

activate!

Albany Parks & Recreation Classes & Activities Spring 2024



Get outside
and visit Albany's newest
park, Meadow Ridge!



Work with us this summer!

JOIN THE ALBANY PARKS & RECREATION FAMILY!



- ✓ **EARN CA\$H**
- ✓ **GAIN AMAZING PROFESSIONAL EXPERIENCE**
- ✓ **PERSONAL GROWTH**
- ✓ **HAVE FUN IN THE SUN**

A variety of positions are available. [Apply now at parks.albanyoregon.gov/summerstaff](https://parks.albanyoregon.gov/summerstaff) to work with us this summer. We have internships, team leads, and lots of opportunities available!

Meadow Ridge Park 379 Timber Street NE, Albany, OR



feel good

About YOUR

Albany Parks & Recreation!

For the first time since 2009, Albany has a brand new park! Meadow Ridge Park is completed and is ready for play. Located between Meadow Ridge Elementary and Timber Ridge Middle, the 1.8 acre park has been in the works for close to 15 years. The park



features several natural elements including a large wood and netted climbing structure, sculpted

concrete climbing boulders, spinners, and four swings. The paved sidewalk loop in the park is .10 of a mile, perfect for riding or walking to get out energy and enjoy the beautiful east Albany landscape. Watch social media for details about an official opening celebration!

The world is full of difficult things..let's celebrate the good! These are things that the community can be loud and proud about. Feel good about your local Parks & Recreation!

Registration open on March 4 at 8:30 a.m.

You must pay for the class and applicable lab fees at the time of registration unless otherwise indicated.

You can register online or over the phone with Visa or MasterCard.



Registration locations and hours	Classes, Programs, & Events	Aquatics
Online Registration www.albanyparksandrecreation.org 24/7, 365 days a year	✓	✓
Albany Parks and Recreation Over the phone only. 541-917-7777 Monday-Friday 8 a.m. - 5 p.m.	✓	
Albany Community Pool 2150 36th Ave SE 541-967-4521 Monday-Friday 8 a.m. - 8 p.m. Saturday 1 - 4 p.m.		✓
Riverfront Community Center 489 Water Ave NW Monday-Friday 8:30 a.m. - 4:30 p.m	✓	

Refund Policy: Our mission is to provide quality recreational experiences that are financially sustainable. Activities, programs, and classes must meet minimum enrollments in order to be offered. If Parks & Recreation for any reason cancels an activity, program, or class a full refund will be issued.

- **Classes & Programs:** A participant can receive a full refund, less a \$5 processing fee if they notify Parks & Recreation five business days prior to the start of the class. After five days, a credit will be given. If a program is less than \$15 only a credit will be given if participant cancels.
- **Trips & Tours:** Participants will only be given refunds if a replacement participant is found, due to hard costs associated with trips.
- **LBCC Partnership Classes:** Call 541-917-4840 or online at linnbenton.edu/register

Pricing: Fees listed on the left reflect a reduced price for in-city Albany residents. Those who live outside the city limits pay full tuition. You may purchase an out-of-city user card (\$40 individual/\$80 family) which allows you to pay in-city rates for one year.

Policies: For all of our policies visit our website at www.albanyparksandrecreation.org or call 541-917-7777.



INVITE THE GREAT OUTDOORS TO YOUR NEXT EVENT



Community parks provide unique and affordable rental spaces for your next party.

PARK RENTALS NOW AVAILABLE

Amenities available include: Electricity, BBQ grills, disc golf course, basketball courts, horseshoe pits, playgrounds, and more! Affordable Pricing.

— More details about renting a park are available at albanyparksandrecreation.org —



Call 541-917-7777 to reserve a park for your next event!

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SEWING

Our sewing classes offer opportunities for children to learn the basics of sewing and celebrate their achievements while creating items they can use. Sewing classes at Albany Parks & Recreation are a great way for your child to exercise their creativity!

Families

AFTER SCHOOL BASIC SEWING (AGES 9-12)

Students will learn the basics of sewing with a machine as well as by hand. Projects will be varied to keep students excited! Classes meet once a week for 2 hours. Supply Fee: \$35

AFTER SCHOOL TEEN SEWING SESSIONS (AGES 13-16)

Students will learn to use patterns to create garments and other projects. Use of a sewing machine and hand sewing will be covered. Classes meet once a week for 2 hours. Supply Fee: \$25

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost	Supply Fee
After School Basic Sewing	9-12	Tu	4-6 p.m.	4/2-4/23	Brigitte's Place Fine Fabrics	Brigitte DeValois	\$149 (In-city)/\$194	\$35
After School Basic Sewing	9-12	Tu	4-6 p.m.	5/7-5/28	Brigitte's Place Fine Fabrics	Brigitte DeValois	\$149 (In-city)/\$194	\$35
After School Teen Sewing	13-16	W	3-5 p.m.	4/3-4/24	Brigitte's Place Fine Fabrics	Brigitte DeValois	\$174 (In-city)/\$226	\$25
After School Teen Sewing	13-16	W	3-5 p.m.	5/1-5/22	Brigitte's Place Fine Fabrics	Brigitte DeValois	\$174 (In-city)/\$226	\$25



Explore Extraordinary!

Prepare your child for life-long educational success

Exceptional foundation of core subjects & critical thinking skills

Character Education * Service Learning

Advanced science & math classes

Art, Music, PE, Drama, and 3 world languages

Middle school/Lower school Buddy Days

Extracurricular opportunities * After school care available

*Enrollment is open
for the 2024-25 school year!*



**Summer Program
registration opens soon!**

Ashbrook Independent School

4045 SW Research Way, Corvallis | www.ashbrookscool.org

TREE CLIMBING AT SILVER FALLS STATE PARK (AGES 8+)

In this intro experience designed for everyone, learn to climb some of the largest and tallest trees in the world around 300ft high. Recreational tree climbing, also known as canopy climbing, is an unforgettable adventure that will allow you to climb to the top of the canopy of these massive trees where few people have been. This is your chance to try something not even 0.001% of the population has done. Explore a perspective of nature rarely seen and learn about the unique ecology, plants, and animals of old-growth forests. More information can be found at <https://www.treeclimbingatsilverfalls.com/tree-climbing-adventures-at-silver-falls>.

