors \$17. Gladstone High School

**APA-2-313 CHRISTMAS CARDS & GIFT BOXES**  
6-8pm W 12/01 1 \$20 Smith CLRM  
Learn to make high-end, beautiful, fun greeting cards & boxes or baskets for Christmas. Tuition includes \$8 lab fee that includes all supplies for 2 items. Seniors \$17. Gladstone High School

**APA-2-320 COOKIE DECORATING CHRISTMAS**  
6:30-8:30pm T 12/09 1 \$15 Hargens MULTI  
Working with Louise's cutout cookies, learn to decorate trees, Santa faces, snowmen, more in hands-on class. Decorate 3 dozen cookies, get recipes. No discounts, class limited. Min age 8 w/parent. Gladstone Senior Center

**APA-2-321 COOKIE DECORATING CHRISTMAS**  
6:30-8:30pm T 12/16 1 \$15 Hargens MULTI  
Same description as previous class. Gladstone Senior Center

**APA-2-322 CONCRETE LEAF CASTS**  
10am-12pm S 9/25 1 \$25 Hage TBA  
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 in OC. Seniors: \$20

**APA-2-324 DRAWING WITH MELISSA GANNON**  
6-8:30pm T 9/28 8 \$69 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 \$49. Gladstone High School

**APA-2-325 HOLIDAY WREATH WALL HANGING**  
6:30-9pm W 11/03 3 \$35 Hage CLRM  
Create a beautiful floral wreath design using simplified 'watercolor' technique and medium sized floral design fabrics. Great for the holidays. Shop together 1st night. Seniors \$28. Gladstone High School

**APA-2-326 FRESH GREENS WREATH**  
6:30-8:30pm TH 11/18 1 \$20 Hage CLRM  
Create unique one-of-a-kind wreath using assorted fresh greens, cones, seed pods. Bring pruners. Supplies furnished but you may bring add'l greens from yard. See demos of creating swags & bows. Seniors \$15. Gladstone High School

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
APA-2-327	<b>HOLIDAY FLORAL ARRANGING</b>	6:30-9pm	TH	11/04	1	\$25		Hage	CLRM	APA-2-348	<b>OIL PAINTING BOB ROSS STYLE</b>	5:30-9pm	F	10/22	1	\$48		Stubb	MULTI
<p>Create wonderful flower arrangements for the fall/winter holidays. Lots of ideas for spaces inside and out. Supplies provided. Tuition includes \$10 lab fee for flowers, greens, a vase. Seniors \$20. Gladstone High School</p>										<p>Same description as previous class. Pathway to Autumn. Gladstone Senior Center</p>									
APA-2-330	<b>HOT GLASS FUSING BEG</b>	9:30am-4pm	S	9/11	1	\$55	\$35	Peterson	TBA	APA-2-349	<b>OIL PAINTING BOB ROSS STYLE</b>	10am-2pm	M	10/25	1	\$48		Stubb	MULTI
<p>Design &amp; fuse or slump art projects such as a set of coasters, jewelry, or small plate. No exp. needed in hands-on class/All tools &amp; materials provided. No discounts. Held at local studio. Age 18 up.</p>										<p>Same description as previous class. Evergreens at Sunset. Gladstone Senior Center</p>									
APA-2-331	<b>HOT GLASS FUSING BEG</b>	9:30am-4pm	S	10/16	1	\$55	\$35	Peterson	TBA	APA-2-350	<b>OIL PAINTING BOB ROSS STYLE</b>	5:30-9pm	F	11/12	1	\$48		Stubb	MULTI
<p>Design &amp; fuse or slump art projects such as a set of coasters, jewelry, or small plate. No exp. needed in hands-on class/All tools &amp; materials provided. No discounts. Held at local studio. Age 18 up.</p>										<p>Same description as previous class. Bear Country. Gladstone Senior Center</p>									
APA-2-335	<b>IRIS FOLDING BASICS</b>	6:30-9pm	M	10/25	1	\$18		Hage	CLRM	APA-2-351	<b>OIL PAINTING BOB ROSS STYLE</b>	2-6pm	SU	11/14	1	\$48		Stubb	MULTI
<p>Create 2 designs with overlapping, spiraling layers of folded paper. Basic technique: cut, fold and position magazine papers. All supplies provided. Age 10+ welcome w/parent helper. Seniors \$13 Gladstone High School</p>										<p>Same description as previous class. Jaguar. Gladstone. Senior Center</p>									
APA-2-336	<b>IRIS FOLD GREETING CARDS</b>	6:30-9pm	M	11/01	1	\$18		Hage	CLRM	APA-2-352	<b>OIL PAINTING BOB ROSS STYLE</b>	10am-2pm	M	11/29	1	\$48		Stubb	MULTI
<p>Create Autumn Leaf and Pine Tree designs with overlapping, spiraling layers of folded paper. Int-advanced-must know Iris Fold basics. All supplies provided. Seniors \$13. Gladstone High School</p>										<p>Same description as previous class. Storm's a'comin'. Gladstone Senior Center</p>									
APA-2-337	<b>IRIS FOLD ORNAMENTS</b>	6:30-9pm	M	12/06	1	\$18		Hage	CLRM	APA-2-353	<b>OIL PAINTING BOB ROSS STYLE</b>	5:30-9pm	F	12/10	1	\$48		Stubb	MULTI
<p>Create 2 ornaments with overlapping, spiraling layers of folded paper. Basics for creating own designs. Int/adv - must know Iris Fold basics. All supplies provided. Seniors \$13. Gladstone High School</p>										<p>Same description as previous class. Barnside Pond. Gladstone Senior Center</p>									
APA-2-338	<b>LIVING "SUCCULENT" WREATH</b>	6:30-9pm	T	10/19	1	\$21		Hage	CLRM	APA-2-354	<b>OIL PAINTING BOB ROSS STYLE</b>	2-6pm	SU	12/12	1	\$48		Stubb	MULTI
<p>Create a beautiful wreath using various succulents to create a planted "live" wreath to use as a table decoration, hang, or surround a large candle. Tuition includes \$6 lab fee. Seniors \$16. Gladstone High School</p>										<p>Same description as previous class. Nightlight. Gladstone Senior Center</p>									
APA-2-340	<b>MAKE YOUR OWN COOKIE BOUQUET</b>	6-9 pm	TH	11/04	1	\$25		Ekholm	CLRM	APA-2-355	<b>OIL PAINTING BOB ROSS STYLE</b>	10am-2pm	M	12/27	1	\$48		Stubb	MULTI
<p>Learn do's &amp; don'ts to create your own gift for that next special occasion. Assemble, decorate &amp; take home bouquet you make in class. Wow your friends, maybe even start your own business! Seniors \$20. Gladstone Senior Center</p>										<p>Same description as previous class. Snowbound Cabin. Gladstone Senior Center</p>									
APA-2-342	<b>OIL PAINTING WITH SHIRLEE</b>	10:30am-12:30pm	F	10/01	8	\$59		Lind	CLRM	APA-2-357	<b>QUILT-LOG CABIN DESIGN BEG</b>	6:30-9pm	W	9/29	4	\$45		Hage	CLRM
<p>For beginning to exp. artists with emphasis on color mixing, brush techniques, composition, perspective, blending from canvas prep to finished product. No prior experience req. Supply list. Seniors \$45. Gladstone Senior Center</p>										<p>Construct quilt or wall hanging using rotary cutter &amp; sewing machine to create quilt blocks. 1st class covers material, design, shopping for supplies. Learn how to sew! 12 &amp; under w/parent helper. Seniors \$30. Gladstone High School</p>									
APA-2-344	<b>OIL PAINTING BOB ROSS STYLE</b>	10am-2pm	W	9/08	1	\$48		Stubb	MULTI	APA-2-358	<b>REVERSE LEAF CASTING</b>	9am-12:30pm	F	9/17	1	\$30		Ekholm	CLRM
<p>Start with blank canvas &amp; leave with completed masterpiece! De-stress &amp; relax with Judy Stubb. Beginners to advanced welcome. All supplies &amp; canvas provided. Surf's Up! View pictures at <a href="http://www.wetpaints.net">www.wetpaints.net</a>. Gladstone Senior Center</p>										<p>Learn to cast actual leaves in cement to make beautiful yard ornaments, waterfalls, fountains, bird feeders, stepping stones. Take home two leaf creations plus notebook of hints, photos. Seniors \$25. Gladstone Senior Center</p>									
APA-2-345	<b>OIL PAINTING BOB ROSS STYLE</b>	2-6pm	SU	9/12	1	\$48		Stubb	MULTI	APA-2-359	<b>PAINTING YOUR CAST LEAF</b>	9am-12:30pm	F	9/24	1	\$30		Ekholm	CLRM
<p>Same description as previous class. Waterfall in Woods. Gladstone Senior Center</p>										<p>Class shows all the many ways to paint, stain, dye or seal your leaves. Finish two leaves (provided) to take home, see demo of process &amp; dozens of examples. No artistic ability needed. Seniors \$25. Gladstone Senior Center</p>									
APA-2-346	<b>OIL PAINTING BOB ROSS STYLE</b>	5:30-9pm	F	9/24	1	\$48		Stubb	MULTI	APA-2-360	<b>SPICE-SCENTED ORNAMENTS</b>	6:30-8:30pm	W	12/08	1	\$20		Hage	CLRM
<p>Same description as previous class. First Snow. Gladstone Senior Center</p>										<p>Create ornaments using cookie cutter shapes &amp; balls tied with ribbon or raffia. Under 10 must be accompanied by adult helper. Supplies provided. Bring box, favorite small cookie cutters (opt). Seniors \$15. Gladstone High School</p>									
APA-2-347	<b>OIL PAINTING BOB ROSS STYLE</b>	2-6pm	SU	10/10	1	\$48		Stubb	MULTI	APA-2-361	<b>THAT'S A WRAP!</b>	6-9 pm	TH	12/02	1	\$22		Ekholm	CLRM
<p>Same description as previous class. Desert Oval. Gladstone Senior Center</p>										<p>Learn to make your gift bags, boxes, tags, envelopes, cards in just minutes for only pennies using reclaimed materials. Create box, envelope &amp; bag in class, take home dozen patterns &amp; hundred ideas. Seniors \$17. Gladstone Senior Center</p>									
										APA-2-363	<b>WATERCOLOR WITH MELISSA</b>	6-8:30pm	M	9/27	8	\$69		Gannon	112
										<p>Explore the exciting &amp; challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, &amp; drawing for all levels. Supply list. Seniors \$49. Gladstone High School</p>									

# Community Education Classes

Registration form on page 88.

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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## Basic Academic Skills

<b>GES-4-300</b>	<b>SAT PREP COLLEGE-BOUND JR &amp; SR</b>	6-9pm	SU	9/12	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																				
<b>GES-4-301</b>	<b>SAT PREP COLLEGE-BOUND JR &amp; SR</b>	6-9pm	M	9/13	4	\$135		Staff	CLRM											
Same description as previous class. Gladstone High School																				
<b>GES-4-302</b>	<b>SAT PREP COLLEGE-BOUND JR &amp; SR</b>	6-9pm	SU	10/10	4	\$135		Staff	CLRM											
Same description as previous class. Eastham Community Center																				
<b>GES-4-303</b>	<b>SAT PREP COLLEGE-BOUND JR &amp; SR</b>	6-9pm	M	10/11	4	\$135		Staff	CLRM											
Same description as previous class. Gladstone High School																				

## Business/Financial Planning

<b>BUS-2-300</b>	<b>JR TYCOON CAMP AGE 13-18</b>	6-8:30pm	S	10/16	1	\$70	\$25	Priestley	CLRM											
Economic simulation in which students will start & run businesses, buy & sell stocks, engage in fun activities & experience what real-world free enterprise marketplace is all about. Bring sack lunch. No discounts. Gladstone High School																				
<b>BUS-4-301</b>	<b>INVESTING FOR FUTURE SERIES</b>	6:30-8:30pm	W	10/06	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																				
<b>BUS-2-302</b>	<b>INVESTMENT BASICS</b>	6:30-8:30pm	W	10/06	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																				
<b>BUS-2-303</b>	<b>INVESTING FOR INCOME</b>	6:30-8:30pm	W	10/13	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																				
<b>BUS-2-304</b>	<b>MUTUAL FUNDS</b>	6:30-8:30pm	W	10/20	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																				
<b>BUS-2-305</b>	<b>STOCK MARKET</b>	6:30-8:30pm	W	10/27	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																				
<b>BUS-2-306</b>	<b>TAX-ADVANTAGE INVESTMENTS</b>	6:30-8:30pm	W	11/03	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																				
<b>BUS-4-307</b>	<b>PROFESSIONAL NEGOTIATING</b>	6-9:30pm	W	9/29	2	\$125	\$25	Priestley	CLRM											
Learn systematic approach to negotiation in personal & business situations. Preparation/ execution of negotiation, how to find win-win, use of tactics and counter-tactics. Class meets 9/29 and 10/6. Learn to win! No discount. Gladstone High School																				

<b>BUS-2-308</b>	<b>WILLS, TRUSTS, ESTATE PLANNING</b>	6:30-8pm	TH	10/07	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 Senior Center																				

## Childcare

<b>FAM-2-300</b>	<b>INDOOR PLAYGROUND</b>	9:15-10:30am	WF	9/22	12	\$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. No class 10-6, 11-12, 24 & 26. Wetten Gym																				

## Computers

<b>DPS-4-300</b>	<b>COMPUTER GAME DESIGN AGE 13-18</b>	6-8:30pm	W	10/13	4	\$70		Priestley	CLRM											
Become familiar with the mechanics of computer games and storylines. Learn the process for designing computer games. Analyze existing designs and create your own. Gladstone High School																				
<b>DPS-4-301</b>	<b>ADOBE PHOTOSHOP BASICS</b>	6-9pm	T	9/28	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. Seniors \$39. Gladstone High School																				
<b>DPS-4-302</b>	<b>ADOBE PHOTOSHOP THE NEXT STEP</b>	6-9pm	T	10/19	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. Seniors \$39. Gladstone High School																				
<b>DPS-4-303</b>	<b>COMPUTER STEP BY STEP BASIC 1</b>	10am-12pm	M	9/27	4	\$49		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																				
<b>DPS-4-304</b>	<b>COMPUTER STEP BY STEP BASIC 2</b>	10am-12pm	M	10/25	4	\$49		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																				
<b>DPS-2-308</b>	<b>DIGITAL CAMERA - HOW TO USE</b>	6:30-9pm	T	9/28	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																				
<b>DPS-2-309</b>	<b>DIGITAL CAMERA - HOW TO USE</b>	6:30-9pm	T	10/12	2	\$19		Gutierrez	CLRM											
Same description as previous class. Seniors \$12. Gladstone High School																				
<b>DPS-2-312</b>	<b>DO YOU WANT BETTER PICTURES?</b>	6:30-9pm	T	10/26	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																				
<b>DPS-4-313</b>	<b>EXCEL 2007 LEVEL I</b>	6-9pm	TH	9/30	3	\$59	\$16	Aguilar	CLRM											
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. Seniors \$39 + lab. Gladstone High School																				

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

**DPS-4-314 EXCEL 2007 LEVEL II**  
 6-9pm TH 10/21 3 \$59 \$16 Aguilar CLRM  
 Builds on skills learned in Level I. Learn to use multiple worksheets, charts, templates, adding graphics, start working w/more advanced formatting options. Bring 1G flashdrive. Seniors 39+lab. Gladstone High School

**DPS-2-315 QUICKBOOKS 2008 LEVEL 1**  
 6-9pm T 9/28 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. Seniors \$69. Gladstone High School

**DPS-4-316 WORD 2007 LEVEL I**  
 6-9pm M 10/04 3 \$59 \$16 Aguilar CLRM  
 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

**DPS-4-317 WORD 2007 LEVEL II**  
 6-9pm M 10/25 3 \$59 \$16 Aguilar CLRM  
 Class builds on skills learned in Level I. Format tables, labels, envelopes, columns, styles, work with graphics, templates, manage document revisions. Level II text. Bring 1G flash drive. Seniors \$39+lab. Gladstone High School

**Cooking**

**EAT-2-301 COOKING MAYAN MAGIC W/JACK**  
 6:30-8:30pm W 11/17 1 \$30 Campbell F103  
 Welcome to fascinating cuisine & culture of Mayan people! Chocolate, tropical fruits, delicious soups, seafood play important role in this cuisine. Come hungry, sample exotic, flavorful food. Seniors \$28. Gladstone High School

**EAT-2-302 COOKING MAYAN MAGIC W/JACK**  
 6:30-8:30pm TH 11/18 1 \$30 Campbell F103  
 Welcome to fascinating cuisine & culture of Mayan people! Chocolate, tropical fruits, delicious soups, seafood play important role in this cuisine. Come hungry, sample exotic, flavorful. food. Seniors \$28. Gladstone High School

**EAT-2-303 CLASSIC MEDITERRANEAN W/JACK**  
 6:30-8:30pm W 12/08 1 \$30 Campbell F103  
 Discover mouthwatering & unique flavors of Mediterranean. Sample soups, "street food" from Jack's recent expedition to Italy, Corsica, Malta, south of France. Come hungry! Cookbook drawing. Seniors \$28. Gladstone High School

**EAT-2-304 CLASSIC MEDITERRANEAN W/JACK**  
 6:30-8:30pm TH 12/09 1 \$30 Campbell F103  
 Discover mouthwatering & unique flavors of Mediterranean. Sample soups, "street food" from Jack's recent expedition to Italy, Corsica, Malta, south of France. Come hungry! Cookbook drawing. Seniors \$28. Gladstone High School

**EAT-2-306 ABC'S OF DELICIOUS PIES!**  
 8:30am-12:30pm S 11/06 1 \$32 Ekholm MULTI  
 Learn to make FABULOUS piecrust and different fillings to add to your creations in hands-on class. Go home w/recipes for fruit, cream, ice cream, even pot pies! Includes \$10 lab fee. Seniors \$28. Gladstone Senior Center

**EAT-2-309 DESSERTS-WARM & WONDERFUL**  
 5-9pm TH 10/07 1 \$32 Ekholm MULTI  
 Learn to make best fruit cobbler you ever tasted, saucy ginger cake w/several sauces, oven rice custard, hot fudge brownies. Make & enjoy in hands-on class, take home recipes. Incl. \$10 lab fee. Seniors \$28. Gladstone Senior Center

**EAT-2-310 FONDUES-APPETIZERS TO DESSERTS**  
 5:30-8:30pm TH 10/21 1 \$32 Ekholm MULTI  
 Great fun for party or family dinner! Choose from appetizer, veggies, meat, dessert (chocolate, of course!) Get recipes and tips to plan your own party in hands-on class. Includes \$10 lab fee. Seniors \$28. Gladstone Senior Center

**Dance/Theater/Music**

**ATA-2-300 BALLET MOM & ME 2-3 YRS**  
 5-5:30pm TH 9/23 8 \$42 Staff CLRM  
 Play & explore different kinds of music & ballet moves, games, stretching, bar, creative play. Keep kids moving in toddler-centered class. Tuition for parent + child. Footwork

