

Summer

FUN, FRIENDS AND FITNESS



As the days lengthen and we welcome back the sunshine into the Northwest, CCC Community Education partners have some exciting summer fitness classes scheduled. Adding cardio fitness, along with strength and flexibility training, can have positive health benefits.

Whether you are looking for **Yoga in the Park** at Milwaukie Community Center, **Outdoor Tai Chi** and **Line Dance Workout** at Pioneer Community Center, **Body Sculpt** at Wilsonville Parks and Recreation, **Yoga Core** at the Oregon City Pool, or **H2O Fitness** at North Clackamas Parks and Recreation, **Community Education has something for everyone.**

Embrace the season by joining us for a cardio, strength or flexibility fitness class that'll have you feeling unstoppable!

Please register directly through the Community Education partner hosting the class you would like to attend.

Community Education strives to be a low-cost option for the district, with partners in many locations. If you would like to suggest a class please visit our website at www.clackamas.edu/suggest-a-community-ed-class.

Senior Discount

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



CANBY

Bridging Cultures

503-592-3781 | www.bridgingculturescanby.org

GLADSTONE

Gladstone Community School

503-650-2570 | www.clackamas.edu/gladstone

MILWAUKIE

Milwaukie Community Center

503-794-8092 | www.ncprd.com

North Clackamas Parks and Recreation

503-794-8080, ext. 0 | www.ncprd.com

OREGON CITY

Oregon City Community Education

503-785-8520 | <https://ocsd62occe.org/>

Oregon City Swimming Pool

503-657-8273 | www.orcity.org/swimmingpool

Pioneer Community Center

503-657-8287 | www.orcity.org/499/Pioneer-Community-Center

TEAM OREGON

Motorcycle/Scooter Safety Training

800-545-9944 | www.team-oregon.org

WEST LINN

West Linn Parks and Recreation

503-557-4700 | www.westlinnoregon.gov/parksrec

WILSONVILLE

City of Wilsonville Parks and Recreation

503-783-PLAY | www.wilsonvilleparksandrec.com

West Linn/Wilsonville Family Empowerment Center

503-673-7690 | www.wlww.k12.or.us/domain/3726