

LAKE  
OSWEGO

Parks  
& Rec

# Activity Guide

LAKE  
OSWEGO

Parks  
& Rec

COMMISSION FOR ACCREDITATION OF  
CAPRA  
ACCREDITED  
PARK AND RECREATION AGENCIES



REGISTRATION OPENS SATURDAY, APRIL 5

## Message from the Director

Dear Lake Oswego Community,

Summer in Lake Oswego is always something special, and this year is shaping up to be one of our best yet. Our Parks & Recreation team is honored to bring you a diverse lineup of activities—ranging from outdoor adventures and creative arts to fitness classes and vibrant community events. Whether you're looking to explore our beautiful parks, try something new, or simply enjoy time with friends and family at the swim park or along the Willamette River, there's something for everyone, regardless of age or ability.



One of the most anticipated milestones in our community is just around the corner—the grand opening of the Lake Oswego Recreation & Aquatics Center (LORAC). While construction has taken longer than expected, we firmly believe the result will be well worth the wait. Opening this spring, LORAC will introduce a new era of recreation and wellness, featuring two beautiful pools, a relaxing spa, a spacious gym, a cutting-edge fitness area, and much more. We look forward to welcoming you into a space designed to support health, play, and connection.

We appreciate your patience and enthusiasm as we approach this exciting moment. Stay tuned for membership details and exclusive sneak peeks of LORAC's progress—you'll even find a preview on page 54. In the meantime, we invite you to dive into the many programs happening throughout the city, from family-friendly events and outdoor explorations to summer camps and fitness classes.

As John Muir once said, "In every walk with nature, one receives far more than he seeks." May this summer bring you new experiences, meaningful connections, and countless opportunities to play, learn, and grow. Thank you for being an essential part of our vibrant community. We look forward to seeing you out there!

Warm regards,

Ivan Anderholm  
Director of Parks & Recreation, CPRE

## KEY CONTACTS

The Lake Oswego Parks & Recreation Department is here to assist with all your recreational needs and inquiries. Below you will find the key contacts and their information for various facilities and services within the department.

**Administrative Office**  
505 G Ave. Lake Oswego, OR 97034

**Director**  
**Ivan Anderholm**  
ianderholm@lakeoswego.city

**Recreation Deputy Director**  
**Jan Wirtz**  
jwirtz@lakeoswego.city  
503-675-2546

**Parks Deputy Director**  
**Jeff Munro**  
jmunro@lakeoswego.city  
503-534-5683

**Lake Oswego Recreation & Aquatics Center - LORAC**  
**Anthony Markey**  
amarkey@lakeoswego.city  
503-534-5203

**Adult Community Center**  
**Maria Bigelow**  
mbigelow@lakeoswego.city  
503-635-3758

**Indoor Tennis Center**  
**Hannah Plank**  
hplank@lakeoswego.city  
503-635-5550

**Mailing address for all Parks Locations**  
PO Box 369, Lake Oswego, OR 97034

**General Information & Registration**  
503-675-2549  
loparks@lakeoswego.city  
www.lakeoswego.city/parksrec

**Park Reservations**  
www.lakeoswego.city/parksrec/park-  
rental-permit-information

**Parks Ranger**  
503-697-6522

**Registration**      **Fax**  
503-675-2549      503-697-6579

## REGISTRATION

**Current Term Registration**  
Registration for Winter/Spring activities begins **Saturday, April 5** at 10 a.m. for residents and **Friday, April 11** at 10 a.m. for non-residents.

**Cancellations**  
Visit the website or call Parks & Recreation at 503-675-2549 regarding cancellations. Early registration is encouraged as classes may be canceled five working days prior to the start date due to low enrollment.

**If LOPR Cancels:**  
A full refund will be given to each registered and paid participant if Lake Oswego Parks & Recreation (LOPR) cancels an activity, class, or event.

**Refund Requests Before Start Date:**  
You will receive a full refund if you request it at least seven (7) days before the start date of the activity.

**Refund Requests Within Seven Days of Start Date:**  
Refunds requested after seven (7) calendar days prior to activity start date are processed upon approval of the programming staff and/or the contractor and are subject to \$10 processing fee (fee applies to each activity withdrawal). Without an approval no refunds will be given if participant cancels the week of the activity start date or for no shows.

**After Activity Has Started:**  
A refund may be issued upon supervisor approval.

**Exceptions:**  
Exceptions to this refund policy may be made at the staff's discretion in special circumstances.

**ACC Trip Refund Policy:**  
There are no refunds for trips that include expenses prepaid by the ACC unless a replacement participant can be found.

*\*All registrations are non-transferable and must be utilized by the registered participant.*

**Residency**  
Fees for non-residents may be up to 1.5 times the resident rate.

- A resident is:**
- An individual who rents or owns property inside the incorporated city limits of Lake Oswego.
  - For LORAC admission and activity registration only, an **individual** who lives within the LO School District boundaries.

## WHERE TO REGISTER

**Online**  
Most classes are available for online registration at [www.loparks.org](http://www.loparks.org). There is a processing fee for all online registrations.

**Phone**  
503-675-2549. Payment by credit card is required for online and phone registrations.

**In Person**  
Adult Community Center  
505 G Avenue, Lake Oswego, OR 97034

*Upon LORAC's opening, the administration office will be located at 17525 Stafford Road, Lake Oswego, OR 97034. The phone number remains 503-675-2549*



## Lake Oswego Parks & Recreation's mission

**PROVIDE EXCELLENCE IN BUILDING  
COMMUNITY, ENRICHING LIVES,  
AND CARING FOR THE URBAN AND  
NATURAL ENVIRONMENT.**



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# PARKS, RECREATION AND NATURAL RESOURCES ADVISORY BOARD

Councilor Liaison, Trudy Corrigan

Jason Dorn, Co-Chair  
Patrick Gutierrez, Co-Chair

Edwin Becker | Sarah Ellison | Rebecca Greene  
Matt McGinnis | Kara Gapon  
David Walters | Greg Wolley

Youth Council Member: Diya Deepu  
Youth Council Member: Katherine Gragg

The Parks Board is a volunteer board recommending policy direction to the City Council. The board meets at 4 p.m. on the third Wednesday of each month.

\*See the City calendar for additional meeting details at [www.lakeoswego.city/boc\\_pnab](http://www.lakeoswego.city/boc_pnab)

## LOCATION KEY

<b>ABDA</b>	Academy of Ballet & Dance Arts	311 B Ave., Ste. Z
<b>ACC</b>	Adult Community Center	505 G Ave.
<b>CCP</b>	Christ Church Parish	1060 Chandler Rd.
<b>EWP</b>	East Waluga Park	15505 Quarry Rd.
<b>FHP</b>	Foothills Park	199 Foothills Rd.
<b>GOLF</b>	Public Golf Course	17525 Stafford Rd.
<b>GRP</b>	George Rogers Park	611 S State St.
<b>HAZ</b>	Hazelia Field	17800 SW Stafford Rd.
<b>ITC</b>	Indoor Tennis Center	2900 SW Diane Dr.
<b>LUSCH</b>	Luscher Farm	125 Rosemont Rd.
<b>LORAC</b>	Rec & Aquatics Center	17525 Stafford Rd.
<b>MPP</b>	Millennium Plaza Park	200 First St.
<b>ROEHR</b>	Roehr Park	350 Oswego Pointe Dr.
<b>TEEN</b>	LO Teen Lounge @ CCP	1060 Chandler Rd.
<b>VIR</b>	Virtual - Online Activity	
<b>WLP</b>	Westlake Park	14165 Bunick Dr.
<b>WWP</b>	West Waluga Park	15775 Waluga Dr.

# POLICIES

**Accommodations**  
If you are a person with a disability or need an accommodation, please call 503-675-2549 to register.

**Diversity Equity and Inclusion**  
The City of Lake Oswego believes that including all people in the fabric of society strengthens individuals and community and enhances the quality of life. Lake Oswego Parks & Recreation endeavors to foster diversity, remove barriers and further equity and inclusion in all of its work.

**Recreation Scholarship Program**  
Lake Oswego Parks & Recreation believes that recreation is for everyone and recognizes cost can be a barrier to participation. Resident applicants may receive up to 50% of the cost of a program but not to exceed a maximum of \$100 per class, with a maximum of \$300 per individual per fiscal year (July 1 – June 30) and a maximum of \$600 per household per fiscal year. A completed application must be submitted ten calendar days prior to the program start date for processing. The online recreation scholarship application and all information can be found at [www.lakeoswego.city/parksrec/scholarship-program](http://www.lakeoswego.city/parksrec/scholarship-program). For more detailed information, please contact the front desk at [scholarships@lakeoswego.city](mailto:scholarships@lakeoswego.city), or call 503-675-2549.

**Liability, Photography & Medical Release Information**  
Payment of fees and participation in Parks & Recreation programs shall constitute participants' acknowledgement of the nature of the activity and release the City of Lake Oswego from liability for any and all claims for personal injuries. Participants, and/or parents/guardians of registered minors, authorize employees of the City to seek medical treatment in the event of an accident or emergency. Participants in Lake Oswego Parks & Recreation (LOPR) programs, activities, and events consent to the City's use of images taken by staff using photography, video, and/or drone captures. The images may be used for promotional purposes in print and digital media, and social media platforms.

**Inclement Weather**  
Please refer to our website at [www.lakeoswego.city/parksrec/inclement-weather-policy-and-procedures](http://www.lakeoswego.city/parksrec/inclement-weather-policy-and-procedures) or call 503-675-2549 for the most current information on event and activity cancellations or delays.

- General guidelines are as follows:
- If LOPR determines facility closures due to a weather event, we will make announcements as soon as possible.
  - If the City Manager closes facilities, notification will go up on the website at 4:45 a.m., and general Parks & Recreation phone hotlines will be updated.
  - Should facilities be able to open for evening hours and evening activities can resume, the website will be updated by 1:30 p.m., along with phone hotlines.
  - The status of all activities during an inclement event will be determined by the Director.



## LORAC INTERESTED IN A MEMBERSHIP?

Our pre-sale memberships may have closed in February, but great news—pricing remains the same! Memberships will be available for purchase once the facility opens. All memberships are activated when the facility opens. If you had a pre-sale membership, look for emails and launch party info coming to your email, soon.

Classification	3mo. (Res.)	3mo. (N. Res.)	Annual (Res.)	Annual (N. Res.)
Adult (18-59)	\$132	\$198	\$420	\$630
Youth (3-17)	\$112	\$168	\$357	\$536
Senior (60+)	\$112	\$168	\$357	\$536
Household**	\$246	\$370	\$788	\$1,182
Add'l Youth	+\$32 ea	+\$48 ea	+\$126 ea	+\$189 ea

\*\*Household includes – 2 adults and up to 3 youth. (Youth are 3 to 17)

### Membership Benefits

Your 3-month or annual membership includes:

- Access to Workout Room for ages 14+ with waiver and orientation during ALL open hours.
- Studio Fitness Classes, including: Strength Combo, Power Hour, Flow Yoga
- Open Swim, Family Swim, Lap Swimming
- Independent Swim Lane Workouts
- Parent/Preschool Swim, Senior Swim, Shallow and Deep Water Fitness Classes
- Open Play Gym Sports
- Aqua Fitness Classes



Join us and be part of an active, vibrant community at LORAC.

## PRESCHOOL

### Tiny Boppers

Dancers work on their coordination and rhythm with classic dances like the Hokey Pokey. Sing-a-longs, and ribbons your little dancer will learn self-confidence. Parents are encouraged to participate.

Ages 1-3	Diaz	LORAC	
30922	9:30-10 a.m.	Su	5/11-6/15
30923	9:30-10 a.m.	Su	7/13-8/17

### Mini-Ballerinas

Dancers are introduced to ballet with barre, across the floor, and free dance. Parents are encouraged to watch at the end of class.

Ages 3-5	Diaz	LORAC	
30924	10:15-11 a.m.	Su	5/11-6/15
30926	10:15-11 a.m.	Su	7/13-8/17

### Fairy Tale Ballet 1

A child-centered camp that encourages exploration, independence, and social interaction through music and dance activities that foster the joy of dance!

No Class 6/18, 6/25

Ages 2.5-3	ABDA Staff	ABDA	
30930	9:30 a.m.-10 a.m.	W	6/4-7/2

### Pom Jazz for Kids

A combination of jazz, hip-hop, and cheerleading blended together. Highly energetic class focused on synchronized and precise arm movement, jumps, formations, and kicks using pom-poms.

Ages 7-11	Diaz	LORAC	
30928	11 a.m.-12 p.m.	Su	5/11-6/15
30929	11 a.m.-12 p.m.	Su	7/13-8/17

30016	10:30-11:15 a.m.	Th	4/3
30017	10:30-11:15 a.m.	Fr	4/4
30018	10:30-11:15 a.m.	Th	4/17
30019	10:30-11:15 a.m.	Fr	4/18
31094	10:30-11:15 a.m.	Th	5/1
31095	10:30-11:15 a.m.	Fr	5/2
31096	10:30-11:15 a.m.	Th	5/22
31097	10:30-11:15 a.m.	Fr	5/23

## PRESCHOOL SPORTS

### Sports Classes with Skyhawks

Develop your child's passion for sports with Skyhawks! Fun, age-appropriate games help build basketball and baseball skills while teaching balance, coordination, and teamwork in a positive environment. Kids of all abilities grow at their own pace with encouragement!



REGISTER ONLINE AT LOPARKS.ORG!

Ages 2-3 Skyhawks LORAC Gym/EWP  
Res \$76/Non-Res \$95

#### HoopsterTots (Froggies)

30849	5-5:40 p.m.	Tu	6/17 – 7/15	LORAC Gym
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#### HoopsterTots (Froggies)

30851	5-5:40 p.m.	Tu	7/22 – 8/19	LORAC Gym
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#### BaseballTots (Hitters)

30853	5-5:40 p.m.	Th	6/19 – 7/17	EWP
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#### BaseballTots (Hitters)

30855	5-5:40 p.m.	Th	7/24 – 8/21	EWP
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Ages 4-5 Skyhawks LORAC Gym/EWP  
Res \$76/Non-Res \$95

#### HoopsterTots (Kangaroos)

30850	5:50-6:30 p.m.	Tu	6/17 – 7/15	LORAC Gym
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#### HoopsterTots (Kangaroos)

30852	5:50-6:30 p.m.	Tu	7/22 – 8/19	LORAC Gym
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#### BaseballTots (Batters)

30854	5:50-6:30 p.m.	Th	6/19 – 7/17	EWP
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#### BaseballTots (Batters)

30856	5:50-6:30 p.m.	Th	7/24 – 8/21	EWP
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## Soccer Classes with Soccer Shots

Join Soccer Shots for 10-week sessions with options for classes on Tuesday, Thursday, or Sunday, indoor or outdoor, morning or afternoon! Find a class right for you and your mini soccer star!



Soccer Shots Mini for ages 2-3  
Soccer Shots Classic for ages 3-4  
Soccer Shots Premier for ages 5-6



For activity details, scan the QR code. To register, visit [www.SoccerShots.com](http://www.SoccerShots.com)



## SCHOLARSHIP PROGRAM



Lake Oswego Parks & Recreation believes that recreation is for everyone and recognizes cost can be a barrier to participation. Thanks to the generous support of the Rotary Club of Lake Oswego, we are able to provide scholarships to help make recreation accessible to all.



See page 5 or scan the QR code for more information.

## FUN & FIT ADULTS / TEENS

### Intro to Belly Dancing

The art of Belly Dance is expressed with both isolations and fluid movements. Build core strength and enhance flexibility and balance while learning the basics of this creative art form.

**Ages 18+ TBD ACC**

Res \$55/Non-Res \$69

<b>30992</b>	7-8 p.m.	W	5/7-6/25
<b>31396</b>	7-8 p.m.	W	7/2-8/20

### Intermediate Belly Dancing

The art of Belly Dance is expressed with both isolations and fluid movements. With intermediate class, explore finger cymbals, more complex movements, and isolations while building core strength and enhancing flexibility.

**Ages 18+ TBD ACC**

Res \$52/Non-Res \$65

<b>30993</b>	6-7 p.m.	W	5/7-6/25
<b>31395</b>	6-7 p.m.	W	7/2-8/20



### Beginning Line Dance for Adults

A fun, easy hour of learning basic patterns, steps and dances. Bring your friends and meet others who enjoy moving to the beat. Price per person. No partner needed. No Class 9/1

**Ages 18+ Williams ACC**

Res \$58/Non-Res \$72

<b>30994</b>	7-8 p.m.	M	6/2-7/21
<b>30995</b>	7-8 p.m.	M	7/28-9/22

### Teen/Adult Essential Ballet

Ideal for resusers and those who haven't danced in decades. Build strength and technique at the barre while improving body alignment and coordination. A versatile class with combinations scaled to accommodate the student's skill level.

**No Class 6/16**

**Ages 14+ ABDA Staff ABDA**

Res \$156/Non-Res \$179

<b>31001</b>	7:30-8:30 p.m.	M	6/2-7/14
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### PILATES Essential/Intermediate Mat

Achieve the health benefits of Pilates as you perform the basic principles and essential exercises on the mat. Improve your core strength and flexibility while correcting imbalances.

**Ages 14+ ABDA Staff ABDA**

Res \$93/Non-Res \$116

<b>31003</b>	10:15-11:10 a.m.	W	5/21-6/11
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## FITNESS

### Fitness "Punch Card"

Register and complete 10 paid-for Fitness Classes to get half off registration on your next Fitness Class!

\*Email [mwilliams@lakeoswego.city](mailto:mwilliams@lakeoswego.city) after you register for each class to receive your tally. Must complete the 10 classes in 1 calendar year. Classes paid for using account credit, or the half-off registration is not applied towards the deal.

### MEMBER CLASSES AT THE LORAC!

Strength Combo, Power Hour and Flow Yoga are free with membership, or included with purchase of a day-pass.

**Strength Combo:** This full body workout focuses on strength and weight training using various equipment and body weight exercises. Increase your muscular endurance and power. M/W 5:30-6:30 p.m., W/F 6-7 a.m.

**Power Hour:** This full body workout incorporates cardio and strength training elements to keep your heart rate up while engaging various muscle groups. Increase your aerobic capacity and power. M 12-1 p.m., T/Th 7:30-8:30 a.m., Th 6:30 p.m.

**Flow Yoga:** This Vinyasa-style class connects breath to movement through flow-based sequencing. Flow Yoga builds body awareness, strength, and balance. Many progressions will be offered in this class. M 6-7 a.m., T 6:30-7:30 p.m., W 12-1 p.m., Sa 10:15-11:15 a.m.

### Personal Training

Reach your fitness goals with personalized training. All levels of fitness can benefit from 1:1 sessions; whether you are just beginning your exercise journey or looking to increase your knowledge and routine.

Sessions offered in person at the LORAC. Ages 14+

First Session Deal: \$40/Non-Res \$60 or FREE with purchase of more sessions. Limit 1 per person.

1 Session: \$73/Non-Res \$92  
5-pack: \$347/Non-Res \$399, 3-month expiration  
10-pack: \$660/Non-Res \$759, 6-month expiration

Email [mwilliams@lakeoswego.city](mailto:mwilliams@lakeoswego.city) to get started!