Supplies: appropriate athletic clothes for the weather, water, and snacks.



Families

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost
Tree Climbing	8+	Sa	1-5 p.m.	4/13	Silver Falls State Park	Rosen-Fischer	\$214 (In-city)/\$278
Tree Climbing	8+	Sa	1-5 p.m.	5/11	Silver Falls State Park	Rosen-Fischer	\$214 (In-city)/\$278
Tree Climbing	8+	Sa	1-5 p.m.	6/22	Silver Falls State Park	Rosen-Fischer	\$214 (In-city)/\$278

ALBANY EXPLORATION ZONE DISCOVER THE PRESENT, SECURE THE FUTURE.

THESE HANDS-ON LEARNING ACTIVITIES HAVE A FOCUS ON FUN AND YOUR KIDDO WON'T WANT TO MISS THEM.

Proudly presented by:



Mid-Valley
STEM-CTE HUB



STEM SATURDAYS

DATES: 4/6, 4/20, 5/4, 5/18, 6/1

BUILDERS

(Ages 3-5)

\$9 (in-city) / \$12 per class
10:15-11:30 a.m.

ADVENTURERS

(Ages 5-11)

\$14 (in-city) / \$19 per class
Noon-1:30 p.m.



LOCATION: Riverfront Community Center - 489 NW Water Ave

Your child will have so much fun they won't know they're learning!

Follow us for updates!

@albanyparksandrecreation

@albanyparksandrec

Sign up for Albany Exploration Zone and other family programs at albanyparksandrecreation.org or call 541-917-7777



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DANCE

We know movement and music are both great for our bodies and our minds. There are opportunities for kids big and small to get moving and grooving as they build physical fitness, teamwork, and creative skills in these fun dance classes!

Families

FAIRYTALE DANCE

There's nothing more imaginative than fairytales! Experience the magic of ballet as your child stretches, leaps, and dances across the floor. Using props and interactive songs, this class will help improve balance and coordination while introducing your child to the fundamentals of ballet. Supplies: Athletic clothing, ballet slippers or socks.

JUST DANCE!

A combo jazz and lyrical dance class that is fun and energetic. This dance style is often associated with Broadway musicals. Dancers will learn turns, leaps, and jumps as well as building flexibility, strength, techniques, and coordination as they move to inspiring music. Supplies: Athletic clothing, ballet slippers or socks.

BALLET

Embark on the next level in your ballet education! Choose between Continuing Ballet and Intermediate Ballet based on your age and skill level. Continue your development of ballet fundamentals while learning new concepts and advancing your knowledge and abilities in a diverse manner and creative environment. Supplies: Athletic clothing, ballet slippers or socks.

LYRICAL/JAZZ

This combination lyrical and jazz class is for creative dancers interested in expanding their abilities! Choose between Continuing Lyrical/Jazz and Intermediate Lyrical/Jazz based on your age and skill level. Continue the development of flexibility, leaps, turns, performance etiquette, creative choreographies, and more! Supplies: Athletic clothing, ballet slippers, jazz/lyrical shoes or socks.

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost
Fairytale Dance	3-4	W	11-11:50 a.m.	4/3-4/24	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	3-4	Sa	11-11:50 a.m.	4/6-4/27	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	3-4	W	11-11:50 a.m.	5/1-5/22	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	3-4	Sa	11-11:50 a.m.	5/4-5/25	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	3-4	W	11-11:50 a.m.	6/5-6/26	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	3-4	Sa	11-11:50 a.m.	6/1-6/22	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	4-5	Sa	Noon-12:50 p.m.	4/6-4/27	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	4-5	Sa	Noon-12:50 p.m.	5/4-5/25	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Fairytale Dance	4-5	Sa	Noon-12:50 p.m.	6/1-6/22	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Just Dance!	5-7	Sa	1-1:50 p.m.	4/6-4/27	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Just Dance!	5-7	Sa	1-1:50 p.m.	5/4-5/25	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Just Dance!	5-7	Sa	1-1:50 p.m.	6/1-6/22	Swanson	Russell-Agosto	\$34 (In-City)/\$44
Continuing Ballet	7-10	M	4-4:45 p.m.	4/1-5/20	Swanson	Lowry	\$49 (In-City)/\$64
Continuing Lyrical/Jazz	10-13	M	5-5:45 p.m.	4/1-5/20	Swanson	Lowry	\$49 (In-City)/\$64
Intermediate Ballet	7-10	M	6-7 p.m.	4/1-5/20	Swanson	Lowry	\$49 (In-City)/\$64
Intermediate Lyrical/Jazz	10-13	M	7:15-8:15 p.m.	4/1-5/20	Swanson	Lowry	\$49 (In-City)/\$64

MOVEMENT 7

Elevate your fitness with classes designed to get you moving. These energizing classes, for youth of all ages, promote overall well-being through fun exercises, a mentally stimulating environment, and the chance to take on a new challenge. Get your body moving and have some fun!

BEGINNERS TENNIS

Learn basics like volleys, groundstrokes, and overhands. Participants will develop coordination and motor skills while playing fun, interactive games! Racquets and balls provided. Supplies: non-marking tennis shoes.

INTRO TO PICKLEBALL

Learn the fundamentals, rules, and motions of Pickleball including groundstrokes, volleys, overhands, and how to serve. Develop footwork, hand eye coordination and motor skills while engaging in fun, interactive games that are sure to keep you interested! Supplies: non-marking tennis shoes.

ADVANCED BEGINNERS TENNIS

Learn fundamental skills like the 5 basic motions for tennis and how to play a formal game. Engage with fun games and drills to develop skills and coordination. Racquets and balls provided. Supplies: non-marking tennis shoes.

BREATH, MOVE, & FEEL BETTER

Melt stress and get out of your head! The Nia technique combines Martial Arts with healing modalities like yoga and freestyle dance. Increase your body confidence and have fun. Open to all!