**ATA-2-301 BALLET AGE 3-5**  
 6-6:30pm T 9/21 8 \$42 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-2-304 BALLET AGES 8-12**  
 7:15-8:15pm T 9/21 8 \$84 Staff CLRM  
 Classic ballet moves and barre exercises help students to gain balance & flexibility, strengthen & tone. Leotard & tights (any color) required. Footwork

**ATA-2-306 COUNTRY LINE DANCE BEG.**  
 6-7pm W 9/29 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 9/29 6 \$45 Schmaltz 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. Seniors \$35. Kraxberger Middle School

**ATA-2-308 EAST COAST SWING DANCE**  
 6:30-8:30pm M 10/04 6 \$69 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. \$69 per couple. NO partner rotation. Seniors \$49. Kraxberger Middle School

**ATA-2-312 GUITAR BEG 1 GRADES 3-6**  
 6:30-7pm M 9/27 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 M 11/01 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. No class 11-22. Gladstone High School

**ATA-2-314 GUITAR BEG 1 YOUTH-ADULT**  
 7:15-7:55pm M 9/27 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 M 11/01 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. No class 11-22. Gladstone High School

**ATA-2-317 GUITAR, ACOUSTIC JAM/WKSHOP**  
 8-8:45pm M 9/27 5 \$65 \$5 Price CLRM  
 Folk, traditional, contemporary songs both simple & challenging for variety of abilities. Lots of singing for those who wish. Brief lessons, mostly playing/singing. Beyond beginning to intermed/No disc. Gladstone High School

**ATA-2-318 GUITAR BEG. BLUES GR 6-ADULT**  
 8-8:45pm M 11/01 5 \$65 \$5 Price CLRM  
 Really fun class featuring beg level blues songs, progressions, scales, techniques. Lots of jamming to sharpen skills, get ideas. Must know basic chords/chord changes, strumming. No discount. No class 11-22. Gladstone High School

# Community Education Classes

Registration form on page 88.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>ATA-2-323</b>	<b>TAP/JAZZ AGE 3-4 GF</b>	10:30-11:15am	T	9/28	8	\$84		Staff	CLRM	<b>PED-2-310</b>	<b>ICE SKATING SNOWBUNNY AGE 3-6</b>	4-4:30pm	W		7	\$69		Staff	RINK
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										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. Choose session on 9/15 or 11/3. Lloyd Center Ice Rink									
<b>PED-2-324</b>	<b>TAP/TUMBLING AGE 3-4 GF</b>	10:30-11:15am	M	9/27	8	\$84		Staff	FLOOR	<b>PED-2-311</b>	<b>ICE SKATING SNOWBUNNY AGE 3-6</b>	10-10:30am	S		7	\$69		Staff	RINK
Basic rhythm/tap skills: shuffles, hop steps, flaps, skips. Tumbling portion work on basic flexibility, tumbling skills, forward/backward rolls, handstands, cartwheels. Need black patent tap shoes. Grand Finale Dance Studio										Choose session on 9/18 or 11/6. Lloyd Center Ice Rink									
<b>ATA-2-340</b>	<b>VOICE ACTING INTRO AGE 18+</b>	6-8pm	T	10/12	1	\$35		VoicesForAll	CLRM	<b>PED-2-312</b>	<b>ICE SKATING INTRO AGE 7-ADULT</b>	10-10:30am	S		7	\$69		Staff	RINK
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										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. Choose session on 9/15 or 11/3. Lloyd Center Ice Rink									
<b>Driver Education</b>										<b>PED-2-313</b>	<b>ICE SKATING INTRO AGE 7-ADULT</b>	4:30-5pm	W	11/06	7	\$69		Staff	RINK
<b>DRE-4-300</b>	<b>DRIVER EDUCATION</b>	4:30-7:30pm	W	9/22	11	\$285		Staff	CLRM	Same description as previous class. Choose session 9/18 or 11/6. Lloyd Center Ice Rink									
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 \$210 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										<b>PED-4-320</b>	<b>PILATES - ALL LEVELS AT CRRC</b>	5:30-6:30pm	MTWTH	9/20	15	\$85		Staff	AEROB
										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									
<b>PED-4-300</b>	<b>AEROBICS SPECIAL AT CRRC</b>	TBA	M-SAT	9/20	15	\$75		Staff	AEROB	<b>PED-4-321</b>	<b>PILATES AT HEALTH HABIT 10</b>	5-6pm	MW	9/20	10	\$55		Staff	AEROB
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										Pilates improves flexibility, strength, body awareness w/o necessarily building bulk. Reduces stress, improves mental focus. Controlled movements on mat. Good for 10 classes between Sept. 20-Dec. 29. No discount. Health Habit									
<b>PED-2-301</b>	<b>AIKIDO FOR KIDS AGE 4-5</b>	6-7pm	W	9/29	10	\$60		Staff	CLRM	<b>PED-4-322</b>	<b>PILATES AT HEALTH HABIT</b>	5-6pm	MW	9/20	15	\$120		Staff	AEROB
Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self defense, discipline. Aikido Northwest										Pilates improves flexibility, strength, body awareness w/o necessarily building bulk. Reduces stress, improves mental focus. Controlled movements on mat. No discount. 15 weeks. Health Habit									
<b>PED-2-302</b>	<b>AIKIDO FOR KIDS AGE 4-7</b>	TBA	TBA	9/27	10	\$60		Staff	CLRM	<b>PED-2-328</b>	<b>ROLL, FLY, TWIST, SPIN AGE 4-7</b>	3:45-4:30pm	TH	9/16	10	\$90		Staff	FLOOR
Same description as previous class. Specify day/time: Mon 5-6pm or Tues 6:15-7:15pm. Aikido Northwest										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									
<b>PED-2-303</b>	<b>AIKIDO FOR KIDS AGES 6-10</b>	7-8pm	W	9/29	10	\$60		Staff	CLRM	<b>PED-2-329</b>	<b>ROLL, FLY, TWIST, SPIN AGE 4-7</b>	5:15-6pm	TH	9/16	10	\$90		Staff	FLOOR
Same description as previous class. Aikido Northwest										Same description as previous class. Precision Elite Gymnastics									
<b>PED-2-304</b>	<b>AIKIDO FOR KIDS AGES 8-10</b>	TBA	TBA	9/28	10	\$60		Staff	CLRM	<b>PED-2-330</b>	<b>ROLL, FLY, TWIST, SPIN AG 7-10</b>	4:30-5:15pm	TH	9/16	10	\$90		Staff	FLOOR
Same description as previous class. Specify one day/time: Tues 5-6pm or Thurs 4-5pm. Aikido Northwest										Same description as previous class. Precision Elite Gymnastics									
<b>PED-2-305</b>	<b>AIKIDO FOR KIDS AGE 11-18</b>	TBA	TBA	9/27	10	\$60		Staff	CLRM	<b>PED-2-331</b>	<b>ROLL, FLY, TWIST, SPIN AG 7-10</b>	6-6:45pm	TH	9/16	10	\$90		Staff	FLOOR
Same description as previous class. Specify one day/time: Mon 6:15-7:15pm or Thurs 5:15-6:15pm. Aikido Northwest										Same description as previous class. Precision Elite Gymnastics									
<b>PED-2-306</b>	<b>AIKIDO FOR ADULTS</b>	TBA	TTH	9/28	10	\$80		Staff	CLRM	<b>PED-2-333</b>	<b>SKYHAWKS AGE 3 1/2-4</b>	10-10:30am	S	9/25	8	\$45		Skyhawks	GYM
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										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									
<b>PED-2-308</b>	<b>BASKETBALL CLINICS GR. 4-8</b>	4-5:30pm	SU	9/19	3	\$30		Staff	GYM	<b>PED-2-334</b>	<b>SKYHAWKS AGES 4-6</b>	9-9:45am	S	9/25	8	\$55		Skyhawks	GYM
GHS Varsity Boys & Girls Coaches Karl Schmidtman & Molly Wilson will cover offensive moves and fundamentals to help improve shooting skills for all boys & girls grades 4-8. Gladstone High School										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									
										<b>PED-2-337</b>	<b>TAE KWON DO FOR AGES 8-15</b>	6-7:30pm	TTH	9/28	11	\$69		Beasley	CAFE
										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. No class Oct 26 & 28, Nov 11, 23, 25. Kraxberger Middle School									

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>PED-2-338</b>	<b>TAE KWON DO ADULT</b>	7:30-9pm	TTH	9/28	11	\$79		Woo	CAFE	<b>PED-4-355</b>	<b>YOGA, CONTINUING</b>	6:30-7:30pm	T	9/28	10	\$55		Fegel	MULTI
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. No class Oct 26 & 28, Nov 11, 23, 25. Kraxberger Middle School										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 \$40 Gladstone Senior Center									
<b>PED-4-339</b>	<b>TAI CHI CHUAN BEGINNING</b>	9-10:30am	W	9-22	9	\$69		Schmidt	MULTI	<b>PED-4-356</b>	<b>YOGA, CONTINUING</b>	6-7pm	W	9/29	10	\$55		Haye	MULTI
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 \$49. Gladstone Senior Center										Same description as previous class. Gladstone Senior Center									
<b>PED-4-340</b>	<b>TAI CHI CHUAN INTERMEDIATE</b>	10:30am-12pm	M	9/20	9	\$69		Schmidt	MULTI	<b>PED-2-357</b>	<b>YOGA CONTINUING W/MEDITATION</b>	6-7:30pm	W	9/29	10	\$79		Haye	MULTI
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 \$49. Gladstone Senior Center										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. Seniors \$59. Gladstone Senior Center									
<b>PED-4-341</b>	<b>TAI CHI CHUAN ADVANCED</b>	9-10:30am	M	9/20	9	\$69		Schmidt	MULTI	<b>PED-4-359</b>	<b>YOGA SPECIAL BEG-INT CRRC</b>	TBA	M-F	9/20	15	\$85		Staff	AEROB
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 \$49. Gladstone Senior Center										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									
<b>PED-4-342</b>	<b>TAI CHI ADULT BEG AT FOOTWORK</b>	7:30-8:30pm	M	9/20	8	\$84		Staff		<b>PED-4-360</b>	<b>YOGA ADULT AT GF</b>	9:30-10:30am	M	9/27	8	\$84		Staff	FLOOR
Learn basic forms of the Wu style in relaxed atmosphere and enjoy the health and wellness benefits of this ancient art. No discounts. Footwork										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									
<b>PED-2-343</b>	<b>TUMBLING BASICS AGE 2.5-4</b>	5:30-6:15pm	M	9/27	8	\$84		Staff	FLOOR	<b>Gardening/Landscape/Farming</b>									
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										<b>PLT-2-300</b> <b>BULBS, TUBERS &amp; RHIZOMES</b>									
<b>PED-2-344</b>	<b>TUMBLING BASICS AGE 2.5-4</b>	9:45-10:30am	TH	9/30	8	\$84		Staff	FLOOR	6:30-9:30pm TH 10/14 1 \$15 Hage CLRM									
Same description as previous class. Grand Finale Dance Studio										Winterize dahlias, planting/division secrets for spring flowering bulbs/tubers, how they blend in with any style landscape; which to plant for year round flowers; local growers. Seniors \$10. Gladstone High School									
<b>PED-2-345</b>	<b>TUMBLING BASICS AGE 3-5</b>	10:30-11:15am	TH	9/30	8	\$84		Staff	FLOOR	<b>PLT-2-301</b>	<b>FALL YARD CARE &amp; PLANTING</b>	6:30-9:30pm	TH	9/30	1	\$15		Hage	CLRM
Kids will work on flexibility, listening skills, basic tumbling skills such as forward rolls, backwards rolls and cartwheels. This fun class is a child only participation. Grand Finale Dance Studio										Fall is best time to plant-less stress for plants! Gives time to get established before spring. How to properly plant/prune trees, shrubs, bulbs, best locations, "winterizing" yard, composting. Seniors \$10. Gladstone High School									
<b>PED-2-346</b>	<b>TUMBLING BASICS AGE 6 &amp; UP</b>	4:30-5:30pm	M	9/27	8	\$84		Staff	FLOOR	<b>Health/Safety/Personal Well-Being</b>									
Same description as previous class. Grand Finale Dance Studio										<b>HLT-4-300</b> <b>AARP DRIVER SAFETY (55 ALIVE)</b>									
<b>PED-4-350</b>	<b>YOGA BEGINNING GENTLE</b>	9-10am	T	9/28	10	\$55		Haye	MULTI	1-5pm THF 10/14 1 Staff MULTI									
Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring blanket/mat. Seniors \$40. Gladstone Senior Center										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									
<b>PED-4-351</b>	<b>YOGA BEGINNING GENTLE</b>	9-10am	F	10/01	10	\$55		Haye	MULTI	<b>HLT-4-301</b>	<b>AARP DRIVER SAFETY (55 ALIVE)</b>	1-5pm	MT	12/06	1			Staff	MULTI
Same description as previous class. No class Nov 26. Gladstone Senior Center										Same description as previous class. Gladstone Senior Center									
<b>PED-4-352</b>	<b>YOGA BASICS</b>	5-6pm	M	9/27	10	\$55		Haye	MULTI	<b>HLT-2-302</b>	<b>IDENTITY THEFT</b>	6:30-8pm	T	10/05	1	\$10		Fitch	CLRM
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 \$40. Gladstone Senior Center										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. All tuition will be donated to Gladstone Senior Center Foundation. Gladstone High School									
<b>PED-4-353</b>	<b>YOGA BASICS</b>	9-10am	TH	9/30	10	\$55		Haye	MULTI	<b>HLT-2-303</b>	<b>MEDIC BASIC FIRST AID/CPR</b>	6-9pm	W	9/29	1	\$45		Baker	CLRM
Same description as previous class. No class Nov 11 & 25. Gladstone Senior Center										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									
<b>PED-4-354</b>	<b>YOGA BASICS</b>	5:25-6:25pm	T	9/28	10	\$55		Fegel	MULTI	<b>HLT-2-304</b>	<b>MEDIC BASIC FIRST AID/CPR</b>	6-9pm	W	10/20	1	\$45		Baker	CLRM
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 \$40. Gladstone Senior Center										Same description as previous class. Gladstone High School									

# Community Education Classes

Registration form on page 88.

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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**HLT-2-305 MEDIC BASIC FIRST AID/CPR**  
6-9pm W 12/1 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

## History/Writing/Literature

**HWL-2-300 SEARCHING YOUR FAMILY ANCESTRY**  
5-9pm TH 09/30 1 \$29 Ekholm MULTI  
For beginners wanting to research family tree & don't know where to begin. How to utilize resources, primary sources of info, document, track, organize when done. Must be familiar w/internet. Seniors \$24. Gladstone Senior Center

## Home Buying/Decorating/Improvement

**HME-2-301 BUYING HOME IN BUYER'S MARKET**  
6:30-8:30pm T 9/28 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! Couples \$20. Gladstone High School

**HME-2-304 SELLING HOME IN BUYER'S MARKET**  
6:30-8:30pm TH 10/05 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 9/30 8 \$65 Hopperstad SHOP  
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 \$40. No class Nov 11 & 25. Gladstone High School

**HME-2-306 WOODWORKING**  
6:30-9:30pm TH 9/30 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 \$40. No class Nov 11 & 25. Gladstone High School

## Language Studies

**FLS-4-300 SIGN LANGUAGE BEGINNING ASL**  
6-8pm M 9/27 8 \$64 Stone CLRM  
Learn about the language and culture of the deaf, how grammar and vocabulary are tied together, play games to develop communication and fingerspelling skills. Purchase own book, call for info. Seniors \$48. Gladstone High School

**FLS-4-302 SPANISH BEGINNING PART I**  
7-9pm M 9/27 8 \$64 \$33 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 \$48 + lab. Gladstone High School

**FLS-4-304 SPANISH BEGINNING PART II**  
7-9pm T 9/28 8 \$64 \$33 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. Seniors \$48 + lab. Gladstone High School

**FLS-4-305 SPANISH BEGINNING PART III**  
7-9pm TH 9/30 8 \$64 \$33 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. Seniors \$48 + lab. No class Nov 11 & 25. Gladstone High School

# Milwaukie CENTER

Registration form for Community Education classes on page 88.

For class locations, see page 90.

Please pre-register by mail or by calling 503-794-8092 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 503-794-8092.

Classes held at Milwaukie Center unless otherwise note.