### Sports Performance Camp

Improve technique and form for major lifts, learn about lifting cycles (Endurance, Strength and Power), and how to train for specific sports. Learn how to more efficiently plan your workout and reach your goals. Participants have the option to complete a challenging workout each day, a lighter workout option is available as well. We will also spend time outside enjoying recreation activities at Hazelia Field. Please be well nourished and hydrated each day. Some exercise experience required, as well as a positive attitude and open mind! Coach Colin Feldtman is a former collegiate and professional baseball player from the Pacific Northwest. He is a certified strength & conditioning coach through NSCA, CrossFit Level 2 certified and a Precision Nutrition certified coach. Participants must fill out questionnaire prior to camp.

**Ages 14-17 Feldtman LORAC**

Res \$300/Non-Res \$345

<b>30786</b>	1-4 p.m.	M-Th	8/11-8/14
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### Girls Weightlifting Camp

This camp teaches safe techniques and programming for exercise and weightlifting. Gain understanding of basic physiology and learn how to plan a workout. It is a safe space to explore and find joy in movement! We will also spend time outside enjoying recreation activities at Hazelia Field. Former professional ballerina turned certified personal trainer and strength coach, Abigail Parker, brings her passion for movement and wellness to empower individuals to unlock their full potential. With a special heart for mentoring youth, Abigail is dedicated to inspiring the next generation to cultivate strength, resilience and confidence that extends far beyond the gym. Participants must fill out questionnaire prior to camp.

**Ages 14-17 Parker LORAC**

Res \$275/Non-Res \$317

<b>30809</b>	1-4 p.m.	M-Th	7/7-7/10
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### Movement Camp

This camp creates a fun atmosphere to find joy in movement! Learn more about strength training using bodyweight, bands, and weights while prioritizing safety. Mobility, stretching, and yoga are explored. We will also spend time outside enjoying recreation activities at Hazelia Field. Sydney is a certified fitness coach, nutritionist, and USA Weightlifting Level 1 coach with a B.S. in Biology and a background in collegiate soccer. As a current weightlifting athlete, she is passionate about helping youth build strength and confidence through safe and effective training. Her camps provide a supportive, judgment-free environment where kids can learn proper technique, prioritize safety, and develop a lifelong appreciation for movement.

**Ages 11-14 Sterling LORAC**

Res \$200/Non-Res \$230

<b>30808</b>	1-4 p.m.	M-Th	7/21-7/24
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### Live Well Dance with the Millennium Dance Band

The incomparable Millennium Dance Band plays music as performed by the "Big Bands" of the 1930s, 40s, and 50s with an occasional ballroom favorite. All ages are invited to enjoy the great music; adults must accompany children 14 and under. \$7 per person at the door.

Join us on the following Fridays from 7 to 9 p.m.  
May 9 | June 13

Cummins Hall at Christ Church Parish, 1060 Chandler Road

### Beginning Weightlifting Camp

This camp teaches safe techniques and programming for exercise and weightlifting. Gain understanding of basic physiology and learn how to plan a workout. It is a safe space to explore and find joy in movement! We will also spend time outside enjoying recreation activities at Hazelia Field. No experience necessary! Sydney is a certified fitness coach, nutritionist, and USA Weightlifting Level 1 coach with a B.S. in Biology and a background in collegiate soccer. As a current weightlifting athlete, she is passionate about helping youth build strength and confidence through safe and effective training. Her camps provide a supportive, judgment-free environment where kids can learn proper technique, prioritize safety, and develop a lifelong appreciation for movement. Participants must fill out questionnaire prior to camp.

**Ages 14-17 Stirling LORAC**  
Res \$200/Non-Res \$230

<b>30810</b>	1-4 p.m.	M-Th	8/4-8/7
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### Run4Fun Social Club

Whether you are a walker, jogger, or runner, join the club! Meet outside the LORAC lobby and take a stroll up Rosemont Rd. and other nearby areas in a laid-back setting with new and old friends. Option to sign-up for a race with the club paid at your own expense.

**Ages 16+ Berton LORAC**  
Res \$51/Non-Res \$64

<b>30560</b>	8:30-9:30 a.m.	Sa	6/7-7/26
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### Full Moon Yoga Ceremony

A full moon offers an opportunity to sit in the fullness of your life. A time for inner exploration. During the full moon ceremony, we will prepare our sacred space and meditate under the moon light while tuning into nature's presence. Intentions will be set with journaling, and we will close with a gentle gratitude yoga flow. Each participant will also curate their own moon water mocktail to take with them! Bring your own mat, journal and pen.

**Ages 16+ Morris ROEHR**  
Res \$20/Non-Res \$30

<b>30552</b>	7-8:15 p.m.	Sa	8/9
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### Happy Hour Yoga

The more the merrier at this yoga + wine event! Enjoy an hour of Vinyasa Yoga followed by local wine and mingling at the park. Class fee includes wine as well. Must be 21 or over to attend. Please bring your own mat.

**Ages 21+ Bristow MPP**  
Res \$22/Non-Res \$33

<b>30553</b>	5:30-7 p.m.	Th	6/26
<b>30554</b>	5:30-7 p.m.	Th	7/17
<b>30555</b>	5:30-7 p.m.	Th	8/14

### Barre in the Park

A challenging workout for any fitness level! Experience low impact training on the river at Foothills Park. Focus on balance, posture & increased muscle strength set to fun music. Bring your own mat, towel for underneath and water.

**Ages 16+ Berton FHP**  
Res \$12/Non-Res \$18

<b>30556</b>	9-10 a.m.	Sa	5/17
<b>30557</b>	9-10 a.m.	Sa	6/21
<b>30558</b>	9-10 a.m.	Sa	7/19
<b>30559</b>	9-10 a.m.	Sa	8/16

### BarreBodies

Experience low impact training using weights, ballet barre & mat work on the floor. Focus on balance, posture & increased muscle strength set to fun music. Scale back or step it up a notch. Bring a yoga mat. **No Class 5/26**

**Ages 18+ Berton ACC**  
Res \$67/Non-Res \$84

<b>31305</b>	12-1 p.m.	M	5/12-7/7
<b>31306</b>	12-1 p.m.	M	7/14-8/25
<b>30563</b>	9-10 a.m.	W	5/14-7/2
<b>30564</b>	9-10 a.m.	W	7/9-8/27

### BarreBodies 2

A challenging workout for any fitness level, with more intensity options than BarreBodies. Low impact training using weights, ballet barre & mat work on the floor. Focus on balance, posture & increased muscle strength set to fun music. Bring a yoga mat. **No Class 6/19**

**Ages 16+ Berton/Williams LORAC**  
Res \$67/Non-Res \$84

<b>30561</b>	12-1 p.m.	Tu	5/13-7/1
<b>30562</b>	12-1 p.m.	Tu	7/8-8/26
<b>30565</b>	12-1 p.m.	Th	5/15-7/3
<b>30566</b>	12-1 p.m.	Th	7/17-8/28

### Spin and Sculpt

Fun and engaging, beat based workout. This 45-minute class offers a variety of intervals, hills, jogs, and weighted exercises off of the bike. You control your own resistance, so all fitness levels are welcome! The high energy playlist will leave you feeling revived and refreshed. **No Class 7/4**

**Ages 16+ McCarty/Steele LORAC**  
Res \$62/Non-Res \$78

<b>30567</b>	6:45-7:30 p.m.	W	5/7-6/25
<b>30568</b>	6:45-7:30 p.m.	W	7/2-8/20
<b>30569</b>	12-12:45 p.m.	F	5/2-6/20
<b>30570</b>	12-12:45 p.m.	F	6/27-8/22

### Power Cycle

A cycling class designed to increase aerobic capacity through various resistances and speeds. You control your own resistance, so all fitness levels are welcome! The high energy playlist will keep you motivated from start to finish.

**Ages 16+ McCarty/Steele LORAC**  
Res \$62/Non-Res \$78

<b>30571</b>	9-9:45 a.m.	Tu	5/6-6/24
<b>30572</b>	9-9:45 a.m.	Tu	7/1-8/19
<b>30573</b>	5:30-6:15 p.m.	Tu	5/6-6/24
<b>30574</b>	5:30-6:15 p.m.	Tu	7/1-8/19

### High Vibe Yoga

A practice filled with balance, flexibility, and strength using light weights and bands! We use wireless noise-canceling headphones so you can tune into what the instructor is saying and tune out of any distractions. And the music is designed to inspire and bring joy to your experience!

**Ages 16+ Gardner LORAC**  
Res \$102/Non-Res \$118

<b>30787</b>	7:30-8:30 a.m.	F	5/9-6/27
<b>30788</b>	7:30-8:30 a.m.	F	7/11-8/29

### Power Yoga

Power yoga is a vigorous form of yoga that combines traditional poses with faster-paced movements to build strength, flexibility, and stamina. It's ideal for those looking for a more physically demanding yoga experience. **No Class 7/30 and 8/6**

**Ages 16+ Bristow LORAC**  
Res \$67/Non-Res \$84

<b>31358</b>	7:30-8:30 a.m.	W	5/7-6/25
<b>31359</b>	7:30-8:30 a.m.	W	7/2-8/27

### Full Body Sculpt

Warm up with a Yoga Flow, then dive into tempo strength and cardio intervals using bodyweight and dumbbells. Heart rate stays up as does the motivating playlist! This class ensures a fun vibe and a burn. **No Class 5/26, 6/19**

**Ages 16+ Cavanaugh/Jansen LORAC**  
Res \$67/Non-Res \$84

<b>30575</b>	4-5 p.m.	M	5/5-6/30
<b>30576</b>	4-5 p.m.	M	7/7-8/25
<b>30577</b>	9-10 a.m.	Th	5/8-7/3
<b>30578</b>	9-10 a.m.	Th	7/10-8/28

### Outdoor Strength and Balance

Maintaining strength and preventing falls are both important aspects to healthy aging. Strength and Balance aims to increase balance, bone density and confidence, promote wellness, lean muscle, and overall strength through specifically formatted exercises using various weights. Please bring a mat to each class. **No Class 5/26, 8/4**

**Ages 18+ Cavanaugh FHP**  
Res \$67/Non-Res \$84

<b>30579</b>	8:45-9:45 a.m.	M	5/5-6/30
<b>30580</b>	8:45-9:45 a.m.	M	7/7-8/25

### Outdoor Power Burn

A high energy combination of aerobic and resistance work that will rev your heart rate and build muscle all in one class. All fitness levels welcome! Modifications are always given for beginners, while challenging options are provided for advanced participants. Weights are provided onsite, please bring a mat. **No Class 8/6**

**Ages 18+ Cavanaugh MPP**  
Res \$67/Non-Res \$84

<b>30581</b>	8:45-9:45 a.m.	W	5/7-6/25
<b>30582</b>	8:45-9:45 a.m.	W	7/2-8/27

### Outdoor Core

A non-impact class designed to create healthy movement patterns to protect vulnerable joints by focusing on improving core strength, fluidity, and overall balance. Alleviate low back, knee, and hip pain. Improve mobility and stability through functional movement. Dumbbells are available for more advanced students. All you need is a mat! **No Class 8/8**

**Ages 18+ Cavanaugh FHP**  
Res \$67/Non-Res \$84

<b>30583</b>	8:45-9:45 a.m.	F	5/9-6/27
<b>30584</b>	8:45-9:45 a.m.	F	7/11-8/29

### Strength and Balance

Maintaining strength and preventing falls are both important aspects to healthy aging. Strength and Balance aims to increase balance, bone density, and confidence, promote wellness, lean muscle, and overall strength through specifically formatted exercises using dumbbells and other training tools. Modifications are provided for beginners and students with injuries or other physical limitations. Please bring a mat.

**No Class 8/5**  
**Ages 18+ Cavanaugh LORAC**  
Res \$67/Non-Res \$84

<b>30585</b>	10:15-11:15 a.m.	Tu	5/6-6/24
<b>30586</b>	10:15-11:15 a.m.	Tu	7/1-8/26

### Resistance Training

Muscle mass and strength are significantly correlated with healthy aging. This class provides an introduction to building lean muscle mass to power efficient movement, gain agility, eliminate joint pain, re-set metabolism, and improve balance. Each class covers all key muscle groups using a variety of tools in standing and ground-based exercises. Modifications are provided for participants requiring chair or wall assistance, and beginning students may use bodyweight where needed.

**No Class 6/19, 8/7**  
**Ages 18+ Cavanaugh LORAC**  
Res \$67/Non-Res \$84

<b>30587</b>	10:15-11:15 a.m.	Th	5/8-6/26
<b>30588</b>	10:15-11:15 a.m.	Th	7/3-8/28

### Barbell Pump

A true strength endurance workout! Isolate each muscle group with moderate to high repetitions using mainly the barbell. This beat-based class will keep you engaged and elevate your fitness routine. **No Class 5/26, 6/19**

Agnes 16+	Voors	LORAC	
Res \$67/Non-Res \$84			
<b>31274</b>	9-10 a.m.	M	5/5-6/30
<b>31275</b>	9-10 a.m.	M	7/7-8/25
<b>31328</b>	6-7 a.m.	Th	5/1-6/26
<b>31329</b>	6-7 a.m.	Th	7/3-8/21

### Functional Fitness for Golfers

Improve strength, flexibility, and rotation that golfers need. Learn mobility moves using bands, weights, and bodyweight. Practice consistent beneficial moves like the pros swear by to gain power and avoid injury.

Agnes 16+	Berton	LORAC	
Res \$67/Non-Res \$84			
<b>31309</b>	1:15-2:15 p.m.	Tu	5/13-7/1
<b>31310</b>	1:15-2:15 p.m.	Tu	7/8-8/26

### Mobility & Fitness

Exercises will focus on balance, strength, and coordination with low-impact cardio intervals to improve heart health. Movement will take place standing and seated, and modifications for chair and wall assistance will be provided.

**No Class 5/26, 8/4, 8/8**

Agnes 18+	Cavanaugh	LORAC	
Res \$67/Non-Res \$84			
<b>30589</b>	10:15-11:15 a.m.	M	5/5-6/30
<b>30590</b>	10:15-11:15 a.m.	M	7/7-8/25
<b>30591</b>	10:15-11:15 a.m.	F	5/9-6/27
<b>30592</b>	10:15-11:15 a.m.	F	7/11-8/29

### Sit & Be Fit

Learn and practice exercises you can do while seated. Have fun and elevate your cardiovascular health while developing flexibility and strength using bands, dumbbells, and your own bodyweight. Participants may stand. **No Class 8/6**

Agnes 18+	Cavanaugh	ACC	
Res \$62/Non-Res \$78			
<b>30593</b>	10:15-11:15 a.m.	W	5/7-6/25
<b>30594</b>	10:15-11:15 a.m.	W	7/2-8/27

### Strong Bones & Healthy Aging

Created from research and evidence-based studies, this class uses weighted vests and exercises to improve bone density and decrease risk of falls to maintain independence.

**No Class 6/19**

Agnes 50+	Jansen	ACC	
Res \$128/Non-Res \$147			
<b>30724</b>	9-10 a.m.	Tu/Th	5/6-7/1
<b>30725</b>	9-10 a.m.	Tu/Th	7/3-8/26

### Nia - Try it FREE!

Here's your chance to try Nia for free, then sign up to join the class! Registration Required.

Agnes 16+	Khorasane	ACC/LORAC	
<b>30736</b>	5-6 p.m.	Tu	5/6
<b>30737</b>	9-10 a.m.	F	5/2

### Nia

Nia is a sensory based format designed to condition your body and mind. Nia uses inspirational and invigorating music along with dance, martial arts, and relaxation for a fun filled hour. Join Zarina for this opportunity to express, enhance, awaken, and lift your spirit! We move to create sensation; we use sensation to become aware; we use awareness to improve flexibility, agility, mobility, stability, and strength. Bare feet recommended but not required. **No Class 5/27, 5/30**

Agnes 16+	Khorasane	ACC/LORAC	
Res \$38/Non-Res \$57			
<b>30738</b>	5-6 p.m.	Tu	5/13-6/17
<b>30739</b>	9-10 a.m.	F	5/9-6/13



### Healthspan Fitness

This program uses a combination of cardio, strength, and balance training to equip students for healthy longevity and sustained independence. Using personalized weights, students will track their progress in gaining strength, endurance, and mobility to protect against injury, improve physical function, and decrease depression and other impacts of chronic disease and aging. **No Class 5/26, 8/4, 8/6, 8/8**

Agnes 50+	Cavanaugh	ACC	
Res \$186/Non-Res \$214			
<b>30595</b>	1:15-2:15 p.m.	M	5/5-6/27
	11:45 a.m.-12:45 p.m.	W/F	
<b>30596</b>	1:15-2:15 p.m.	M	6/30-8/29
	11:45 a.m.-12:45 p.m.	W/F	

### Step Aerobics

Step aerobics is both excellent exercise for the body and the brain! This class has low and high intensity options and sequences to a safe mid-tempo beat.

Agnes 16+	Vega	LORAC	
Res \$72/Non-Res \$90			
<b>30726</b>	6-7 p.m.	W	5/7-6/25
Res \$36/Non-Res \$54			
<b>30727</b>	6-7 p.m.	W	8/6-8/27

### Step Interval

Step aerobics is both excellent exercise for the body and the brain! This class incorporate traditional step elements with weight training intervals for the perfect metabolic conditioning workout. **No Class 5/26**

Agnes 16+	Vega	LORAC	
Res \$72/Non-Res \$90			
<b>30728</b>	6:45-7:45 p.m.	M	5/5-6/30
Res \$36/Non-Res \$54			
<b>30729</b>	6:45-7:45 p.m.	M	8/4-8/25

### Zumba

Zumba is a fun and energetic dance class set predominantly to Latin music, but includes other World rhythms with a bit of pop music. Easy to follow dance moves focus on cardiovascular fitness, muscular conditioning, flexibility, and balance. Some dance experience helpful but not required.

**No Class 7/5**

Agnes 16+	Sanders	LORAC	
Res \$72/Non-Res \$90			
<b>30730</b>	12-1 p.m.	Sa	5/3-6/21
<b>30731</b>	12-1 p.m.	Sa	6/28-8/23

### Zumba Gold

Zumba Gold is perfect for active older adults, those beginning their fitness journey, or people who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Zumba is a dance class set predominantly to Latin music, but includes other World rhythms with a bit of pop music. Easy to follow dance moves focus on cardiovascular fitness, muscular conditioning, flexibility, and balance. Some dance experience helpful, but not required.