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost
Breath, Move, & Feel Better	12-17	Su	12:30-1:30 p.m.	4/7-4/28	Swanson	Kenagy	\$36 (In-city)/\$47
Breath, Move, & Feel Better	12-17	Su	12:30-1:30 p.m.	5/12-6/2	Swanson	Kenagy	\$36 (In-city)/\$47
Intro to Pickleball	8-17	Sa	10-11 a.m.	4/6-6/22	Albany Tennis Club	Jaworski	\$150 (In-city)/\$195
Beginners Tennis	6-8	Sa	2-2:45 p.m.	4/6-6/22	Albany Tennis Club	Jaworski	\$150 (In-city)/\$195
Advanced Beginners Tennis	9-12	Tu	4-5 p.m.	4/2-6/25	Albany Tennis Club	Jaworski	\$195 (In-city)/\$253



HOMESCHOOL GATHERING (ALL AGES)

Meet other parents and kids at this FREE weekly hangout for homeschooling and unschooling families. Activities for kids & teens will be provided at this casual social gathering, and families of all backgrounds are welcome! No registration required.

Tu 4/2-6/11 1:30-3:00 p.m.
Riverfront Community Center Free



**BOYS & GIRLS CLUB
OF ALBANY**

GREAT FUTURES START **HERE**

ACADEMIC SUCCESS • GOOD CHARACTER & CITIZENSHIP • HEALTHY LIFESTYLES

SUPERVISED FUN • GAMES
HOMEWORK ASSISTANCE • COMPUTER PROGRAM
ARTS & CRAFTS • GYM TIME
FREE MEAL AND SNACK SERVED DAILY

PARENT ORIENTATION IS REQUIRED TO SEND MEMBERS
NEW TO ATTENDING OUR AFTER SCHOOL OR SUMMER
PROGRAM.

VISIT OUR WEBSITE FOR DETAILS ON AGE
RESTRICTIONS FOR EACH LOCATION

WWW.BGC-ALBANY.ORG

RON LONEY CAMPUS:

FREE BUSSING FROM GAPS SCHOOLS TO THE CLUB
MONDAY - THURSDAY, 2:30 - 7:00 P.M.,
FRIDAYS, 2:30 - 6:00 P.M.

WAVERLY SITE:

2:30 PM - 6:00 P.M., MONDAY - FRIDAY

HIGH SCHOOL SENIORS!

SCHOLARSHIP OPPORTUNITY!

- 2 YEAR AWARD - UP TO \$6,000 / YEAR -

APPLY FOR THE BOYS & GIRLS CLUB OF ALBANY EDUCATION FUND

TO APPLY CONTACT:

ALBANY OPTIONS
KAYLA CROSSAN
COUNSELOR
541-967-4563

BOYS & GIRLS CLUB OF ALBANY
MCKENA ROBERTS
DIRECTOR OF MARKETING & SPECIAL EVENTS
541-926-6666 • EXT. 258

SOUTH ALBANY
KATELYN SAWYER
CAREER CENTER COORDINATOR
541-967-4522

WEST ALBANY
JENNIFER LAFOUNTAIN
CAREER CENTER SUPPORT
541-967-4540

OR VISIT WWW.CLUBDONATE.ORG

APPLICATION DEADLINE: MARCH 22



**ALBANY BOYS & GIRLS CLUB
FOUNDATION**



BGC-ALBANY.ORG



1215 SE Hill St.
Albany, OR 97322
541-926-6666

info@bgc-albany.org



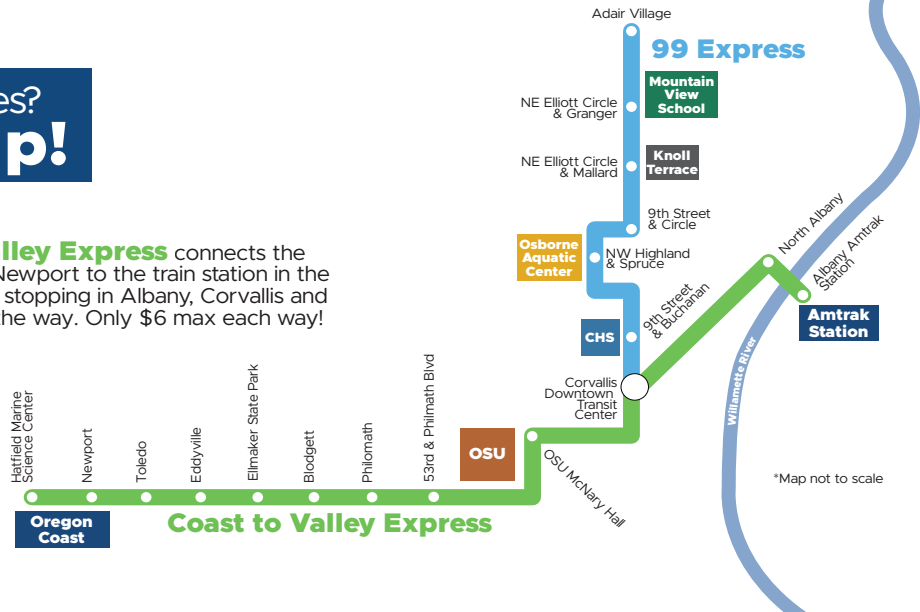
**BOYS & GIRLS CLUB
OF ALBANY**



99 Express connects Adair Village and Lewisburg to Downtown Corvallis, 9th Street, Boys & Girls Club, and the Osborn Aquatic Center. This is a fare-free service!

Looking to go places?
We can help!

Coast to Valley Express connects the Oregon Coast in Newport to the train station in the Willamette Valley, stopping in Albany, Corvallis and Philomath along the way. Only \$6 max each way!



Visit RidetheBAT.com to see full schedules, or give us a call at **541-766-6700** for more information.

KONA ICE

All across the country, Kona Ice LOVES to give back to schools, sports teams and organizations. Since our first Kona was shaved in 2007, we're proud to say we've raised over \$135 MILLION for local communities in 49 states.

And it was easy. For you. For us. Why? ...because everybody loves to experience Kona Ice almost anytime, anywhere.



FLAVORWAVE



BE GOOD DO GOOD FOR GOOD

WE ARE NUTRITIOUS DELICIOUS

HAS GIVEN BACK OVER
\$135 MILLION
TO COMMUNITIES ACROSS THIS COUNTRY

We can do Fundraising, Festivals, Schools, Athletic Events, Corporate Events, & so much more!

p. 503.881.5002
e. nadams@kona-ice.com
www.kona-ice.com



Camp

ALBANY

Summer is a great time for kids to grow and have new experiences and summer day camp is a perfect setting for it! At Camp Albany, campers will play, socialize, and be involved in hands-on learning activities with a focus on fun. Each week will feature a brand-new theme with activities tailored to fit that setting. No day will be the same, but will typically include STEM, art, group games, free play, and more! Our positive, energetic camp staff will help make every day an exciting adventure!

