

6.3.A LOPR Matrix of Program Opportunities

Date: 12/31/2019

Updated: 12/31/2022

Date To Be Reviewed: Three Years - 12/31/2025

Lake Oswego Parks & Recreation Program	LOCA TION	Demographic					Ability Level					Participation Level			Wellness Dimension					
		Pre-School	Youth	Teen	Adult	50+	Special Needs	Beginning	Intermediate	Expert/Advanced	Master	Individual	Small Group	Large Group	Physical	Emotional	Social	Intellectual	Environmental	Spiritual
Get Moving																				
Indoor Play	CCP	x					x	x					x		x		x			
Penny's Puppets	CCP	x					x	x					x				x	x		
Music with Mr. Hoo	CCP	x					x	x					x				x	x		
Music and Movement	CCP	x					x	x					x		x		x			
Tiny Boppers	CCP	x					x	x					x		x		x			
Mini-Ballerinas	CCP	x					x	x					x		x		x			
Toes & Tap	CCP	x					x	x					x		x		x			
Fairy Tale Ballet 1	ABDA	x					x	x					x		x		x			
Fairy Tale Ballet 2	ABDA	x					x		x				x		x		x			
Petit Nutcracker Dance Class	ABDA	x					x	x					x		x		x			
Tiny-Hawks Soccer	FIELD	x					x	x					x		x		x			
Mini-Hawks Multi-Sport	FIELD	x					x	x					x		x		x			
Mini-Hawks Basketball	FIELD	x					x	x					x		x		x			
Haunted House w/LEGO	CCP		x				x	x					x				x			
MARVELous Engineering w/LEGO	CCP		x				x	x					x				x			
Intro to Fencing	CCP		x				x	x					x		x		x			
Tools of Rock Camp	CCP		x				x	x					x				x			
Minecraft Engineering w/LEGO	CCP		x				x	x					x				x	x		
Wings and Waves Waterpark	TRIP		x	x			x	x					x		x		x			
Ballet 1 for Kids	CCP		x				x	x					x		x		x	x		
Musical Theater + Tap for Kids	CCP		x				x	x					x		x		x			
Jazz 1 for Kids	CCP		x				x	x					x		x		x			
Pre-Ballet	CCP	x					x	x					x		x		x			
Ballet 1 Foundation	ABDA		x				x	x					x		x		x			
Ballroom Dance 1	CCP				x		x	x					x		x		x			

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Beginning Tap for Adults	CCP				X		X						X		X		X			
Intermediate Tap for Adults	CCP				X		X						X		X		X			
Intro to Belly Dancing	CCP				X		X						X		X		X			
Line Dance for Adults	CCP				X		X						X		X		X			
Chinese Dance	CCP				X		X						X		X		X			
Lake Oswego Yoga Retreat	CCP				X		X							X	X		X	X		X
BarreBodies	CCP				X		X								X					
ABT	CCP				X		X								X					
Yogalates	ACC				X	X	X								X					
Cardio +	ACC				X	X	X								X					
Strength and Balance	ACC				X	X	X								X					
Outdoor Power Burn	ACC				X	X	X								X					
50+ Zuma Gold	ACC					X	X								X					
Aerobic Exercise to Music	ACC					X	X								X					
Shibashi Qigong: Silent Meditative Practice	ACC				X		X						X		X	X		X		X
Every Body Athletics	CCP		X	X	X		X						X		X		X			
Get Creative																			X	
Little Masters	CCP	X					X						X				X	X		
Kids Focus on Cartooning	CCP		X				X						X				X	X		
Piano Roots	CCP		X				X						X					X		
Piano Rockers	CCP		X				X						X					X		
Vocal Roots	CCP		X				X											X		
Memoir Writing	ACC				X		X						X			X	X	X		
Into to Drawing for Adults	ACC				X		X						X					X		

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Program																			
Get Interested																			
Into to Magic	VIRT		x	x			x					x						x	
How to Train Your Cat	VIRT		x	x			x					x						x	
Babysitter Training	CCP		x	x			x					x						x	
Adult CPR	CCP		x	x	x		x					x						x	
Spanish	VIRT			x	x		x					x						x	
Get Healthy																			
Growing Minds	LUSCH	x					x					x						x	x
Zombie Garden Days	LUSCH		x				x					x				x		x	
Little Homesteaders	LUSCH		x				x											x	x
Adult Center																			
Beginning Bridge	ACC				x	x	x	x										x	
Dating and Intimacy	ACC				x	x	x											x	
Psilocybin Therapy	ACC				x	x	x											x	x
Plant Based Tasting	ACC				x	x	x											x	
Knife Skills	ACC				x	x	x											x	
Hooked on History	ACC				x	x	x											x	
Hood River Trip	ACC				x	x	x											x	
Support Groups	ACC				x	x	x					x			x	x		x	
Respite	ACC				x	x	x					x			x	x			
Teen Lounge																			
LO Teen Lounge	CCP			x			x						x		x	x		x	
Sports																			
Cornhole League	VARI				x		x					x		x		x			
Adult COED Soccer Leagues	FIELDS				x		x						x	x		x			
Youth Mountain Biking	FIELDS		x	x			x					x		x		x			
Pickleball Clinic	GRP			x	x		x					x		x		x			

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Program																			
Tennis																			
Private Lessons	ITC						X	X	X	X	X	X		X				X	
Special Olympic Training	ITC						X	X	X				X	X				X	
Outdoor																			
Learn to Kayak Tour	GRP			X	X		X	X					X					X	X
Foraging in the PNW for Beginners	VIRT				X			X					X					X	X
Raising Chickens	VIRT				X		X	X					X					X	X
Hikes and Rambles	VARI			X	X		X	X					X	X	X	X		X	X
Stewardship Work Parties	VARI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	
Special Events																			
Farmer's Market	MPP	X	X	X	X	X	X	X					X			X		X	
Cultrual Xchange	MPP	X	X	X	X	X	X	X					X			X	X		X
Horse Drawn Wagon Rides	MPP	X	X	X	X	X	X	X					X			X			
Tree Lighting	MPP	X	X	X	X	X	X	X					X			X			

LOCATION KEY

LUSCH - LUSCHER FARM

CCP - CHRIST CHURCH PARRISH

VARI - VARIOUS LOCATIONS

ITC - LAKE OSWEGO INDOOR TENNIS CENTER

GRP - GEORGE ROGERS PARK

VIRT - VIRTUAL

MPP - MILLENNIUM PLAZA PARK

ABDA - ACADEMY OF BALLET & DANCE ARTS

FIELDS - HAZELIA/EAST WALUGA/WESTLAKE PARK FIELDS

ACC - LAKE OSWEGO ADULT COMMUNITY CENTER