**No Class 6/19, 7/5**

Agnes 18+	Davis/Sanders	LORAC	
Res \$72/Non-Res \$90			
<b>31253</b>	1:15-2:15 p.m.	Th	5/1-6/26
<b>31254</b>	1:15-2:15 p.m.	Th	7/3-8/21
<b>30732</b>	9-10 a.m.	Sa	5/3-6/21
<b>30733</b>	9-10 a.m.	Sa	6/28-8/23

### Mat Pilates

A full-body coordination exercise class that works the body's deep, small muscle groups. Pilates stretches target muscles and enhances the strength and control of core muscles, which are used to improve the body's posture and restore the normal physiological curvature of the spine. Bring a mat to each class. **No Class 7/4**

Agnes 18+	Bullock/Curtin	ACC/LORAC	
Res \$88/Non-Res \$110			
<b>31307</b>	9-10 a.m.	W	5/7-6/25
<b>31308</b>	9-10 a.m.	W	7/2-8/20
<b>30740</b>	9-10 a.m.	F	5/2-6/20
<b>30741</b>	9-10 a.m.	F	6/27-8/22

### Strength and Stretching

A perfect mixture of wellness! Use various equipment for full body strength training while integrating mobility and stretches. Please bring your own mat. **No Class 7/4**

Agnes 18+	Bullock	ACC	
Res \$88/Non-Res \$110			
<b>30742</b>	11:30-12:30 p.m.	F	5/2-6/20
<b>30743</b>	11:30-12:30 p.m.	F	6/27-8/22

### Yoga for All Levels

Classes are designed to welcome you whether you are new to yoga or experienced. Through traditional yoga poses we will explore the connection between mind and body while building strength and flexibility. All poses can be adapted to fit your abilities. Bring your own yoga mat to each class.

**No Class 6/19**

Agnes 18+	Bullock	ACC	
Res \$110/Non-Res \$127			
<b>30744</b>	10:15-11:30 a.m.	Th	5/1-6/26
<b>30745</b>	10:15-11:30 a.m.	Th	7/3-8/21



### Chair Yoga

A gentle class adapting yoga poses with a chair. The class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. **No Class 7/4**

Agnes 18+	Bullock	ACC	
Res \$56/Non-Res \$70			
<b>30746</b>	10:15-11:15 a.m.	F	5/2-6/20
<b>30747</b>	10:15-11:15 a.m.	F	6/27-8/22

### Gentle Yoga

Perfect for beginners and continuing students who want to refine their poses with emphasis on strength and flexibility. Focus on basic poses and sequences. Students must be able to get down to and up from the floor and stand. Please bring a mat to each class. **No Class 6/19**

Agnes 18+	Buchanan/Kramer	ACC	
Res \$65/Non-Res \$82			
<b>30750</b>	10:30-11:30 a.m.	W	5/7-6/18
<b>30748</b>	5:30-6:30 p.m.	Th	5/8-7/3
<b>30749</b>	5:30-6:30 p.m.	Th	7/10-8/28

### Virtual Drop-In Yoga

Explore the connection between mind and body while building strength and flexibility. This Hatha-style class will incorporate traditional yoga poses and other forms of gentle movement. Appropriate for anyone with some basic yoga experience. All poses can be adapted to fit your abilities. Classes are held Virtually Mondays 5-6:15 p.m. and Wednesdays 10-11:15 a.m.

The drop-in option allows flexibility and can be purchased in 1, 5, 10, and 15 class increments. Valid only 5/5-8/18 \*No Class 5/26 for classes listed below. Non-refundable. Non-transferable.

Ages 16+	Helmick	VIR
30753	Drop-In 1 Time	Res \$13/Non-Res \$19
30754	Drop-In 5 Times	Res \$61/Non-Res \$77
30756	Drop-In 10 Times	Res \$118/Non-Res \$135
30757	Drop-In 15 Times	Res \$162/Non-Res \$186



### Tai Chi Better Balance 24-Form

Based on the Yang family 24-movement Short Form, this class progresses from the previous Tai Chi - Moving for Better Balance classes. We continue our practice and learn the additional forms and transitions for the Tai Chi 24 Form. Engage in meditative mind-body exercise with slow paced, low impact, rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Previous Tai Chi experience or mindful movement practice is highly recommended. **No Class 6/19**

Ages 18+	Kidoguchi	ACC
30758	9-10 a.m.	Tu/Th 5/1-6/26

### Tai Chi Continued Practice

Designed for the intermediate/advanced student. This fourth class in the series based on the Yang family 24-movement Short Form offers a teacher-guided portion that emphasizes coordination of footwork and arm movements, along with transitions to create the continuous flow. In addition, students are offered the opportunity to explore a more self-sufficient experience to deepen their practice. Previous Tai Chi experience or mindful movement practice is highly recommended. **No Class 6/19**

Ages 18+	Kidoguchi	ACC
30760	10:10-11:10 a.m.	Tu/Th 5/1-6/26

### Chair Tai Chi

This is a gentle, meditative mind-body exercise performed while seated in the comfort and safety of a chair. Based on the proven effective Tai Chi-Moving for Better Balance program, this class combines traditional Tai Chi forms with simple, slow, and rhythmical therapeutic movements to improve balance, strength, and reduce the risk of falls. No previous experience necessary. **No Class 6/19**

Ages 18+	Kidoguchi	ACC
30761	11:20-12:20 p.m.	Tu 5/6-6/24
30762	11:20-12:20 p.m.	Th 5/1-6/26

### Shibashi Qigong

Learn the ancient healing practice of Qigong, a Chinese moving meditation in an outdoor setting. The Shibashi form is founded on basic Tai Chi posture positions and movement principles. The simple and flowing movements coordinate with the breath to quiet the mind, relieve stress, improve balance and enhance energy. This class is suitable for beginners or experienced practitioners.

Ages 18+	Devine	MPP
30763	12-1 p.m.	Tu 5/13-6/24
30764	10:30-11:30 a.m.	Tu 7/22-9/2

### Outdoor Senior Form Tai Chi

This class is designed for students who are interested in learning the short 26 movement Yang-style form of Tai Chi Chuan especially designed for the older student. Beginner and advanced students are welcomed.

Ages 50+	Devine	MPP
30765	12-1 p.m.	W 5/14 -6/25
30766	10:30-11:30 a.m.	W 7/23-9/3



### Outdoor 49 Form Tai Chi

This class is designed for students who are interested in learning the 49 movement Yang-style form of Tai Chi Chuan. Beginner and advanced students are welcomed. **No Class 6/19**

Ages 18+	Devine	MPP
30767	12-1 p.m.	Th 5/15 -6/26
30768	10:30-11:30 a.m.	Th 7/24-9/4

## FREE TO DO IN LO

**GO Live Well** is the community health platform centered on the six dimensions of wellness: physical, intellectual, emotional, social, spiritual, and environmental. Through this initiative, Lake Oswego Parks & Recreation offers a wide range of services and activities designed to promote well-being in every aspect of life, ensuring support for all community members.

Bring wellness opportunities right to your doorstep, helping residents of all ages and backgrounds engage in healthy, fulfilling activities that build community, enrich both mind and body, and help care for the environment all around us. Check out all these highlighted activities!

- **Swim at the LO Swim Park.** See ad on page 26
- **Enjoy the Independence Day Celebrations.** See page 51
- **Rock out at a Wednesday or Sunday Concert.** See ad on page 52
- **Honor a Vet with a visit to the Veteran's Memorial at Foothills Park**

### PLUS! Urban & Community Forestry Workshops

Each year the City offers a series of free Urban and Community Forestry Workshops for the public. Pre-registration is required and capacity is limited with preference given to Lake Oswego residents. For complete details and free registration, please visit [www.lakeoswego.city/planning/workshop-series](http://www.lakeoswego.city/planning/workshop-series) or call 503-635-0290 unless otherwise specified. This year's lineup is listed below:



- **Tree Pruning**, Saturday, April 5 from 10 a.m. to 12 p.m. at Foothills Park
- **Tree Planting**, Saturday, April 12 from 10 a.m. to 12 p.m. at Foothills Park
- **Oregon White Oak Tree Survey Training**, Saturday, April 19, 10 a.m. to 12 p.m. at East Waluga Park. Register at Oswego Lake Watershed Council <https://forms.gle/fCpwpQFzPQyPR3Mg6>
- **Preparing for Emerald Ash Borer**, Saturday, June 28, 10 a.m. to 12 p.m. at Foothills Park
- **Tree Species Identification**, July 19 from 10 a.m. to 12 p.m. at George Rogers Park
- **Creating Backyard Habitat**, September 27 from 9 to 11 a.m. Tryon Creek State Natural Area

# Arbor Month

## 2025 LAKE OSWEGO URBAN & COMMUNITY FORESTRY EVENTS AND ACTIVITIES

Lake Oswego Celebrates 36 years of Tree City USA

- Arbor Month Art Contest for K-5th Grade Students
- Tree of the Week Highlights
- Tree Pruning Workshop
- Tree Planting Workshop
- And much more throughout April, Arbor Month!

Plus, Arbor Month Art Contest Awards and Urban Forestry & Park Stewardship Exhibits at the Farmers' Market, May 17.

VISIT [www.lakeoswego.city/planning](http://www.lakeoswego.city/planning) for more information



# STEWARDSHIP VOLUNTEER OPPORTUNITIES

Give back to the environment and volunteer with Stewardship to restore Natural Area Parks in the community. Help the Friends of the Parks improve nearly 500 acres of natural habitats for plants, pollinators, and other wildlife! Do you have a group that wants to restore the habitat? Contact Kaleb Simpson, Natural Resource & Stewardship Coordinator, [stewardship@lakeoswego.city](mailto:stewardship@lakeoswego.city). For more information visit:

[www.LO-STEWARDSHIP.org](http://www.LO-STEWARDSHIP.org)



**Investigate the Forest at Freepons Park**  
**April 27, Su 1-3 p.m.**  
 Gather the whole family for a fun-filled Nature Treasure Hunt, hosted by the Friends of Hallinan Woods in beautiful Freepons Park! Explore the park's natural wonders as you search for hidden treasures. This event is open to adventurers of all ages, and all materials will be provided.  
**Parking:** Street Parking Only  
**Contact:** Debbie Craig, (650) 380-4179  
[kbrizgys@gmail.com](mailto:kbrizgys@gmail.com)

**Preschool Nature Walk**  
**April 23, W 10:30-11:30 a.m.**  
 Join the Friends of Springbrook Park to play and learn about trees. Exploration buckets provided. Preschoolers must be accompanied by an adult. Free! No need to pre-register.  
**Parking:** Uplands Elem. School, 2055 Wembley Park Rd.  
**Contact:** Anne Lider  
[Anne.Lider@springbrookpark.org](mailto:Anne.Lider@springbrookpark.org)



**Pull Together at West Waluga Park**  
**May 3, Sa 9-11 a.m.**  
 Join the Friends of Walugas in removing teasel overtaking the wetlands next to the West Waluga paved path. The new friends group aims to restore the sprawling wetlands surrounding both Waluga Parks and build community focused volunteerism.  
**Parking:** West Waluga Parking Lot, 15775 Waluga Dr.  
**Contact:** Lindsey Boccia, (503) 943-0480  
[LakeForestChair@gmail.com](mailto:LakeForestChair@gmail.com)

**Foothills Tree Planting Workshop**  
**April 12, Sa 10 a.m.-12 p.m.**  
 Celebrate Lake Oswego Arbor Month with a community tree planting workshop! Join the Parks & Recreation staff to learn about proper planting techniques by helping to install new trees in the beautiful Foothills Park. Dress for the weather and wear closed-toe shoes. Please park in the parking lot and meet at the main entrance near the bathrooms.  
**Parking:** Foothills Parking Lot, 5010 Foothills Dr.  
**Contact:** Kaleb Simpson, Natural Resource & Stewardship Coordinator [stewardship@lakeoswego.city](mailto:stewardship@lakeoswego.city) for free registration.



**Tree of the Week Videos**  
 Join us this April in exploring the "TREE OF THE WEEK." We will highlight remarkable local tree species that add beauty, diversity, and significance to our community. Join us on this journey of exploration and appreciation for the wonders of nature! Stay tuned for some snazzy social media reels with our very own Park Rangers and Staff walking us through the remarkable trees around our community. Keep your eyes peeled for the special guest!



# ADULT PROGRAMS AT LUSCHER FARM

**Focaccia Made Easy**  
 Golden brown & soft and chewy, focaccia is a crowd pleaser. Learn the ins & outs of this Italian delight so you can impress your friends at your next gathering. Participants will take home a loaf to bake the following day plus recipes for flavored focaccia and delicious dips! (Participants should bring their own large bowl to take the dough home in.)  
**Ages 18+** Union Holistic LUSCH  
 Res \$37/Non-Res \$55  
**31108** | 6-8 p.m. | W | 5/14

**Plant-Based Cooking: Nut Milks & Nut Cheeses**  
 Discover how to use nuts to make milk and cheese. In this class, we'll be making hazelnut milk and herbed cashew cheese. Each participant is asked to bring their own mason jars to fill with what we cook up and take home.  
**Ages 18+** Sofranko LUSCH  
 Res \$39/Non-Res \$59  
**31261** | 6-8 p.m. | M | 5/19

**Hearty Salads & Grain Bowls**  
 Go beyond the basic garden salad and learn how to make hearty, filling salads with seasonal ingredients. In this class we'll cover how to increase your veggies every day with plant-based meals that are delicious, filling, and easy. You'll learn how to make savory, healthy salads, grain bowls, and delicious dressings. Participants will taste a variety of vegetarian salad style meals, and take home a savory salad with dressing as well as a packet of information and recipes.  
**Ages 18+** Union Holistic LUSCH  
 Res \$42/Non-Res \$63  
**31138** | 6-8 p.m. | W | 6/4

**Canning: Fruit & Fruit Syrup**  
 Learn how to safely hot water bath can fruit and fruit syrup! This class is just in time for berry season and the beginning of summer fruits. Each participant will have a mason jar provided to take home their jar of fruit and syrup. The fruit we use will be determined by what is abundant at the time.  
**Ages 18+** Sofranko LUSCH  
 Res \$39/Non-Res \$59  
**31262** | 6-8 p.m. | M | 5/19

**Canning: Fruit Jams**  
 Learn how to safely hot water bath can fruit jam! Each participant will have a mason jar provided to take home their jar of jam. The fruit we use will be determined by what is abundant at the time.  
**Ages 18+** Sofranko LUSCH  
 Res \$39/Non-Res \$59  
**31263** | 1-3 p.m. | Su | 6/1

IN NATURAL AREAS FROM APRIL - SEPTEMBER

## Find the Gnomes!

ARBOR MONTH MEANS OUR FOREST FRIENDS ARE BACK

- Find our nature friends! Take a photo of you, your dog, or anything by the friend.
- Submit your photo using the QR code on each forest friend's picture. The QR code will direct you to a page where you can enter your name, contact info, and picture for a chance to win a prize in October.
- Lake Oswego Parks & Recreation and our Stewardship Program will never ask for a money donation of any kind.

Visit [lo-stewardship.org](http://lo-stewardship.org) each month to learn where our forest friends have moved!

### Preserving Your Harvest: Dehydrating & Freezing

As summer harvests become more abundant, learn tips and tricks for freezing foods and dehydrating fruits, vegetables, and herbs. Each participant will take home a custom tea blend made from dehydrated fresh garden herbs and can return later to pick up their dehydrated goodies.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31264	10 a.m.-12 p.m.	Su	6/15
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### Canning: How to Pickle (Almost) Anything

In this pickling 101 class, learn how to pickle almost anything using a hot water bath canner. Each participant will receive a mason jar to take home their own jar of pickles.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31265	1-3 p.m.	Su	6/15
31268	6-8 p.m.	M	8/11



### Canning: Salsa

Learn how to safely hot water bath can salsa and fruit salsa! This class aligns perfectly with the summer harvest season. Each participant will receive a mason jar to take home their jar of salsa. The produce we use will be determined by what is abundant at the time.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31266	10 a.m.-12 p.m.	Sa	7/19
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### Canning: Chutney & Relish

Learn how to safely hot water bath can chutney and relish! Each participant will receive a mason jar to take home their jar of chutney. The produce we use will be determined by what is abundant at the time.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31267	1-3 p.m.	Sa	7/19
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### Intro to Fermentation

Join fermentation expert Chef Alexander Benavidez to learn the fundamentals behind fermentation. Chef Alexander will answer your fermentation and pickling questions while leading an in-class fermentation project. All participants will go home with a jar of something delicious.

**Ages 18+ Staff LUSCH**  
Res \$37/Non-Res \$56

31136	1-3 p.m.	Su	7/20
31137	1-3 p.m.	Su	8/17

### Take a Class with WildCraft Studio

Join WildCraft school as they bring exciting botanical art workshops to Luscher Farm! You can view all of their upcoming classes and register at [www.wildcraftstudioschool.com/classes/](http://www.wildcraftstudioschool.com/classes/)

**Ages 18+ WildCraft LUSCH**

**Indigo Patterning: Shibori & Resist**

10 a.m.-3 p.m.	Sa	6/07
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**Movement & Marks: Field Sketching**

9 a.m.-2 p.m.	Sa	6/28
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**Sun Impressions: Cyanotypes**

12 p.m.-3 p.m.	Su	6/29
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**Plein Air Painting**

9 a.m.-2 p.m.	Su	7/13
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**Natural Dyes of Summer**

9 a.m.-2 p.m.	Su	7/20
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### Crafting Seasonal N/A Beverages

Create seasonal, delicious beverages for your next gathering with homemade drinking vinegars and fruit syrups. Learn how to make fruity shrubs, no-cook syrups and beautiful, delicious garnishes for seasonal beverages. Participants will take home a packet of recipes, a jar of fruit shrub, and a bottle of fruit syrup! (Please bring a 32 oz and 16 oz jar to take your mixers home.)

**Ages 18+ Union Holistic LUSCH**  
Res \$35/Non-Res \$45

31135	6-8 p.m.	M	7/21
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### Preserving Your Harvest: Freezing Pesto & Sauces

As summer peaks, learn how to make and freeze delicious pesto and sauces. Each participant is asked to bring their own mason jars to fill with pesto to take home. The produce we use will be determined by what is abundant at the time.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31269	6-8 p.m.	M	8/18
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**FRIENDS OF LUSCHER FARM**

Organic Farming, Community Gardens, Natural Areas, Sustainability & History. Get involved today!

[www.luscherfriends.org](http://www.luscherfriends.org)

### Baking Sourdough at Home

In this class you'll learn the basics of sourdough baking, with an easy, no-knead method. Participants will learn how to shape, fold and score a loaf, how to take care of your starter, and what to do with leftover starter. You'll take home strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket! (Please bring a large bowl and 16 oz jar.)

**Ages 18+ Union Holistic LUSCH**  
Res \$51/Non-Res \$74

31118	6-8:30 p.m.	W	8/27
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### Pressure Canning: Vegetables

Learn the ins and outs of pressure canning and how to safely can vegetables. Each participant will receive a mason jar and can return later to pick up their pressure-canned goodies. The produce we use will be determined by what is abundant at the time.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$59

31270	10 a.m.-12 p.m.	Su	9/14
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### Pressure Canning: Meat & Seafood

Dive into pressure canning proteins! Learn how to safely can chicken, beef, tuna, and salmon. Each participant will receive a mason jar and can return later to pick up their pressure-canned goodies.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$55

31271	1-3 p.m.	Su	9/14
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### Sufficient Pantry Use

Learn how to stretch your food budget with bulk buying, proper storage, and budget-friendly meal prep. Participants will cook a communal meal using common pantry staples and fresh farm ingredients. Drinks will also be provided.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$55

31272	10 a.m.-12 p.m.	Su	9/21
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### Zero Waste Cooking: Bone Broth, Stocks & Soups

As we head into soup season, learn how to use food scraps to make broths and stocks, and how to turn them into hearty soups. Participants will cook a communal pot of soup using pantry staples and fresh farm ingredients. Drinks will also be provided.