## Art/Crafts/Hobbies

**APA-1-50 EXPLORE THE ARTS WORKSHOP**  
10am-4:30pm S 9/11 1 Michael CLRM  
Gary Michael will present a workshop on Plain Air in Oil Pastels. You may bring the media of your choice to work in including oils, acrylics, watercolor, etc. as he is willing to assist in all medias. Fee: Res: \$25; Non-res: \$31. Milwaukie Center

**APA-1-51 ART LITERACY**  
1-2pm W 9/29 8 \$37 Ugrin CLRM  
Fall term will be a lecture based class focusing on the artistic endeavors of early Europeans. Winter term will look at art influenced by trade between East and West along the Silk Road. Spring term will focus on development of American Art. Senior Discount: \$28. Milwaukie Center

**APA-1-52 PAINT WITH ACRYLICS**  
9:30am-12pm F 10/1 8 \$91 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 \$68. Materials list available at [www.MilwaukieCenter.com](http://www.MilwaukieCenter.com). Milwaukie Center

**APA-1-53 BEG ACRYLIC PAINTING**  
1-3:30pm F 10/1 8 \$91 Ugrin CLRM  
Water-based acrylics offer a variety of possibilities. Color theory, glazing and other techniques. Open to beginners. Senior Discount \$68. Milwaukie Center

**APA-1-54 DRAWING**  
10am-12pm M 9/27 8 \$73 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 \$55. Materials list available at [www.MilwaukieCenter.com](http://www.MilwaukieCenter.com). Milwaukie Center

**APA-1-55 DRAWING - BEGINNING**  
2-4pm W 9/29 8 \$73 Ugrin CLRM  
We will use many different mediums in order to learn the basics of drawing in a classical format. Senior Discount \$55. Materials list available at [www.MilwaukieCenter.com](http://www.MilwaukieCenter.com). Milwaukie Center

**APA-1-56 OIL PAINTING - SECT 1**  
9:30am-12pm TH 9/23 9 \$91 Wilson CLRM  
Develop skills in composition and color mixing with one-on-one attention--from canvas preparation to finished project. Senior Discount \$68. No class Nov. 11. Materials list available at [www.MilwaukieCenter.com](http://www.MilwaukieCenter.com). Milwaukie Center

**APA-1-57 OIL PAINTING - SECT 2**  
1-3:30pm TH 9/23 9 \$91 Wilson CLRM  
Same description as previous class. Senior Discount \$68. No class Nov. 11. Milwaukie Center

**APA-1-58 HOLIDAY PRINTMAKING WORKSHOP**  
1-4pm F 12/3 1 \$14 Ugrin CLRM  
Easy cut blocks will be the matrix to create holiday art design. Demos presented on printing cards, making beautiful wrapping paper and tags for your gift giving. Bring \$5 for supplies. Senior Discount \$11. Milwaukie Center

**APA-1-59 WATERCOLOR BEG/INTER**  
1-3:30pm M 9/27 8 \$91 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 \$68. Materials list available at [www.MilwaukieCenter.com](http://www.MilwaukieCenter.com). Milwaukie Center

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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**APA-1-60 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. Center closed Nov 11 and 25. No fee. Milwaukie Center

**APA-1-61 WOOD CARVING**  
 8:30am-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-1-62 DUPLICATE BRIDGE**  
 12:45-3:45pm M Staff CLRM  
 Meets weekly at Milwaukie Center on Monday from 12:45-3:45pm. Please bring a partner. Activity fee: \$1 per session. Group rules of play apply. Milwaukie Center

**APA-1-63 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-1-64 POOL, SNOOKER, & DARTS**  
 8:30am-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 Nov. 11 and 25. Milwaukie Center

**Computers**

**DPS-4-50 COMPUTER FIRST STEPS**  
 9-11am F 9/24 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 Oct. 8. Bring \$2 for materials. Milwaukie Center

**DPS-4-51 COMPUTER FIRST STEPS**  
 12:00-2:00pm F 10/29 6 King CLRM  
 Level 1. Same description as previous class. Res. \$65. Non-Res. \$70. No class Nov. 12 & 26. Milwaukie Center

**DPS-4-52 COMPUTER BASICS**  
 2:30-4:30pm F 9/24 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 Oct. 8. Bring \$2 for materials. Milwaukie Center

**DPS-4-53 COMPUTER BASICS**  
 9-11am F 10/29 6 King CLRM  
 Level 2. Same description as previous class. Res. \$65. Non-Res. \$70. No class Nov. 12 & 26. Milwaukie Center

**DPS-4-54 COMPUTER WORD PROCESSING**  
 12-2pm F 9/24 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 Oct. 8. Bring \$3 for materials. Milwaukie Center

**DPS-4-55 COMPUTER WORD PROCESSING**  
 2:30-4:30pm F 10/29 6 King CLRM  
 Level 3. Same description as previous class. Res. \$65. Non-Res. \$70. No class Nov. 12 & 26. Milwaukie Center

**DPS-4-56 COMPUTER: MASTERING EMAIL**  
 9:30-11:30am S 9/25 5 King CLRM  
 Level 3. Learn to attach pictures, set up Email reminders, and electronic calendars. Send text messages, invitations with RSVP, and keep an electronic note pad with important info such as medication lists. Bring \$2 for materials fee. Res. \$65. Non-Res. \$70. No class Oct. 9. Milwaukie Center

**DPS-4-57 COMPUTERS: PICTURE PLUS**  
 9:30-11:30am S 10/30 6 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. Bring \$3 for materials. Res: \$65. Non-Res: \$70. No class Nov. 13 & 27. Milwaukie Center

**Dance/Theater/Music**

**ATA-1-50 BELLYDANCE - BEGINNER**  
 6-7pm TH 9/30 11 \$41 Burroughs CLRM  
 Tone muscles while learning the beginning movements of this intriguing middle eastern dance. Senior Discount \$31. No class Nov. 11 & 25. Milwaukie Center

**ATA-1-51 SALSA DANCE**  
 6-7pm T 9/28 10 \$46 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 \$35. Milwaukie Center

**ATA-1-52 CENTER SINGERS**  
 1-2:30pm M 9/27 11 Wiltgen CLRM  
 Can you carry a tune? These mixed voices represent the Milwaukie Center in performances throughout the community. Rehearsals open to the public. No fee. Milwaukie Center

**ATA-1-53 COUNTRY LINE DANCE-BEGINNING**  
 12:30-1:30pm TH 9/30 11 \$41 Mullican CLRM  
 This class is designed for newcomers to line dance and patterns. Presented at an easy pace! Senior Discount \$31. No class Nov. 11 & 25. Milwaukie Center

**ATA-1-54 COUNTRY LINE DANCE-BEGINNING**  
 7:15-8:15pm T 9/28 10 \$46 Mullican CLRM  
 Same description as previous class. Senior Discount \$35. Milwaukie Center

**ATA-1-55 COUNTRY LINE DANCE - INTER.**  
 1:30-2:30pm TH 9/30 11 \$41 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 \$31. No class Nov. 11 & 25. Milwaukie Center

**ATA-1-56 COUNTRY LINE DANCE-INTER.**  
 6-7pm T 9/28 10 \$46 Mullican CLRM  
 Same description as previous class. Senior Discount \$35. Milwaukie Center

**Exercise/Fitness/Sports**

**PED-4-50 CHAIR PILATES**  
 3-3:45pm W 9/29 10 \$31 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. No class Nov. 24. Senior Discount \$23. Milwaukie Center

**PED-4-51 QIGONG**  
 12:30-1:30pm W 9/29 10 \$46 Ocker CLRM  
 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. Senior Discount \$35. Milwaukie Center

**PED-4-52 TAI CHI FOR BEGINNERS**  
 11:15am-12:15pm TTH 9/28 10 \$82 Lusk CLRM  
 Learning a condensed, simplified Tai Chi form helps beginning students to relax and strengthen the major joint areas of the body, increasing flexibility and balance. Having a healthy body relieves stress and enlivens the spirit. Senior Discount \$62. No class Nov. 11 & 25. Milwaukie Center

**PED-4-53 24 YANG TAI CHI & QIGONG**  
 6:35-7:35pm MW 9/27 10 \$91 Lusk CLRM  
 Refine the quality of movements of the 24 Yang Tai Chi and Qigong focusing on energy expressed through our bodies and spirit. Senior Discount \$68. Milwaukie Center

**PED-4-54 24 YANG TAI CHI & QIGONG**  
 10:10-10:55am MWF 9/27 10 \$96 Lusk CLRM  
 Same description as previous class. Senior Discount \$72. No class Oct. 15 and Nov. 26. Milwaukie Center

# Community Education Classes

Registration form on page 88.

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-4-55 TAI CHI MARTIAL APPLICATIONS**  
 9:20-10:05am MWF 9/27 10 \$96 Lusk CLRM  
 Continued practice of the 32 Sword Form and the 37 Tai Chi Empty Hand Form. Standing meditation, push hands and martial applications highlighted to increase the power of our energy. No class Oct. 15 and Nov. 26. Senior Discount \$72. Milwaukie Center

**PED-4-56 TAI CHI MARTIAL APPLICATIONS**  
 5:30-6:30pm MW 9/27 10 \$91 Lusk CLRM  
 Same description as previous class. Senior Discount \$68. Milwaukie Center

**PED-4-57 EZ-DOES-IT AEROBICS**  
 8:30-9:15am MWF 9/27 10 \$96 Stauss CLRM  
 Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout. No class Oct 15 & Nov 26. Senior Discount \$72. Milwaukie Center

**PED-4-58 SIT-N-FIT**  
 11:05-11:50am MWF 9/27 10 \$96 Stauss CLRM  
 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 Oct. 15 & Nov. 26. Senior Discount \$72. Milwaukie Center

**PED-4-59 STRETCH & FLEX**  
 8:30-9:15am TTH 9/28 11 \$69 Hall 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 \$52. No class Nov. 11 & 25. Milwaukie Center

**PED-4-60 LIGHT AEROBICS A**  
 10:20-11:05am TTH 9/28 11 \$69 Hall CLRM  
 This entry level exercise class will go through warm-up, stretching, and an aerobic workout. Some hand-held weights used. Senior Discount \$52. No class Nov. 11 & 25. Milwaukie Center

**PED-4-61 LIGHT AEROBICS B**  
 9:25-10:10am TTH 9/28 11 \$69 Hall CLRM  
 Same as Light Aerobics A, but the workout will be a faster pace. Senior Discount \$52. No class Nov. 11 & 25. Milwaukie Center

**PED-4-62 PERSONAL FITNESS**  
 6:30-7:30pm M 9/27 10 \$46 Hall CLRM  
 Advanced beginner to intermediate aerobics. Anything from boxing, resistance training, bands, weights, and floor work. Bring a floor mat. Senior Discount \$35. Milwaukie Center

**PED-4-63 YOGA**  
 4:45-5:45pm T 9/28 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: \$40; Non-res: \$45. Milwaukie Center

**PED-4-64 YOGA**  
 4:45-5:45pm TH 9/30 12 Watson CLRM  
 Same description as previous class. No class Nov. 11 & Nov. 25. Fee: Res: \$40; Non-res: \$45. Milwaukie Center

**PED-4-65 ZUMBA GOLD**  
 12:30-1:30pm F 10/1 11 \$41 Bezerra CLRM  
 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. This class is chair friendly for people who have physical limitations. Senior discount \$31. No class Oct. 15 & Nov. 26. Milwaukie Center

## Health/Safety/Personal Well-Being

**HLT-1-50 A PLACE AT THE CENTER**  
 12:30-4pm W Staff 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

**HLT-1-51 BLOOD PRESSURE CHECK**  
 9:45-11:45am MT Staff CLRM  
 Drop in and get your blood pressure checked by volunteer nurses. 1st Monday and 3rd Tuesday of the month. No fee. Milwaukie Center

**HLT-1-52 DIABETES SUPPORT GROUP**  
 1:30-3pm W Staff CLRM  
 Information, education and sharing for people with diabetes, their families and friends. Meets 1st Wednesday monthly. No fee. Milwaukie Center

**HLT-1-53 MANICURES**  
 TBA TH Staff CLRM  
 Licensed manicurist available by appointment for low cost fingernail manicures, trims, polish. Call 503-421-5059 for appointment. Wheelchair accessible. Fees vary. Milwaukie Center

## History/Writing/Literature

**HWL-1-50 CREATIVE WRITING**  
 1-2:45pm W 9/29 8 \$64 Arnold CLRM  
 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 \$48. Milwaukie Center

**HWL-1-51 WRITING MEMOIRS**  
 3-4:45pm W 9/29 8 \$64 Arnold CLRM  
 A memoir is not an autobiography. Rather, it is a record of a person's perspective about a specific moment in their life. The meeting between a past-self and a present-self creates a dynamic story. It can be an incredible journey. Senior Discount \$48. Milwaukie Center

**HWL-1-52 ALL ABOUT MEMORY**  
 1:30-3pm T 9/21 5 Jonsrud CLRM  
 Memory is the lens through which people perceive the world and define and predict experiences. This class explores how memory changes as we go through life and ways to enhance and exercise it for optimal performance. Fee: Res. \$25 Non-res. \$30. Milwaukie Center

## Language Studies

**FLS-4-50 SPANISH - INTRO**  
 6-8pm M 9/27 9 \$73 Luckow CLRM  
 For students with little or no Spanish language experience. This course will give you a broad introduction of the language. A book is provided. Senior Discount \$55. No class Oct. 18. Milwaukie Center

**FLS-4-51 SPANISH I**  
 1:45-2:45pm M 9/27 9 \$37 Luckow CLRM  
 A small knowledge of Spanish required. Topics covered include word gender, beginning conjugation, and beginning conversation skills. Required text: Spanish Made Simple. Senior Discount \$28. No class Oct. 18. Milwaukie Center

**FLS-4-52 SPANISH II**  
 12:45-1:45pm M 9/27 9 \$37 Luckow CLRM  
 Basic language knowledge will be strengthened in this course. Vocabulary, correct pronunciation, and sentence structured will be emphasized. Required text: Spanish Made Simple. Senior Discount \$28. No class Oct. 18. Milwaukie Center

**FLS-4-53 SPANISH III**  
 11:30am-12:30pm M 9/27 9 \$37 Luckow CLRM  
 Intermediate Spanish skills required. Topics include irregular verbs, commands, and an introduction to past tense conjugation. Grammar and vocabulary reviewed. Required text: Spanish Verb Tenses. Senior Discount \$28. No class Oct. 18. Milwaukie Center

**FLS-4-54 SPANISH IV**  
 10:30-11:30am M 9/27 9 \$37 Luckow CLRM  
 Very little English is used in class. Speaking and listening skills will be developed. Book work and verb tense development emphasized, including use of the future tense. Required text: Spanish Verb Tenses. Senior Discount \$28. No class Oct. 18. Milwaukie Center

**FLS-4-55 SPANISH V**  
 4:15-6pm M 9/27 9 \$64 Luckow CLRM  
 Very little English is used in class. Conversations in Spanish are emphasized. All tenses will be in subjunctive. Required text: Spanish Verb Tenses. Senior Discount \$48. No class Oct. 18. Milwaukie Center

**FLS-4-56 SPANISH CONVERSATION**  
 9-10:30am M 9/27 9 \$55 Luckow CLRM  
 Recommended for fluent or near-fluent speakers. No English used in class. Students speak and the teacher makes corrections while leading a topic. Senior Discount \$41. No class Oct. 18. Milwaukie Center

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

# Molalla

## ADULT COMMUNITY CENTER

Registration form for Community Education classes on page 88.

For class locations, see page 90. Phone: 503-829-4214

Classes held at Adult Community Center.

### Arts/Crafts/Hobbies

APA-1-91	QUILTING MADE EASY	TF	9/28	11		Staff	CLRM
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Join our volunteer group to learn and practice common stitching techniques in a group setting. No material necessary. By donation. Molalla Adult Community Center

### Exercise/Fitness/Sports

PED-4-90	STRETCH & BE FIT/LITE AEROBICS	MWF	9/27	11		Staff	CLRM
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Total body workout to light, easy to follow stretching exercises and aerobic music. Use of 3lb weights and dyna-bands. Molalla Adult Community Center.

PED-4-91	TAI CHI – BEG	TTH	9/28	10	\$82	Schenck	CLRM
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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 \$41. Center closed November 11 and 25. Molalla Adult Community Center.

### History/Writing/Literature

HWL-1-90	WRITING PERSONAL HISTORY CLASS	M	9/27	8		Staff	CLRM
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Class consists of one hour reading excerpts from class members' writings & ½ 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.

# North Clackamas

## PARKS AND RECREATION

Registration form for Community Education classes on page 88.

For class locations, see page 90.

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.

### Art/Crafts/Hobbies

APA-2-500	ARCHERY: AGE 8-14	S	10/02	6		Okita	ARCH
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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	S	10/02	6		Okita	ARCH
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Same description as previous class. Broken Arrow Archery

APA-2-502	ART EXPLOSION	F	9/3	16	\$75	Staff	CLRM
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All grades welcome. Get messy and have fun creating art projects in different medias. No class 11/26. Materials Fee: \$15. Milwaukie Grange

APA-2-503	BOWLING, AGE 18+	T	9/28	6		Combs	BA
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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-2-504	BOWLING, AGES 7-15	TH	9/30	6		Combs	BA
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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-2-505	SANTA PLAYCARE	S	12/18	1	\$25	Staff	CLRM
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Ages 4 and up. Parental "Santa" time needed? Drop off the kids at the Milwaukie Grange. Games, crafts, Christmas movie and lunch provided. Milwaukie Grange

### Dance/Theater/Music

ATA-2-700	BALLROOM DANCING	S	10/2	6	\$50	Klimova-Preston	CLRM
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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

ATA-2-500	NORTH CLACKAMAS JR DANCE TEAM	T	9/14	4	\$55	Summerville	CLRM
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For grades 1-3. This junior dance team performs at community events. Dancers learn basic dance traveling steps, leaps and turns and drill down. This program is a monthly program that runs from Sept. through April. East Side Athletic Club-Clack

ATA-2-501	PRIMARY GUITAR	F	9/3	16	\$80	Staff	CLRM
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Grades 1-3. Fun class geared towards the younger ones. Simplified tuning and chords. Nylon strings recommended and a guitar a child can easily hold. No class 11/26. Materials Fee: \$13. Milwaukie Grange

ATA-2-502	GUITAR 1	Th	9/2	16	\$80	Staff	CLRM
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Grades 4 and up. Learn from a professional musician the foundation for successful playing. Bring a guitar & a willing attitude. Home practice required. No class 11/25. Materials Fee: \$10 Milwaukie Grange

# Community Education Classes

Registration form on page 88.

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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**ATA-2-503 RECORDER FOR ADULTS**  
5-6pm F 9/3 16 \$80 Staff CLRM  
Learn to play the recorder. Taught by an accomplished, professional musician and member of Maggie's Parlour, an Irish and Folk Troupe. No class 11/26. Materials Fee: \$20 Milwaukie Grange

**ATA-2-504 RECORDER KARATE**  
4-5pm F 9/3 16 \$80 Staff CLRM  
Grades 1-3. Fun, highly motivational course teaches music fundamentals. Colored belts for recorders earned with each level of accomplishment. No class 11/26. Materials Fee: \$15 Milwaukie Grange

## Driver Education

**DRE-4-500 DRIVER EDUCATION AT CHS**  
4:30-7:30PM W 9/22 11 \$325 Marlton CHS-309  
For students 17 and under with permit. Attendance at all sessions is mandatory. \$25 additional non-refundable administrative fee. Last day for refunds: 9/14/10. When registering, select both a classroom and a drive lab. Copy of permit and payment must accompany registration. Required Student/Parent Orientation night September 15th 6-7pm or 7:15-8:15pm in the Clackamas HS Auditorium. For more info and registration form go online under Community Education at [www.nclack.k12.or.us](http://www.nclack.k12.or.us). Call 503-353-6091 for additional information. Clackamas High School

**DRE-4-501 DRIVER EDUCATION AT OIT**  
4:30-7:30PM M 9/20 11 \$325 Marlton OIT-191  
Same description as previous class. Classes held at the Oregon Institute of Technology  
Harmony Campus. Required Student/Parent Orientation night September 15th, 6-7pm or 7:15-8:15pm in the Clackamas HS Auditorium. For more info and registration form go online under Community Education at [www.nclack.k12.or.us](http://www.nclack.k12.or.us). Call 503-353-6091 for additional information.