Junior Explorers

Ages 7-11

8:30 a.m.-3:30 p.m. • Mon-Fri.
Location: Periwinkle Elementary
2196 21st Ave SE

Cost: \$245(in-city) / \$318

Little Explorers

Ages 4-6

(4-year-olds must be going into kindergarten)

8:30 a.m.-3:30 p.m. • Mon-Wed
Location: Maple Lawn
1950 SE Salem Ave.

Cost: \$147(in-city) / \$191

— Full scholarships are available! —

To register call 541-917-7777 or visit albanyarksandrecreation.org

SUMMER CALENDAR

**Registration
opens
March 4th**

CAMP FEATURES

Snacks are provided

Low Staff to
Child Ratio

Daily Outdoor Play

Weekly Field Trips

STEM & Themed
Activities



Week 1 | **THE GREAT CAMPER COOK-OFF**

Junior Explorers
July 8-12

Little Explorers
July 8-10



Week 2 | **JOURNEY TO THE STARS**

Junior Explorers
July 15-19

Little Explorers
July 15-17



Week 3 | **LEGENDS OF THE SEA**

Junior Explorers
July 22-26

Little Explorers
July 22-24



Week 4 | **MYSTERY MASTERMINDS**

Junior Explorers
July 29-August 2

Little Explorers
July 29-31



Week 5 | **AROUND THE WORLD**

Junior Explorers
August 5-9

Little Explorers
August 5-7



Week 6 | **FAIRYTALE FABLES**

Junior Explorers
August 12-16

Little Explorers
August 12-14



Your One-Stop Choice for Health Care


COLLABORATIVE. CONVENIENT. COMPREHENSIVE.

For 75 years, we've had the pleasure of serving you and your loved ones. Our collaborative model ensures that you see the providers you need to faster and with a higher level of care as they work together to provide comprehensive solutions.

Whether you're looking for a new primary care provider, need to see a specialist for a new or existing health condition, or need immediate care for an acute condition – we've got you covered! We provide the following services in the Willamette Valley:

- Family Medicine
- Internal Medicine
- Pediatric Care
- Allergy & Immunology
- Behavioral Health
- Dermatology
- Diabetes
- Ear, Nose & Throat
- Endocrinology
- Foot & Ankle
- Gastroenterology
- Neurology
- Neuropsychology
- Nutrition Services
- Obstetrics & Gynecology
- Occupational Medicine
- Ophthalmology & Optometry
- Orthopedic & Sports Medicine
- Orthopedic & General Surgery
- Physical Therapy
- Rheumatology
- Sleep Medicine
- Urology
- Immediate Care

Find the right physician for your needs by calling (541) 757-3757
or visiting corvallisclinic.com/find-a-physician


The
Corvallis
Clinic™
75 YEARS

AQUATICS 13

Things to Know Before You Go

Recreation Swims

Toys/Masks: Bring your own toys, masks, and snorkels. All lifejackets must be Coast Guard-approved.

Adult Supervision: Children 5 and under or wearing a PFD require a responsible caregiver 16+ in the water within arm's reach. Children aged 6-8 must be accompanied by a responsible caregiver 16+.

Rental: For pool rental prices and policies, visit our website at www.albanyparksandrecreation.org/albany-community-pool

Registration Policies and Refunds: Visit www.albanyparksandrecreation.org for complete registration information, refund policies and procedures.

Albany Community Pool Closures:

5/3 @ 2 p.m.	Swim Meet
5/4	Swim Meet
5/27	Memorial Day
5/31 @ 2 p.m.	Swim Meet
6/1	Swim Meet
6/13 @ 9 a.m.	Staff Training
6/14	Staff Training

Activities	Days	Time	Cost	Session Notes
Household Recreation Swim	M W F	7-8 p.m.	General Admission Prices	Children 5 and under or wearing a PFD require a responsible caregiver 16+ in the water within arm's reach. Children aged 6-8 must be accompanied by a responsible caregiver 16+.
	Sa	1-3 p.m.		
Lap Swim	M-F	5:30-8:30 a.m. Noon-2 p.m. 6-7 p.m. (M, W, F)	General Admission Prices	Swimmers must be able to swim continuous lengths.
	Sa	Noon- 1 p.m.	General Admission Prices	
Adult Water Aerobics	Tu & Th	8-9 p.m.	\$6.50/\$8 per class	Held in shallow water (4-4.5 ft)
Adult Aqua Jog	M & W	6-7 p.m.	\$6.50/\$8 per class	Held in deep water using flotation.
	Tu & Th	Noon-1 p.m.		
Senior Fitness	M,Tu,Th,F	7-7:50 a.m. 8-8:50 a.m.	\$6/\$7.50 per class	Held in shallow water (4-4.5 ft)
Youth Swim Lessons	Tu & Th	6 - 6:30 p.m. 6:35 - 7:05 p.m. 7:10 - 7:40 p.m.	\$48 for 8 lessons	Registration opens at 5:30 p.m. Register March 21 for April 2 - 25 Register April 18 for April 30 - May 23

Admission Type	Price	Monthly Pass (Automatic Renewal)
Youth (17 & Under)	\$5 / \$6.50	\$25 / \$33
Adult (18+)	\$5.50 / \$7	\$30 / \$40
Adult Fitness Class	\$6.50 / \$8	\$30 / \$40
Senior (55+)	\$5 / \$6.50	\$25 / \$33
Senior Fitness Class	\$6 / \$7.50	\$25 / \$33
Family		\$50 / \$67
Sports Pass (Required for Swim Team)		\$25 / \$33

Albany Community Pool Rental Information

Looking for the perfect place for a party? Check out the Albany Community Pool. In-city users may rent the entire pool for \$150 per hour. The price for a half-pool rental is \$75 per hour. Out of City rates are \$175 for the entire pool and \$100 for half pool rental. In addition, there is a \$100 refundable cleaning/damage deposit for all ACP pool rentals. Visit our website at www.albanyoregon.gov/parks for ACP reservations.