**Ages 18+ Sofranko LUSCH**  
Res \$39/Non-Res \$55

31273	1-3 p.m.	Su	9/21
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**FRIENDS OF THE ROGERSON CLEMATIS COLLECTION**

Register for Rogerson Garden classes at [www.rogersonclematiscollection.org/events](http://www.rogersonclematiscollection.org/events)

**Clematis 101**

10 a.m.-12 p.m.	Sa	5/17
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**Old Garden Roses: Selections and Cultivation**

1 p.m.-3 p.m.	Sa	5/17
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**Propagating Clematis Via Cuttings and Divisions**

10 a.m.-12:30 p.m.	Sa	5/31
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**Cutting Gardens Part 2: Bring Your Garden Indoors**

10 a.m.-12 p.m.	Sa	6/21
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**WILD GEESE FARM CO. COMMUNITY SUPPORTED AGRICULTURE (CSA) AT LUSCHER FARM**

Scan the QR code to visit [www.wildgeesefarm.com](http://www.wildgeesefarm.com) and register for your share today!

# CREATIVE YOUTH

## Collage Journals

Spend the afternoon creating a paper collage journal to keep your poems, recipes, garden notes, or your hopes and dreams. Fine images that speak to you, cut, paste, and mod podge them into a beautiful piece of art to keep or gift. All supplies provided.

**Ages 12+** **Rukke** **ACC**  
Res \$35/Non-Res \$48

<b>31004</b>	1:30-4:30 p.m.	Sa	5/3
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## Private Lessons: Piano (Beginner to Advanced)

Work one on one with a pro instructor on piano in weekly, 30-minute lessons customized just for you!

**Ages 5+** **Youth Music Project** **LORAC**  
Res \$299/Non-Res \$344

<b>31005</b>	3:15-3:45 p.m.	Tu	5/6-6/10
<b>31006</b>	3:45-4:15 p.m.	Tu	5/6-6/10
<b>31007</b>	4:15-4:45 p.m.	Tu	5/6-6/10
<b>31008</b>	4:45-5:15 p.m.	Tu	5/6-6/10
<b>31009</b>	5:45-6:15 p.m.	Tu	5/6-6/10
<b>31010</b>	6:15-6:45 p.m.	Tu	5/6-6/10
<b>31011</b>	6:45-7:15 p.m.	Tu	5/6-6/10
<b>31012</b>	7:15-7:45 p.m.	Tu	5/6-6/10

Res \$397/Non-Res \$456

<b>31013</b>	3:15-3:45 p.m.	Tu	6/24-8/12
<b>31014</b>	3:45-4:15 p.m.	Tu	6/24-8/12
<b>31015</b>	4:15-4:45 p.m.	Tu	6/24-8/12
<b>31016</b>	4:45-5:15 p.m.	Tu	6/24-8/12
<b>31017</b>	5:45-6:15 p.m.	Tu	6/24-8/12
<b>31018</b>	6:15-6:45 p.m.	Tu	6/24-8/12
<b>31019</b>	6:45-7:15 p.m.	Tu	6/24-8/12
<b>31020</b>	7:15-7:45 p.m.	Tu	6/24-8/12



## Private Lessons: Guitar, Ukulele or Bass

Work one on one with a pro instructor on guitar, ukulele or bass in weekly, 30-minute lessons customized just for you!

**Ages 5+** **Youth Music Project** **LORAC**  
Res \$299/Non-Res \$344

<b>31021</b>	3:15-3:45 p.m.	W	5/7-6/11
<b>31022</b>	3:45-4:15 p.m.	W	5/7-6/11
<b>31023</b>	4:15-4:45 p.m.	W	5/7-6/11
<b>31024</b>	4:45-5:15 p.m.	W	5/7-6/11
<b>31025</b>	5:45-6:15 p.m.	W	5/7-6/11
<b>31026</b>	6:15-6:45 p.m.	W	5/7-6/11
<b>31027</b>	6:45-7:15 p.m.	W	5/7-6/11
<b>31028</b>	7:15-7:45 p.m.	W	5/7-6/11



## Private Lessons: Beginning Piano, Beginning Guitar, or Beginner-Advanced Vocal

Work one on one with a pro instructor on piano, vocal, or guitar in weekly, 30-minute lessons customized just for you!

**Ages 5+** **Youth Music Project** **LORAC**  
Res \$299/Non-Res \$344

<b>31037</b>	3:15-3:45 p.m.	Th	5/8-6/12
<b>31038</b>	3:45-4:15 p.m.	Th	5/8-6/12
<b>31039</b>	4:15-4:45 p.m.	Th	5/8-6/12
<b>31040</b>	4:45-5:15 p.m.	Th	5/8-6/12
<b>31041</b>	5:45-6:15 p.m.	Th	5/8-6/12
<b>31042</b>	6:15-6:45 p.m.	Th	5/8-6/12
<b>31043</b>	6:45-7:15 p.m.	Th	5/8-6/12
<b>31044</b>	7:15-7:45 p.m.	Th	5/8-6/12

Res \$397/Non-Res \$456

<b>31029</b>	3:15-3:45 p.m.	Th	6/26-8/14
<b>31030</b>	3:45-4:15 p.m.	Th	6/26-8/14
<b>31031</b>	4:15-4:45 p.m.	Th	6/26-8/14
<b>31032</b>	4:45-5:15 p.m.	Th	6/26-8/14
<b>31033</b>	5:45-6:15 p.m.	Th	6/26-8/14
<b>31034</b>	6:15-6:45 p.m.	Th	6/26-8/14
<b>31035</b>	6:45-7:15 p.m.	Th	6/26-8/14
<b>31036</b>	7:15-7:45 p.m.	Th	6/26-8/14

## Food Lab

Come play with your food and build your culinary skills as we explore the science behind cooking. Each class creates an exciting new project like edible slimes, tasty finger paints, and more.

**Ages 6-12** **Benavidez** **LUSCH**  
Res \$37/Non-Res \$56

<b>31109</b>	10 a.m.-12 p.m.	Su	5/11
<b>31110</b>	10 a.m.-12 p.m.	Su	5/25
<b>31111</b>	10 a.m.-12 p.m.	Su	6/15
<b>31112</b>	10 a.m.-12 p.m.	Su	7/13
<b>31113</b>	10 a.m.-12 p.m.	Su	8/10
<b>31129</b>	10 a.m.-12 p.m.	Su	8/24



## Kids in the Kitchen

Learn important cooking skills while preparing a healthy meal using produce from the Children's Garden. Allow creativity to mesh with culinary techniques for exciting results!

**Ages 6-10** **Hashimawari** **LUSCH**  
Res \$37/Non-Res \$56

<b>Empanadas &amp; Rice Crispie Treats</b>			
<b>31114</b>	10 a.m.-12 p.m.	Sa	6/7
<b>Pizza Toast &amp; Kitchen Sink Cookies</b>			
<b>31115</b>	10 a.m.-12 p.m.	Sa	7/12
<b>Summer Panzanella &amp; Strawberry Shortcake</b>			
<b>31116</b>	10 a.m.-12 p.m.	Sa	8/9
<b>Pesto Pasta Bowls &amp; Berry Trifle</b>			
<b>31117</b>	10 a.m.-12 p.m.	Sa	9/6

## World Kitchen

Discover and learn to make foods from kitchens all around the world in this exciting class!

**Ages 6-10** **Hashimawari** **LUSCH**  
Res \$37/Non-Res \$56

<b>Philippines – Pancit &amp; Mango Float</b>			
<b>31124</b>	10 a.m.-12 p.m.	Sa	5/17
<b>Switzerland – Spatzli &amp; Zwetschgenschöber</b>			
<b>31125</b>	10 a.m.-12 p.m.	Sa	6/21
<b>Laos – Larb Salad &amp; Nam Van</b>			
<b>31126</b>	10 a.m.-12 p.m.	Sa	7/26
<b>Nigeria – Jollof Rice &amp; Puff Puff</b>			
<b>31127</b>	10 a.m.-12 p.m.	Sa	8/23
<b>Nepal – Dal Bhat &amp; Kulfi Ice Cream</b>			
<b>31128</b>	10 a.m.-12 p.m.	Sa	9/27

## Dynamic Duos

Spend a morning cooking with Chef Jane Hashimawari. Parent and child create a family meal using local, farm grown, seasonal produce. Please register the child that will be cooking.

**Ages 6+** **Hashimawari** **LUSCH**  
Res \$50/Non-Res \$75

<b>Veggie Crostata &amp; Crème Brulee</b>			
<b>31103</b>	10 a.m.-1 p.m.	Su	5/4
<b>31104</b>	10 a.m.-1 p.m.	Su	5/18
<b>Ricotta Gnocchi &amp; Berry Pavlova</b>			
<b>31105</b>	10 a.m.-1 p.m.	Su	6/8
<b>31106</b>	10 a.m.-1 p.m.	Su	6/22
<b>Garden Pizza Tarts &amp; Ice Cream Sandos</b>			
<b>31107</b>	10 a.m.-1 p.m.	Su	7/13
<b>31130</b>	10 a.m.-1 p.m.	Su	7/27
<b>Panzanella Salad &amp; Strawberry Shortcake</b>			
<b>31131</b>	10 a.m.-1 p.m.	Su	8/10
<b>31132</b>	10 a.m.-1 p.m.	Su	8/24
<b>Ratatouille &amp; Ice Box Cake</b>			
<b>31133</b>	10 a.m.-1 p.m.	Su	9/7
<b>31134</b>	10 a.m.-1 p.m.	Su	9/28



## SCHOLARSHIP PROGRAM



Lake Oswego Parks & Recreation believes that recreation is for everyone and recognizes cost can be a barrier to participation. Thanks to the generous support of the Rotary Club of Lake Oswego, we are able to provide scholarships to help make recreation accessible to all.



See page 5 or scan the QR code for more information.

## CREATIVE ADULTS

### Memoir Writing

This memoir group welcomes writers of all levels with the intention for all to share and listen to personal stories. Writing memoir provides an opportunity to explore an event or time in your life ranging from a moment in childhood to walking in your neighborhood last night. Participants are encouraged to bring a 5-7 minute piece of writing to share. Reflections on the writing are always positive in nature. **No Class 5/26, 5/27**

**Ages 18+ Jordan VIR**

Res \$23/Non-Res \$33

30955	9-11 a.m.	Tu	5/6-6/24
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30956	9-11 a.m.	Tu	7/8-8/19
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**Ages 18+ Jordan ACC**

Res \$23/Non-Res \$33

30957	2:15-4:15 p.m.	M	5/5-6/23
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30958	2:15-4:15 p.m.	M	7/7-8/18
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### Fundamentals of Painting – Oils & Acrylics

Learn the fundamentals of painting-color, composition, value, brushwork, and perspective to help you become a well-rounded artist. These fundamentals are universal across various mediums and styles. No experience necessary, supplies provided. **No Class 5/26**

**Ages 18+ Moutos LORAC**

Res \$186/Non-Res \$213

30968	10 a.m.-12 p.m.	M	5/5-6/16
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Res \$246/Non-Res \$257

30969	10 a.m.-12 p.m.	M	7/7-8/25
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### Watercolor for Beginners

Learn about the basics of mixing and painting with watercolors. Focus on creating a range of colors using the three primaries of red, yellow, and blue and techniques to apply the paint to paper. No experience necessary, supplies provided in class. **No Class 5/26**

**Ages 18+ Moutos LORAC**

Res \$186/Non-Res \$213

30971	1:30-3:30 p.m.	M	5/5-6/16
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Res \$246/Non-Res \$257

30972	1:30-3:30 p.m.	M	7/7-8/25
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### Advanced Watercolor: Through Artist Eyes

Explore ideas and skills while honing your technique. New subjects and paintings every week in a collaborative setting.

**Ages 18+ Luneke ACC**

Res \$120/Non-Res \$147

30973	10:30 a.m.-12:30 p.m.	Th	5/1-6/5
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30975	1-3 p.m.	Th	5/1-6/5
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30974	10:30 a.m.-12:30 p.m.	Th	7/10-8/14
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30976	1-3 p.m.	Th	7/10-8/14
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### Bob Ross Oil Painting

Easy step by step class takes beginners to seasoned painters from blank canvas to finished masterpiece in one class. All supplies provided. Visit [loparks.org](http://loparks.org) to view paintings.

**Ages 12+ Stubb CCP**

Res \$52/Non-Res \$74

#### Island Paradise

30979	10 a.m.-2 p.m.	Th	5/1
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#### Desert Glow

30980	1-4:30 p.m.	Tu	5/20
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#### Blazing Sunset

30982	5-9:30 p.m.	M	5/19
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#### Western Expanse

30983	10 a.m.-2 p.m.	Th	6/5
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#### Moonlit Cabin

30984	1-4:30 p.m.	Tu	6/17
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#### Multnomah Falls

30985	5:30-9 p.m.	M	6/30
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#### Patriot Rose

30986	10 a.m.-2 p.m.	Th	7/10
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#### Bald Eagle in Flight

30687	1-4:30 p.m.	Tu	7/22
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#### Evening at the Falls

30988	5:30-9 p.m.	M	7/28
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#### Secluded Forest

30989	10 a.m.-2 p.m.	Th	8/7
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#### Curious Bear

30990	1-4:30 p.m.	Tu	8/19
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#### John Wayne Country

30991	5:30-9 p.m.	M	8/25
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### Digital Camera Basics

Learn how to get the most out of your digital camera by going beyond automatic mode. Explore all your camera's buttons, knobs, and menus through short lectures, simple assignments and "hands-on your camera" demos. Digital SLR camera or Mirrorless camera required. A way to utilize imaging software recommended, but not necessary for instruction.

**Ages 18+ Gersbach-King ACC**

Res \$100/Non-Res \$115

31168	2-4 p.m.	F	5/9-6/6
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### iPhone Camera Workshop

Get more out of your iPhone camera! Discuss basic still camera functions, a few apps, and the best ways to utilize them. Designed for beginners, this class requires an Apple iPhone that is fully updated and charged.

**Ages 18+ Gersbach-King ACC**

Res \$30/Non-Res \$45

31184	9 a.m. -12 p.m.	Tu	7/29
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31185	10 a.m. -1 p.m.	Th	8/28
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### Fun with Flora, Photographing Plant Life

Take a closer look at the beauty that surrounds us! This three-day workshop explores tips and techniques on how to observe and compose images in your own garden space and beyond. Two sessions in a classroom and one session out in the field. Digital camera – DSLR or Mirrorless camera required. Macro/Micro capability and a way to utilize imaging software a plus, but not necessary for instruction.

**Ages 18+ Gersbach-King ACC**

Res \$63/Non-Res \$79

31186	1 - 3 p.m.	Tu	7/1-7/15
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### Stained Glass for Adults

These step by step classes take beginners or experienced hands from start to finish creating captivating stained-glass art. Learn how to use the Tiffany method of foiling, gain guided experience with soldering technique, learn how to frame with lead came, and how to properly clean and polish stained glass. Receive and work with a pre-cut and ground glass kit of the design pictured. All supplies provided.

**Ages 18+ Reichle ACC**

#### Color Theory

Res \$109/Non-Res \$125

31209	1-6 p.m.	Su	5/4
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#### Rose Colored Glasses

Res \$96/Non-Res \$110

31210	9 a.m.-12 p.m.	Su	5/11
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#### Impact Droplet

Res \$83/Non-Res \$96

31211	10 a.m.-12 p.m.	Su	6/1
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#### Let Us Blossom

Res \$96/Non-Res \$110

31212	9 a.m.-12 p.m.	Su	6/15
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#### Monstera Madness

Res \$102/Non-Res \$118

31213	10 a.m.-2 p.m.	Su	7/13
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#### Stained Class Plant

Res \$83/Non-Res \$96

31214	10 a.m.-12 p.m.	Su	7/27
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#### Mystic Crystal

Res \$109/Non-Res \$125

31215	1-6 p.m.	Su	8/17
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#### Bohemian Gold

Res \$109/Non-Res \$125

31216	1-6 p.m.	Su	8/24
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### Spanish

Whether you are planning a trip, need to learn Spanish for work, or just want to learn a beautiful language, these fun and laughter-filled classes provide you with 10 weeks of knowledge. Please note, these classes are virtual. A link to join will be sent after registration.

**Ages 16+ Cohan VIR**  
Res \$76/Non-Res \$95



### Advanced III Spanish

Review of verb tenses & object pronouns. Working with Duolingo podcasts for comprehension and grammar discussion.

30949	9-10:15 a.m.	Th	7/10-9/11
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### Beginning II Spanish (3rd Term)

More on present tense, review of sentence structure and new vocabulary.

30950	10:30-11:45 a.m.	Th	7/10-9/11
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### Beginning II Spanish (2nd Term)

More on present tense, review of sentence structure and new vocabulary.

30951	11:50 a.m.-1:05 p.m.	Th	7/10-9/11
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### Intermediate I Spanish

Pretérito/Imperfecto, other verb tenses and grammatical concepts. Duolingo dialogues for comprehension and pronunciation

30952	9-10:15 a.m.	F	7/11-9/12
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### Beginning V Spanish

Pretérito/Imperfecto and other verb tenses, clarification of questions on Duolingo, Duolingo dialogues.

30953	10:20-11:35 a.m.	F	7/11-9/12
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### Beginning IV Spanish

More on object pronouns, regular and irregular verbs, past verb tenses, reading for pronunciation and comprehension.

30954	11:45 a.m.-1 p.m.	F	7/11-9/12
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### Babysitter Training

Topics include accident prevention, handling emergencies, first aid and child development, positive supervision, and the rights and responsibilities of a "good" babysitter.

**Ages 11-15 ARC ACC**  
Res \$187/Non-Res \$215

30939	9 a.m.-4:30 p.m.	Sa	5/10
30940	9 a.m.-4:30 p.m.	Sa	5/31
30941	9 a.m.-4:30 p.m.	Sa	6/7
30942	9 a.m.-4:30 p.m.	Sa	6/14
30943	9 a.m.-4:30 p.m.	Sa	6/21
30944	9 a.m.-4:30 p.m.	Sa	7/12
30945	9 a.m.-4:30 p.m.	Sa	8/9

### Adult CPR, First Aid and AED Training

Get certified in CPR! Learn to recognize and respond appropriately to cardiac, breathing and first aid emergencies, or give immediate care to a suddenly injured or ill person. Students receive certification upon completion of class.

**Ages 10+ ARC CCP**  
Res \$126/Non-Res \$145

30946	9 a.m.-12:30 p.m.	Sa	5/17
30947	9 a.m.-12:30 p.m.	Sa	8/16



### Intro to Sewing Skills – Basic But Essential

Learn basic sewing skills from how to use a sewing machine to sew darts, curved lines, and different zippers. Move through learning to make a simple pencil skirt. Start your own simple project after the session. No experience necessary.

**Ages 18+ Hayward ACC**  
Res \$93/Non-Res \$116

30977	10-11 a.m.	Tu	4/29-6/3
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### Sewing and Construction I

With basic understanding of sewing, start with how to read, manipulate, and utilize a commercial sewing pattern. Work on the construction of a simple sheath dress and learn how to finish a garment from inside out with lining. Basic knowledge of sewing skills are required.