## Exercise/Fitness/Sports

**PED-2-500 CHEER MINI HOOPER & N CLACK**  
TBA TBA 11/4 11 Staff CLRM  
Grade 1-2, 3-4, 5-6 & 7-8. Learn basic cheer skills, have fun & make friends. Mandatory parent orientation choose one: 11/4 - 6pm, 11/13 - 10am or 11/16 - 6pm. League practice begins 1/3 at Mt. Scott Elementary. Res \$50 Non-Res \$60. North Clackamas Aquatic Park

**PED-2-501 GOLF: JR LESSONS, AGE 8-14**  
4:30-6pm T 9/21 5 Lisac COURSE  
Students will learn basics of the game, including etiquette. Res. \$90, Non-Res. \$95. Sah Hah Lee Golf Course

**PED-2-502 GOLF: JUNIOR LESSONS, AGE 7-17**  
1-2:30pm SU 9/19 5 Staff GC  
Fundamentals of golf include techniques in learning or improving swing, chipping, & putting. Res. \$60 Non-Res. \$65. Stone Creek Golf Course

**PED-2-503 FUN AND FIT DAY CAMP**  
9-4:30pm MTWTH 12/20 1 \$145 Henderson CLRM  
Kids will spend their Holiday Break staying fit and having fun. Fitness activities will include swimming, racquetball, wallyball and games. East Side Athletic Club-Milw

**PED-2-504 HORSEBACK RIDING, AGE 6-17**  
4:30-6pm W 9/29 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-2-505 HORSEBACK RIDING, AGE 6-17**  
4:30-6pm F 10/01 4 Gill ARENA  
Same description as previous class. Highland Stables

**PED-2-506 HORSEBACK RIDING, AGE 6-17**  
8:30-10am S 10/02 4 Gill ARENA  
Same description as previous class. Highland Stables

**PED-2-507 HORSEBACK RIDING, AGE 6-17**  
4:30-6pm W 10/27 4 Gill ARENA  
Same description as previous class. Highland Stables

**PED-2-508 HORSEBACK RIDING, AGE 6-17**  
4:30-6pm F 10/29 4 Gill ARENA  
Same description as previous class. Highland Stables

**PED-2-509 HORSEBACK RIDING, AGE 6-17**  
8:30-10am S 10/30 4 Gill ARENA  
Same description as previous class. Highland Stables

**PED-2-510 MINI-HOOPERS BASKETBALL**  
TBA TBA 11/4 11 Staff CLRM  
A basketball program for 1st & 2nd graders with an emphasis on participation & fun. Mandatory parent meeting for new participants: choose one 11/4 - 6pm, 11/13 - 10am or 11/16 - 6pm. League practice starts 1/3. Res. \$50, Non-Res \$60. North Clackamas Aquatic Park

**PED-4-511 PILATES**  
11:30am-12:30pm T 9/21 13 Wilson CLRM  
Performed on the mat, this class is excellent for those new to Pilates and for those who want to rediscover how the body was meant to move. All levels welcome as modifications will be shown. No class 10/26 & 11/23. Res. \$50, Non-Res \$55. North Clackamas Aquatic Park

**PED-2-512 RACQUETBALL: HIGH SCHOOL**  
TBA TBA 10/1 16 Knoth CLRM  
Racquetball is a great way for kids to stay active and cross train for other sports. Teams are forming for Clackamas, LaSalle, Oregon City, Canby, and Putnam High Schools. Program designed for all skill levels. For more information call Angie at 503-659-3845. East Side Athletic Club - Milw

**PED-2-513 RACQUETBALL: HIGH SCHOOL**  
TBA TBA 10/1 16 Knoth CLRM  
Same description as previous class. East Side Athletic Club-Milwaukie

**PED-4-514 RED CROSS LIFEGUARD TRAINING**  
6-9:30pm TTH 10/05 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-2-515 SWIM TEAM**  
5-6:00pm MW 9/8 12 \$190 Scheafer CLRM  
Swimmers must be able to swim the front crawl with side breathing one length of the pool, back stroke one length of the pool and have basic knowledge of breast stroke. Swimmers may join mid-session for a pro-rated amount. East Side Athletic Club-Clack

**PED-2-516 TAE KWON DO I**  
7:15-7:45 pm T 9/7 4 \$28 Niezgoda CLRM  
This class is designed for all fitness levels for kids ages 6-9. There is 100% participation so kids never sit on a bench. Tae Kwon Do develops the mind and body while creating lifelong skills. Kids gain confidence, set their own goals and test for belt when they're ready. East Side Athletic Club - Clack

**PED-2-517 TAE KWON DO II**  
8:20-9:20pm T 9/7 4 \$37 Niezgoda CLRM  
Same description as above but geared for kids ages 10-16. East Side Athletic Club - Clack

**PED-4-518 TAKE THE PLUNGE**  
7:30-8pm TTH 9/30 11 \$70 Staff POOL  
Adults work at their own pace with an American Red Cross Swim Instructor. Starting in November, class times & dates may change. Non-Res. \$90. North Clackamas Aquatic Park

**PED-4-519 YOGA-BEG. & INT.**  
11:30am-12:30pm TH 9/23 13 Wilson CLRM  
Engage yourself physically & mentally through yoga. Emphasize alignments, breathing intention & relaxation techniques. Bring a mat. No class 10/28, 11/11 & 11/25. Res. \$45, Non-Res \$50. North Clackamas Aquatic Park

**PED-2-520 ZUMBATOMIC DEMO**  
4-4:45pm W 9/22 1 Feijo Bezerra CLRM  
Ages 8-12. Free! Come try the class before signing up and meet the instructor. 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
<b>PED-2-521</b>	<b>ZUMBATOMIC</b>	4-4:45pm	W	9/29	11			Feijo Bezerra	CLRM	<b>PED-2-537</b>	<b>LEVEL C, AGE 5+</b>	4:35-5:05pm	TBA		6			Staff	POOL
<p>Ages 8-12. All the fun of Zumba put in a program designed especially for kids. Groove to Latin American and world music. Kids will have a blast dancing while setting a tone for a healthy lifestyle in a non-competitive and fun atmosphere. No class 11/24. Res. \$46, Non-Res \$50. Milwaukie Center</p>										<p>Builds on the skills in Level B by providing additional guided practice. Butterfly, elementary backstrokes &amp; basic diving. Choose session dates from description above. North Clackamas Aquatic Park</p>									
<b>PED-2-522</b>	<b>SEALS, AGE 3-4</b>	4-4:30pm	TBA		6			Staff	POOL	<b>PED-2-538</b>	<b>LEVEL C, AGE 5+</b>	5:10-5:40pm	TBA		6			Staff	POOL
<p>Basic introduction to the water, including bubble blowing, submerging the face and gliding and floating on the front and back. Choose session dates from description above. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-523</b>	<b>SEALS, AGE 3-4</b>	4:35-5:05pm	TBA		6			Staff	POOL	<b>PED-2-539</b>	<b>LEVEL C, AGE 5+</b>	6:20-6:50pm	TBA		6			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-524</b>	<b>SEALS, AGE 3-4</b>	6:20-6:50pm	TBA		6			Staff	POOL	<b>PED-2-540</b>	<b>LEVEL D, AGE 5+</b>	4:35-5:05pm	TBA		6			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Stroke improvement. Develops confidence in the strokes learned &amp; to improve other aquatic skills. This level will focus on greater conditioning &amp; introduce the breaststroke, scissor kick, rotary kick &amp; survival float. Choose session dates from description above. North Clackamas Aquatic Park</p>									
<b>PED-2-525</b>	<b>SEALS, AGE 3-4</b>	6:55-7:25pm	TBA		6			Staff	POOL	<b>PED-2-541</b>	<b>LEVEL D, AGE 5+</b>	5:45-6:15pm	TBA		6			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-526</b>	<b>ADVANCED SEALS, AGE 3-4</b>	4-4:30pm	TBA		6			Staff	POOL	<b>PED-2-542</b>	<b>LEVEL E, AGE 5+</b>	6:55-7:25pm	TBA		6			Staff	POOL
<p>Eligibility in Advanced Seals is based on instructor recommendation. Choose session dates from description above. North Clackamas Aquatic Park</p>										<p>Stroke refinement. Provides further coordination &amp; refinement of strokes. Begin advanced skill development &amp; further focus on conditioning. Intro to flip turns, sidestroke, survival swimming and dives. Choose session dates from description above. North Clackamas Aquatic Park</p>									
<b>PED-2-527</b>	<b>ADVANCED SEALS, AGE 3-4</b>	5:10-5:40pm	TBA		6			Staff	POOL	<b>PED-2-543</b>	<b>FUNDAMENTALS OF DIVING</b>	7:30-8pm	TBA		6			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Introduces the swimmer to basic diving skills. Includes diving from side, from a board, approach &amp; hurdle from a diving board, diving in a tuck &amp; pike position. North Clackamas Aquatic Park</p>									
<b>PED-2-528</b>	<b>ADVANCED SEALS, AGE 3-4</b>	6:20-6:50pm	TBA		6			Staff	POOL	<b>PED-2-544</b>	<b>FITNESS SWIMMING</b>	6:55-7:25pm	TBA		6			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>This level introduces the swimmer to use of a pace clock, pull buoys, fins &amp; hand paddles &amp; training principals. Choose session dates from description above. North Clackamas Aquatic Park</p>									
<b>PED-2-529</b>	<b>SUPER SEALS, AGE 3-4</b>	5:10-5:40pm	TBA		6			Staff	POOL	<b>PED-2-545</b>	<b>TEEN WAVE</b>	7:30-8pm	TH		11	\$70		Staff	POOL
<p>Eligibility in Super Seals is based on instructor recommendation. Choose session dates from description above. North Clackamas Aquatic Park</p>										<p>Teens work at their own pace with an American Red Cross swim instructor. Starting in November, class times &amp; dates may change. Non-Res. \$90. North Clackamas Aquatic Park</p>									
<b>PED-2-530</b>	<b>SUPER SEALS, AGE 3-4</b>	5:45-6:15pm	TBA		6			Staff	POOL	<b>AQUATIC EXERCISE</b>									
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Aquatic Exercise is a fitness program designed to enhance your health &amp; wellness. Admission per class: \$4 residents &amp; \$5 non-residents. 18 class punch card: \$63 residents &amp; \$81 non-residents.</p>									
<b>PED-2-531</b>	<b>LEVEL A, AGE 5+</b>	4-4:30pm	TBA		6			Staff	POOL	<b>PED-4-546</b>	<b>DEEP H2O</b>	8-9am	MWF	9/27	11			Staff	POOL
<p>Introduction to water skills. Helps the student feel comfortable in the water safely. Choose session dates from description above. North Clackamas Aquatic Park</p>										<p>Deep H2O is held in the dive well with the assistance of floatation equipment. This non-weight bearing routine enhances flexibility &amp; muscular strength. North Clackamas Aquatic Park</p>									
<b>PED-2-532</b>	<b>LEVEL A, AGE 5+</b>	5:45-6:15pm	TBA		6			Staff	POOL	<b>PED-4-547</b>	<b>DEEP H2O</b>	5:30-6:30pm	MW	9/27	11			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-533</b>	<b>LEVEL A, AGE 5+</b>	6:20-6:50pm	TBA		6			Staff	POOL	<b>PED-4-548</b>	<b>DEEP H2O</b>	6:30-7:30pm	TTH	9/28	11			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-534</b>	<b>LEVEL B, AGE 5+</b>	4:35-5:05pm	TBA		6			Staff	POOL	<b>PED-4-549</b>	<b>H2O FITNESS</b>	7:30-8:30am	S	10/02	11			Staff	POOL
<p>Fundamental skills. Students learn how to combine front &amp; backstrokes. Rhythmic breathing will be introduced in this level. Choose session dates from description above. North Clackamas Aquatic Park</p>										<p>H2O Fitness is a water exercise program designed to enhance health &amp; wellness. North Clackamas Aquatic Park</p>									
<b>PED-2-535</b>	<b>LEVEL B, AGE 5+</b>	5:10-5:40pm	TBA		6			Staff	POOL	<b>PED-4-550</b>	<b>H2O FITNESS</b>	8-9am	MWF	9/27	11			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									
<b>PED-2-536</b>	<b>LEVEL B, AGE 5+</b>	5:45-6:15pm	TBA		6			Staff	POOL	<b>PED-4-551</b>	<b>H2O FITNESS</b>	9-10am	MWF	9/27	11			Staff	POOL
<p>Same description as previous class. North Clackamas Aquatic Park</p>										<p>Same description as previous class. North Clackamas Aquatic Park</p>									

# Community Education Classes

Registration form on page 88.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>PED-4-552</b> 10-11am	<b>H2O FITNESS</b> MWF	9/27	11			Staff	POOL	<b>PED-4-708</b> 9-10am	<b>H2O EXERCISE</b> TTH	9/16	10	\$60		Nollman	POOL
Same description as previous class. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Clack							
<b>PED-4-553</b> 6:30-7:30pm	<b>H2O FITNESS</b> M	9/27	11			Staff	POOL	<b>PED-4-709</b> 6:15-7:15 pm	<b>H2O EXERCISE</b> TTH	9/16	10	\$60		Latshaw/Stratton	POOL
Same description as previous class. North Clackamas Aquatic Park								Same description as previous class. East Side Athletic Club-Clack							
<b>PED-4-554</b> 6:30-7:30pm	<b>H2O ZUMBA FIT</b> W	9/27	11			Staff	POOL	<b>PED-4-710</b> 10-11am	<b>H2O EXERCISE</b> MWF	9/13	10	\$144		Willie	POOL
H2O Zumba Fit is a high energy combination of Latin/Reggae and Salsa dance steps that is sure to rock your body. North Clackamas Aquatic Park								Same description as previous class. North Clackamas Aquatic Park							
<b>PED-4-555</b> 5:30-6:30pm	<b>H2O GYM</b> TTH	9/28	11			Staff	POOL	<b>PED-4-711</b> 6:15-7:15pm	<b>TURBO H2O</b> MW	9/13	10	\$108		Latshaw	POOL
Basic strength training class designed to reduce body fat, improve muscle mass & increase endurance. North Clackamas Aquatic Park								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							
<b>PED-4-556</b> 11-11:45am	<b>SMILE</b> MWF	9/27	11			Staff	POOL	<b>PED-4-712</b> 6:15-7pm	<b>CYCLE</b> T	9/14	10	\$60		Bullock	CLRM
Slow Movement Interactive Leisure Exercise. Experience a gentle water exercise class for a modified & prudent exercise routine. 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							
<b>FITNESS EAST SIDE ATHLETIC CLUB CLACKAMAS AND MILWAUKIE</b>															
Register with East Side Athletic Club 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.															
<b>PED-4-700</b> 9:15-10:15am	<b>THE BODY SMITH WORKOUT</b> S	9/18	10	\$60		Smith	CLRM	<b>PED-4-713</b> 5:30-6pm	<b>CYCLE ABC'S</b> TH	9/16	10	\$36		Wesner	CLRM
Combine the best of Hi/Lo aerobic exercise & step exercise. Designed with a variety of easy-to-follow floor & step patterns, this class is appealing to all fitness levels. East Side Athletic Club-Clack								A 30 minute indoor cycle class designed to introduce new participants to a studio cycle workout. Limit 3 per class. East Side Athletic Club-Milw							
<b>PED-4-701</b> 10:30-11:30am	<b>BURN AND BLAST GROUP TRAINING</b> TH	10/7	6	\$97.50		Ellis	CLRM	<b>PED-4-714</b> 6:15-7pm	<b>CYCLE ESSENT.-INTRO CYCLING</b> W	9/15	10	\$60		Woods	
Get a jump start on anew fitness program. Training includes intervals and circuit which help to BURN fat and BLAST muscle. East Side Athletic Club-Clack								A 45-minute indoor introductory cycle class that is set to fun & motivated music. East side Athletic Club- Clack							
<b>PED-4-702</b> 9:15-10:15am	<b>CARDIO WORKOUT</b> M	9/13	10	\$60		Welborn	CLRM	<b>PED-4-715</b> 5:30-6pm	<b>CYCLE EXPRESS</b> MW	9/13	10	\$60		Ehlers	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								30-minute indoor cycle class set to fun, motivating music! East Side Athletic Club-Milw							
<b>PED-4-703</b> 6:15-7:15pm	<b>CARDIO SPLASH</b> TTH	9/14	10	\$108		Latshaw/Stratton	POOL	<b>PED-4-716</b> 8:10-9:10am	<b>GROUP POWER</b> S	9/18	10	\$60		STAFF	CLRM
Designed for a more advanced water workout, utilizing sports conditioning moves to create a more intense cardiovascular workout. East Side Athletic Club-Clack								SEE RESULTS! Feel the POWER with this NEW barbell class set to fun, popular music. East Side Athletic Club-Clack							
<b>PED-4-704</b> 9-10am	<b>H2O CIRCUIT</b> S	9/18	10	\$60		Powers/Stratton	POOL	<b>PED-4-717</b> 5:30-6:30am	<b>GROUP POWER</b> TTH	9/14	10	\$108		Foust	CLRM
Push your limits with the safety of water. Aquatic exercise in a circuit format. East Side Athletic Club-Milw.								Same description as previous class. East Side Athletic Club-Clack							
<b>PED-4-705</b> 9:30-10:30am	<b>H2O EXERCISE</b> MWF	9/13	10	\$144		STAFF	POOL	<b>PED-4-718</b> 9:15-10:15am	<b>GROUP POWER</b> TTH	9/14	10	\$108		Crowe	CLRM
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								Same description as previous class. East Side Athletic Club-Clack							
<b>PED-4-706</b> 8:30-9:30am	<b>H2O EXERCISE</b> TTH	9/14	10	\$108		Stratton	POOL	<b>PED-4-719</b> 6:05-7:05pm	<b>GROUP POWER</b> TTH	9/14	20	\$108		Ordlin	CLRM
Same description as previous class. East Side Athletic Club-Milw								Same description as previous class. East Side Athletic Club-Clack							
<b>PED-4-707</b> 9-10am	<b>H2O EXERCISE</b> S	9/18	10	\$60		Latshaw	POOL	<b>PED-4-720</b> 6-7pm	<b>GROUP POWER</b> MW	9/13	10	\$108			Crow
Same description as previous class. East Side Athletic Club-Clack								Same description as previous class. East Side Athletic Club-Milw							
<b>PED-4-721</b> 5:40-6:40am	<b>GROUP POWER</b> TTH	9/14	10	\$108		Ordlin	CLRM	<b>PED-4-722</b> 9:30-10:30am	<b>GROUP POWER</b> S	9/18	10	\$60		Staff	CLRM
Same description as previous class. East Side Athletic Club-Milw								Same description as previous class. East Side Athletic Club-Milw							
<b>PED-4-723</b> 10:20-11:20am	<b>MAT PILATES</b> MW	9/13	10	\$108		Wesner	CLRM	<b>PED-4-724</b> 9-10am	<b>MAT PILATES &amp; PILATES PLUS</b> TTH	9/14	10	\$108		Ehlers	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								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							

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

**PED-4-725 MIDDLE MANAGEMENT**  
5:30-6pm MW 9/13 10 \$65 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-4-726 MIDDLE MANAGEMENT**  
5:30-6pm TTH 9/14 10 \$60 Bullock/Wesner CLRM

Same description as previous class. East Side Athletic Club-Milw

**PED-4-727 PI-YO**  
7:10-8:10pm W 9/15 10 \$60 Archuleta CLRM

This class combines the best elements of Pilates and yoga to create an efficient flexibility, core strength and balance class. East Side Athletic Club-Clack

**PED-4-728 PI-YO BUZZ**  
6:15-6:45 pm MW 9/13 10 \$65 Ehlers

This 30-minute class combines Yoga positions which flow into mat Pilates exercises. The result is a core strengthening, mentally relaxing experience. Limit 6 per class. East Side Athletic Club-Milw.