14 HEALTHY, ACTIVE, AND FIT

Finding a fitness routine that works for you isn't always easy, but Albany Parks and Recreation has gone the extra mile to ensure you have plenty of possibilities. We have fitness classes to suit every ability level and personal preference, so come join us in a supportive and social environment as we seek to keep Albany fit!

The addresses for the classes listed in this section are:

Riverfront Community Center	489 Water Ave NW
Swanson	705 Railroad SE
Albany Tennis Club	1423 27th Ave SW

ADULT INTRO TO PICKLEBALL

Some describe it as a cross between ping pong and tennis. It is one of the fastest-growing sports in the country. Learn the basic rules of the games, strokes, and scoring. Get out on the court and see what this popular game is all about! Racquets and balls provided. Supplies: non-marking tennis shoes.

rate and improve overall fitness. It's a fun and social way to stay active, improve tennis skills, and boost cardiovascular endurance. Suitable for all fitness levels, Cardio Tennis offers a dynamic and energetic approach to staying fit while enjoying the sport of tennis.

ADULT CARDIO TENNIS

Cardio Tennis is a high-energy group fitness class that combines traditional tennis drills with cardiovascular exercise. Participants engage in dynamic drills, constant movement, and music to elevate their heart

ZUMBA/ZUMBA TONING

Zumba/Zumba Toning provides a total body workout using easy-to-follow choreographed dance moves to combine all elements of fitness – cardio, muscle conditioning, balance, and flexibility. Zumba Fitness classes are often called exercise in disguise because they are super effective and amazingly fun.

Adults

Class Title	Days	Time	Dates	Location	Instructor	Cost
Tai Chi (LBCC#44187)	M	10:30-11:50 a.m.	4/1-6/10*	RCC	Leban	\$89
Arthritis Foundation Exercise	M/W	1:30-2:20 p.m.	4/1-6/12*	RCC	Yee	\$96 (In-city)/\$125
Better Bones & Balance (LBCC#44184)	M/W/F	7-7:50 a.m.	4/1-6/14	Swanson	Lyons	\$139
Zumba/Zumba Toning Session 1	M/W/F	8:30-9:30 a.m.	4/17-5/20	Swanson	Reed	\$59 (In-city)/\$77
Zumba/Zumba Toning Session 2	M/W/F	8:30-9:30 a.m.	5/22-6/28+	Swanson	Reed	\$59 (In-city)/\$77
Zumba/Zumba Toning Session 3	M/W/F	8:30-9:30 a.m.	7/8-8/9	Swanson	Reed	\$59 (In-city)/\$77
Gentle Yoga (LBCC#44190)	M/W/F	1-1:50 p.m.	4/1-6/14~	RCC	Rose	\$139
Gentle Yoga (LBCC#44191)	M/W/F	2-2:50 p.m.	4/1-6/14~	RCC	Rose	\$139
Better Bones & Balance (LBCC#44185)	Tu/Th	8-8:50 a.m.	4/2-6/6	Swanson	Reed	\$119
Zumba Gold (LBCC#44859)	Tu/Th	9-9:50 a.m.	4/2-6/6	Swanson	Reed	\$119
Better Bones & Balance (LBCC#44186)	Tu/Th	Noon-12:50 p.m.	4/2-6/13	Swanson	Yee	\$119
Zumba (LBCC#44463)	Tu/Th	6-6:50 p.m.	4/2-6/13	Swanson	Schukow	\$119
Adult Intro to Pickleball	Sa	9-10 a.m.	4/6-6/22	Albany Tennis Club	Jaworski	\$150 (in-city)/\$195
Adult Beginner Tennis	Sa	3-4 p.m.	4/6-6/22	Albany Tennis Club	Jaworski	\$195 (in-city)/\$253
Cardio Tennis	Sa	11 a.m.-Noon	4/6-6/22	Albany Tennis Club	Jaworski	\$195 (in-city)/\$253

* No class 5/27, ~ No class 4/5 & 5/27, + No class 5/27, 6/10, 6/12, & 6/14

The price listed at the left reflects a reduced fee for Albany residents.

Highlighted classes reflect LBCC and Albany Parks and Recreation cosponsored classes.

EXPRESS YOUR CREATIVITY 15

Everyone is creative! Join us to try your hand at a variety of artistic endeavors, and you might just find a talent you never knew you had. Stretch your creative ability as you bring your ideas to life. Not many things bring as much satisfaction as making something with your own hands. Whether you'd like to decorate your house with a personal flair, or you want to create something for a loved one – we have a class for you!

MOSAIC CLASSES

Discover the vibrant world of mosaic art in our hands-on class! Unleash your creativity as you learn the art of arranging colorful glass, tiles, and other materials to craft stunning mosaic pieces. From basic techniques to intricate designs, this class welcomes beginners and enthusiasts alike. Join us for a fun and inspiring journey into the world of mosaic artistry – where every piece tells a unique story. No prior experience is required; just bring your imagination and enthusiasm! Note: Because sharp objects are used, manual dexterity and ability to follow directions in a group setting are required. Supply fee: \$20.

STAINED GLASS SUNCATCHER

Unlock your creativity with our Stained Glass Suncatcher class! Discover the timeless art of stained glass as you learn to design and craft your radiant suncatcher. Our experienced instructor will guide you through the step-by-step process of selecting vibrant glass pieces, cutting, and assembling them, and soldering them to create a stunning masterpiece that will illuminate any space with a kaleidoscope of colors. Whether you're a beginner or an experienced crafter, join us for a hands-on experience that combines artistic expression with the joy of capturing the beauty of sunlight through your unique stained glass creation.