**Ages 18+ Hayward ACC**  
Res \$93/Non-Res \$116

30978	11 a.m.-12 p.m.	Tu	4/29-6/3
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## OUTDOORS



Kayak, Canoe, Raft & SUP | Portland, OR

For Alder Creek activity pricing, registrations, special location directions, and for more information, please visit: [www.aldercreek.com](http://www.aldercreek.com) or call 503-285-0464.

### SUP & KAYAK RENTALS

George Rogers Park Rentals

\*Last rentals go out 2 hours prior to closing

\*\*Hours are weather and river conditions dependent.

Rentals may open earlier depending on weather. Please call for updates.

Weekends 5/24-6/15 (open Memorial Day 5/26; 10 a.m. -6 p.m.)

7 days a week beginning 6/16-8/29; 10 a.m.-8 p.m.

Weekends 8/30-9/28 (open Labor Day 9/1); 10 a.m. -6 p.m.

### Solo Kayaks & SUP Boards

Up to 2-hour rental \$35

Every additional hour \$10

### Tandem Kayaks

Up to 2-hour rental \$45

Every additional hour \$10

### Learn to Kayak Tour

Come paddle on the Willamette River out of George Rogers Park! A variety of flora and fauna are seen as we explore paths once traveled by Native American tribes. Look for bald eagles, blue herons and more as you learn basic paddling skills including launching, strokes, maneuverings and how to stay safe in the water. Learn more and register at [www.aldercreek.com](http://www.aldercreek.com).

**Ages 13-17 ALD GRP**

Sa or Su	9 a.m.-12 pm.	\$65	6/14-9/28
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**Ages 18+ ALD GRP**

Sa or Su	9 a.m.-12 p.m.	\$85	6/14-9/28
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### Willamette River Island Tour

Explore part of the Willamette River Trail in downtown Lake Oswego by kayak, canoe and stand up paddle board on this guided tour. After a basic safety briefing and pointers on technique, we launch from George Rogers Park, and head to Hog Island. Paddle as a group while you learn about the area and pick up some new skills along the way! Learn more and register at [www.aldercreek.com](http://www.aldercreek.com).

**Ages 13-17 ALD GRP**

Sa or Su	9:30 a.m.-12:30 p.m.	\$60	6/14-9/28
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**Ages 18+ ALD GRP**

Sa or Su	9:30a.m.-12:30 p.m.	\$75	6/14-9/28
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Activities fall on a Saturday or a Sunday each week. Please see online schedule at [www.aldercreek.com](http://www.aldercreek.com).



### Teen Trips- White Water Rafting

Join the Lounge staff for a goodbye to summer rafting trip on the Clackamas river! All materials provided for a memorable day on the water.

**Ages 12-17 STAFF CCP Teen Lounge**

Res \$95/Non-Res \$119

30890	8:30 a.m.-2 p.m.	W	8/20
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### Upper Clackamas River Rafting Trips



The Clackamas River rafting is Portland's most accessible white-water river adventure and a great way to experience the thrilling outdoors of Oregon! The forested hillside canyon and the cool clear water make for a great way to jump into one of Oregon's best kept secret rivers. Join Oregon River Experiences for a memorable day on the water. All trip details will be emailed to enrollees prior to start day. Rafters under 18 years old must be accompanied by an adult.

**Ages 7+ Oregon River Experiences Moore Creek**

**Boat Access Site**

Res \$87/Non-Res \$109

30887	9:30 a.m.-12:30 p.m.	Su	6/22
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30888	9:30 a.m.-12:30 p.m.	Su	7/27
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30889	9:30 a.m.-12:30 p.m.	Su	8/24
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### Laid-Back Birding Club

Want to observe birds without getting up early or hiking in the rain? Join the laid-back birding club! Each term you gain access to our email list that includes 1 virtual meeting where you learn tips & tricks for easy bird identification and 1 local field trip every month. Field trips are appropriate for ages 8 and up, so you can bring the family. Discover hawks in the fall, ducks in the winter, and songbirds in spring and summer!

**Ages: 13+ Hampton VIR**  
 Virtual meetings: 10-11 a.m. on the 1st Saturday of each month  
 Field trips: Saturdays  
 Res \$12/Non-Res \$18

30933	May
30934	June
30935	July
30936	August
Res \$44/Non-Res \$59	
30932	May-August

### Family Biking Workshop

Join expert instructor Julie Browning for a fun family bike ride through Lake Oswego! At least one adult or guardian is required to join, though additional are welcome. All participants must have a properly fitting, well-maintained bike, and a functional helmet. The ride will cover 6-8 miles with occasional stops for rest and instruction. Registration is only for the youth participants. Full activity details will be provided prior to the start of this activity.

**Ages 7-17 Browning GRP**  
 Res \$64/Non-Res \$80

30981	8:30 a.m.-12 p.m.	Sa	7/26
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### Mushroom Foraging for Beginners

Mushroom foraging is a popular pursuit in the Northwest. Learn where to search for edible mushrooms and how to identify common wild mushrooms and poisonous species. Discover more facts about fungi in your backyard!

**Ages 18+ Lexa ACC**  
 Res \$29/Non-Res \$43

30931	6-8:30 p.m.	M	7/28
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### Native Plant Walk at George Rogers Park

Join Master Naturalist Rebecca Lexa for a long, leisurely nature walk around George Rogers Park! We'll start at the parking lot and along the way we'll identify and explore the native plant life in this historic park.

**Ages 18+ Lexa GRP**  
 Res \$18/Non-Res \$24

30938	6-7:30 p.m.	F	8/8
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# Get on the Trails with Hikes and Rambles

**DISCOVER THE SCENIC TRAILS OF OUR LOCAL MOUNTAINS, RIVERS, COASTLINE, AND PARKS!**

Join us for group "Hikes," easier "Rambles," or mid-level "Easy Hikes," all led by experienced volunteers. Our outings focus on enjoying healthful activities in beautiful natural surroundings while connecting with like-minded friends. Outings are scheduled for Tuesdays and Thursdays, typically within a two-hour drive of Lake Oswego. No pre-registration is required.

**Meeting Point: Westlake Park – 14165 Bunick Drive, Lake Oswego**  
 For more information, visit [lohikes.org](http://lohikes.org) or scan the QR code below.  
 If you have any additional questions, visit the website and click on "Contact Us".  
 To receive a seasonal schedule by mail, email Jordan Morales at [jmorales@lakeoswego.city](mailto:jmorales@lakeoswego.city).

## Lake Oswego Swim Park

**Open daily July 1 - August 31**  
**1-6 p.m.**

Swim Park Phone (during open hours)  
 503-953-9325  
 Parks & Recreation  
 Front Desk  
 503-675-2549

**CERTIFIED LIFEGUARDS**  
 Open to LO Residents  
 Proof of residency required  
 Ages under 12 must be accompanied by age 16+

250 Ridgeway Road,  
 Lake Oswego

[www.lakeoswego.city/parksrec/lake-oswego-swim-park](http://www.lakeoswego.city/parksrec/lake-oswego-swim-park)

## LAKE OSWEGO COMMUNITY ROWING

# ROWING PROGRAMS FOR EVERYONE!

### Masters Rowing (Adult)

Expert coaching and a supportive community for rowers of all levels. Whether you're building skills or competing, you'll gain fitness, confidence, and a passion for rowing!

Learn to Row classes offer a fun, supportive introduction to rowing for adults. With multiple sessions at varying times, each month-long program builds technique, fitness, and confidence!

### Youth Rowing (MS/HS)

Team practices offer middle and high school athletes expert coaching in a supportive environment. From learning the basics to competing at a high level!

LOCR's 1-week Youth Summer Camps offer a fun, beginner-friendly introduction to rowing. Through hands-on coaching, kids build skills, confidence, and a love for rowing!

[www.lorowing.com](http://www.lorowing.com) | [info@lorowing.com](mailto:info@lorowing.com) | 503-451-0490 | 350 Oswego Pointe Dr | [locr\\_rowing](https://www.instagram.com/locr_rowing)



**LAKE OSWEGO RECREATION & AQUATICS CENTER**  
 17525 Stafford Rd.  
[www.lakeoswego.city/lorac](http://www.lakeoswego.city/lorac)  
 503-675-2549

**Meet the Pools**

The LORAC has three main bodies of water: the competition pool, the recreation pool, and the spa. Each is unique in temperature, size, and programming.

**Competition Pool (Comp Pool)** consists of 548,746 gallons of water and has two different configurations depending on what season it is for the school district. During the Winter, Spring and most of the Summer the pool will have twelve lanes, six lanes on each side of the bulkhead. The other configuration is our water polo setup in the fall, which is a nine-lane pool with a bulkhead on the side of the pool. It is also nine feet deep throughout the entire pool, and the pool temperature average will be 81 degrees (temperatures will vary). Lane availability will depend on what programming is being run and staffing.



**Recreation Pool (Rec Pool)** consists of 96,240 gallons of water with three lanes that may be in for lap swimming, or open for Aquatic Fitness classes and Open Swim. The pool temperature will be kept at 86 degrees (temperatures will vary). The Rec Pool has water features, a play structure, and two slides. Different areas of the pool will be available at varying times based on program needs.

**Spa** consists of 3,144 gallons of water and has a maximum capacity of seventeen people at a time. The spa temperature, on average, will be 101 degrees. There will be designated times for Adult use only. During open swim hours, non-swimmers and youths 14 & under must be accompanied by an Adult 18+.

**Equipment**

Both pools will have access to kickboards, pullbuoys, fitness belts (helps with flotation) for fitness classes or independent aqua jogging, and other water fitness equipment.

**Fitness Classes**

Taught throughout the day by a fitness instructor, in either the competition pool or the recreation pool. Aqua Fitness is a low-impact workout, ideal for people of all fitness levels, including those with joint pain or mobility issues, as it reduces stress on the body while still providing an effective, full-body workout. The below 50-minute classes are included with Memberships or a Day Pass. Please view our Specialty Fitness Classes for exciting new Aquatics series!

**Specialty Fitness Classes**

Stay tuned and continue to check in as we update new classes for you! – QR code link will populate classes as we add series:



- **Shallow water fitness** classes are held in the Rec Pool and are an excellent introduction to aquatic fitness training, utilizing choreography to music and equipment to improve cardio, strength, flexibility, and have a whole lot of fun!
- **Deep water fitness** classes are held in the Competition Pool at a depth of nine feet, and utilize flotation belts to assist with buoyancy while performing exercises. Deep water workouts are low impact and designed to challenge strength, endurance, and flexibility. Both classes may utilize additional equipment such as foam dumbbells, and pool noodles.
- **Aqua Aerobics** is a lower-intensity class. Using water's natural resistance, participants engage in activities like aerobic exercises, strength training, and stretching.
- **Aqua Power** is a higher-intensity workout designed to challenge you while being gentle on your joints and may include a variety of movements, including cardio drills, core exercises, and resistance training.

	M	Tu	W	Th	F
<b>7 a.m.</b>					Shallow WF
<b>8 a.m.</b>		Aqua Aerobics	Aqua Power	Aqua Aerobics	Aqua Power
<b>1 p.m.</b>	Shallow WF		Shallow WF		
<b>7 p.m.</b>		Aqua Power		Aqua Power	


**American Red Cross (ARC) Swim Lessons**

Dive into confidence with the LORAC ARC swim lessons, designed to teach essential water safety skills and swimming techniques in a supportive and structured environment. Our lessons cater to all ages and abilities, from beginners learning to be comfortable in the water to advanced swimmers refining their strokes. Each level builds on the previous one, ensuring progressive skill development. Certified instructors guide participants through fun and engaging activities, emphasizing safety, endurance, and proper form. Whether you're looking to swim recreationally, improve fitness, or prepare for lifeguard training, ARC swim lessons offer the tools and knowledge you need to succeed.




**Lesson Program Outlines** Scan QR code to go to online registration page for chosen level of Red Cross lessons. All lessons based on staff availability.

**Parent & Child Aquatics** (Ages 6 months – 3 years)



- Introduction to water and basic safety habits
- Play-based activities to develop comfort and coordination
- Parent/ Guardian is required to get in water with child during lesson

**Preschool Aquatics** (Ages 3 – 5 years)



**Level 1:** Introduction to Water Skills

- Submersion and basic water comfort
- Assisted floating and gliding


**Level 2:** Fundamental Aquatic Skills

- Front and back floats, recovery to standing
- Begin arm and leg coordination for strokes

**Level 3:** Stroke Development

- Front crawl, back crawl, and treading water
- Deep water practice

**Learn-to-Swim Levels** (Ages 6-12 years)



**Basics**

- Basic water competency
- How to recognize and help in an aquatic emergency

**Level 1:** Introduction to Water Skills

- Submersion and basic water comfort
- Assisted floating and gliding


**Level 2:** Fundamental Aquatic Skills

- Front and back floats, recovery to standing
- Begin arm and leg coordination for strokes

**Level 3:** Stroke Development


- Front crawl, back crawl, and treading water
- Deep water practice

**Water Safety and Lifeguard Preparation**



- Safety skills, including rescue techniques
- Preparation for advanced certifications

**Learn-to-Swim Stroke Refinement Levels**



**Level 4:** Stroke Improvement

- Breaststroke, sidestroke, and elementary backstroke
- Increased endurance with lap swimming


**Level 5:** Stroke Refinement

- Butterfly
- Building speed and stamina
- Flip turns

**Level 6:** Swimming and Skill Proficiency

- Continue refinement of all strokes
- Increase speed and endurance – sets up participants to be able to successfully perform prerequisites for a Lifeguard class, or continue on to competitive swimming

**Adult & Teen Swim Lessons**



**All levels:**

- Customized to individual needs and goals
- Focus on comfort, technique, or endurance

**Basics**

- Basic water competency
- How to recognize and help in an aquatic emergency

**Stroke Improvement**

- Improve proficiency in all 6 strokes: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, butterfly

**Swimming for Fitness**

- Refine front crawl, back crawl, breaststroke



### American Red Cross Water Safety Instructor Course

The Water Safety Instructor, also known as WSI™, course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups; Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-6, Adult Swim and private swimming lessons. This certification is the gold standard and provides the most comprehensive training for swim instructors.

### American Red Cross Lifeguard Course

Become a certified lifeguard with Red Cross lifeguard classes, designed to equip participants with the skills and knowledge needed to prevent, recognize, and respond to aquatic emergencies. This comprehensive training covers water rescues, CPR, first aid, and AED use, with hands-on practice in both classroom and pool settings. Participants will also learn teamwork, decision-making, and emergency protocols to prepare for real-life scenarios. Upon successful completion, students earn an internationally recognized lifeguard certification. Ideal for anyone 15 years and older looking to work at pools, waterparks, or beaches, these classes provide the tools to ensure safety and save lives.



**Exciting Career Opportunities Join Our Team!**

**We're gearing up to hire passionate individuals for key positions at our facility!**

Check our website regularly for updates, new positions, and application details. Don't miss your chance to be part of an incredible team—your next career move starts here! Scan QR code for current openings!

- Lifeguards
- Headguards
- Swim Instructors
- Fitness Instructors
- Recreation Support
- Weight room attendants
- Sports attendants
- On-call positions




### A Nonprofit Life Plan Community in Lake Oswego



*Celebrate Life at Mary's Woods*

Experience the perfect blend of nature and convenience. With easy access to Lake Oswego, Mary's Woods offers a rich heritage, a welcoming culture, and an engaging community.


To learn more, visit [MarysWoods.org](http://MarysWoods.org) or call 503-635-7381.



**Key Rules for the Pools**

1. The Comp pool does not have a shallow end. To use the Comp pool patrons must be able to swim the length of the pool (25 yards) without stopping.
2. No Glass Containers. Only non-breakable containers (plastic or metal) are allowed in the pool area to prevent dangerous glass shards from entering.
3. Shower Before Entering the Pool. Rinse off to remove sweat, oils, and dirt, keeping the pool clean and properly sanitized.
4. Use Appropriate Swimwear. Only proper swimwear (e.g., swimsuits) is allowed. No jeans, cotton clothing, or street clothes.
5. No Diving in Shallow Areas. Dive only in designated deep areas. Shallow water diving is prohibited to prevent injuries.
6. No Running or Horseplay in or around Pools. Be mindful of water on deck and in pathways.
7. Follow Lifeguard instructions. Lifeguards are there to enforce safety rules and provide assistance.

Investing is important.  
But art is sublime.



**Erick Ibarra**  
Vice President Branch Manager CFP®, MBA, CWS®


Portland, OR Branch: 820 SW Morrison, Portland, OR 97205, (503) 721-2436  
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Schwab is pleased to support Lake Oswego Parks and Recreation.

Investing isn't the only thing we're passionate about - which is why we support the arts as fervently as we do. For passionate help managing your financial life, stop at one of our branches, visit [schwab.com](http://schwab.com), or call (503) 721-2436.

**Brokerage Products: Not FDIC-Insured - No Bank Guarantee - May Lose Value**

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*Own your tomorrow™*



# YOUTH SPORTS

**NEW!** LO Kids Active Play Class! with PFF



Enjoying activities such as fitness, golf, or swim at LORAC? Play.Fit.Fun is offering exciting, camp-style activities for your child while you enjoy your time! Drop in for a one-time daily class fee. Check out details of PFF's fun-filled activities!

Pre-registration required. Register online or in-person.

**Activity #:** Mondays 31276 | Fridays 31290  
**Fee:** Res \$29/Non-Res \$44  
**Ages:** 5 – 12 years  
**When:** Every Monday and Friday  
**Time:** 3:30-5:30 p.m.  
**Where:** LORAC Gym



For youth Summer sports camps, see the LO Summer Camp Guide.  
 Preschool sports see page 7



## Fencing Classes with OFA



Learn and develop skills of the Olympic sport of sabre fencing with Oregon Fencing Alliance. Encourages quick thinking, coordination, strength and stamina. Safety emphasized. Equipment provided.

Ages 7-12	OFA	LORAC
Res \$160/Non-Res \$184		
<b>Intro to Fencing</b>		
31139	4:15-5:45 p.m.	Th   7/24 – 8/28   LORAC Gym
<b>Intermediate Fencing</b>		
31140	6-7:30 p.m.	Th   7/24 – 8/28   LORAC Gym

**Sports Classes with Skyhawks**  
 Skyhawks Sports Academy helps kids develop skills through fun, engaging games. With a supportive environment that builds confidence, balance, coordination, and teamwork, Skyhawks sports classes allow athletes of all abilities to grow at their own pace.



Ages 6-12	Skyhawks	LORAC Gym
Res \$76/Non-Res \$95		
<b>Pickleball Class (Ages 6-8)</b>		
30811	9-10 a.m.	Sa   5/10 – 6/7
<b>Pickleball Class (Ages 9-12)</b>		
30812	10:15-11:30 a.m.	Sa   5/10 – 6/7

**High School City League Basketball**  
 Thank you to all for joining us for 35+ years of high school basketball in LO!  
 Congratulations to your 2025 Champions:  
 Boys 9-10 Champs: **POOH SHIESTY ELITE**  
 Girls 9-12 Champs: **HUNGRY HOOPERS**  
 Boys 11-12 Champs: **TEAM BIG MONEY**  
**Join us next season!**  
 Registration opens Fall 2025.  
**Season:** Nov 2025 – March 2026  
**When:** Weekends | 12-8 p.m.  
**Where:** LORAC Gym



## Sports at LORAC

Join us throughout the week for youth and adult activities and open play at the Recreation & Aquatics Center. To view the full gymnasium schedule visit [www.LakeOswegoSports.com](http://www.LakeOswegoSports.com).