**PED-4-729 STEP COMBO EXPERIENCE**  
9-10am MWF 9/13 10 \$144 Ehlers CLRM

Step up your intensity with 3 great workouts! Monday is Step-n-Strength. Finish off the week with 2 great Step Aerobics classes! Both classes utilize an adjustable REEBOK platform. All levels welcome. East Side Athletic Club-Milw

**PED-4-730 THIRTY MINUTE MELTDOWN**  
5:30-6:00pm TTH 9/14 10 \$65 Petert CLRM

Melt it off in 30 minutes! A personal trainer guides this class through intense interval training that is proven to increase the fat burning process and the muscle building effect. East Side Athletic Club-Clack

**PED-4-731 YOGA**  
10:20-11:20am F 9/17 10 \$60 Johnson CLRM

Improve balance, strength, flexibility & body awareness with the gentle flow and relaxation of Yoga. East Side Athletic Club-Clack.

**PED-4-732 YOGA**  
10:30-11:30am SU 9/19 10 \$60 Johnson CLRM

Same description as previous class. East Side Athletic Club-Clack

**PED-4-733 YOGA**  
8:15-9:15am S 9/18 10 \$60 STAFF CLRM

Same description as pervious class. East Side Athletic Club-Milw.

**PED-4-734 YOGA- ADVANCED**  
7:10-8:10pm M 9/13 10 \$60 Johnson CLRM

This progressive yoga class incorporates advanced combinations of flowing and sustained postures. East Side Athletic Club-Clack

**PED-4-735 ZUMBA!**  
6:05-7:05pm MW 9/13 10 \$108 Summerville CLRM

Love to dance but hate to exercise? This cardio class combines simple salsa, hip-hop, & jazz moves with upbeat music for 45 minutes of cardio fun! East Side Athletic Club-Clack

**PED-4-736 ZUMBA!**  
10:20-11:20am T 9/14 10 \$60 Welborn CLRM

Same description as previous class. East Side Athletic Club-Clack

**PED-4-737 ZUMBA!**  
6-7pm TTH 9/14 10 \$108 Runyan CLRM

Same description as previous class. East Side Athletic Club-Milw

**PED-4-738 TAE KWON DO**  
8:15-9:15pm W 9/8 4 \$37 Swoboda CLRM

A traditional Tae Kwon Do class where adults practice self defense and self control while getting a full body workout. East Side Athletic Club-Clack

**History/Writing/Literature**

**HWL-2-500 WRITER'S WONDERLAND**  
10-11am F 9/3 16 \$80 Staff CLRM

Grades 1-6. This creative writing class for non-writers takes students on a story-telling journey with a hard-bound published book as a take-home trophy. No class 11/26. Materials Fee: \$20. Milwaukie Grange

**Language Studies**

**FLS-2-500 BABY SIGN LANGUAGE 101**  
9:30-11:30am T 10/26 1 Fogel PKSD

Communicate and teach your baby sign language long before they are ready to speak! Learn over 80 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 EDUCATION PROGRAM & SERVICES**

Registration form for Community Education classes on page 88. For class locations, see page 90. Phone: 503-785-8520

**Art/Crafts/Hobbies**

**APA-2-600 PAPER CRAFTING CHRISTMAS CARDS**  
1-4pm SU 10/17 1 \$20 \$10 Abbs CLRM

Come and make your own Christmas cards! You will learn tips, tricks and techniques to making beautiful handmade cards that your friends and family will love. Add'l fee \$10 Cash only to instructor. Age: Adult Eastham Community Center

**APA-2-601 PAPER CRAFTING CHRISTMAS CARDS**  
9am-12pm S 11/13 1 \$20 \$10 Abbs CLRM

Same description as previous class. Add'l fee \$10 Cash only to instructor. Age: Adult. Eastham Community Center

**FORTE' FLORAL ARTISTRY**

Let Forte Floral introduce you to the creative world of floral artistry. Courses offered are designed to be fun with no experience necessary! [www.fortefloral.com](http://www.fortefloral.com) Class registrations through Oregon City Community Ed Forte Floral Artistry

**APA-2-602 FLORAL ARRANGEMENT**  
6:30-8pm W 10/20 1 \$20 \$25 Staff CLRM

Come to Forte Floral Artistry to learn fun and exciting ways to make several fall arrangements with fresh flowers and seasonal products. Make one to take home. Add'l fee \$25 Cash/Credit to instructor. Age: Adult. Forte Floral Artistry

**APA-2-603 FLORAL PARTY DECOR**  
6:30-8pm TH 11/4 1 \$20 \$25 Agard CLRM

Come to Forte Floral Artistry to learn endless opportunities for decorating tables for holiday/party décor enhanced by fragrant combinations of flowers, candles, evergreens, fruits and spices. Make one to take home. Add'l fee \$25 Cash/Credit to instructor. Age: Adult. Forte Floral Artistry

**APA-2-604 FLORAL DOOR WREATH**  
6:30-8pm W 12/8 1 \$20 \$25 Agard CLRM

Come to Forte Floral Artistry to learn ideas for holiday wreaths/swags and front door décor. Create a beautiful fresh evergreen wreath with shimmering ornaments and ribbons to take home. Add'l fee \$25 Cash/Credit to instructor. Age: Adult. Forte Floral Artistry

**AINSWORTH HOUSE & GARDENS**

Come and learn some of the table décor secrets from event planner Lyn Syring of the Ainsworth House & Gardens. These offerings are a SERIES of 3 classes/\$50 for the series and \$15 Add'l Cash only to instructor time of each class. Located in the conservatory of the historic Ainsworth House. [www.Ainsworthhouse.net](http://www.Ainsworthhouse.net) ADA accessible. Class registrations through Oregon City Community Ed. Ainsworth House

**APA-2-605 HALLOWEEN DELIGHT**  
6:30-8pm W 10/13 1 \$50 \$15 Syring CLRM

1st class of the series that costs \$50 for entire series. Create a fun Halloween table centerpiece that is partly edible. Seasonal refreshment served. Add'l fee \$15 Cash only to instructor time of class. Age: Adult (serious youth participant 15+ may attend w/adult). Ainsworth House

# Community Education Classes

Registration form on page 88.

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-2-606 FAMILY THANKSGIVING**  
6:30-8pm W 11/10 1 \$15 Syring CLRM  
2nd class-Make your Thanksgiving table décor truly a family affair with this personalized centerpiece. Seasonal refreshment served. Add'l fee \$15 Cash only to instructor time of class. Age: Adult (serious youth participant 15+ may attend w/adult) Ainsworth House

**APA-2-607 HOLIDAY SURPRISE**  
6:30-8pm W 12/1 1 \$15 Syring CLRM  
3rd class-Create an unusual centerpiece that can change and will last all season. Seasonal refreshment served. Add'l fee \$15 Cash only to instructor time of class. Age: Adult (serious youth participant 15+ may attend w/ adult). Ainsworth House

## Business/Financial Planning

**BUS-4-600 PUBLIC SPEAKING**  
6-9pm M 9/27 2 \$99 \$25 Priestley CLRM  
Employ proven approaches to gain confidence and mastery. Prepare for greater success in communication, presentations, and speeches. Materials fee \$25 cash only to instructor time of class. Age 18-Adult Eastham Community School

**BUS-4-601 NEGOTIATION**  
6-9:30pm M 10/18 2 \$120 \$25 Priestley CLRM  
Learn a systematic approach to negotiation in personal/business situations. Covers preparation, execution, tactics/counter-tactics. Materials fee \$25 cash only to instructor time of class. Age 18-Adult Eastham Community School

**BUS-4-602 NEGOTIATION**  
8:30am-4:30pm S 10/2 \$120 \$25 Priestley CLRM  
Same description as previous class. Age 18-Adult. Eastham Community School

## Child Care/Family Life

**FAM-2-600 PRE SCHOOL CO-OP**  
9-11:25am TTH 10/5 10 \$245 Owens CLRM  
Come join our co-op preschool. Open for 3, 4 & 5 year olds. Snack provided. Must be toilet trained & 3 years old by Sept 1, 2010. Orientation will be the week of Sept. 27 (orient. packets mailed to parents late Aug. Class starts week of Oct. 4. Eastham Community School

**FAM-2-601 PRE SCHOOL CO-OP**  
9-11:25am MWF 10/4 10 \$330 Owens CLRM  
Come join our co-op preschool open for 3, 4 and 5 year olds. Snack provided. Must be toilet trained and 3 years old by Sept 1, 2010. Orientation will be the week of Sept. 27 (orient. packets mailed to parents late Aug. Class starts week of Oct. 4. Eastham Community School

**FAM-4-602 PARENT EMPOWERMENT PROGRAM**  
6-8pm T 9/21 10 O'Brian CLRM  
These classes help parents build better relationships with their children. Child care & dinner provided. Space limited. [www.parentempowermentgroup.org](http://www.parentempowermentgroup.org) to register or call Karen Bachofner 503-953-5329. Age Adult. Eastham Community School

## Cooking

**EAT-2-600 COOKING W/CHEF CASTIELLANI**  
6-8pm TH 10/21 1 \$20 \$10 Castiellani KITCHEN  
Weatherfords Grand Lodge Chef Castiellani will prepare and cook a braised lamb in demonstration kitchen at WFTV. Techniques & recipes! Add'l fee \$10 Cash only time of class. May be filmed during class. Age 19-Adult Willamette Falls Television Studio

## Dance/Theater/Music

**ATA-2-600 MAKEUP/IMPROV ACTING FOR TV**  
5:30-7:30pm TH 9/30 5 \$100 Staff STUDIO  
Willamette Falls TV will teach you makeup skills and act on camera! Create thinking, working in groups, confidence building. Final TV performance will showcase learned skills. For beginners or students with some improv exp. To register please call Willamette Falls Television at 503-650-0275. Age Youth. Willamette Falls Television

**ATA-2-629 SWING DANCE**  
7:15-8:15pm W 9/29 4 \$40 Crandell CAFE  
PARTNERS REQUIRED! Learn the popular Swing dance with music from the Big Band Era to Old Time Rock and Roll. No acrobatic moves taught but some very cool moves! Age 19-Adult Eastham Community School

**ATA-2-630 SALSA**  
7:15-8:15pm W 10/27 4 \$40 Crandell CAFE  
PARTNERS REQUIRED! Learn the most popular Latin dance, the Salsa! Fun and easy to learn. Age 19-Adult. Eastham Community School

## ABERNETHY PERFORMING ARTS

Abernethy Performing Arts is owned by artistic Keith Walls. The studio teaches Ballet, Contemporary Ballet, American Musical Theatre, Acting & Improv. Please contact Abernethy Performing Arts 503-974-9235 and/or [apadancetheater@comcast.net](mailto:apadancetheater@comcast.net) to register for class offerings.

**ATA-2-601 CREATIVE MOVEMENT 1**  
4-4:30pm M 9/13 12 \$100 Staff STUDIO  
Preschool creative movement class designed especially for age 2 ½ to 3 ½. Early dancers receive a thorough intro to movement, coordination, musicality in a slower paced format and small class size. Learn the important foundations of dance classroom etiquette such as taking turns, finding/staying in place, listening and expression. Age: Youth Abernethy Performing Arts

**ATA-2-602 CREATIVE MOVEMENT 1**  
2-2:30pm W 9/15 12 \$100 Staff STUDIO  
Same description as previous class. Age: 2 ½ to 3 ½. Abernethy Performing Arts

**ATA-2-603 CREATIVE MOVEMENT 2**  
4:30-5pm M 9/13 12 \$100 Staff STUDIO  
Creative Movement is specially designed for ages 3-4. Emphasis is placed on fun while learning coordination, balance, rhythm, and musical expression. Multiple dance/music styles/basic tumbling. Incorporates the use of props: ribbon streamers/balls/scarves/rhythm sticks. Abernethy Performing Arts

**ATA-2-604 CREATIVE MOVEMENT 2**  
2:45-3:15pm W 9/15 12 \$100 Staff STUDIO  
Same description as previous class. Age: 3-4. Abernethy Performing Arts

**ATA-2-605 PRE BALLET**  
3-3:45pm TW 9/14 12 \$108 Staff STUDIO  
Pre Ballet Ages 3-4 begins the building blocks of ballet. The curriculum focuses on the basic steps while developing fine motor skills in a disciplined yet nurturing environment. Girls class colored leotard, pink tights, pink ballet shoes. Boys white t-shirt, black knit shorts, white socks & black shoes. Abernethy Performing Arts

**ATA-2-606 PRE BALLET**  
4-4:45pm TH 9/16 12 \$122 Walls STUDIO  
Same description as previous class. Ages 3-4. Abernethy Performing Arts

**ATA-2-607 PRE BALLET**  
10-10:45am S 9/18 12 \$108 Walls STUDIO  
Same description as previous class. Ages 3-4. Abernethy Performing Arts

**ATA-2-608 BASIC BALLET**  
3:45-4:45pm T 9/14 12 \$122 Staff STUDIO  
Basic Ballet Ages 5-7 is structured so that the children are exposed to a variety of exercises with basic ballet skills appropriate for the age. Abernethy Performing Arts

**ATA-2-609 BASIC BALLET**  
3-4pm TH 9/16 12 \$122 Walls STUDIO  
Same description as previous class. Ages 5-7. Abernethy Performing Arts

**ATA-2-610 BASIC BALLET**  
11am-12pm S 9/18 12 \$122 Walls STUDIO  
Same description as previous class. Ages 5-7. Abernethy Performing Arts

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>ATA-2-611</b>	<b>BASIC BALLET 2</b>	5-6pm	T	9/14	12	\$122		Staff	STUDIO	<b>ATA-2-624</b>	<b>ACTOR PLAYLAB</b>	6-8pm	F	9/17	12	\$203		King/Walls	STUDIO
Teaches ballet basics at a slightly more complex level. Prerequisite 1 year of Pre Ballet, 1 year of Basic Ballet, and teacher's approval. Abernethy Performing Arts										Build the basic skills needed in theatre performance. As a playlab, studio will build toward a performance at the end of each term. Age 10-Adult Abernethy Performing Arts									
<b>ATA-2-612</b>	<b>BEGINNING BALLET 1</b>	4-5pm	W	9/15	12	\$122		Walls	STUDIO	<b>TAP AND JAZZ WITH VICKI MILLS</b>									
New students introduced to ballet basics. Proper warm up techniques, floor activities, basic ballet steps, larger movements across the floor. Ages 8-12. Abernethy Performing Arts										Professional Dance Instructor Vicki Mills teaching beginning/continuing students for all ages boys/girls. Students must have tap shoes and ballet slippers. Performance at end of the year. No classes OCTOBER 11(Columbus Day) or NOVEMBER 22 (THANKSGIVING WEEK). Classes are subject to change due to enrollment. Classes are held Mondays. Register through OCCE (Oregon City Community Education)									
<b>ATA-2-613</b>	<b>BEGINNING BALLET 2</b>	4:45-6:15pm	TH	9/17	12	\$162		Walls	STUDIO	<b>ATA-2-625</b>	<b>TAP &amp; JAZZ BEGINNING</b>	3:30-4:15pm	M	9/27	9	\$60		Mills	STUDIO
Basic knowledge of rhythmical, musical/technical skills/vocabulary needed for this class. Ballet movements introduced gradually allowing time for body to build strength. Ages 8-12. Abernethy Performing Arts										Age 3-5 Beginners Only. Barclay Community School									
<b>ATA-2-614</b>	<b>BEGINNING BALLET 3</b>	4:30-6pm	M	9/13	12	\$162		Walls	STUDIO	<b>ATA-2-626</b>	<b>TAP &amp; JAZZ RETURNING</b>	4:15-5pm	M	9/27	9	\$60		Mills	STUDIO
Continues ideas from levels 1 & 2. Faster paced readying the body for the technical demands of the upper levels. Ages 9-12. Abernethy Performing Arts										Age 4-6 Returning Students Only Please. Barclay Community School									
<b>ATA-2-615</b>	<b>BEGINNING BALLET 4</b>	5-6:30pm	W	9/15	12	\$162		Walls	STUDIO	<b>ATA-2-627</b>	<b>TAP &amp; JAZZ BEGINNING</b>	5-5:45pm	M	9/27	9	\$60		Mills	STUDIO
Continues ideas from level 3 while striving to develop technique & focus. Pre pointe & pointe may begin at this level. Ages 10+-Adult. Abernethy Performing Arts										Age 7-10 Beginners Only. Barclay Community School									
<b>ATA-2-616</b>	<b>INTERMEDIATE BALLET 5</b>	5-7pm	T	9/14	12	\$203		Walls	STUDIO	<b>ATA-2-628</b>	<b>TAP &amp; JAZZ BEGINNING</b>	5:45-6:45pm	M	9/27	9	\$60		Mills	STUDIO
Two day a week class. Pre Pointe & Pointe level 1 offered to females min. 11 yrs old/have 3 yrs ballet training & strength required for pointe work. Age 11-Adult. Abernethy Performing Arts										Age 11-15 Beginners Only. Barclay Community School									
<b>ATA-2-617</b>	<b>INTERMEDIATE BALLET 6</b>	5-7pm	F	9/17	12	\$203		Walls	STUDIO	<b>DANCE VISION STUDIO</b>									
Two day per week class. Pointe is offered to females min. 12 yrs old/have 3 yrs ballet training & strength required for pointe work. Ages 12-Adult. Abernethy Performing Arts										Dance Vision Studio is located at 16246 SE 82nd Dr., Clackamas. The studio is offering four new class options. Add'l costume fee of \$50 for performance piece. Sign up for both Monday classes or both Wednesday classes receive discount. To register & for more information you can visit the website at <a href="http://www.dancevisionusa.com">www.dancevisionusa.com</a> or call 503-722-5320.									
<b>ATA-2-618</b>	<b>INTERMEDIATE BALLET 7</b>	7-9pm	M	9/13	12	\$203		Walls	STUDIO	<b>ATA-2-631</b>	<b>BEGINNING JAZZ</b>	6-7pm	M	9/13	12	\$150	\$50	Staff	STUDIO
Two day per week class. Dancers will have an expansive ballet vocabulary & be capable of executing most steps. Continue to improve ballet technique with repetition & attention to detail. Ages 13-Adult. Abernethy Performing Arts										Provides the recreational dancer with a solid/high quality technical foundation & dancer will learn performance piece for Dec 12, 2010 Winter Showcase West Linn H.S. Age 7 & up. Dance Vision Studio									
<b>ATA-2-619</b>	<b>ADVANCED BALLET 8</b>	6:30-9pm	w	9/15	12	\$238		Finlay	STUDIO	<b>ATA-2-632</b>	<b>BEGINNING HIP HOP</b>	5-6pm	M	9/13	12	\$150	\$50	Staff	STUDIO
Two day per week. Same description as previous class in addition to executing all steps. Ages 13-Adult. Abernethy Performing Arts										Same description as previous class. Performance piece on Dec 12, 2010 Winter Showcase West Linn H.S. Age 7 & up. Dance Vision Studio									
<b>ATA-2-620</b>	<b>INTERMEDIATE TEEN/ADULT BALLET</b>	7-9pm	F	9/17	12	\$203		Walls	STUDIO	<b>ATA-2-633</b>	<b>BEGINNING BALLET</b>	4-4:45pm	W	9/15	12	\$150	\$50	Staff	STUDIO
Overall body alignment/awareness w/ emphasis on proper usage of feet/legs/execution of turnout. Carriage/usage of upper torso/arms are stressed. Barre & center work & combinations incl. Age 13-Adult Abernethy Performing Arts										Provides the recreational dancer with a solid/high quality technical foundation & dancer will learn performance piece for Dec 12, 2010 Winter Showcase West Linn H.S. Age 7 & up. Dance Vision Studio									
<b>ATA-2-621</b>	<b>CONTEMPORARY BALLET</b>	6:30-8pm	TH	9/16	12	\$162		Walls	STUDIO	<b>ATA-2-634</b>	<b>BEGINNING JAZZ</b>	5-5:45pm	W	9/15	12	\$150	\$50	Staff	STUDIO
Based in the modern dance techniques of Graham, Horton, Limon. Vocabulary expanded using contractions, off-balance, bound & released movement/transitions. Age 13-Adult Abernethy Performing Arts										Same description as previous class. Performance piece on Dec 12, 2010 Winter Showcase West Linn H.S. Age 7 & up. Dance Vision Studio									
<b>ATA-2-622</b>	<b>BEGINNING MUSICAL THEATRE</b>	6-7pm	M	9/13	12	\$122		Walls	STUDIO	<b>JACQUIE KUNZMAN SCHOOL OF BALLET AND MUSICAL THEATER</b>									
Sing, dance, act! Learn beginning level steps/combinations to musical theatre choreography w/basic techniques of singing/acting. Age 7-11. Abernethy Performing Arts										Ballet and Musical Theater with Jacquie Kunzman. To register call Jacquie Kunzman Ballet Studio 503-656-1011. All classes held at Barclay Gym Building									
<b>ATA-2-623</b>	<b>INTERMEDIATE MUSICAL THEATRE</b>	7-9pm	T	9/14	12	\$203		Walls	STUDIO	<b>ATA-2-700</b>	<b>NUTCRACKER AUDITIONS, AGE 6-10</b>	1:30-2:30pm	S	9/18	1	\$7		Kunzman	GYM
begins w/ modern/jazz warm-up, touching on styles Horton/Limon/Luigi/Fosse/Cole. Combo of isolations, ballet, jazz, presentation. Exp of being in a comp, on stage, working together through to final performance. Age 12-Adult Abernethy Performing Arts										Audition to select non-dancers and beginner dancers for parts in the Nutcracker Ballet presented in December. Barclay Community School									
										<b>ATA-2-701</b>	<b>NUTCRACKER AUDITION, AGE 8-21</b>	2:45-3:45pm	S	9/18	1	\$7		Kunzman	GYM
										Same description as above. Barclay Community School									
										<b>ATA-2-702</b>	<b>CLACKAMETTE YTH BALLET AUD</b>	5-6:30pm	F	9/17	1	\$7		Kunzman	GYM
										Age 13-Up. To select upper level intermediate and advanced dancers for Nutcracker Ballet and other performances. Females must be on pointe. Barclay Community School									

