

Welcome to the Sports Zone



Parks & Recreation offers sports and fitness classes and activities for kids and adults and sports leagues for high school students and adults. Program and registration information for sports and fitness classes can be found at www.loparks.org. Find complete league information at www.lakeoswegosports.com. **SCROLL DOWN to read about our new Sports Leagues (7v7 Summer Soccer, Team FootGolf, Doubles Cornhole League - Bean Bags & Brews)

Summer Camps-Leagues

Summer camps are going strong. We still have some spots open for the remainder of the camps.

Register at loparks.org

- **Summer Youth Sports Camps:** Yoga, Parkour & Circus Skills, Lacrosse, Basketball, Soccer, Fencing, Pickleball, Racquet Madness, Flag Football, Baseball, Volleyball, Dodgeball and Ultimate Frisbee.
- [CLICK HERE](#) to watch a short video on the Skyhawks Sports Camps being offered through Lake Oswego Parks and Recreation.

Summer Sports Leagues:

ADULT & HIGH SCHOOL COED 7V7 REC SOCCER

7v7 Coed Rec Soccer (Adult & High School Divisions)

- Summer League in progress. To be placed on the Free Agent list, please click link on side bar under City Sports.

ADULT SLOW-PITCH SOFTBALL, COED & MEN'S LEAGUES

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- Summer League in progress
- for more information, visit www.oswegosoftball.com

SUMMER DROP-IN SPORTS

- Basketball (Ages 18+, held at Palisades), Pickleball (Ages 18+, held at George Rogers Park)
- **Drop-In Basketball for Wednesday, August 2 has been canceled due to the Extreme Heat Warning**

NEW FALL SPORTS LEAGUES

TEAM FOOTGOLF

It's two sports in one! Combining soccer and golf, FootGolf is played with a regulation #5 soccer ball on shortened holes with 21-inch diameter cups. The sport is gaining in popularity around the world, and we've brought a league to the Lake Oswego Golf Course!

Play every Thursday on the FootGolf course at the Lake Oswego Golf Course. Grab your family, grab your friends - it's fun for everyone (ages 10+). Spend an hour each week in this new and exciting league. Teams of up to 5 players. Tee times start at 5pm. Come early and stay late. J. Willy's 19th Hole offers the best in pub-style fare. Not hungry? Enjoy a drink (beer and wine too) and relax inside or outside on the patio.

REGISTRATION OPENS TUESDAY, AUGUST 1. Register at www.loparks.org

In the meantime, check out the FootGolf rules [here](#). It's a kick!

DOUBLES CORNHOLE LEAGUE - BEAN BAGS & then BREWS

It has been called many things - Corn Toss, Bean Bag, Bean Toss and Soft Horseshoes, but to many the game is passionately known as Cornhole. If you can toss a corn bag 30 feet, then join our league this September! Fall Cornhole League for adults 21+ (Brews).

REGISTRATION OPENS TUESDAY, AUGUST 1. Register at www.loparks.org

In the meantime, check out the rules at the bottom of the page.

[City League Sports, Programs & Events](#)

All information for city-sponsored sports leagues (basketball, soccer & softball) and programs/events (including adult drop-in sports, girls youth lacrosse, sports camps) can be found at www.lakeoswegosports.com.

[Athletic Fields](#)

Information on field use permits and field availability. For questions regarding Lake Oswego fields, please click the Athletic Fields link (above) or contact Jean Ostrander, Parks & Field Reservation Coordinator.

jostrander@ci.oswego.or.us, 503-675-3901

[Parks & Recreation Sports Camps](#)

Parks & Recreation partners with Skyhawks Sports Academy and the Oregon Fencing Alliance to bring quality, recreational camps to the youth of Lake Oswego. Camps are also available for girls lacrosse and table tennis.

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[Preschool Sports](#)

Parks & Recreation offers classes specifically tailored to preschool-aged children. Activities include lacrosse, soccer, tennis, basketball, baseball, flag football and yoga. Classes are provided in partnership with Lacrosse Northwest, Challenger Sports, Skyhawks Sports Academy, and Oregon Fencing Alliance.

[Community Youth Sports Organizations](#)

View the contact list for youth sports organizations. Find information about organizations that provide kids and adults sports activities other than those sponsored by the Parks & Recreation department.

Supporting Documents



[cornhole_rules_at_grp.pdf](#)

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