LORAC's state-of-the-art 7,250 square foot gym offers 3 pickleball courts, 6 basketball hoops with a full-size court, and 2 volleyball courts. Visit with your LORAC membership or drop-in for a daily fee this Summer!

<b>Open Play Pickleball</b> All ages   Sundays   7-10 a.m. All ages   Mondays   6-10 a.m. All ages   Wednesdays   6-9 a.m. All ages   Fridays   6-10 a.m.	<b>Open Play Basketball</b> All ages   Saturdays   3-6 p.m. All ages   Tuesdays   6-10 a.m. 17 & Under   Saturdays   12:30-2:30 p.m.	<b>Open Play Volleyball</b> Adult 18+   Mondays   6-9 p.m. <b>Open Play Backyard Games</b> All ages   Wednesdays   7-9 p.m.
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\*Times and days may vary each week. Check the online LORAC Gym calendar for updates.\*

# ADULT REC SPORTS

For player and team details or registration for all Adult recreational sports, visit [www.LakeOswegoSports.com](http://www.LakeOswegoSports.com)

**NEW! Summer Adult Basketball League**  
It's here! LO Parks and Rec Adult Basketball League at LORAC is starting this Summer! Build your team of 8 players now and check the Sports at LORAC website for more information. Space is limited.

**Register NOW!** Team Registration Deadline: Friday, May 16th

**Activity #:** 30427 | 30428  
**Divisions:** MEN'S 18+ | MIXED 18+  
**Season:** June 1 – August 10 | 8-game season  
**When:** Sundays | 12-8 p.m.  
**Where:** LORAC Gym

Check out youth and adult Open Play Basketball at LORAC throughout the week!

FALL Adult Basketball League Registration Opens June 16th



**Summer Adult Slow-Pitch Softball League**  
Join Clackamas County Softball Association for another competitive season of recreational slow-pitch softball. All skill levels and experience welcome.

**Registration Opens April 1st**  
To register visit [www.OswegoSoftball.com](http://www.OswegoSoftball.com).

**Divisions:** COED | MEN'S | SENIOR COED  
**Season:** June 2 – August 29  
**When:** Game day/times vary per division  
**Where:** EWP | GRP | WLP



**Summer Adult Soccer League**  
Get ready to hit the field this Spring! This league is accepting Free Agents, and new and returning teams. Check the Adult Soccer League website for more information. Space is limited.

**Register NOW!** Team Registration Deadline: Friday, June 18th

**Activity #:** 30915  
**Divisions:** MIXED 18+ (7v7)  
**Season:** July 6 – August 31 | 6-game season  
**When:** Sundays | 4-10 p.m.  
**Where:** HAZ  
**FALL Adult Soccer League Registration Opens June 16th**



**NEW! Fall Adult Volleyball League**  
Gear up and bump, set, spike into adult volleyball opportunities at LORAC! For more information, visit the Sports at LORAC website. Space is limited.

**Registration Opens June 16th**

**Activity #:** 31302 | 31303  
**Divisions:** MIXED 18+ (6v6) | WOMEN'S 18+ (4v4)  
**Season:** Sept 15 – Nov 17 | 8-game season  
**When:** Mondays | 5-9 p.m.  
**Where:** LORAC Gym

Check out Open Play Volleyball at LORAC every Monday, 6-9 p.m.



**NEW! Adult Cornhole Tournaments**  
Looking for a competitive way to showcase your new or seasoned cornhole skills? Come out and cornhole with LO Parks and Rec! Seasonal doubles cornhole tournaments are coming to LORAC.

**Activity #:** 31304  
Mixed Doubles | Ages 21+  
3 players per team | Double-elimination  
Food and beverage available for purchase  
Saturday, July 19th | 2-10 p.m.

**Register NOW!**  
Team Registration Deadline: Monday, June 30th

For more details, visit the Adult Cornhole page at [www.LakeOswegoSports.com](http://www.LakeOswegoSports.com)

Check out Open Play Cornhole at LORAC every Wednesday!



**Summer Adult Cornhole League**  
Build your team and toss your way through 6 weeks of cornhole at LORAC! Enjoy friendly competition and great company with two 45-minute games EVERY week. Up to three players per team roster.

**Register NOW!** Team Registration Deadline: Friday, May 30th

**Activity #:** 30916 | 30917  
**Divisions:** MIXED 21+ | MIXED 55+  
**Season:** June 12 – July 17 \*no games 6/19  
**When:** Thursdays | 5-9 p.m.  
**Where:** LORAC Gym

FALL Adult Cornhole League Registration Opens June 16th

**Intro to Pickleball - Beginner**  
A paddle sport for all ages and skill levels. Simple rules, quick to learn, fun, and active. Perfect for beginners. Equipment provided.

Ages 15+	Sports Staff	LORAC	
31172	10:30 a.m.-12 p.m.	M	6/2, 6/9
31173	10:30 a.m.-12 p.m.	Tu	6/3, 6/10
31174	6:30-8 p.m.	Tu	6/3, 6/10
31175	6:30-8 p.m.	F	6/6, 6/13
31177	9-10:30 a.m.	Sa	6/21, 6/28
31178	7-8:30 p.m.	Tu	7/1, 7/8
31179	9-10:30 a.m.	Sa	7/12, 7/19
31180	9-10:30 a.m.	Sa	7/26, 8/2
31181	7-8:30 p.m.	Tu	8/5, 8/12
31182	7-8:30 p.m.	F	8/8, 8/15
31183	7-8:30 p.m.	Tu	8/19, 8/26



**Pickleball Drill & Play Clinic**  
For players who know the game and want to improve: learn tips and drills, then apply them in practice and play. Designed to boost your skills!

Ages 15+	Sports Staff	LORAC	
31195	10 a.m.-11:30 a.m.	F	6/6, 6/13
31196	6:30-8 p.m.	F	6/20, 6/27
31197	12:30-2 p.m.	F	7/18, 7/25
31198	9 a.m.-10:30 a.m.	Sa	8/9, 8/16

**Pickleball Family Play**  
Looking for family fun? Learn pickleball basics and play on the courts! Ideal for adults and kids. Fee per player. Equipment provided.

Ages 10+	Sports Staff	LORAC	
31199	6-7:30 p.m.	Th	6/5
31200	10-11:30 a.m.	Sa	7/5
31201	6:30-8 p.m.	F	7/11
31202	7-8:30 p.m.	Tu	7/22
31203	6-7:30 p.m.	F	8/22

# TENNIS



**LAKE OSWEGO INDOOR TENNIS CENTER**  
2900 Diane Dr.  
[www.lakeoswegotennis.com](http://www.lakeoswegotennis.com)  
503-635-5550

**Be a good neighbor!** Please drive slowly and obey stop signs as you drive through our neighborhood.

## Court Reservations

All Court Times: \$24 per hour  
Our courts are reservable 7 days a week, including all holidays, from 6 a.m.-10 p.m. Reservations can be made up to one week in advance by visiting [www.courtreserve.com](http://www.courtreserve.com), or by calling the Tennis Center at 503-635-5550 during office hours.

**Office Hours June 1 – August 31**  
**Mon – Thu 8 a.m. – 7 p.m.**  
**Fri 8 a.m. – 4:30 p.m.**

## Access to the Tennis Center

The use of a card key allows access to your reserved court at the Tennis Center when the office is closed. A card may be purchased at the Tennis Center when making a court reservation. The cost is \$20 for one year.

## Private Lessons

To contact professionals regarding private instruction, call the Tennis Center at 503-635-5550. Private lessons taught by individuals other than City tennis employees are prohibited.

## About Our Fees

The Tennis Center is a self-sustaining enterprise, not funded by tax dollars. Lake Oswego residents receive priority for class placement at the beginning of each season.

## Need a Partner?

Add your name to our “looking for a partner” list in the lobby.

**Connect with Us**  
To learn more about the Tennis Center, visit our website at [www.lakeoswegotennis.com](http://www.lakeoswegotennis.com). You can stay informed about what’s happening by subscribing to our newsletter.

## Tennis Center Staff

- Hannah Plank**, Tennis Center Coordinator
- Gerri Allen**, PTR MAP 5 Professional
- Amy Leahy**, RSPA Elite Professional
- Ellen MacPherson**, RSPA Elite Professional
- Kevin Hughes**, PTR Professional
- Ben Brewer**, PTR Professional
- Ethan Frank**, RSPA 2 in progress
- Barb Menze**, Instructor
- Bobby Thurston**, Instructor
- Eisen Amurao**, Instructor
- Jeremey Martinez**, Instructor
- Avery Liening**, Instructor
- Joe Erichsen**, Instructor

**Meet our staff!**



## Seasonal Reservations

Guaranteed court time may be purchased in advance via lottery, at our normal hourly rate, for a particular day and time each week for a 4.5 month period (Fall/Winter, and renewable in Winter/Spring). For more information about seasonal reservations, call the Tennis Center at 503-635-5550. If you would like create a submission for the lottery, please visit: [www.lakeoswego.city/parksrec/webforms/tennis-seasonal-lottery](http://www.lakeoswego.city/parksrec/webforms/tennis-seasonal-lottery). The seasonal lottery is held at the end of July.

**Fall/Winter** - September 1-January 18  
**Winter/Spring** - January 19-May 31

## Adult Tennis Activities

Many opportunities are available for competitive and non-competitive play in weekly ladders, and on City League and USTA tennis teams. Contact the Tennis Center at 503-635-5550 for more info.

## Tournament Excellence

An action-packed, high-intensity summer clinic designed for dedicated players looking to elevate their game. This program challenges athletes to grow through advanced skill development, strategic match play, mental toughness training, and physical conditioning—all in a dynamic and competitive environment.

Designed for players ages 12-18, this program goes beyond the basics, fine-tuning techniques, sharpening match strategies, and building confidence on the court. Whether you're pushing for varsity success, climbing the USTA/UTR ranks, or preparing for your next big tournament, Tournament Excellence will help you get there.

- Eligibility:** Players must meet at least one of the following criteria to register:
- Currently playing Varsity for their high school
  - Competing in USTA or UTR Junior Tournaments
  - Previously completed a Junior Excellence session at LOTC (with pre-approval)
  - Earned a pro's approval through Tournament Excellence tryouts

**Clinic Schedule:**  
Monday-Wednesday | 1 p.m. - 3 p.m.  
Thursday | 1 p.m. - 4 p.m.

## Oswego Aces Camp

The perfect summer experience for young players looking to improve their game while having a blast! Campers will be grouped by age and ability to ensure a positive and supportive learning environment. Each session focuses on developing fundamental tennis skills, including stroke technique, footwork, and match play strategies, all through interactive drills and exciting games. Along the way, players will build confidence, make new friends, and enjoy the energy of the sport. Join us for a week (or more!) of hitting, running, and fun on the courts!




## SPEC Tennis

Join Ellen MacPherson for organized play  
Monday and Friday mornings.  
\$11 per session

For more info call 503-635-5550  
[www.lakeoswegotennis.com](http://www.lakeoswegotennis.com)

**SPEC Tennis is TENNIS on a smaller court**  
**SPEC Tennis uses a special paddle and softer ball**  
**SPEC Tennis is perfect for people of all ages and skill levels**  
**SPEC Tennis is great for cross-training, play regardless of athletic ability, and it's fun!**

## Detailed Tennis Class Descriptions


For detailed descriptions of our classes and guidance regarding the class levels, scan the QR code or go to [www.Lakeoswego.city/parksrec/youth-and-adult-tennis-class-levels](http://www.Lakeoswego.city/parksrec/youth-and-adult-tennis-class-levels)

If you prefer the spreadsheet style of class listings a Tennis Center Supplement packet can be picked up at the Tennis Center, LORAC or Adult Community Center..




## Junior Lessons


Scan ball to go to online registration page and all class offerings in the age range.




**RED BALL ROOKIES**  
Ages 5-6




**RED BALL**  
Ages 5-9



**ORANGE BALL**  
Ages 8-11




**GREEN BALL**  
Ages 10-14




**YELLOW BALL**  
Ages 12-18

## Adult Lessons


Scan QR code to go to online registration page and all class offerings in the skill range.




**ADULT 1**




**DRILL & PLAY**  
NTRP 2.5




**DRILL & PLAY**  
NTRP 3.0-3.5




**ADULT 2**




**DRILL & PLAY**  
NTRP 2.5-3.0




**DRILL & PLAY**  
NTRP 3.5



**ADULT 3**



**DRILL & PLAY**  
NTRP 3.0



**DRILL & PLAY**  
NTRP 4.0

## GOLF



**LAKE OSWEGO MUNICIPAL GOLF COURSE**  
17525 Stafford Rd.

### Lake Oswego Public Golf Course: A New Era Begins

Lake Oswego Public Golf Course has undergone a remarkable transformation under the guidance of acclaimed golf architect Dan Hixson. Based in Portland, Oregon, Hixson is celebrated for his innovative designs across the Pacific Northwest. His journey from a professional golfer competing on mini-tours to a self-taught architect has shaped his philosophy, emphasizing playability and strategic challenge for golfers of all levels.



### Here's what golfers can look forward to:

**Revamped Course Layout and New Features**  
This nine-hole course now offers a blend of par 3s and par 4s, designed for maximum enjoyment and challenge. Enhanced with new sand bunkers, shorter rough, and visually appealing greens, the course balances fun and strategic difficulty. Built with sustainability in mind, it features water-efficient fescue grass for a vibrant look that's easy on the environment.

**Open, Scenic Views**  
The redesign, which converted the course from 18 hole par 3 to a 9-hole executive layout, opens up the landscape, enhancing the scenic charm. Thoughtfully grouped trees frame the course, complemented by the addition of 100 native Oregon white oaks, creating a picturesque setting on the rolling hills and a habitat-friendly, sustainable design.



Golf fee information scan QR code.

Hole #	1	2	3	4	5	6	7	8	9	Total
Black	248	166	127	128	309	108	143	270	100	1599
White	228	127	113	111	293	96	131	254	93	1446
Par	4	3	3	3	4	3	3	4	3	30

**Enhanced Greens**  
Golfers will enjoy larger, contoured greens that reward strategic play. These greens allow players to position their shots for a natural roll toward the hole, adding an extra layer of challenge and enjoyment.



**Upgraded Practice Spaces**  
The new practice putting green, designed with diverse slopes and a bunker, offers a perfect space for warm-ups or family-friendly putting contests. The expanded driving range with extended netting supports today's longer drives, ideal for players of all skill levels.

**Commitment to Eco-friendly Maintenance**  
A core part of the renovation is the commitment to environmental sustainability, exemplified by the use of an electric mower. With less noise and lower emissions than traditional gas-powered equipment, electric mowers are an eco-conscious choice, contributing to a cleaner and quieter community environment.

# TEEN LOUNGE AT CCP

**THE TEEN LOUNGE WILL BE OPEN THIS SUMMER!  
SUMMER HOURS  
MONDAYS AND FRIDAYS FROM 11 A.M.-4 P.M.**

Participants are responsible for signing in and out of the Lounge. Two Lounge staff members are present at all times to assist and supervise. Movies, video games, and television at The Lounge are rated "teen" (PG-13, Teen, TV-14). Please be advised before registering your child.

**CHECK OUT OUR CAMP GUIDE FOR TEEN CAMPS!**

 Follow us on Instagram! Get the latest happenings of the Teen Lounge and its programs! **@LOTeenLounge**

 Like the Teen Lounge on Facebook! Simply search "**LO Teen Lounge**" in your browser.

## Teen Lounge Spring Open House

**Friday, May 16; 4-7 p.m.**  
**Open to ALL parents and students in 6-12 grade for the 2025-26 school year**

Come mingle with your future middle school compadres and get your first taste of the perks of Jr. High: The Teen Lounge! Enjoy refreshments, games and more!



## Teen Trips- White Water Rafting

Join The Lounge staff for a goodbye to summer rafting trip on the Clackamas river! All materials provided for a memorable day on the water.

**Ages 12-17 STAFF CCP Teen Lounge**  
Res \$95/Non-Res \$119

<b>30890</b>	8:30 a.m.-2 p.m.	W	8/20
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**Check out the Summer Camp Guide for the Teen Service Corps and Teen Adventure Camp Lineups! Ages 13-17 Welcome!**




**Become a 2025 JR. CAMP COUNSELOR!**

**APPLICATIONS DUE MAY 14**

Volunteer while gaining valuable future job experience!

Open to ages 13-17 who are available to make week-long commitments during the summer.



Scan the QR code or visit [www.LOTeenScene.org](http://www.LOTeenScene.org) to apply

## JOIN THE YOUTH ACTION COUNCIL!



- Earn volunteer hours with Parks & Rec
- Make a difference in your community
- Organize events for all ages
- Meet new people
- Open to students who will be in 9-12th grade during the 2025-26 school year

Apply at [www.LOTeenScene.org](http://www.LOTeenScene.org)



**APPS CLOSE MAY 9**

## Teen Lounge Membership Fee

Membership is required to attend this summer and allows each student access to all the amenities of The Lounge. Participants who purchased a membership for the 2024-25 school year will have access to The Lounge this summer at no extra cost. Memberships are available at [www.LOTeenScene.org](http://www.LOTeenScene.org)

## School year Membership

**Grades 6-12 Staff CCP**  
Residents \$95/Non-Residents \$119  
3:30-7:30 p.m. M-F 10/1-6/10, and  
11 a.m.-4 p.m. Monday and Friday 6/23-8/15

## Summer Membership

**Grades 6-12 for the 2025-26 school year CCP**  
Residents \$30/Non-Residents \$45  
11 a.m.-4 p.m. Monday and Fridays 6/23-8/15

Please note the LO Teen Lounge will be closed **June 11-22, July 4, and August 16-September 1**



## Teen Volunteer Opportunities

Attention High School Students:  
**Join the Youth Action Council!**  
The Youth Action Council (YAC) is a volunteer program for teens who would like to make a difference in the community while earning volunteer credits! YAC organizes activities such as the Covers For Kids, Story Time @ The Library, Outside The Art Room Showcase and fundraisers. We are accepting applications for the 2025-26 school year from incoming 9th-12th grade students from Lake Oswego high schools. Applications are due by 5p on May 9, 2025. Apply online at [www.LOTeenscene.org](http://www.LOTeenscene.org) or contact Cydney at 503-697-6589 for a hard copy application.

## World Kitchen

Discover and learn to make foods from kitchens all around the world in this exciting class. Each month features a different country and recipe.

**Ages 11-15 Hashimawari LUSCH**  
Res \$37/ Non-Res \$56

### Philippines – Pancit & Mango Float

<b>31119</b>	1-3 p.m.	Sa	5/17
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### Switzerland – Spatzli & Zwetschgenschöber

<b>31120</b>	1-3 p.m.	Sa	6/21
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### Laos – Larb Salad & Nam Van

<b>31121</b>	1-3 p.m.	Sa	7/26
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### Nigeria – Jollof Rice & Puff Puff

<b>31122</b>	1-3 p.m.	Sa	8/24
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### Nepal – Dal Bhat & Kulfi Ice Cream

<b>31123</b>	1-3 p.m.	Sa	9/27
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## Confidence in the Kitchen

Join Chef Jane Hashimawari at Luscher Farm. Harvest fresh ingredients from the gardens, and learn to cook confidently and independently in the kitchen by building your culinary skills.