# Community Education Classes

Registration form on page 88.

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-2-703 4:4-30pm	PRE BALLET 1 - AGE 3 1/2-4 M	9/13	13	\$76		Otteson	GYM	ATA-2-721 7-7:30pm	POINTE LEVEL II & III- AGE 12+ TTHS	9/9	13	\$171		Kunzman	GYM
Introduction to simple correct basic positions and movement. Fun with music, stretches and jumps. Barclay Community School								Focusing on steps to strengthen legs and feet. Saturday class is 12:30-1pm. Barclay Community School							
ATA-2-704 9:30-10am	PRE BALLET 1 - AGE 3 1/2-4 S	9/11	13	\$76		Harter	GYM	<b>HARMONY ROAD MUSIC CENTER OF OREGON</b> Teaches an exciting and comprehensive music program. Discover the world of music through age-appropriate motivating materials and activities. Adult attends class with child, the learning environment is safe and comfortable. Learning is layered and progressive within the classes and from level to level. Tuition is payable monthly. Discount offered for pre-paid semester tuitions. All classes are held at the Clackamas location: 17300 SE 82nd Dr. Clackamas, OR. Call 503-557-5151 for information and to register for classes. <a href="http://www.harmonyroadoregon.com">www.harmonyroadoregon.com</a>							
Same description as previous class. Barclay Community School								TODDLER TUNES 1 10:30-11am M 9/13 Staff STUDIO							
ATA-2-705 4:4-30pm	PRE BALLET 2 - AGE 3 1/2-4 M	9/13	13	\$76		Otteson	GYM	This joyful first music experience tots & parents share in music making program of rhythms, finger play, active movement games & singing. Age 20 months-3 yr. Harmony Road Music Center							
Continuation of Pre Ballet I. Must have teachers consent. Barclay Community School								TODDLER TUNES 1 10:30-11am F 9/17 Staff STUDIO							
ATA-2-706 10:15-10:45am	PRE BALLET 2 - AGE 3 1/2-4 S	9/11	13	\$76		Robertson	GYM	Same description as previous class. Age 20 months-3 yr. Harmony Road Music Center							
Same description as previous class. Barclay Community School								TODDLER TUNES 2 10:10-10:30am T 9/14 Staff STUDIO							
ATA-2-707 3:45-4:30pm	PRE BALLET 1 - AGE 5-7 T	9/14	13	\$101		Harter	GYM	Same description as previous class. Age 20 months-3 yr. Harmony Road Music Center							
Introduction to simple correct basic positions and movement. Fun with music, stretches and jumps. Barclay Community School								MUSIC IN ME 11-11:45am M 9/13 Staff STUDIO							
ATA-2-708 9:30-10:15am	PRE BALLET 1 - AGE 5-7 S	9/11	13	\$101		Robertson	GYM	In these classes your child will explore music through singing, rhythm, movement, finger games, keyboard activities & ear training. Age 3-4. Harmony Road Music Center							
Same description as previous class. Barclay Community School								MUSIC IN ME 3-3:45pm TH 9/14 Staff STUDIO							
ATA-2-709 3:45-4:30pm	PRE BALLET 2, AGE 5-7 TH	9/9	13	\$101		Ingram	GYM	Same description as previous class. Age 3-4. Harmony Road Music Center							
Continuation of Pre Ballet 2. Must have teachers consent. Barclay Community School								MUSIC IN ME 10-10:45am S 9/18 Staff STUDIO							
ATA-2-710 10-10:45am	PRE BALLET 2 - AGE 5-7 S	9/11	13	\$101		Harter	GYM	Same description as previous class. Age 3-4. Harmony Road Music Center							
Same description as previous class. Barclay Community School								MUSIC IN ME 10:30-11:15am T 9/14 Staff STUDIO							
ATA-2-711 4:30-5:30pm	PRE BALLET 3 - AGE 6-7 TH	9/9	13	\$121		Ingram	GYM	Same description as previous class. Age 3 ½ - 4 ½. Harmony Road Music Center							
Continuation of Pre Ballet. Must have teachers consent. Barclay Community School								MUSIC IN ME 10:30-11:15am F 9/17 Staff STUDIO							
ATA-2-712 4:30-5:30pm	BASIC I - AGE 8-12 T	9/14	13	\$121		Harter	GYM	Same description as previous class. Age 3 ½ - 4 ½. Harmony Road Music Center							
An introduction to ballet. Barclay Community School								MUSIC IN ME 9:15-10am S 9/18 Staff STUDIO							
ATA-2-713 4:30-5:30pm	BASIC LEVEL II - AGE 8-12 M	9/13	13	\$121		Otteson	GYM	Same description as previous class. Age 3 ½ - 4 ½. Harmony Road Music Center							
Continuation of Basic Level 1. Must have teacher consent. Barclay Community School								MUSIC IN ME 5:30-6:30pm T 8/31 Staff STUDIO							
ATA-2-714 4:15-5:30pm	BASIC LEVEL III & IV- AGE 8-12 T	9/14	13	\$148		Kunzman	GYM	These classes are for 3 age groups. Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. Each class is the first of a series that provide your child with a strong musical foundation. Age 4 ½ - 6. Harmony Road Music Center							
Continuing training of barre and center movements. Preparing for turns and large jumps. Barclay Community School								HARMONY ROAD 1 4:30-5:30pm TH 8/26 Staff STUDIO							
ATA-2-715 6:30-7:30pm	BEGINNING - TEEN/ADULT T	9/14	13	\$121		Staff	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Introduction to ballet. Learning basic barre and center movements. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff STUDIO							
ATA-2-716 4-5:30pm	INTERMEDIATE 1A & 1B, AGE 10+ TH	9/9	13	\$171		Kunzman	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Learning more difficult steps, turns, & movement. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff STUDIO							
ATA-2-717 5:30-7pm	INTERMEDIATE II - ADVANCED TTHS	9/9	13	\$401		Kunzman	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Saturday class is 11am-12:30pm. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff STUDIO							
ATA-2-718 6:30-8pm	INTERMEDIATE - TEEN/ADULT MW	9/8	13	\$171		Willock	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Adding more difficult steps and positions. Begin putting steps into combinations. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff STUDIO							
ATA-2-719 6-6:30pm	POINTE LEVEL I & PRE POINTE M	9/14	13	\$76		Kunzman	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Age 11-up. Learn to work in pointe shoes. Must have teacher consent. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff STUDIO							
ATA-2-720 8-8:30pm	BEG POINTE TEEN/ADULT MW	9/8	13	\$121		Willock	GYM	Same description as previous class. Age 4 ½ - 6. Harmony Road Music Center							
Learn to work in pointe shoes. Must be registered in Intermediate technique class. Must have teacher consent. Barclay Community School								HARMONY ROAD 1 10-11am S 8/28 Staff 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
<b>ATA-2-651</b>	<b>YOUNG MUSICIAN 1</b>	6:30-7:30pm	M	8/30				Staff	STUDIO										
Same description as previous class. Age 6-7. Harmony Road Music Center																			
<b>ATA-2-652</b>	<b>YOUNG MUSICIAN 1</b>	4:45-5:45pm	T	8/31				Staff	STUDIO										
Same description as previous class. Age 6-7. Harmony Road Music Center																			
<b>ATA-2-653</b>	<b>KEYBOARD PREP 1</b>	6:15-7:15pm	M	8/30				Staff	STUDIO										
Same description as previous class. Age 8-11. Harmony Road Music Center																			
<b>ATA-2-654</b>	<b>KEYBOARD PREP 1</b>	4:45-5:45pm	TH	8/26				Staff	STUDIO										
Same description as previous class. Age 8-11. Harmony Road Music Center																			
<b>ATA-2-655</b>	<b>PIANO STREET FOR TEENS/ADULTS</b>	6:15-7:00pm	T	9/14				Staff	STUDIO										
Students in this unique class learn practical piano skills through note reading, ear training, solo & ensemble playing. Students learn to understand & play chords, improvise & compose. Age 12-Adult. Harmony Road Music Center																			
<b>ATA-2-656</b>	<b>PIANO STREET FOR TEENS/ADULTS</b>	10:30-11:15am	TH	9/16				Staff	STUDIO										
Same description as previous class. Age 12-Adult. Harmony Road Music Center																			
<b>ATA-2-657</b>	<b>TRAILS END RINGERS</b>	4-5:30pm	M	9/27	10			Collins	CLRM										
Auditioned exper. youth handbell choir. Read music, develop rhythm/coordination, team work, games/written work playing Handchimes and hand bells. For registration please call 503-344-6422 or email dianecollins2@msn.com No class week of Thanksgiving Age 9-14. Park Place Elementary																			
<b>ATA-2-658</b>	<b>TINS TO BEGIN</b>	6-7:30pm	M	9/27	10			Collins	CLRM										
This is a handbell Choir. Call 503-344-6422. Age 9-13. Park Place Elementary																			
<b>ATA-2-659</b>	<b>TINS TO BEGIN</b>	5:30-6:45pm	T	9/28	10			Collins	CLRM										
This is a handchime Choir. Call 503-344-6422. Age 6-9 (5 year old possible with interview prequalifications and parent attendance). Park Place Elementary																			
<b>ATA-2-660</b>	<b>HANDBELL CHOIR OLDER TEEN/ADULT</b>	7-9pm	T	9/28	10			Collins	CLRM										
Must be able to read music. Call 503-344-6422 Age 13-Adult. Park Place Elementary																			
<b>ATA-2-661</b>	<b>HANDCHIME CLASS</b>	3:45-5pm	W	9/29	10			Collins	CLRM										
Call 503-344-6422. Ages 4 1/2 - 6. Park Place Elementary																			
<b>ATA-2-636</b>	<b>GUITAR LESSON</b>	TBA		9/27	10			Hancock	STUDIO										
Class time scheduled for the individual student. Please call 503-266-9939 to register. Age Youth-Adult. Balance and Harmony																			
<b>ATA-2-637</b>	<b>BEGINNING GUITAR 1</b>	5:30-6:30pm	TH	9/30	8	\$90		Rector	CLRM										
Students learn basic guitar playing skills inc. chords, picking, strumming & reading tablature in application to playing songs. Class designed for entry level students. Bring guitar of any type. Age 11-Adult. Eastham Community School																			
<b>ATA-2-638</b>	<b>BEGINNING GUITAR 2</b>	6:30-7:30pm	TH	9/30	8	\$90		Rector	CLRM										
This class builds on skills learned in Beg. Guitar 1 or is designed for students with some guitar exp. Learn intermediate guitar playing skills inc. more advanced songs, chords & scales. Bring guitar. Age 11-Adult. Eastham Community School																			
<b>ATA-2-635</b>	<b>WILLAMETTE FALLS SYMPHONY</b>	7-9:30pm	TH	9/16	10			Perlman	TBA										
Advanced string players. No cost. Call 503-632-7267 for information. All Ages																			
<b>Driver Education</b>																			
<b>DRE-4-600</b>	<b>DRIVER'S EDUCATION</b>	3:30-6:30pm	M	9/20	11	\$275		Dewitz	D111										
REQUIRED PARENT MEETING OCHS 1st night of class on 9/20 from 5:30-6:30pm. Staff will call to schedule drive time. Student must have learners permit at time of registration. Satisfies state requirement of 30 hours classroom & 12 hours behind the wheel. If student already has license or obtains license prior to completing the Driver's Education program, an add'l \$200 will be charged. Materials included in price. Refunds are given one week prior to the beginning of class minus \$25 non-refundable fee. Register at <a href="http://www.activityreg.com">www.activityreg.com</a> , select Oregon, select Eastham. Select class by start date. Age: High School. Oregon City High School D111																			
<b>DRE-4-601</b>	<b>DRIVER'S EDUCATION</b>	4-7:00pm	T	9/21	11	\$275		Marlton	CLRM										
REQUIRED PARENT MEETING EASTHAM 1st night of class on 9/21 from 6-7:00pm. Same class description as above. Register at <a href="http://www.activityreg.com">www.activityreg.com</a> , select Oregon, select Eastham. Select class by start date. Age: High School. Eastham Community School																			
<b>Exercise/Fitness/Sports</b>																			
<b>PED-4-600</b>	<b>YOGA</b>	6-7pm	T	9/28	11	\$60		Waddell	CAFÉ										
This class is for experienced & beginning students. Practice poses to help strengthen your body & work on flexibility. Bring 2 blocks, yoga strap, mat, & big bath towel. Please wear fitness clothing. Age 19-Adult. Mt. Pleasant Elementary																			
<b>PED-2-601</b>	<b>TAEKWON DO</b>	6-7pm	TH	9/21	9	\$70	\$40	Dutton	CLRM										
A non contact course that focuses on basic techniques and principals of Taekwon Do. \$40 fee cash only to instr first class for uniform and patches. Last class is the week prior to Thanksgiving. Age 6-Adult. Eastham Community School																			
<b>PED-2-601</b>	<b>BOYS BASKETBALL</b>	5-8pm	M-S		8	\$70		Staff	GYM										
All 3rd-6th grades. All Abilities. Practice times & places TBA by coaches. Games on Saturdays. Registration due by Nov. 2nd. Register w/ 503-785-8513 Oregon City Comm. ED																			
<b>PED-2-601</b>	<b>BOYS BASKETBALL</b>	3:30-5pm	M-S		8	\$80		Staff	GYM										
All 7th-8th grade boys. All Abilities. Practice times & places TBA by coaches. Games on Saturdays. Registration due by Nov. 2nd. Register w/ 503-785-8513 Oregon City Comm. ED																			
<b>PED-2-602</b>	<b>CO-ED INDOOR SOCCER</b>	5-8pm	SU-S		8	\$70		Staff	CENTER										
All PreK-6th grades. All Abilities. Practice times & places TBA by coaches. Games any day of week. Registration due by Sept. 17. Register w/ 503-785-8513 Oregon City Comm. ED																			
<b>PED-2-603</b>	<b>CO-ED VOLLEYBALL</b>	5-8pm	M-S		8	\$70		Staff	GYM										
All 4th-6th grades. All Abilities. Practice times & places TBA by coaches. Games on Saturdays. Registration due by Sept. 17. Register w/ 503-785-8513 Oregon City Comm. ED																			
<b>PED-2-604</b>	<b>GIRLS VOLLEYBALL</b>	3:30-5pm	M-S		8	\$80		Staff	GYM										
All 7th-8th grade girls. All Abilities. Practice times & places TBA by coaches. Games on Saturdays. Registration due by Sept. 17th. Register w/ 503-785-8513 Oregon City Comm. ED																			
<b>PED-2-605</b>	<b>GOLF LESSONS - JUNIORS</b>	1-2:30pm	SU	9/26	5	\$60		Staff	CRSE										
Learn from Golf Pro Ted Westling & Chris Gonzales the basics of the game including proper etiquette. Spend time on the driving range & putting & chipping green. Class size limited to 16 students. Call Stone Creek to register. 503-518-4653. Stone Creek Golf Club																			

# Community Education Classes

Registration form on page 88.

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

## BALANCE AND HARMONY

Balance and Harmony is dedicated to promoting health and wellbeing in the body, mind and spirit. They offer many classes like Kung-Fu, Yoga and Tai Chi at surrounding locations. To register and for more information on these classes visit the website at [www.balancenharmony.com](http://www.balancenharmony.com) or call 503-266-9939.

