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PARKS & RECREATION

Date: 12/31/2016 **Updated:** 12/31/2022 **Date To Be Reviewed:** Three Years - 12/31/2025

Title of Document: 6.2 LOPR_Program Objectives

Background:

Lake Oswego Parks & Recreation (LOPR) currently offers recreation programming in eight (8) major program activity and service areas. Within each of these program activity and service areas, there are assigned areas of responsibilities, recreation and service functions, and financial resources to operate within dedicated funding. The LOPR Customer Satisfaction Surveys asks respondents who participate in activities presented by LOPR to identify the top reasons for their participation in organized recreation programs offered by LOPR. Recreational enjoyment, health and wellness, engage with others with similar interests and learn something new are the top four reasons participants chose as reasons for participation. As a result, LOPR has embraced Enjoyment and Fun, Health and Wellness, Community Building, and Enrichment and Learning as the primary outcomes for all recreation programs.

Process Explanation:

Lake Oswego Recreation Program Activity and Service Areas and Corresponding Budget Codes

1. **Adult Lifelong Learning - 261**
2. **Human Services - 265**
3. **Sports, Golf & Tennis - 521, 551, 561**
4. **Cultural Enrichment - 523**
5. **Fitness, Health & Wellness - 523**
6. **Luscher Farm Organic Education - 524**
7. **Community & Special Events - 527**
8. **Outdoor Recreation - 528**

The following section identifies the objectives and outcomes and examples for each program area:

1. Adult Lifelong Learning (261)

Objectives

- Offer a broad range of activities and programs that appeal to different interests and provide the opportunity for people to expand their experiences
- Provide or secure attractive and accessible facilities for classes and activities



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- Increase market position with older adults, differentiating programs and services from other internal and external recreation and service providers.
 - Coordinate and collaborate with other providers to minimize duplication and share resources and expertise

Outcomes

- Learn new skills or develop existing ones
- Expand creative expression
- Discover new experiences
- Enhance personal empowerment through additional knowledge and resources
- Meet other people with similar interests
- Develop positive personal connections and build a sense of community
- Reduce isolation among older adults
- Have an enjoyable experience

Examples of Program Activities and Services

- Social Activities: Mah Jongg, Creative Hands, Pinochle, Bridge, Slow Jam
- Conversation Groups, Genealogy and Writing Groups
- Living Well Talk Series
- Senior Trips and Tours

2. Human Services (265)

Objectives

- Continue to provide essential services to vulnerable populations
- Provide accessible and adaptive recreation opportunities for everyone to experience the benefits of LOPR's recreation programs
- Develop an individual's ability to participate independently (or with less assistance) in programs where possible
- Continue to establish relationships with adaptive recreation providers to expand offerings

Outcomes

- Develop life skills and experiences
- Encourage healthy lifestyles and choices
- Learn new skills and develop new interests
- Provide experiences that would not be possible otherwise



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- Develop social skills including cooperation and problem solving
 - Create positive personal connections and sense of belonging
 - Develop broader community awareness and acceptance of others and difference
 - Provide respite for family and caregivers
 - Create a spirit of playfulness and fun

Examples of Human Services

- Nutrition Programs: Congregate Meals and Meals on Wheels Services
- Grocery Shopping Transportation
- Transportation Services for Older Adults to Community Center
- Respite for Caregivers
- Tax Preparation and Legal Assistance
- Medical Rides and Equipment

3. Sports, Golf & Tennis (521, 551, 561)

Objectives

- Provide a broad spectrum of team and individual sports opportunities for people of all ages, abilities and interests
- Maintain position as the provider of entry level youth recreational and instructional sports programs that emphasize participation, development and fun
- Maintain position as the primary provider of adult sports programs in Golf, Tennis, Softball and Soccer Leagues, Social Sports, and Rowing
- Collaborate with other sports providers when it can benefit the community and the organizations involved

Outcomes

- Schedule and coordinate athletic fields to maximize community benefit and use of fields while ensuring the sustainability of the fields
- Prepare for reopening of the Indoor Tennis Center in fall 2022
- Prepare for return of skateboarding organized activities in fall 2023
- Prepare for and implement expanded services of Aquatics and Sports programs for indoor recreation facility with two pools and a gymnasium planned for construction in 2023 and opening in 2024
- Build community and have fun

Examples of Sports Program Activities and Services



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- Youth Team Sports camps and classes: Soccer, Basketball, Lacrosse, Baseball, Softball, Tennis, Golf, Running, Rowing, Aquatics (Swim Park)
 - Youth Sport Instruction: Team and individual sports, ages toddler through high school
 - Adult organized activities, Drop-in and Social Sport activities: Basketball and Volleyball, Corn Hole, Foot Golf, Pickleball, Golf: Rounds, Lessons, and Tournaments Tennis: Court Reservations, Lessons and Events, Water Sports: Rowing
 - Alternative Sports: Mountain Biking, E-Sports, Fencing, Martial Arts