Adults

Class Title	Day	Time	Dates	Location	Instructor	Cost	Supply Fee
Advanced & Inter Watercolor Painting (LBCC#44678)	W	9:30-11:20 a.m.	4/3-6/5	RCC	Hansen	\$129	\$0
Acrylic Painting for Fun (LBCC#44177)	Th	1:30-3:20 p.m.	4/4-6/6	RCC	Walz	\$129	\$0
Acrylic Painting for Fun (LBCC#45065)	M	6-7:50 p.m.	4/1-6/10*	RCC	Walz	\$129	\$0
Beginning Watercolor Painting (LBCC#44179)	Tu	10-11:50 a.m.	4/2-6/4	RCC	Armstrong	\$129	\$0
Beginning Watercolor Painting (LBCC#45433)	M	6-7:50 p.m.	4/1-6/10*	RCC	Armstrong	\$129	\$0
Calligraphy	Th	9-11:30 a.m.	4/4-6/6	RCC	Tanaka	\$85 (In-city)/\$110	\$0
Caricatures & Cartooning (LBCC#45434)	M	1-2:50 p.m.	4/1-4/8	RCC	Messer	\$59	\$0
Fused Glass Bird Suncatcher	Th	6:30-9:30 p.m.	5/9	RCC	Scheele	\$19 (In-city)/\$25	\$20
Fused Glass Jewelry	W	6:30-9:30 p.m.	4/24	RCC	Scheele	\$19 (In-city)/\$25	\$20
Fused Glass Mushroom	W	6:30-9:30 p.m.	4/17	RCC	Scheele	\$19 (In-city)/\$25	\$20
Fused Glass Spring Garden Art	W	6:30-9:30 p.m.	5/22	RCC	Scheele	\$19 (In-city)/\$25	\$20
Fused Glass Tree	Tu	6:30-9:30 p.m.	6/18	RCC	Scheele	\$19 (In-city)/\$25	\$20
Mosaic Flower Plaque	M, W	6:30-9:30 p.m.	5/13, 5/15	RCC	Scheele	\$19 (In-city)/\$25	\$20
Mosaic Flowerpot	Tu, Th	6:30-9:30 p.m.	6/4, 6/6	RCC	Scheele	\$19 (In-city)/\$25	\$20
Mosaic House Number, Welcome Sign or Name Plaque	Tu, Th	6:30-9:30 p.m.	4/9, 4/11	RCC	Scheele	\$19 (In-city)/\$25	\$20
Stained Glass Suncatchers	Th	10 a.m.-1 p.m.	5/16	RCC	Alma	\$90 (In-city)/\$117	\$0
Stained Glass Suncatchers	F	5:30-8:30 p.m.	5/17	RCC	Alma	\$90 (In-city)/\$117	\$0

*No class 5/27

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Highlighted classes reflect LBCC and Albany Parks and Recreation cosponsored classes.

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ENRICH, ENGAGE, ENERGIZE 17

Albany Parks and Recreation offers personal enrichment programs for you to explore new interests, develop new skills, and engage your imagination. Students of most any age enjoy unique learning experiences year-round through our classes. Enrich, engage, and energize your life!

ALBANY STRING ORCHESTRA (AGES 10-Adult)

The Albany String Orchestra is a beginner-intermediate level ensemble for violin, viola, cello, and string bass players with prior playing experience or who have completed at least a year of instruction. No auditions are required. The orchestra performs 2-3 concerts each year. Music includes classical, folk, Broadway, and dance tunes.



BEGINNING BALLROOM DANCE

Discover the magic of ballroom dancing in our beginner's class! Whether you're a complete novice or have some dance experience, this class is designed to introduce you to the captivating world of ballroom dance. Our skilled instructors will guide you through the basics of various ballroom styles, in a supportive and friendly atmosphere. You'll learn fundamental steps, posture, and rhythm while building confidence on the dance floor. Whether you're looking for a fun social activity, a new way to stay active, or a new date night option our beginner's ballroom dance class is the perfect place to start. No prior experience or partner is required – just bring your enthusiasm and comfortable shoes. Get ready to waltz your way into a world of elegance and excitement!

OREGON'S RICH HISTORY (LOGGING INDUSTRY)

Oregon's history of the logging industry is a captivating journey that traces the state's economic and environmental transformation. This short course provides a comprehensive overview of Oregon's logging heritage, covering key milestones, influential figures, and the industry's impact on the state's development. The course will highlight the rise of timber towns, the innovation of logging technologies, and the socio-economic dynamics that shaped the industry. Join us to uncover the rich history of Oregon's logging industry and its lasting legacy on the state's culture and landscape.

Adults

Class Title	Days	Time	Dates	Location	Instructor	Cost	Supply Fee
AARP Driver Safety (LBCC#44194)	Tu	8:45 a.m. -4:20 p.m.	4/9	RCC	Staff	\$20	\$0
AARP Driver Safety (LBCC#44195)	Tu	8:45 a.m. -4:20 p.m.	5/7	RCC	Staff	\$20	\$0
AARP Driver Safety (LBCC#44374)	Tu	8:45 a.m. -4:20 p.m.	6/4	RCC	Staff	\$20	\$0
Albany String Orchestra	Tu	7-9 p.m.	3/26-5/7	RCC	Conductor	\$56	\$0
Beginning Ballroom Dance	Th	7-7:50 p.m.	3/21-5/16	RCC	Zera	\$83(In-city)/\$108	\$0
Oregon's Rich History (Logging Industry)	M	10 a.m.-Noon	4/8-5/6	RCC	Larsen	\$26(In-city)/\$34	\$5
The Urban Hippy (LBCC#45436)	Tu	7-8:50 p.m.	4/2-4/30	RCC	Nolten	\$109	\$0
Urban Farming 101 (LBCC#45435)	M	6-7:50 p.m.	4/1-5/6	RCC	Nolten	\$99	\$0

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TRIPS AND TOURS 19



Registration: For complete registration, cancellation, and refund information visit our website at www.albanyparksandrecreation.org. You can register beginning March 4 at 8:30 a.m. at Riverfront Community Center (489 NW Water Ave./541-917-7760) or online at www.albanyparksandrecreation.org. Tours are open to any person over the age of 18 unless noted otherwise. Payment is due at the time of registration. Unless otherwise indicated, all tours will depart Carino's restaurant at the listed time. Please arrive 15 minutes before the listed time of departure. All participants must be on the bus at the listed time for departure. We are unable to delay departure for those not present. If you are not there at departure time, we are unable to refund you for your trip.

Cancellations: If a participant decides to cancel, a refund will only be given if another participant is found. If a replacement is found, you will be refunded using the method used for payment.

Departures: Unless otherwise indicated, all tours will depart from:

Carino's Restaurant: Located at 1825 14th Ave SE. Participants are required to park in spaces on the south side of the parking lot (the spaces that back up to the mall entrance road off the Geary Street entrance).