**PED-2-606 KIDS KUNG-FU**  
5-6pm TTH 9/28 10 \$210 Hancock CLRM

Develop good physical fitness by toning the body & strengthening the mind. Students learn self defense and self control while developing confidence & coordination. Age 5-12. Knights of Pythias Hall

**PED-2-607 KUNG FU**  
6-7pm TTH 9/28 10 \$210 Hancock CLRM

Same description as previous class. Age 12-Adult. Knights of Pythias Hall

**PED-2-608 KUNG FU**  
11am-12:20pm TTH 9/28 10 \$210 Hancock CLRM

Same description as previous class. Age 12-Adult. Ainsworth House & Gardens

**PED-4-609 TAI CHI**  
7:30-8:30pm TTH 9/28 10 \$210 Hancock CLRM

Students will learn the Yang style Long form beginning with stretching & breathing exercises. Age 15-Adult. Knights of Pythias Hall

**PED-4-610- YOGA FOR ROOKIES**  
11:30am-12:30pm SU 10/3 10 \$90 Hancock CLRM

Introduction for those who are a little timid about jumping into a class. Class will be slow paced & very modified for ALL bodies. Class is designed for the total beginner. Age 15-Adult. Club Fit

**PED-4-611 PRE/POST NATAL YOGA**  
1-2pm SU 10/3 10 \$100 Hancock CLRM

Celebrate your pregnancy & birth with a gentle class developed specifically for connecting mom & baby. Age Adult. Club Fit

**PED-4-612 BEGINNER FLOW YOGA**  
7:15-8:30pm M 9/27 11 \$100 Hancock CLRM

Class for beginner with deep opening stretches and strength poses compiled into slow flow to include balance and an overall body workout. Age 15-Adult Club Fit

**PED-4-613 LUNCH TIME YOGA**  
12-1pm T 9/28 11 \$90 Hancock CLRM

Great way to spend your lunch! Easy work out with deep stretches, very relaxing end just in time to get back to work with a clear head & a feel good body. Age 15-Adult. Club Fit

**PED-4-614 BEG/INT FLOW YOGA**  
7:15-8:15pm W 9/29 11 \$100 Hancock CLRM

Great class for those beginners wanting a little more. Laid back all level class integrating deeper poses & balances for beginners and intermediates alike. Age 15-Adult. Club Fit

## PILATES WITH FE

Fully equipped Pilates studio located in historic downtown Oregon City at the east end of the Old Bridge. We offer semi-private, & group apparatus classes, a variety of daily group mat classes. Fe Dolor, owner and certified Pilates instructor created the preferred fitness choice for the surrounding communities. Business Hours Mon-Fri 9am-7pm, Sat 9am-11am, Sun-closed. 702 Main St, Oregon City. Please call for registration of class offerings or for general information. 503-515-7585. [fe@pilateswithfe.com](mailto:fe@pilateswithfe.com)

**PED-4-615 PILATES**  
12-12:50pm MWF 9/27 10 \$75 Fe STUDIO

Movements with emphasis on proper form & appropriate modifications to best support your posture & challenge your muscles. Great for beginners. Age 15-Adult. Pilates With Fe

**PED-4-616 PILATES**  
9-9:50am TTH 9/28 10 \$75 Fe STUDIO

Same description as previous class. Age 15-Adult Pilates With Fe

**PED-4-617 PILATES**  
5-5:50pm TTH 9/28 10 \$75 Fe STUDIO

Same description as previous class. Age 15-Adult Pilates With Fe

**PED-4-618 PILATES**  
6-6:50pm W 9/29 10 \$75 Fe

Same description as previous class. Age 15-Adult Pilates With Fe

## OREGON CITY JAZZERCISE

Carrie Kirkwood, owner of Oregon City Jazzercise along with her other instructors, combine cardio moves to enhance endurance & burn mega calories, strength training to define muscles & strengthen your core, stretching to increase flexibility. Use of handheld weights, resistance tubes & balls you will get total body workout while blasting fat & having fun. Call 971-219-0790 to register for classes. [Oregoncityjazz@yahoo.com](mailto:Oregoncityjazz@yahoo.com)

**PED-4-619 JAZZERCISE**  
5:45-6:45am M-F 9/20 Staff GYM

Moves from hip-hop, yoga, Pilates, jazz-dance, kickboxing & resistance training & bundled into one hour class. Age 11-Adult. Eastham Community School

**PED-4-620 JAZZERCISE**  
8-9am M-F 9/20 Staff GYM

Same description as previous class. Age 11-Adult. Eastham Community School

**PED-4-621 JAZZERCISE**  
9:15-10:15am M-S 9/20 Staff GYM

Same description as previous class. Age 11-Adult. Eastham Community School

**PED-4-622 JAZZERCISE**  
4-5pm SU 9/26 Staff GYM

Same description as previous class. Age 11-Adult. Eastham Community School

**PED-4-623 JAZZERCISE**  
4:40-5:40pm M-F 9/20 Staff GYM

Same description as previous class. Age 11-Adult. Eastham Community School

**PED-4-624 JAZZERCISE**  
5:50-6:50pm M-TH 9/20 Staff GYM

Same as above previous class. Age 11-Adult. Eastham Community School

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

**OREGON CITY TAEKWON DO**

OregonCity TaeKwon Do is a proud member of Bailey's Traditional TaeKwon Do College. Will Coulter, chief instructor, has been training students for the last 12 years. Located at 275 Beaver Creek Rd C-147, Oregon City, 503-545-9503. Classes are offered through (OCCE) Oregon City Community Education & through Oregon City TaeKwon Do.

**PED-2-625 PRESCHOOL TAEKWON DO**  
6-7pm M 9/27 10 \$80 Coulter STUDIO  
Young students will learn basic technique, classroom etiquette, & self defense principals. Student will develop strength, balance, coordination & confidence through fun & organized activities. Age 4-6. Oregon City TaeKwon Do

**PED-2-626 PRESCHOOL TAEKWON DO**  
6-7pm W 9/29 10 \$80 Coulter STUDIO  
Same description as previous class. Age 4-6. Oregon City TaeKwon Do

**PED-2-627 PRESCHOOL TAEKWON DO**  
6-7pm F 10/1 10 \$80 Coulter STUDIO  
Same description as previous class. Age 4-6 Oregon City TaeKwon Do

**PED-2-628 HOME SCHOOL TAEKWON DO**  
12-1pm MW 9/27 10 \$80 Coulter STUDIO  
Same description as previous class. Age 7-Adult Oregon City TaeKwon Do

**PED-2-629 FAMILY TAEKWON DO**  
7-8pm MW 9/27 10 \$80 Coulter STUDIO  
Children & Adult train together to learn basic TaeKwon Do technique. Students of all ages/ability levels can practice together & progress at their own pace. Age 7-Adult. Oregon City TaeKwon Do

**PED-2-630 FAMILY TAEKWON DO**  
7-8pm TTH 9/28 10 \$80 Coulter STUDIO  
Same description as previous class. Age 7-Adult Oregon City TaeKwon Do

**NW DISCOVERIES**

Enjoy Oregon/Washington waterways in a flat water kayak, sea kayak or a canoe while taking a lesson from a guide/instructor Ken Barker. NW Discoveries will provide all equipment needed to have a relaxed enjoyable experience. All classes go rain or shine. For directions and meet locations and what to wear it is important to go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com). Youth 11 yrs & older can register w/ adult. Register for classes through (OCCE) Oregon City Community Education.

**PED-2-631 TOURING KAYAK**  
8:15am-6pm S 10/16 1 \$82 Barker RIVER  
Enjoy kayaking on Columbia River near Skamokawa, WA. Paddle in protected waters behind islands. Paddle Columbia River if calm. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-632 TOURING KAYAK-SHORT TOUR**  
6:15-9:15pm S 10/9 1 \$42 Barker RIVER  
Enjoy evening light on Willamette River near Ross Island and PDX skyline. Watch moon come over horizon as beavers slap water. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-633 CANOE BEGINNING LESSON**  
3:30-6:30pm S 9/25 1 \$42 Barker RIVER  
Learn to canoe a double canoe. Scenic Tualatin Rvr. Learn basics before peaceful paddle on Tualatin Rvr. Do not need to bring a partner. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-634 TOURING KAYAK-BEGINNING LESSON**  
3-5:30PM S 10/9 1 \$42 Barker RIVER  
Learn the basic skills to enjoy this sport. Practice the skills learned on the Willamette River near Ross Island. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-635 TOURING KAYAK-LONG TOUR**  
8:30am-1:00pm S 9/25 1 \$58 Barker RIVER  
Peaceful kayak on Willamette River between San Salvador & Newberg. The current will push you along this quiet section. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-636 CROSS COUNTRY SKI LESSON**  
8:25am-5:05pm S 12/12 1 \$58 Barker MNT  
Learn to cross country ski & use your new learned skills to glide around this winter paradise. Additional \$15 Ski equipment rental available at Gov. Camp. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**PED-2-637 SNOWSHOEING LESSON & TOUR**  
8:25am-5:05pm S 12/4 1 \$55 Barker MNT  
Learn to snowshoe on Mt. Hood to explore this magical winter wonderland. Go to [www.nwdiscoveries.com](http://www.nwdiscoveries.com) for class preparation. Age 18-Adult.

**HIGHLAND STABLES**

Highland Stables provides professional instruction in English style riding, grooming & tack. All riders are required to wear helmets (provided) & hard-soled shoes or boots. Highland Stables is located at 16723 S. Williams Rd., Beavercreek. For directions call 503-632-4740. Register for classes through (OCCE) Oregon City Community Education.

**PED-2-638 HORSEBACK RIDING-BEGINNER**  
4:30-6:00pm T 9/28 4 \$125 Staff ARENA  
Learn basic horsemanship skills in riding, care of horse & equipment. See above for requirements. Age 6-Adult. Highland Stables

**PED-2-639 HORSEBACK RIDING-BEGINNER**  
4:30-6:00pm TH 10/26 4 \$125 Staff ARENA  
Learn basic horsemanship skills in riding, care of horse & equipment. See above for requirements. Age 6-Adult. Highland Stables

**Health/Safety/Personal Well-Being**

**HLT-2-600 BASIC CPR**  
6-9pm M 9/27 1 \$50 Morton CLRM  
Training includes adult, child & infant CPR & the relief of choking. Upon successful completion, the participant will receive a course completion card from the American Heart Association. Age 14-Adult. Eastham Community School

**HLT-2-601 SELF DEFENSE**  
7-9pm MW 10/18 1 \$20 Lynch CLRM  
Two night class geared for women. Learn Awareness Prevention, Risk Reduction & Risk Avoidance. Taught by OCPD Officer Pat Lynch. 10/18-Classroom, 10/20-Mat Room. Wear comfortable clothes. Call Eastham for recommended reading prior to class. Please register through (OCCE) Oregon City Community Education. Age 19-Adult Youths age 15-18 may register w/Adult. Gardiner Middle School

**HLT-2-602 BABYSITTING, RED CROSS**  
9am-3:45pm S 10/2 1 \$55 \$10 Staff CLRM  
Receive handbook/CD providing info on injury prevention, first aid, & basic child care skills. Earn Red Cross certificate & practice packing a sitter bag. Bring paper, pencil & lunch. Optional \$10 purchase of kit time of class. Age 11-15. Eastham Community School

**HLT-2-603 BABYSITTING, RED CROSS**  
9am-3:45pm S 11/13 1 \$55 \$10 Staff CLRM  
Same description as previous class. Eastham Community School

**HLT-2-604 WHEN I'M IN CHARGE**  
9-11:30am S 10/2 1 \$28 Staff CLRM  
Personal safety & time management for children home alone. Subjects covered: home, gun & internet safety, sibling care and more. Age 8-11. Eastham Community School

**HLT-2-605 WHEN I'M IN CHARGE**  
9-11:30am S 11/13 1 \$28 Staff CLRM  
Same description as previous class. Age 8-11. Eastham Community School

**HLT-2-606 RAISING HEALTHY KIDS**  
5-6:00pm T 11/2 1 Pitcairn OFFICE  
Dr. Jennifer Pitcairn will discuss topics including raising healthy children, food intake, physical movement, sleep patterns, mental thoughts, and nervous system. To register please call Dr. Pitcairn's office 503-557-9266. Age 13-Adult Complete Health Chiropractic Center

Community Education

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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## Language Studies

**FLS-4-600 INTRO TO SPANISH**  
4:30-6pm T 9/28 8 \$45 \$13 Luckow CLRM

Class is taught by Native speaking instructor. Full year commitment. \$13 book fee cash only to instr. First day of class. Must pre-register. Age: Adult. Eastham Community School

**FLS-4-601 CONTINUING SPANISH I**  
3-4:30pm T 9/28 8 \$45 Luckow CLRM

Class is taught by native speaking instructor. Full year commitment. Please call Eastham 503.785.8520 for purchase info of textbook. Must have some previous knowledge (or for students continuing from Intro to Spanish first night of class reviewing Chap 3-10). Age: Adult. Eastham Community School

## Science

**CLACKAMAS SOIL AND WATER CONSERVATION DISTRICT & CLACKAMAS RIVER WATER PROVIDERS & PORTLAND PURPLE WATER**  
Offering free classes for the Fall Term. Call 503-655-3144 or email Clackamas.swcd@oacd.org to register.

**SCE-2-600 RAIN HARVESTING/RAIN GARDENS**  
6:30-8:30pm W 9/15 1 Staff CLRM

Save \$\$ on water bills by harvesting rain water & storing for later non-portable, irrigation use. Learn how to beautify your yard & help recharge groundwater by installing a rain garden. Age Adult. Oak Grove Fire Station

**SCE-2-601 RAIN HARVESTING/RAIN GARDENS**  
6:30-8:30pm TH 9/23 1 Staff CLRM

Same description as previous class. Age Adult. Wilsonville Library

**SCE-2-602 RAIN HARVESTING/RAIN GARDENS**  
9-11am S 10/9 1 Staff CLRM

Same description as previous class. Age Adult. Estacada Library

**SCE-2-603 LARGE TANK SYSTEMS**  
9am-1pm S 10/16 1 Staff CLRM

For those serious about gardening and reducing their water bills! This rainwater harvesting class focuses on the design and construction considerations for large (>550 gallon) systems. Age Adult. Estacada Library

**SCE-2-604 RAIN HARVESTING/RAIN GARDENS**  
6:30-8:30pm W 10/20 1 Staff CLRM

Save \$\$ on water bills by harvesting rain water & storing for later non-portable, irrigation use. Learn how to beautify your yard & help recharge groundwater by installing a rain garden. Age Adult. Molalla Grange

# Oregon City Pioneer COMMUNITY CENTER

Registration form for Community Education classes is on page 88.

For class locations, see page 90. Phone: 503-657-8287

Classes held at Pioneer Community Center. Center opens 9am to 4pm.

## Art/Crafts/Hobbies

**APA-1-30 ACRYLIC PAINTING – BEGINNING**  
9:30-11:30am W 9/29 10 \$91 Lind CRAFT

For beginning 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 \$46. Pioneer Community Center

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

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

**APA-1-33 KNITTING & CROCHETING, BEG.**  
10am-12pm W Tipton CLRM

Learn basic knitting and crocheting stitches. Bring your own needles, yarn & patterns. Cost is \$20 for a four week session. Call Janice Tipton to schedule: 503-829-8031. Pioneer Community Center

**APA-1-35 OIL PAINTING**  
12:30-2:30pm W 9/29 10 \$91 Lind CRAFT

For beginning 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 \$46. Pioneer Community Center

**APA-1-37 WATERCOLOR WITH MELISSA GANNON**  
11am-1:30pm TH 9/30 11 \$103 Gannon CRAFT

Explore the 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 \$51. Center closed November 11 & 25. Pioneer Community Center

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

Group meets every Thursday. 25¢ per card. Center closed November 11 & 25. 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¢ fee. Center closed November 26. Pioneer Community Center

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

Come join us for a friendly game of pool. 9am-4pm. No charge (adults only). Center closed November 11, 25.& 26. Pioneer Community Center

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

Come challenge this fun, friendly group that meets every week. Center closed November 26. 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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**Computers**

**DPS-1-30 COMPUTERS AVAILABLE FOR USE**  
TBA M-F Staff COMP

Computers are available for use Monday-Friday, 9-4pm. Closed November 11, 25 & 26. Pioneer Community Center

**DPS-4-31 COMPUTER FIRST STEPS**  
TBA M King BASEMENT

If you've never touched a computer before, this class is for you. Learn at your own pace on how to understand and communicate with the computer. Hands-on practice/individual attention. Call Jerry King, 503-723-9497 to register. Pioneer Community Center

**DPS-4-32 COMPUTER BASICS**  
TBA M King BASEMENT

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. Pioneer Community Center

**DPS-4-33 WORD PROCESSING**  
TBA M King BASEMENT

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. Pioneer Community Center

**DPS-4-34 MASTERING EMAIL**  
TBA M King BASEMENT

All about e-mail. Attach & send pictures, set up e-mail reminders and calendars. Send invitations with RSVPs or a link to your calendar. Keep a note pad or send text messages. Call Jerry King 503-723-9497 to register. Pioneer Community Center

**DPS-4-35 FILM EDITING**  
4-8pm SU King BASEMENT

Learn to capture your old 8 mm reel to reel, and the new movie film. Edit them on your computer, then burn onto a DVD. A 20 hour classroom/workshop where students create their own personal movies on a DVD. Call instructor Jerry King, 503-723-9497 for info. Pioneer Community Center

**Dance/Theatre/Music**

**ATA-1-30 BALLROOM DANCING**  
12:30-3pm W Tadina MP

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 10/11 9 \$31 Hall MPIII

Get in shape for summer. 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. Senior Discount \$16. Pioneer Community Center

**PED-4-31 CARDIO-DANCE**  
10:45-11:30am TTH 10/12 9 \$55 Hall MPIII

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 \$27. Center closed November 11 & 25. Pioneer Community Center

**PED-4-33 GENTLE PILATE STRETCHING/YOGA**  
9:30-10:30am TTH 10/12 9 \$73 Hall MPIII

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 \$37. Center closed November 11 & 25. Pioneer Community Center

**PED-4-34 TAI CHI, BEGINNING**  
11:30am-12:15pm MW 9/27 10 \$69 Crain MPIII

This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. The slow and controlled moves strengthen muscles and reduces stress. Senior Discount \$35. Pioneer Community Center

**PED-4-35 TAI CHI, INTERMEDIATE**  
10:40-11:25am MW 9/27 10 \$69 Crain MPIII

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. Pioneer Community Center

**PED-1-36 LINE DANCING-BEGINNING**  
1pm-2pm M 9/27 11 Rinehart MPIII

Learn line dance basics and simple dances even if you have two left feet. No partner needed. 50¢ fee. Pioneer Community Center.