4. Cultural Enrichment (523)

Objectives

- Provide a broad spectrum of safe, accessible enrichment programs and experiences for all ages and abilities to explore and develop new interests
- Maintain position as a primary provider for initial experiences while also continuing to collaborate with other providers to minimize unnecessary duplication of activities and services and share resources and expertise
- Provide a variety of all-day and part-day summer and holiday camp options to meet the needs and interests of youth and families

Outcomes

- Enrich lives with meaningful experiences
- Discover and learn new skills and interests
- Enhance creativity and expression
- Improve cognitive and problem-solving skills including learning from mistakes

Examples of Cultural Enrichment Activities and Services

- Youth, Teen and Adult Enrichment activities: Arts, Crafts, Music, Dance, Theater, Language, Safety, Home Organization, and Cooking, Pet Care, STEM, Camps, Birthday Parties
- Teen Lounge and After School Activities: Clubs, Teen Youth Action Council Service Group, Teen Service Corp Camp, and Field Trips
- Preschool activities such as Indoor Playground
- Youth inclusion services
- Virtual activities such as Birding, Foraging, Raising Chickens



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5. Fitness, Health & Wellness (523)

Objectives

- Provide safe, accessible and attractive fitness facilities to the community
- Provide a broad spectrum of fitness programs for people of all ages, interests and abilities
- Maintain position as a major provider of fitness facilities and programs while recognizing that there are many other providers in the community
- Prepare for and implement expanded fitness services for indoor recreation facility with workout room planned for construction in 2023 and opening in 2024-25

Outcomes

- Maintain or improve overall fitness and health
- Develop specific fitness skills and knowledge
- Improve strength, endurance, flexibility, coordination, agility, mind-body connection or other specific fitness benefit
- Enhance self-confidence
- Develop positive personal connections and build sense of community
- Have a good time

Examples of Fitness, Health & Wellness Programs and Services

- Group Exercise/Fitness Classes: Yoga, Tai-Chi, Spin, Strength Training, Fitness in the Parks Series, Pilates, Barre, Boot Camp, Zumba, Aerobics, NIA
- Specialty Classes: Walk with Ease, Sit & Be Fit, Everybody Fitness
- Lifestyle Programs such as Meditation

6. Luscher Farm Organic Education (524)

Objectives

- Address food insecurity in underserved populations
- Integrate history, urban agriculture and natural resources within organic education programming
- Expand botanical garden education, create demonstration gardens, Community Garden Program, livestock and animal studies, science based and environmental education activities
- Strengthen and advance urban agriculture, support local farmers



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Outcomes

- Establish connections to humans, animals, land and nature
- Create awareness of climate change impact on local food sources

Examples of Luscher Farm Organic Education

- Community Gardens, Rogerson Clematis Garden and Community Supported Agriculture
- Children’s Garden at Luscher Farm and out-of-school-time and camp activities

7. Community and Special Events (527)

Objectives

- Take advantage of Lake Oswego’s parks, plazas and unique spaces to offer programs
- Partner with community businesses and other agencies to provide convenient, effective and appropriate activities and event experiences
- Provide appropriate safe and attractive and flexible spaces and facilities to accommodate programming and educational needs
- Ensure Farmers’ Markets continue to focus on organic produce and products and balance with other artisan products

Outcomes

- Build a sense of community
- Discover and learn new skills and interests
- Enhance creativity and expression
- Improve cognitive and problem-solving skills including learning from mistakes
- Expand self-concept and enhance self-confidence through new experiences
- Develop a sense of belonging through meeting and gathering with others with similar interests
- Contribute to Lake Oswego’s socio-economic and vitality through cultural exploration and tourism
- Meet and make new friends and learn acceptance of others and their differences
- Create pleasant social experiences, a spirit of playfulness and fun

Examples of Community and Special Events

- Events: Community and Special Occasions; Concerts, Movies, Holiday Celebrations, Cultural Celebrations, Dances
- Lake Oswego Farmers’ Market and Lake Grove Farmers’ Market



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8. Outdoor Recreation (528)

Objectives

- Provide a variety of accessible outdoor recreation programs and trips for youth and adults at an introductory and exploratory level
- Expand market position and future role due to popularity of outdoor recreation

Outcomes

- Develop outdoor related skills and knowledge
- Develop an appreciation of nature and conservation ethics
- Encourage healthy lifestyles and maintain or improve fitness levels
- Create a sense of wonder, curiosity, discovery, exploration
- Build self-confidence and problem-solving skills
- Develop positive personal connections and build sense of community
- Create a spirit of playfulness and fun

Example of Outdoor Recreation Programs

- Youth Outdoor Camps
- Tot Walks
- Kayak and SUP trips, lessons and rentals
- Adult Adventure Trips and Tours (Rock climbing, Snowshoeing, XC Skiing, Paddle-boarding, Canoeing, Kayaking, Fishing)
- Adult Hiking and Walking activities

Responsibility/Contacts: Deputy Director Recreation, ACC Manager, Recreation Supervisors, Administrative Assistant