WHALE WATCHING (OREGON COASTLINE)

Pack your binoculars, bring a sense of adventure, and join us as we go in search of migrating gray whales. Catch a glimpse of gray whales blowing, breaching, and fluking as they pass by on their 12,000-mile annual migration. Bring your binoculars if you have them! Deadline to register: March 21. This trip is limited to the first 14 people to register. Fee includes transportation only. All meals are on your own. Departs: Carino's- 8 a.m.

W, 3/27
\$37 (In-City)/\$49

8 a.m.- 5:30 p.m.



OMSI (PORTLAND)

Don't miss this chance to see not one but two special exhibits! OMSI will be featuring an exhibit called, *Staying Alive, Defenses of the Animal Kingdom* that features live animals including a sloth, hedgehog, snakes, and more! In this exhibit, you can get up close and personal with live animals and learn all about the extraordinary tactics and adaptations they use to survive. Also features hands-on interactive and on-site animal experts. The other featured exhibit is *Tyrannosaurs: Meet the Family*. This exhibit explores the Tyrannosaur family with displays on paleontology, evolution, and fossils. Deadline to register: March 21. Fee includes admission to the museum and transportation. All meals and purchases will be paid for on your own. Departs: Carino's- 9:30 a.m.

Tu, 4/2
\$53 (In-City)/\$72

9:30 a.m.- 4:30 p.m.

20 TRIPS AND TOURS

CAMP 18 RESTAURANT AND VISIT SEASIDE (ELSIE/SEASIDE)

There is no better place than this combination of restaurant and logging museum to learn how logging was done in the days before clear-cutting. The restaurant is in a huge log lodge with lots of chain-saw art, axes for door handles, and a hollowed-out stump for a hostess desk. After enjoying logger-size meals (don't miss the marionberry cobbler!), you can wander the grounds studying old steam logging equipment. The gift shop sells logging-oriented souvenirs. We will make a stop in Seaside, where you can browse some of the stores along the boardwalk or simply enjoy the gorgeous views before heading home. Deadline to register: March 26. Fee includes transportation only. All meals and purchases will be paid for on your own. Departs: Carino's- 7 a.m.

W, 4/10 7 a.m.- 6:30 p.m.
\$43 (In-City)/\$57



GARDENPALOOZA (BAUMAN FARMS)

Gardening is one of Oregon's most popular activities, and at Garden Palooza held at Bauman Farm and Garden, there is plenty for gardeners to see, do, and experience. More than 45 local nurseries and garden art vendors will purvey thousands of plants, tools, and items of décor during this colorful spring ritual. You can shop at the country store, eat from the deli, and enjoy fresh donuts and pies. There will be a lot of walking on uneven ground on this trip. Deadline to register: April 3. This trip is limited to the first 14 people to register. Fee includes transportation only. All meals and purchases will be paid for on your own. Departs: Carino's- 9:30 a.m.

F, 4/12 9:30 a.m.- 3:15 p.m.
\$30 (In-City)/\$40

OREGON ZOO (PORTLAND)

Take a walk on the wild side when you join us for lions, tigers, and bears (oh my!). Flirty-eyed, long-necked giraffes, orangutans, zebras, and polar bears...they'll all be on hand for this fun-filled day at the zoo! Note: Please make sure that you wear comfortable shoes, as there will be a lot of walking involved. Deadline to register: April 1. Fee includes transportation and admittance to the zoo. Lunch will be on your own on-site. All meals and purchases will be paid for on your own. Departs Carino's- 9 a.m.

Tu, 4/16 9 a.m.- 5 p.m.
\$60 (In-City)/\$80

THE GREAT OREGON COAST GARAGE SALE (LINCOLN CITY)

One man's trash is another man's treasure! Join us for the Oregon Coast Garage Sale where there will be more than 60 vendors that will hold sales during this community-wide event. See what treasures you can unearth. Don't forget to wear your walking shoes! Deadline to register: April 11. Fee includes transportation only. All meals and purchases will be paid for on your own. Departs: Carino's- 7 a.m.

F, 4/19 7 a.m.- 4 p.m.
\$38 (In-City)/\$51

WOODEN SHOE TULIP FESTIVAL (WOODBURN)

Spring is in the air and tulips are everywhere! We'll head to the Wooden Shoe Tulip Farm which boasts more than 40 acres of tulips and daffodils. View stunning displays of color and beautifully landscaped grounds as we enjoy tulips, tulips, and more tulips! You can buy cut flowers or order bulbs for fall planting. We'll visit the gift shop before heading home. We will stop for lunch before visiting the farm. You will need to be able to walk on uneven ground. Deadline to register: April 10. Fee includes admission, parking, and transportation only. All meals and purchases will be paid for on your own. Departs: Carino's- 10 a.m.

W, 4/24 10 a.m.- 4:45 p.m.
\$43 (In-City)/\$57

TRIPS AND TOURS 21

RING OF FIRE (EUGENE)

Join us at the Shedd Institute as we listen to the Music of the Carter Family on an extraordinary expedition tracing the roots of country music's legendary Carter family. Our first stop will be lunch then we will head to the performance. Deadline to register: April 1. This trip is limited to the first 14 people to register. We were unable to secure ADA seating. Fee includes a ticket to the performance and transportation only. All meals will be on your own. Departs: Carino's- 12:30 p.m.

Su, 4/28 12:30- 6:45 p.m.
\$62 (In-City)/\$82

LUNCH AT OTTO AND ANITA'S (PORTLAND)

Don't miss this opportunity to tantalize your taste buds with the best of German cuisine. Reserve your spot for a culinary journey that promises an unforgettable experience! Otto and Anita's Bavarian Restaurant offers schnitzels, German sausages, and of course dill pickle soup! Deadline to register: April 22. This trip is limited to the first 19 people to register. Fee includes transportation only. All meals will be on your own. Departs: Carino's: 9:45 a.m.