**PED-1-37 LINE DANCING-INTERMEDIATE**  
12-2pm T 9-28 11 Rinehart MPIII

Relax all the latest line dance steps and some traditional ones as well. No partner needed. 50¢ fee. Pioneer Community Center

**PED-4-38 YOGA - BEGINNING**  
5:30-6:30pm TH 9/30 10 Juffs MPIII

Relax and have fun. Call Jenny to register at 503-419-9738. Cost \$65. Senior discount \$60. Closed November 11 & 25. Pioneer Community Center

**PED-4-39 YOGA - INTERMEDIATE**  
6:30-7:30pm TH 9/30 10 Juffs MPIII

Call Jenny to register at 503-419-9738. Cost \$65. Senior discount \$60. Closed November 11 & 25. Pioneer Community Center

**PED-4-40 TAOIST TAI CHI, BEGINNING**  
6-7:30pm M 9/13 Staff MPIII

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 14 week class ends December 13. Pioneer Community Center

**PED-4-41 TAOIST TAI CHI, INTERMEDIATE**  
7:30-9pm M 9/13 Staff MPIII

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](http://www.taoist.org). This 14 week class ends December 13. Pioneer Community Center

**PED-1-42 WEIGHT ROOM ORIENTATION**  
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 November 11, 25 & 26. Pioneer Community Center

**PED-1-43 WEIGHT TRAINING ROOM**  
9am-4pm M-F Staff WEIGHT

Come join our weight room. It's fun to exercise with others. Open Monday thru Friday 9am-4pm. Adults 50+. Pre-requisite: Weight Room Orientation. Purchase 24 visits/\$20. Center closed November 11, 25 & 26. Pioneer Community Center

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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## Health/Safety/Personal Well-Being

<b>HLT-1-30</b>	<b>PEDICURES &amp; MANICURES</b>	TBA	TW					Staff	CRAFT
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RNs Bea and Jan offer pedicures and manicures every other Tuesday or 2nd Wednesday of the month. Cost is \$25 (bring 2 towels). Call for appointment 503-657-8287. Let us know if you're diabetic or have foot problems to allow for extra time. Pioneer Community Center

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

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

<b>HLT-1-33</b>	<b>LUNCH AT THE COMMUNITY CENTER</b>	11:30am-12:30pm	M-F					Staff	DINE
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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 November 11, 25 & 26. Pioneer Community Center

<b>HLT-1-34</b>	<b>"MEALS ON WHEELS" PROGRAM</b>	TBA	M-F					Staff	DINE
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Provides home delivered noon meals (Mon-Fri) to homebound 60+ seniors and Medicaid qualified disabled persons in Oregon City, its Urban Growth Boundary and West Linn. Call Shirley Ryan at 503-722-5979 for more info. Volunteer drivers needed. Center closed November 11, 25 & 26. Pioneer Community Center

<b>HLT-1-35</b>	<b>GROCERY SHOPPING TRIPS</b>	TBA	M-F					Staff	TRANS
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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/Grocery Outlet. Center closed November 11, 25 & 26. Pioneer Community Center

<b>HLT-1-36</b>	<b>TRANSPORTATION</b>	TBA	M-F					Staff	TRANS
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For ages 55+ years or disabled who reside in OC, its Urban Growth Boundary or in West Linn. Vans are lift-equipped. \$1.00 donation each way. Call up to a week ahead to make a reservation. Center closed November 11, 25 & 26. Pioneer Community Center

<b>HLT-1-37</b>	<b>DINE-OUTS</b>	TBA	M					Staff	TRANS
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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 November 11, 25 & 26. Pioneer Community Center

## Travel/Trips/Tours

<b>TVL-1-30</b>	<b>DAY TRIPS</b>	TBA	W					Staff	TRANS
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Come join us for day trips: Sept 22-Mt Hood Railroad, Oct 13-Edgefield McMenamins, Oct 27-Skamania Lodge & Heart of Gorge, Nov 3-Old Town Sherwood & Newberg, Nov 17-Rice NW Rock & Mineral Museum, Dec 1-Spirit Mountain Casino, Dec 3-Singing Christmas Tree, Dec 15-Special holiday evening event. Call for trip details. \$15 transportation fee. Meals and admission costs not included. Reserve early—limited seating. Pioneer Community Center

# West Linn

## PARKS AND RECREATION

Registration form for Community Education classes on page 88.

For class locations, see page 90. Phone: 503-557-4700

### Art/Crafts/Hobbies

<b>APA-2-800</b>	<b>CLOCK REPAIR</b>	7-10pm	T	9/21	10	\$55		Pehlpete	CLRM
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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

<b>APA-2-801</b>	<b>BASIC PHOTOGRAPHY</b>	7-9pm	M	10/04	1	\$35		Guvener	CLRM
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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. Location TBD

<b>APA-2-802</b>	<b>ADVANCED PHOTOGRAPHY</b>	7-9pm	MT	10/04	2	\$100		Guvener	CLRM
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This class teaches you everything you need to know to be in complete control of your photography in every situation. Location TBD

<b>APA-2-803</b>	<b>COMPOSITION FOR PHOTOGRAPHY</b>	7-9pm	MT	10/18	2	\$100		Guvener	CLRM
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Learn to craft amazing "professional" quality images utilizing compositional techniques that will transform your images into award winning works of art. Location TBD

<b>APA-2-804</b>	<b>ADVANCED LIGHTING</b>	7-9pm	MT	10/25	2	\$100		Guvener	CLRM
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This workshop will help you develop your eye & teach you about tools you may need to complete your vision. Advanced Photography is a prerequisite. Location TBD

### Basic Academic Skills

<b>GES-4-800</b>	<b>BEAT THE SAT!</b>	6:30-8:30pm	T	9/28	6	\$320		Petersen	CLRM
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Small classes limited to 12 students. Tricks & strategies, vocabulary & critical reading, essay, grammar & usage, math review. Proven success. Fee includes workbook & practice tests. West Linn High School

<b>GES-4-801</b>	<b>BEAT THE SAT!</b>	6:30-8:30pm	W	10/27	6	\$320		Petersen	CLRM
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Same description as previous class. West Linn High School

<b>GES-4-802</b>	<b>BEAT THE SAT!</b>	6:30-8:30pm	W	11/30	6	\$320		Petersen	CLRM
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Same description as previous class. West Linn High School

### Childcare/Family Life

<b>FAM-2-800</b>	<b>PARENT-CHILD COMMUNITY PLAY</b>	10-11:30am	W	9/01	18			Staff	CLRM
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Playgroups are free to all families no matter the income level. Playgroups are parent/child interactive in a casual, relaxed setting. Which are semi-structured and open to drop-ins. Snack is provided. Sunset Fire Hall

<b>FAM-2-801</b>	<b>PRE-ENGINEERING WITH LEGO®</b>	4-5 pm	W	9/15	10	\$135		Staff	CLRM
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Ages 4-6. Students will build cities, bridges and motorized cars/planes and explore the many possibilities with the LEGO system. Play Boutique

<b>FAM-2-802</b>	<b>PRE-ENGINEERING WITH LEGO®</b>	5:15-6:15 pm	W	9/15	10	\$135		Staff	CLRM
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Ages 7-11. Students take on real-life engineering challenge that explore concepts in physics, architecture and structural engineering. 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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**FAM-2-803 HORSE RIDING FOR SPECIAL NEEDS**  
 11am-1pm S 10/23 1 \$60 Staff STBLE  
 For ages 6 -17 yrs. 2 hour horse back riding and pumpkin carving camp designed for individuals with disabilities or special needs. Activities include a 45 minute ride and pumpkin carving. Bring sack lunch. Riders must wear pants, boots or closed toe shoes with heels. Happy Trails Riding Center

**FAM-2-804 HORSE RIDING FOR SPECIAL NEEDS**  
 11am-1pm S 10/30 1 \$60 Staff STBLE  
 For adults. Same description as previous class. Happy Trails Riding Center

**Computers**

**DPS-4-800 PHOTOSHOP FOR PHOTOGRAPHY**  
 6:30-9:30pm MT 11/01 2 \$100 Guvenir CLRM  
 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. Location TBD

**Cooking**

**EAT-2-800 CHOCOLATE WALKING/TASTING TOUR**  
 1-4:30pm S 9/11 1 \$34 Darzes  
 Take a personally guided walking tour with local chocolate enthusiast, Savina Darzes, of select chocolate shops & related businesses in the Portland Metro. Learn all about the amazing world of chocolate, some local history, and savor delectable samples. Lake Oswego. Moonstruck Café

**EAT-2-801 CHOCOLATE WALKING/TASTING TOUR**  
 1-4:30pm S 10/23 1 \$34 Darzes  
 Same description as previous class. Downtown Portland: Meet at the visitor center on the lower level of Pioneer Courthouse Square

**EAT-2-802 CHOCOLATE WALKING/TASTING TOUR**  
 1-4:30pm S 11/13 1 \$34 Darzes  
 Same description as previous class. Pearl District: meet in the main floor lobby of the Old Armory (now Gerding Theater), located at 128 NW 11th Ave.

**EAT-2-803 WORLD OF CHOCOLATE**  
 6-9pm TH 10/28 1 \$34 Darzes  
 Explore the natural and human history of cacao. Learn the secrets to a memorable cup of hot chocolate, taste and rank different brands, and then roll some delicious truffles to take home. West Linn Adult Community Ctr

**EAT-2-804 WILD MUSHROOM PASTA**  
 10am-1:30pm SU 9/12 1 \$25/\$30 \$3 Tjahaja CLRM  
 Perfect for the fall season when the wild mushroom bloom. We turn these "forest delicacies" using a sauce reduction technique that is simple and will become your home signature choice of gourmet dinner to serve. Served with garlic bread and salad- Come hungry! West Linn Adult Community Ctr

**EAT-2-805 THAI PANANG CURRY PASTE**  
 10am-1:30pm SU 10/03 1 \$25/\$30 \$3 Tjahaja CLRM  
 Make Panang curry from scratch using exotic spices as galangal, lemongrass, tamarind, roasted peanut, and smoked palm sugar. If not the lamb the chili will surely keep you warm this cold month, cooked in coconut milk and served on red rice. West Linn Adult Community Ctr

**EAT-2-806 SUSHI**  
 10am-1:30pm SU 11/07 1 \$25/\$30 \$3 Tjahaja CLRM  
 Back by popular demand and perfect holiday entertaining; learn the A to Z of sushi making from selecting the raw materials, preparing the fillings, cooking the flavored rice, pickling ginger, wasabi, and an authentic Japanese burdock root for filling. West Linn Adult Community Ctr

**EAT-2-807 BEEF WELLINGTON PLUS SOUFFLE**  
 10am-1:30pm SU 12/05 1 \$25/\$30 \$10 Tjahaja CLRM  
 Using the finest part of the beef, fillet mignon, encased in mushroom, and wrapped with pastry sheet. Served with flambé brandy, merlot-mustard, green peppercorn cream sauce that is decadently sinful. Served with a side of vegetable. For dessert a chestnut soufflé. West Linn Adult Community Ctr

**EAT-2-808 VEGETARIAN GRAB-AND-GO**  
 6-8:30pm T 10/26 1 \$39 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 meals dishes are especially convenient to eat. Come hungry. West Linn Adult Community Ctr

**EAT-2-809 VEGETARIAN THANKSGIVING**  
 6-8:30pm T 11/09 1 \$39 Gabbe CLRM  
 Preparing an old-fashioned, home cooked, pure vegetarian Thanksgiving dinner is easier and less expensive that you'd think. Come hungry. West Linn Adult Community Ctr

**Dance/Theater/Music**

**ATA-2-800 CREATIVE MOVEMENT**  
 7-8:30pm TH 9/16 8 \$120 Gilbert CLRM  
 Wrap up your day with some free-flowing fun. Learn the fundamentals of movement. No prior movement is necessary. Wear loose clothing. West Linn Adult Community Center.

**ATA-2-801 MUSIC IN ME**  
 11-11:45 am M 9/13 4 \$60 Staff CLRM  
 Ages 3 -4 ½ yrs. For parent & child. Children absorb music naturally through ear training, movements, singing, more. \$25 mat. fee pay to instructor. Harmony Road Music Center

**ATA-2-802 MUSIC IN ME**  
 3-3:45 pm T 9/14 4 \$60 Staff CLRM  
 Same description as Above. Harmony Road Music Center

**ATA-2-803 MUSIC IN ME**  
 10-10:45 am S 9/18 4 \$60 Staff CLRM  
 Same description as Above. Harmony Road Music Center

**ATA-2-804 MORE MUSIC IN ME**  
 11-11:45 am M 9/13 4 \$60 Staff CLRM  
 Ages 3 -4 ½ yrs. For parent & child. Children absorb music naturally through ear training, movements, singing, more. \$25 mat. fee pay to instructor. Harmony Road Music Center

**ATA-2-805 TODDLER TUNES 1**  
 10:30-11am M 9/13 7 \$60 Staff CLRM  
 Age 18 mo-3 yrs. For parent & child. Toddlers absorb music naturally through singing, rhythms, movement, creative activities, more. \$15 materials fee payable to instructor. Harmony Road Music Center

**ATA-2-806 TODDLER TUNES 1**  
 10-10:30am F 9/17 7 \$60 Staff CLRM  
 Same description as previous class. Harmony Road Music Center

**ATA-2-807 BALLROOM DANCE, INTER**  
 7-8:15pm T 9/28 4 \$45/\$50 Crandell MPR  
 A different dance style every 4 week session for the more advanced dancer. Includes: Swing, Ballroom, Country Western, and Latin. No partner rotation. Partners strongly encouraged. Call 503-637-6295 for details. West Linn Adult Community Ctr

**ATA-2-808 BALLROOM DANCE, INTER**  
 7-8:15pm T 10/26 4 \$45/\$50 Crandell MPR  
 Same description as previous class. West Linn Adult Community Ctr

**ATA-2-809 BALLROOM DANCE, INTER**  
 7-8:15pm T 11/23 4 \$45/\$50 Crandell MPR  
 Same description as previous class. West Linn Adult Community Ctr

**ATA-2-810 COUNTRY WESTERN/WALTZ**  
 8:15-9:15pm T 9/28 4 \$45/\$50 Crandell MPR  
 Learn the popular CW 2 Step and elegant waltz taught by veteran instructors, Dave and Jody Crandell. No partner rotation. Partners required. West Linn Adult Community Ctr

**ATA-2-811 SALSA/TANGO**  
 8:15-9:15pm T 10/26 4 \$45/\$50 Crandell MPR  
 Learn 2 of the most popular Latin dances taught by veteran instructors, Dave and Jody Crandell. No partner rotation. Partners required. West Linn Adult Community Ctr

# Community Education Classes

Registration form on page 88.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>ATA-2-812</b> 8:15-9:15pm	<b>BEGINNING JITTERBUG SWING</b> T	11/23	4	\$45/\$50		Crandell	MPR	<b>PED-4-813</b> 9-10:15am	<b>YOGA LEVEL II</b> TH	11/04	10	\$63		Staff	CLRM
The easiest, most popular, and most fun of all the Swing dances. Done to Big Band, Old Time Rock 'N' Roll, and a variety of other types of swing music. West Linn Adult Community Ctr								Same description as previous class. Sachi Wellness							
<b>ATA-2-813</b> 7-9pm	<b>YOU'RE ON THE AIR!</b> M	10/04	1	\$35		Foster	CLRM	<b>PED-4-814</b> 9:30-10:30am	<b>VINYASA YOGA</b> M	9/13	7	\$63		Staff	CLRM
Voice-overs are hot today! Learn about an exciting new way to get around the competition & actually turn voice-overs into a thriving full or part time business. West Linn Adult Community Ctr								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							
<b>Exercise/Fitness/Sports</b>															
<b>PED-2-800</b> 5-6 pm	<b>ACROBATICS-TUMBLING GYMNASTICS</b> M-Th	9/13	7	\$98		Staff	CLRM	<b>PED-4-815</b> 9:30-10:30am	<b>VINYASA YOGA</b> W	9/15	7	\$63		Staff	CLRM
Ages 4-6. Fall intro for young gymnasts. Learn the basics of tumbling and acrobatics and progress at their own pace in these floor-only classes. Tilton's Gymnastics								Same description as previous class. Sachi Wellness							
<b>PED-2-801</b> 5-6 pm	<b>ACROBATICS-TUMBLING GYMNASTICS</b> M-Th	11/1	7	\$112		Staff	CLRM	<b>PED-4-816</b> 9:30-10:30am	<b>VINYASA YOGA</b> M	11/01	6	\$54		Staff	CLRM
Ages 4-6. Same description as above. Tilton's Gymnastics								Same description as previous class. No class 11/22. Sachi Wellness							
<b>PED-4-802</b> 9:15-10:25am	<b>NIA</b> MF	9/10	8	\$120		Kaplan	CLRM	<b>PED-4-817</b> 9:30-10:30am	<b>VINYASA YOGA</b> W	11/03	6	\$54		Staff	CLRM
The Love Your Body Workout, Nia is blissful, inspirational and packed with power. Uninhibited dance, martial and healing arts movements choreographed to the sounds of world music. Whole-body, expressive and grounded, Nia is adaptable for any level of fitness. Sunset Fire Hall								Same description as previous class. No class 11/24. Sachi Wellness							
<b>PED-4-803</b> 9:15-10:25am	<b>NIA</b> MF	11/18	8.5	\$128		Kaplan	CLRM	<b>PED-4-818</b> 7:45-9:00pm	<b>A COURSE IN YOGA</b> TH	09/09	13	\$140		Lundberg	CLRM
Same description as previous class. Sunset Fire Hall								The class is designed as a movement course aimed at helping to enhance the yoga practice of students at any level. Alignment and detailed instruction are key elements in helping each student reach their yogic potential. Same description as previous class. No class 11/25. Sunset Fire Hall							
<b>PED-4-804</b> 9-10:15am	<b>SATURDAY MORNING YOGA I</b> S	9/18	7	\$63		Staff	CLRM	<b>Health/Safety/Personal Well-Being</b>							
Learn core & peripheral strength & flexibility. Class includes beginning poses, stretching, breath work & meditation techniques. Sachi Wellness								<b>HLT-2-803</b> 6-7:30pm							
<b>PED-4-805</b> 9-10:15am	<b>SATURDAY MORNING YOGA I</b> S	11/6	10	\$63		Staff	CLRM	<b>STRESS REDUCTION MEDITATION</b> M							
Same description as previous class. Sachi Wellness								9/20 10 \$40 Tjahaja CLRM							
<b>PED-4-806</b> 7:30-9pm	<b>YOGA, BEGINNING 1</b> M	9/13	7	\$45		Rohrbacker	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							
<b>PED-4-807</b> 7:30-9pm	<b>YOGA, BEGINNING 1</b> M	11/01	7	\$45		Rohrbacker	CLRM								
Same description as previous class. West Linn Adult Community Ctr															
<b>PED-4-808</b> 9:30-10:45am	<b>YOGA LEVEL 1</b> W	9/15	7	\$63		Staff	CLRM								
Learn core & peripheral strength & flexibility. Class includes beginning poses, stretching, breath work & meditation techniques. Sachi Wellness															
<b>PED-4-809</b> 8:00-9:15am	<b>YOGA LEVEL 1</b> S	11/03	7	\$63		Staff	CLRM								
Same description as previous class. Sachi Wellness															
<b>PED-4-810</b> 9-10:15am	<b>YOGA LEVEL II</b> T	9/14	7	\$63		Staff	CLRM								
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															
<b>PED-4-811</b> 9-10:15am	<b>YOGA LEVEL II</b> TH	9/16	7	\$63		Staff	CLRM								
Same description as previous class. Sachi Wellness															
<b>PED-4-812</b> 9-10:15am	<b>YOGA LEVEL II</b> T	11/02	7	\$63		Staff	CLRM								
Same description as previous class. Sachi Wellness															