**Ages 11-15 Hashimawari LUSCH**  
Res \$37/ Non- Res \$56

### Tartines & Olive Cake

<b>31098</b>	1-3 p.m.	Sa	6/7
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### Salad Rolls & Clafoutis

<b>31099</b>	1-3 p.m.	Sa	7/12
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### Bibimbap & Strawberry Shortcake

<b>31100</b>	1-3 p.m.	Sa	8/9
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### Mezze Bowls & Cheesecake Tartlets

<b>31101</b>	1-3 p.m.	Sa	9/6
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## ADULT COMMUNITY CENTER



**LAKE OSWEGO ADULT COMMUNITY CENTER**  
**505 G Ave. Lake Oswego 97034**  
**www.lakeoswego.city/acc**  
**503-635-3758**

## SPECIAL EVENTS

### Annual Community Picnic at Foothills Park

Join us at our park for a day of fun, food, and friends! Enjoy a tasty meal, music, and bingo! Don't miss out on this wonderful gathering that celebrates the spirit of togetherness in our Foothills Park. See you there!

\*Suggested donation of \$4 for those 60+ and \$5 for those under 60

\*\*Call the ACC to Reserve a Seat at 503-635-3758

11:30 a.m.	F	7/25
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### ACC Summer Concert Cruiser

Join us for community summer concerts in the park! Enjoy live music under the stars with friends and neighbors, featuring local bands. Bring a picnic blanket and snacks for a relaxing evening. Transportation will be provided from the ACC. Don't miss this chance for great music in a beautiful setting!

Res \$5/Non-Res \$7

\*\*Call the ACC to Reserve a Seat at 503-635-3758

5:30-9 p.m.	W	7/16
5:30-9 p.m.	W	8/13

### The Stars & Stripes Shuttle

Join fellow community members for a day of patriotic festivities! Enjoy a lively fair with food, crafts, and family-friendly entertainment after the parade. It's a great chance to connect with neighbors and celebrate the holiday. Transportation will be provided from the ACC.

Res \$5/Non-Res \$7

\*\*Call the ACC to Reserve a Seat at 503-635-3758

9 a.m.-2 p.m.	F	7/4
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## SENIOR SCHOLAR PROGRAM

Join our Senior Scholar Program, a partnership with the Lake Oswego Library, designed to foster lifelong learning for older adults. This program nurtures curiosity and provides opportunities for engagement through a variety of academic classes covering topics from history and humanities to technology and science. Participants can enrich their knowledge, connect with peers, and build a curious mind essential for longevity. These classes are FREE and welcome to all!

**Space Limited, Registration Required**

### Deconstructing Deception: Understanding Conspiracy Theories

Join Political Science Professor Robert Asaadi, Ph.D., for an enlightening session that delves into the allure of conspiracy theories, exploring their historical and cultural roots. Participants will examine the profound impact of media and technology on the proliferation of these theories, gaining a deeper understanding of their significance in modern society.

Res/Non-Res: FREE

31045	10-11:30 a.m.	Sa	5/24
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### Family Estrangement in Modern Families – Causes, Impact, and Paths to Healing

Family estrangement is a growing issue affecting many individuals and families. Led by mental health therapist Joan Laguzza, this interactive discussion will address the causes, emotional impacts, and potential pathways to reconciliation. Participants will learn about the challenges of broken family bonds, the definition and prevalence of estrangement, and receive compassionate support and guidance for navigating this complex aspect of modern family life.

Res/Non-Res: FREE

31046	2-4 p.m.	Tu	6/3
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## GO LIVE WELL CLASSES

### Discovering Off-the-Beaten-Path International Destinations

Join local expert Marylou Colver to discover unique travel opportunities beyond typical tourist spots. Exploring lesser-known destinations enhances authentic experiences, providing a deeper understanding of local culture, history, and natural beauty. This journey into hidden gems allows for immersion in local life, helping you plan unforgettable adventures away from the crowds.

Res \$5/Non-Res \$7

30961	10-11:30 a.m.	F	5/16
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### Digital Estate Planning Class

Join legal experts from Samuels Yoelin Kantor Law Group for an insightful class on Digital Estate Planning. This session focuses on managing your digital assets, such as online accounts and digital files, to ensure they are accessible to your heirs. Learn how to secure your digital legacy and make the transition smoother for your loved ones.

Res \$5/Non-Res \$7

30964	10-11:30 a.m.	F	5/23
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### Living Your Dream Retirement in Mexico

Join expert Jane Wilkinson to learn about retiring in Mexico, covering cost of living, housing, food, and entertainment. Discover Mexican culture, the value of learning Spanish, and medical care access. Explore social activities, community involvement, transportation, amenities, and security. Jane will also guide you through the visa process and recommend popular retirement locations.

Res \$5/Non-Res \$7

30962	10-11:30 a.m.	W	6/4
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### Continuing Bridge

This course is for individuals who have completed the Beginning Bridge class or have prior experience with Standard American bidding. It offers mini-lessons and supervised play to enhance your skills. Instructors: Linda Rountree & Paula Koeller.

Res \$12/Non-Res \$15

31258	9:30-11:30 a.m.	Tu	5/13 – 7/1
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### Advanced Bridge

Elevate your bridge skills with this advanced class for experienced players. Learn new conventions and strategies for a competitive edge. Instructor: Allan Palansky.

Res \$12/Non-Res \$15

31259	9:30-11:30 a.m.	Tu	5/13 – 7/1
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### Bridge - Supervised Play

This session is for individuals who have taken bridge courses and wish to enhance their skills by asking questions and playing under the guidance of experienced players, with a focus on gameplay rather than lengthy lessons.

Res \$12/Non-Res \$15

31260	9:30-11:30 a.m.	Tu	7/8 – 8/12
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### Estate Planning Amid Family Estrangement

Join attorney Hilary Newcomb of HAN Legal for an insightful class focused on the complexities of estate planning in the context of family estrangement and the role of a trust in managing those family dynamics. Learn essential tips and strategies to create a fair and legally sound estate plan, even when relationships are strained. Discover how establishing a trust can help mitigate family conflicts and ensure your wishes are respected, providing peace of mind and clarity for your legacy.

Res \$5/Non-Res \$7

30965	10-11:30 a.m.	F	6/13
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### THE DIGITAL DIVE SERIES

Embark on an enlightening journey with April Younglove, Adult Librarian at the Lake Oswego Public Library, designed to help you master the ever-evolving world of information. You'll explore the tools and techniques librarians use to discern AI-generated texts and images. Gain practical insights to differentiate between content created by humans and computers in your everyday interactions.

Res/Non-Res: FREE

### Can You Trust Online Influencers? Fact-Checking Like a Librarian

Delve into the world of social media influencers and learn how to verify the credibility of the information they share.

30919	10-11:30 a.m.	M	5/12
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### Why Does Fake Information Exist? Understanding the Motives Behind Misinformation

Uncover the reasons why misinformation spreads and learn to recognize its underlying motives.

30920	10-11:30 a.m.	M	7/14
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### Tired of the Algorithm? How Librarians Find Reliable News Sources

Discover librarian strategies for bypassing algorithms to access dependable and trustworthy news.

30921	10-11:30 a.m.	M	9/15
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## ESCAPE THE ORDINARY



### Laidback & Low-Key Day Trips

Join us for delightful excursions that guarantee relaxation and unforgettable experiences! Whether you're an experienced traveler or just starting, these trips provide excellent companionship, delicious meals, and engaging activities. Please arrive 15 minutes before the scheduled departure time. **The fee includes meals, gratuity, escort, transportation from ACC, and any applicable activity fees.**

### Silversmithing Workshop Adventure

Join us for a creative day at Artisans of Metal & Thread to explore silversmithing. This hands-on workshop teaches you to craft three stacked sterling silver rings, including soldering bezels and setting colorful cabochons. You can incorporate semi-precious stones or keep it simple, making it an ideal introduction to silversmithing. Create unique, personalized jewelry in a supportive environment. Lunch included. Res \$140/Non-Res \$210

**31367** | 9:30 a.m.–3 p.m. | Tu | 5/13

### Overnight Excursions

Get ready for an exciting summer 2025, as our activity guide will showcase a diverse selection of overnight excursions, each crafted to deliver unique and memorable experiences. Whether you're in search of thrilling adventures, peaceful relaxation, or enriching cultural explorations, our upcoming offerings are sure to cater to every interest. Keep an eye out for more information in the months ahead, and prepare to embark on your next extraordinary journey with us!

### ACC Trip Refund Policy

There are no refunds for trips that include expenses prepaid by the ACC unless a replacement participant can be found. All other trips may be canceled with a refund per the LOPR refund policy.

### Centralia Chronicles: A Day of Discovery

Join us for a day trip to Centralia, Washington, starting with a guided tour of the Historic Borst Home Museum to explore its 19th-century heritage and the Borst family's legacy. After the tour, we'll enjoy lunch at the renowned Hash Diner, famous for its cozy atmosphere and delicious comfort food. Res \$57/Non-Res \$86

**31368** | 8:30 a.m.–5 p.m. | Th | 6/5

### Berry Picking at South Barlow Farm

Join us for a delightful day of berry picking at South Barlow Farm in Canby, OR. Enjoy picking juicy strawberries, blueberries, marionberries, and more. Each participant will receive a bucket to fill as part of the experience. You can also purchase homemade jams, honey, and farm-fresh eggs from this family-owned farm. We'll round off the day with a prepared picnic lunch at the park. Res \$67/Non-Res \$101

**31369** | 9:15 a.m.–2:30 p.m. | Tu | 6/10

### Gorge-ous Day Out: Skamania Lodge & Columbia Wonders

Experience an unforgettable trip to Skamania Lodge with stunning views from Cape Horn Lookout, an exploration of Beacon Rock, and a delightful lunch at the Cascade Dining Room at Skamania Lodge. Enjoy a relaxing walk along Stevenson Waterfront before concluding with a visit to the Bonneville Dam Visitor Center for historical insights. Res \$47/Non-Res \$71

**31370** | 9 a.m.–4 p.m. | Tu | 6/17

### Fragrant Fields and Orchard Views

Set off on a wonderful adventure to the Gorge White House and Hood River Lavender Farm. Delight in picturesque gardens, taste local fruits and wines, and soak in breathtaking views at the Gorge White House. Next, stroll through vibrant lavender fields at the Hood River Lavender Farm, and conclude your day with an outdoor picnic provided by ACC. Res \$50/Non-Res \$75

**31371** | 9:30 a.m.–4 p.m. | Th | 7/10

### Fun at the Farm

Join us at Luscher Farm for a delightful day of learning and relaxation. Explore the beautiful grounds and discover sustainable practices on a guided tour. Participate in a hands-on class to learn quick pickling and shrub-making, with all materials provided. Conclude the day with a delicious prepared picnic lunch under the Beech Tree, enjoying your culinary creations. This event is perfect for both seasoned gardeners and those new to pickling. Res \$91/Non-Res \$137

**31372** | 9 a.m.–2 p.m. | Tu | 7/22

### Astoria Highlights: A Journey Through Time

This excursion blends scenic beauty with cultural discovery, ideal for older adults seeking a peaceful adventure. Highlights include the iconic Astoria Column for stunning views of the Columbia River and Pacific Ocean, exploration of the Maritime Museum's maritime history, and a leisurely stroll through the charming downtown area with shops and cafes.

#### Lunch on your own.

Res \$59/Non-Res \$89

**31373** | 8 a.m.–5 p.m. | Th | 8/7

### Cannon Beach Escape: Art and Ocean

A delightful coastal getaway famous for its breathtaking natural scenery and artistic vibe. Take a leisurely walk along the iconic shoreline, where you can admire the impressive Haystack Rock while basking in the soothing sea breeze. We will discover the charming town, offering chances to visit local art galleries, one-of-a-kind boutiques, and inviting cafes.

#### Lunch on your own.

Res \$37/Non-Res \$55

**31374** | 8 a.m.–5 p.m. | Th | 8/21

## WE ARE ALSO OFFERING LOCAL CITY EVENT TRIPS THIS SUMMER

- ACC Summer Concert Cruiser – Page 42
- The Stars & Stripes Shuttle – Page 42

### New! ACC Trip Grant Available to Lake Oswego Residents

The City of Lake Oswego Parks & Recreation is excited to announce a unique grant opportunity. This opportunity is designed to enhance the lives of our community's low-income seniors and people with disabilities through the Adult Community Center (ACC) programming. Thanks to a generous donation from the Lake Oswego Rotary Club, the ACC can now offer financial assistance that covers 80% of the cost for participants to join selected overnight trips. Eligible residents of Lake Oswego can take advantage of this grant for one ACC trip per person each fiscal year. Please note that while the grant subsidizes a significant portion of the trip price, participants will be responsible for the remaining 20% of the trip cost, along with any meals, gratuities, and excursion tickets not included in the trip's base price.

For more details on eligibility criteria and how to apply for this incredible opportunity, please reach out to the Adult Community Center at 503-635-3758. Our application process is designed to be straightforward and accessible, ensuring that eligible residents have an equal opportunity to be considered for this grant.



## OVERNIGHT EXCURSIONS

### Juniper Preserve Escape in the High Desert

Join us for a 4-day, 3-night retreat to Bend, Oregon, at the luxurious Juniper Preserve Resort. Delight in the natural beauty with visits to Lava Lands and the High Desert Museum, and explore Bend's vibrant art galleries and eateries. Relax at the resort's spa and enjoy gourmet dining. All meals and planned admission tickets are included, ensuring a seamless blend of adventure and relaxation amidst Oregon's high desert landscapes.

Single Occupancy: Res \$ 1,401/ Non-Res \$2,101  
Double Occupancy: Res \$701/ Non-Res \$1,051

**31378** | 8 a.m. | Su-W | 5/18 – 5/21

### Discover the Legacy of the Oregon Trail

Join us for a captivating journey to Baker City, where you'll immerse yourself in the rich history of the Oregon Trail. Enjoy a 3-night, 4-day stay at the charming Grand Geiser, with all meals and planned admission tickets included. Explore the National Historic Oregon Trail Interpretive Center, delve into the past at the Baker Heritage Museum and the Leo Adler House Museum, and enjoy a private "Step Back in Time" tour with an expert local historian. This adventure offers a perfect blend of education and nostalgia in a stunning setting.

Single Occupancy: Res \$ 692 / Non-Res \$ 1039  
Double Occupancy: Res \$ 346 / Non-Res \$ 520

**31379** | 8 a.m. | Su-W | 6/22 – 6/25

### National Park Wilderness Exploration

Embark on a four-day adventure to Olympic National Park, where you'll experience the tranquil beauty of the Pacific Northwest. Stay comfortably at the historic Lake Quinalt Lodge, surrounded by stunning old-growth forests and a picturesque lakeside view. Discover the enchanting Hoh Rain Forest and marvel at the breathtaking vistas of Rialto Beach. This trip includes all meals and planned admission tickets, offering relaxation, exploration, and a chance to connect with nature and fellow travelers.

Single Occupancy: Res \$ 2,299/ Non-Res \$ 3,449  
Double Occupancy: Res \$ 1,150 / Non-Res \$ 1,725

**31380** | 8 a.m. | Su-W | 7/27 – 7/30

## HIGH ADVENTURE TRIPS

These outings are for those looking for more experiential trips that are out of the ordinary and may require more mobility. Gather at the Lake Oswego Adult Community Center. Please arrive 15 minutes before the scheduled departure time. **The fee includes meals, gratuity, escort, transportation from ACC, and any applicable activity fees.**

### Spring Mushroom Foraging on Mt. Hood

Join Kate Stinson, an experienced guide this spring for an exciting mushroom foraging adventure on Mount Hood, where you'll search for morels and other delicious fungi. Learn the art of mushroom identification and sustainable harvesting techniques to ensure these resources remain abundant. Enjoy a serene day immersed in nature, accompanied by the sounds and scents of the forest. Connect with fellow enthusiasts over lunch, sharing stories and tips while discovering the joys of foraging. Lunch included.

Res \$93/Non-Res \$140

31375	8 a.m.-5 p.m.	Th	5/29
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### Scenic Horseback Adventure

Experience a refreshing day at Corbett Farm with a scenic horseback ride along trails boasting stunning views of Mt. Hood. Riders of all skill levels are welcome, with skilled guides ensuring a safe and enjoyable adventure. Enjoy a delightful picnic lunch amidst picturesque surroundings, featuring woods, walking trails, and serene creeks. Unplug and relax in this enchanting farm setting, perfect for reconnecting with nature. Picnic lunch included.

Res \$158 / Non-Res \$ 237

31377	10 a.m.-4 p.m.	Th	6/12
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### Coastal Edibles Exploration

Embark on a flavorful journey along the Oregon coast, discovering unique coastal edibles under the guidance of an expert, Kate Stinson. You'll learn to identify delicious foods like seaweed, wild greens, mushrooms, and shellfish. Enjoy guided foraging, berry picking, and shellfish gathering while taking in the stunning ocean vistas. Lunch Included.

Res \$96/Non-Res \$144

31376	8 a.m.-5 p.m.	Th	7/31
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## HOBBY PURSUITS AT ACC

### Stained Glass Suncatcher Workshop

Join artist Nicolette Hume in this hands-on session, participants learn the foundational techniques of stained-glass art, from cutting and shaping glass to assembling a stunning suncatcher that captures the beauty of light. Perfect for both beginners and those with some experience, this workshop provides all the materials needed to create a unique piece to brighten any space.

Res \$35/Non-Res\$40

30959	10 a.m.-12 p.m.	Th	5/8
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### Reel Adventures: Starting Fly-Fishing

Embark on an exciting introduction to fly fishing with expert Jennifer La Follette, owner of Royal Treatment Fly Shop. This engaging session covers the essential basics needed to begin your fly-fishing journey. Discover the joy of this timeless sport as Jennifer shares her expertise on gear selection, casting techniques, and the art of reading the water. Whether you are new to fishing or looking to refine your skills, this talk is the perfect starting point for your adventure. Join us and get ready to cast your way into the world of fly fishing!

Res \$5/Non-Res \$7

30960	10-11:30 a.m.	W	5/28
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## FEAST WITH FRIENDS

### Let's Do Lunch!

Cost includes transportation and escort. Lunch paid by individual participants. Please bring cash, as not all restaurants allow for individual tickets. Please arrive 15 minutes before the scheduled departure time. **The fee includes meals, gratuity, escort, transportation from ACC.**

Res \$37/Non-Res \$40

#### Lux Sucre Bakery + Café in Charbonneau

31381	11 a.m.	Tu	5/6
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#### Half-Pint Brothers in Historic Butteville

31382	11 a.m.	Tu	6/3
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#### Helvetia Tavern in North Plains

31383	11 a.m.	Tu	7/1
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#### McMenamins on the Columbia in Vancouver

31384	11 a.m.	Tu	8/5
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## LAKEWOOD THEATER PRODUCTIONS

### Lakewood Theatre Dress Rehearsal

Join us for an evening of live theatre, performed in the beautiful Headlee Mainstage at the Lakewood Theatre. Doors open at 7 p.m., and curtain rises at 7:30 p.m. Registration is required for dress rehearsal seats. Contact the ACC at 503-635-3758 for registration.