W, 5/1 9:45 a.m.- 3 p.m.
\$30 (In-City)/\$40

BRIGHT STAR AT ACTOR'S CABARET (EUGENE)

Join us for this refreshingly genuine...daringly hopeful...inspired by a true story, Bright Star is a sweeping tale of love and redemption in the American South of the '20s and '40s. When literary editor Alice Murphy meets a young soldier just home from World War II, he awakens her longing for the child she once lost. Haunted by their unique connection, Alice sets out on a journey to understand her past – and what she finds has the power to transform both of their lives. With beautiful melodies and powerfully moving characters, Bright Star is an uplifting theatrical journey that will hold you tightly in its grasp. Deadline to register: April 5. This trip is limited to the first 23 people to register. We were unable to secure ADA seating. Fee includes transportation, dinner (please choose one: Sausage Baked Shells, Vegetarian Baked Shells with red sauce or Lasagna), dessert, gratuity, and show. Departs: Carino's: 5 p.m.

Sa, 5/4 5- 11 p.m.
\$95 (In-City)/\$125



BREAKFAST BY THE SEA (YACHTS)

This trip was popular last quarter, so we are bringing it back again! We'll indulge in a cozy breakfast at the Adobe in Yachats where the dining room sits just 50 feet from the ocean's edge, providing incredible views. Then we'll take a scenic drive to Old Town Florence for shopping, taffy, and ice cream or a hot beverage before heading home. Deadline to register: April 22. This trip is limited to the first 14 people to register. Fee includes transportation only. All meals and purchases will be on your own. Departs: Carino's- 7:15 a.m.

Tu, 5/7 7:15 a.m.- 5:30 p.m.
\$36 (In-City)/\$48

9-5 THE MUSICAL (LAKE OSWEGO)

Join us for a performance of 9-5 The Musical at Lakewood Theater Company. This musical is based on the 1980 hit movie. Three female co-workers concoct a plan to get even with the sexist, egotistical, lying man they call their boss. In a hilarious turn of events, the women live out their wildest fantasy – giving their boss the boot! The women give their workplace a dream makeover, taking control of the company that had always kept them down. Hey, a girl can scheme, can't she? Deadline to register: April 5. This trip is limited to the first 24 to register. We were unable to secure ADA seating. Fee includes transportation and a ticket to the performance. We will stop for dinner before the performance. All meals will be on your own. Departs: Carino's- 3 p.m.

Th, 5/9 3- 11:30 p.m.
\$77 (In-City)/\$102

22 TRIPS AND TOURS

ASTORIA CRUISE DAY ADVENTURE

The broad waters of the Columbia River carry us aboard a river vessel from Portland's vibrant harbor through the forest-covered coast range on an adventure-filled day re-tracing the route of Lewis & Clark, the famed American explorers. Ocean freighters and tugboats share our route to Astoria, a quaint, scenic river town that is filled with history. This day-long adventure covers 60 miles of the Willamette and Columbia Rivers. You'll be treated to freshly prepared Northwest cuisine and historical narration along the way. We'll cruise to Astoria and enjoy a bus ride home. Deadline to register: April 16. This trip is not ADA-accessible. You will need to be able to climb stairs. They are unable to accommodate passengers in wheelchairs. Fee includes transportation, cruise, continental breakfast, plated lunch, dessert, coffee, tea, fountain drinks, a hearty evening snack, and gratuity. All other meals and purchases will be on your own. Departs: Carino's- 6 a.m.

W, 5/15 6 a.m.- 10:30 p.m.
\$235 (In-City)/\$312

BRUNCH AT HECETA HEAD (YACHATS)

Join us for an exquisite seven-course brunch, meticulously curated for guests at the charming Heceta Head Bed and Breakfast. Revel in the opulence of culinary delights that will tantalize your taste buds and create cherished memories. After brunch, immerse yourself in the history of the area during an engaging talk that will transport you back in time. Gain fascinating insights into the rich tapestry of Heceta Head as you explore the stories that have shaped this enchanting locale. Before departing you will have time to stroll through the gift shop. Deadline to register: April 10. This trip is limited to the first 14 people to register. This trip is not ADA-accessible. You will need to be able to climb stairs. Fee includes brunch, gratuity, a history talk, and transportation. All other purchases will be on your own. Departs: Carino's: 8:30 a.m.

Th, 5/23 8:30 a.m.- 5:30 p.m.
\$117 (In-City)/\$156

WILDLIFE IMAGES (GRANTS PASS)

Badgers, Bobcats, and Bears, you'll see all of these and many more as we visit Wildlife Images. Wildlife Images Rehabilitation and Education Center is a

facility that was created to provide for the care and treatment of sick, injured, or orphaned wildlife. They have expanded to provide educational programs on wildlife. We will enjoy a 2-hour walking tour through the park. Wear comfortable walking shoes. Deadline to register: April 11. This trip is limited to the first 14 to register. Fee includes transportation, admission, and a tour. We will stop for lunch before the tour. All meals will be on your own. Departs: Carino's: 8:15 a.m.

Th, 5/30 8:15 a.m.- 7:30 p.m.
\$70 (In-City)/\$93

TIMBERLINE LODGE (MT. HOOD)

On the slopes of Mount Hood, Timberline Lodge has become a classic. The lodge is an inn, but in another sense, it's also a museum. Built during the Great Depression by skilled and unskilled labor, craftsmen, and artists, it remains a symbol of hope and prosperity. Enjoy a personal and informative tour led by a knowledgeable curator. Relax and have a buffet-style lunch in the lodge's dining venue and take in the breathtaking views of Oregon's most majestic mountain peaks. Deadline to register: April 25. Fee includes buffet lunch (lunch is buffet style but it could change to plated), tour, and transportation. Departs: Carino's- 8:15 a.m.

W, 6/5 8:15 a.m.- 6 p.m.
\$77 (In-City)/\$101

ALSEA THYME GARDEN LUNCHEON AND HERBAL HANGING BASKETS (ALSEA)

The Thyme Garden is a family-owned farm hidden in the beautiful coast range mountains between Philomath and Alsea. Owners Emily and Bethany offer the Northwest's largest selection of herbs and useful plants. A special treat will be the herbal basket making. You'll choose perennials and annuals that you will plant in hanging pots filled with the garden's organic, healthy soil. The beautiful results will be waiting for you at the end of the four-course luncheon (with an herbal focus) that is served under the fir trees. Deadline to register: May 14. This trip is limited to the first 25 people to register. This trip will require walking on uneven ground. Fee includes luncheon, basket, and transportation only. Departs Carino's-9:45 a.m.

Th, 6/27 9:45 a.m.- 4 p.m.
\$72 (In-City)/\$95

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