#### Groundhog Day: The Musical

30967	7:30 p.m.	Th	4/24
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#### All Shook Up

31387	7:30 p.m.	Th	77/10
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## RESOURCES & SUPPORT

### Alzheimer's Association Caregiver Support

To register and for more information, please call The Alzheimer's Association at 503-416-0201.

3rd Wednesday	1:30-3 p.m.	In-Person
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### Family Caregiver Discussion Group

To register, please call Shemaya Blauer, LCSW at 503-816-6349.

4th Sunday	3-4:30 p.m.	Virtual
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### Monthly Foot Care Clinic

Appointments with a Registered Nurse for Foot Care take place on the 4th Thursday of each month at the ACC, and are \$60 (cash/check/credit card). Please call the ACC Front Desk to schedule at 503-635-3758.



### Legal Consultation

A volunteer attorney provides a 30-minute free consultation. By appointment only. Please call the ACC Front Desk to schedule at 503-635-3758.

9-11:30 a.m	F	5/9, 6/13, 7/11, 8/8
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### Independent Workout Time

The ACC has opened our Maple (Fitness) room to allow individuals to utilize the weights, bands, and spin bikes, when the room is not being used for group fitness classes. Hours vary on room availability; see our website [www.LOACC.info](http://www.LOACC.info) for scheduled times or contact the ACC at 503-635-3758. Cost is per term (winter/spring, summer, fall) and signed waiver required at time of registration. Res \$25/Non-Res\$40

30966	See posted times	M - F	5/1 - 8/31
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### Volunteer Opportunities at the ACC

#### Dining Room Server or Serving Groups

This volunteer position involves setting up and serving nutritious meals with a welcoming attitude. Whether you're volunteering individually or as part of a group, this role requires a commitment of at least once a month. Volunteers are needed on Mondays, Wednesdays, or Fridays from 11 a.m. to 1 p.m. This is a rewarding opportunity to connect with the community and make a positive impact on the lives of others.

#### Meals on Wheels Food Services Assistant

For those with flexible schedules, this role involves preparing and packing meals for delivery through the Meals on Wheels program. Volunteers should be available on Mondays, Wednesdays, or Fridays from 9 a.m. to 11 a.m. This position is crucial in ensuring that meals are ready for timely delivery to homebound seniors, providing both sustenance and companionship.

**For more information, please contact Pam Montoya at (503) 675-6407**



## TRANSPORTATION SERVICES

**Senior Grocery Shopping Bus**  
Join us two times a month for an ACC bus ride to and from local grocery stores and other retailers. The bus is equipped with a lift for wheelchairs. Other riders should be able to board and depart the bus independently or with walking supports. Please inquire at ACC front desk 503-635-3758 **(Registration Required)**

5/6	WinCo/Walmart
5/20	New Seasons
6/3	Fred Meyer
6/7	LO Farmers Market
6/17	Trader Joe's
7/1	H-Mart / Bi-Mart
7/15	Winco / Walmart
7/29	New Seasons
8/12	Fred Meyer
8/26	Barbur Foods

**Pantry Express Shuttle**  
Join us two times a month for an ACC bus ride to and from the Hunger Fighter's Food Pantry in Lake Oswego. No proof of income required and open to all. To register call ACC Front Desk 503-635-3758, Space Limited. **(Registration Required)**

**The Medical Ride Reimbursement Program**  
The ACC offers reimbursement for Lake Oswego Residents who are age 60+ for medical transportation. Call our Client Services Coordinator at 503-675-6425 to see if you qualify.

## ONGOING SOCIAL ACTIVITIES

If you are looking for friends with similar interest, this is a great place to start! Registration is required per activity for each season and a requested donation of \$5. Please contact the ACC Front Desk for more information at 503-635-3758.

**MONDAYS**  
Knitting Group  
Experienced Conversational Spanish Group  
Continuing the Conversation

**TUESDAYS**  
Pre-Arranged Party Bridge  
American Mah Jongg  
Ping - Pong  
Slow Jam

**WEDNESDAYS**  
Knitting Group  
Genealogy Group (2nd Wed)  
Creative Hands  
American Mah Jongg

**THURSDAYS**  
Bridge & Social Group  
Ping - Pong  
Scrabble

**FRIDAYS**  
Jottings from 5th and G (1st Fri)  
Friday Discussion Group (1st & 3rd)  
Pinochle

## COMMUNITY EVENTS

**LAKE OSWEGO LAKE RUN**  
NHA's spring fundraiser to support Oregonians in need

Northwest Housing Alternatives

**Saturday, May 3**

5K, 10K, & Kid's Dash  
Lake Run Festival

**EARLY BIRD ENDS 3/31!**

LakeOswegoLakeRun.org

**Farm Fresh Kids at the Farmers' Market**  
Farm Fresh Kids, founded in 2015, teaches children ages 4-12 about healthy living through fun, weekly market activities. Kids receive a "Farm Fresh Fun" passport to track their progress and can earn up to three \$1 tokens weekly to spend on fruits and vegetables.



**Farmers' Market Music presented by Mary's Woods**

**Saturdays during the Market 10:30 a.m.-12:30 p.m.**

May 10	Southern Nights
May 17	MarimbaLab
May 24	Lakeridge HS Jazz Band
May 31	Overbridge
June 7	Leo Moon
June 14	Lisa James
June 21	Tevis Hodge Jr.
June 28	Espacio Flamenco
July 5	The Sonny Hess Duo
July 12	Andrea Algieri
July 19	Hushfire
July 26	Pete Krebs Trio
August 2	Jordan Sings
August 9	Aline Vida
August 16	Mars FM
August 23	The Muddy Souls
August 30	Megan Susuico-Scott
September 6	Reggie Garrett and Christine Gunn
September 13	Erin Corzine
September 20	Arietta Ward
September 27	Dina Sage and the Wildflowers
October 4	The Bylines

**Lake Oswego Farmers' Market**  
Millennium Plaza Park  
Saturdays, May 10-October 4  
8:30 a.m.-1:30 p.m.

Explore the best of the region with over 80 vendors each week! Shop fresh produce, meats, baked goods, flowers, seafood, artisanal products, and more.

**Supplemental Nutrition Assistance Program (SNAP) Matching**  
Low-income households can use SNAP benefits via an Oregon Trail card to buy eligible foods at the market. A weekly match of up to \$20 per SNAP purchase helps increase food access by up to \$80 monthly.



**ACC Transportation Policy**

The ACC is committed to ensuring that all participants have access to its programs and services. To support this goal, the ACC offers a transportation service specifically for participants who do not have a vehicle. This service is strictly reserved for those in genuine need of transportation, and is not intended for personal convenience. Contact the ACC Front Desk at 503-635-3758 for transportation policy questions.

\*Excludes Day Trips and Overnight Trips.

**Asian American, Native Hawaiian, Pacific Islander Celebration**  
**Millennium Plaza Park**  
**Sunday, May 18**  
**12-3 p.m., Program at 1 p.m.**

Celebrate AANHPI Heritage Month with traditional music, dance, martial arts, calligraphy, henna, and Keynote Connie Harrell, LOSD Belonging Coordinator. Enjoy local food, artisan vendors and special performances by Anavai O Te Ora and White Lotus. Partners include: LO For LOve, Respond to Racism, AAPISU of LHS, Chinese Friendship Association of Portland and Lake Oswego Chinese Council.



**Memorial Day**  
**Foothills Park**  
**Monday, May 26**  
**11 a.m.-1 p.m.**

Join the City and LO Veterans Memorial to honor fallen heroes. Keynote: Captain Jonathan Puskas – Deputy Commander, Navy Reserve Region Readiness & Mobilization Command Southwest. Features include a flyover by West Coast Ravens, Presentation of Colors, 21-gun salute by Lake Oswego Honor Guard, patriotic entertainment and more.



**Pride LO**  
**Millennium Plaza Park**  
**Sunday, June 1**  
**12-4 p.m.**

Celebrate love and diversity at the second annual Pride Lake Oswego! hosted by LO for LOve and sponsored by the City. This vibrant event includes performances, speeches, local vendors and community activities. Poison Waters will be returning as our MC, bringing her unique charm and energy to the celebration. Close out the day with the Pride Flag Raising and reading of the City's Pride Proclamation at City Hall at approximately 4:15 p.m.



**Juneteenth**  
**Millennium Plaza Park**  
**Sunday, June 22**  
**1-4 p.m., Program at 2 p.m.**

Join the City, Respond to Racism, and the Black Student Union and Emcees DJ Ambush and Morgan Jones in celebrating the end of slavery with live music, dancing, and a keynote address by Taylor Stewart of the Oregon Remembrance Project. Enjoy a special performance by Sebe Kan, non-profit booths, food vendors, artisans, and more.



**Millennium Concert Band**  
**Millennium Plaza Park**  
**Thursday, July 3**  
**7-9 p.m.**

Kick off your celebrations with a patriotic concert by Lake Oswego's Millennium Concert Band, featuring military and marching compositions. Enjoy the Presentation of Colors by the Lake Oswego Honor Guard and a tribute to Veterans. Thank you to Mary's Wood's for sponsoring this event.



**Star Spangled Parade & Celebration**  
**Millennium Plaza Park**  
**Friday, July 4**  
**Staging at 9 a.m.; Parade begins at 10 a.m.**

Wear your patriotic colors, decorate wagons and join friends and family for the annual Star-Spangled Parade. Delight in festive floats, music, vehicles and boats as they march down A Avenue to Millennium Plaza Park.

**Parade Staging & Registration:** Staging begins at 9 a.m. at Lake Garden Court (off Iron Mountain Boulevard). Registration for participation in the parade REQUIRED. Space is limited, so please register early. Participation is limited to one vehicle per registrant. Participation is \$25 for non-profits and families; \$100 for businesses. To register, please visit the website and complete the application ([www.lakeoswego.city/ParksRecEvents](http://www.lakeoswego.city/ParksRecEvents)) or email Shelley Burgess at [sburgess@lakeoswego.city](mailto:sburgess@lakeoswego.city)



**Star Spangled Celebrations** continue when parade participants arrive at Millennium Plaza Park to kick off a festival at the plaza! Enjoy a Presentation of Colors, interlude from Last Regiment of Syncopated Drummers, performance of the National Anthem, face painting, food trucks and more. Join us by participating in or cheering on contestants in the annual Pie Eating Contest! Contest participants must be 18 years or older. Register on-site at 11 a.m. (after the Parade). Contest begins at noon.

**Independence Day Illumination: Concert and Laser Light Show**  
**Foothills Park**  
**Friday, July 4**  
**8-10:45 p.m.**

Independence Day celebrations close with an epic concert from Hit Explosion and a dazzling laser light show in the sky. The remarkable display, features an explosion of lights and music, which will enchant people of all ages. Lasers take flight at approximately 10:15 p.m. Bring your blankets, pillows and low sand chairs. Enjoy food trucks, face painting and more.



**Movies in the Park**  
**Thursdays 7-11 p.m.**  
**Movies begin at dusk (approximately 8:45p)**

Enjoy a summer evening with an outdoor movie in the park! Bring blankets and low chairs for a night under the stars. Free popcorn; candy and drinks available for purchase.

July 31	MPP	Unbreakable Boy
August 28	WLP	Moana 2

**Original Practice Shakespeare Fest**  
**7-9 p.m.**

First Folio editions of Shakespeare's plays guide actors to perform without rehearsal, creating authentic reactions. OPS Fest uses these techniques with minimal prep, an onstage prompter, energetic acting, and audience interaction for a fast-paced, improvisational experience.

Saturday, Aug 2	ROEHR	Tempest
Friday, Aug 8	GRP	Midsommer

**Lake Oswego Parks & Rec**

# SUMMER OF MUSIC 2025 CONCERT SERIES

**INDEPENDENCE DAY ILLUMINATION**  
**FOOTHILLS PARK**  
 8-10 p.m.  
 7/4 - Hit Explosion

**SUNDAYS**  
**MILLENNIUM PLAZA PARK**  
 6-7:30 p.m.

- 7/13 - Robert Henry & the Repeaters
- 7/27 - Norman Sylvester
- 8/10 - Ashleigh Flynn & the Riveters
- 8/24 - Sabrosa

**SATURDAY TWILIGHT SHOW**  
**FOOTHILLS PARK**  
 7-8:30 p.m.

- 8/16 - Portland Festival Symphony

**WEDNESDAYS**  
**FOOTHILLS PARK**  
 7-9 p.m.

- 7/9 - Ben Rice & The PDX Hustle
- 7/16 - SoulVax
- 7/23 - Petty Fever
- 7/30 - Band After Midnight

**WEDNESDAYS**  
**WESTLAKE PARK**  
 6:30-8:30 p.m.

- 8/6 - Cloverdayle
- 8/13 - Satin Love Orchestra
- 8/20 - Hit Machine
- 8/27 - Stone In Love

**www.lakeoswego.city/concerts**

**Lake Oswego Parks & Rec**

## FIRST SUNDAY MARKET IN LAKE GROVE

11 a.m. to 2:30 p.m. on Hallmark Drive, 97035

**All your market favorites AND themed events!**

- 8/3: Pet-a-palooza
- 9/7: Back to School Block Party
- 10/5: Sip & Shop
- 11/2: Fall Harvest

**www.lakeoswego.city/lgfm**

**SUMMER CONCERTS**  
**Portland Festival Symphony**

**Sat, August 16 at 7pm - Foothills Park**

## Cultural Xchange Festival

**Sun, Sept 28 from 11am - 6pm**

**Lake Oswego Parks & Rec**

## VOLUNTEER AT COMMUNITY EVENTS!

Farmers' Market - July 4th Parade - Summer Concerts  
 Cultural Xchange Festival - Tree Lighting & more.

Contact Volunteer Coordinator Shelley at  
 sburgess@lakeoswego.city or 503-697-6517

**www.lakeoswego.city/events**

## PLANNING & PROJECTS

Welcome to the Lake Oswego Parks & Recreation Planning and Projects page, your go-to source for the latest developments and future plans for our community's recreational spaces. Our commitment is to enhance the quality of life in Lake Oswego, promoting wellness and fostering a sense of community through accessible and innovative recreational opportunities.

### Discover Fun and Fitness at the New Lake Oswego Recreation & Aquatic Center!



The wait is almost over! Opening this spring, the Lake Oswego Recreation & Aquatic Center (LORAC) is set to bring a whole new level of recreation, wellness, and community connection to Lake Oswego. This state-of-the-art facility—made possible by the 2019 bond and support from the City and School District—will offer something for everyone, from fitness enthusiasts to families looking for fun.

#### Get ready to enjoy:

- A 12-lane competition pool for swim meets, lap swimming, and training.
- A 4,500-square-foot recreational pool with three lap lanes, a spa, and a kid-friendly zone featuring a waterslide and playful structures.
- A spacious weight and cardio area designed to support all fitness levels.
- A 7,250-square-foot gymnasium for league play, recreational sports, and open gym time.
- Locker rooms designed for comfort and convenience.
- Multi-purpose fitness rooms for group classes, workshops, and community events.
- A welcoming check-in area with access to golf scheduling, staff support, and community resources.

### Trail Connectivity on the Willamette River

Lake Oswego Parks & Recreation is embarking a project that will connect Lake Oswego's three riverfront parks—Foothills Park, Roehr Park, and George Rogers Park—via a multi-use pathway along the Willamette River. While the majority of Lake Oswego's riverfront pathway system exists today, this project will fill a small but critical gap of approximately 0.14 miles. Once completed, community members will be able to walk, bike, or roll along a continuous 2.25-mile stretch of the Willamette River.

The project will link the existing asphalt pathway that terminates south of Roehr Park to George Rogers Park across several access easements. Once on park property, the pathway will travel up the hill via a series of accessible ramps with handrails, around the grassy Oswego Landing, and connect users to the Old River Road pathway south of George Rogers Park. In addition, the pathway will connect to the existing concrete ramp, providing an accessible route for park visitors to connect to the waters of the Willamette River. This project is currently in the scoping and conceptual design stage. Look for more information, a schedule, and a project website coming soon!



### LORAC Progress Update: We're Almost There!

If you've been monitoring the LORAC construction, you know things are moving fast! The community's excitement is profound as we count the days until LORAC becomes our new hub for health, happiness, and connection.

Stay tuned for more updates as we approach the grand opening of LORAC, and get ready to make a splash!



### Parks Plan 2040: Thank you Lake Oswego community!

As the Parks Plan 2040 project comes to a close, Lake Oswego Parks & Recreation would like to thank the many community members who shared their valuable ideas, insights, and local knowledge with us over the last two years. Parks Plan 2040 was driven by a thorough and inclusive community engagement process, and included a broad range of opportunities to provide input, including:

- Stakeholder Focus Group Meetings with 11 different groups and over 60 individual participants;
- A statistically valid phone survey and a community-wide online survey that received a total of 1,183 responses;
- An in-person open house held at the Adult Community Center;
- Four in-person neighborhood workshops held at four different parks around the city;
- A community-wide online prioritization survey that received a total of 723 responses; and
- Eight public meetings each with the Community Advisory Committee and Parks, Recreation, and Natural Resources Advisory Board.



### What's next for Parks Plan 2040?

A draft of the plan will be available for public review and comment for four weeks, through Friday, April 4 and will be presented to City Council in early April. Once adopted, the final plan will serve as a roadmap for Lake Oswego Parks & Recreation staff, guiding our work and investments over the next 15 years.



### Rassekh Park

Exciting progress continues at Rassekh Park! Stay tuned for the highly anticipated opening of the new playground and picnic area, designed with accessibility at its core. This next phase was driven by our commitment to creating an inclusive space where everyone can play, gather, and enjoy the outdoors. We can't wait to welcome the community to these fantastic new amenities this summer.



## LORAC

### INTERESTED IN A MEMBERSHIP?

Our pre-sale memberships may have closed in February, but great news—pricing remains the same! Memberships will be available for purchase once the facility opens. All memberships are activated when the facility opens. If you had a pre-sale membership, look for emails and launch party info coming to your email, soon.

Classification	3mo. (Res.)	3mo. (N. Res.)	Annual (Res.)	Annual (N. Res.)
Adult (18-59)	\$132	\$198	\$420	\$630
Youth (3-17)	\$112	\$168	\$357	\$536
Senior (60+)	\$112	\$168	\$357	\$536
Household**	\$246	\$370	\$788	\$1,182
Add'l Youth	+\$32 ea	+\$48 ea	+\$126 ea	+\$189 ea

\*\*Household includes – 2 adults and up to 3 youth. (Youth are 3 to 17)

#### Membership Benefits

Your 3-month or annual membership includes:

- Access to Workout Room for ages 14+ with waiver and orientation during ALL open hours.
- Studio Fitness Classes, including: Strength Combo, Power Hour, Flow Yoga
- Open Swim, Family Swim, Lap Swimming
- Independent Swim Lane Workouts
- Parent/Preschool Swim, Senior Swim, Shallow and Deep Water Fitness Classes
- Open Play Gym Sports
- Aqua Fitness Classes

Join us and be part of an active, vibrant community at LORAC.





Lake Oswego Parks & Recreation  
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 Lake Oswego, Oregon 97034-0369

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