Check inside for other offerings such as: Exercise & Fitness, Gardening, Country Dance, Painting, and More! Call 503-650-2570 for Registration
Or Online at www.gladstone.k12.or.us Click the link that says
**AIKIDO FOR KIDS**

Aikido is a non-competitive, non-violent Japanese Martial Art, teaching principles of peaceful resolution of conflict. Kids will learn to empower themselves through discipline of posture, balance, breathing, mental focus. Aikido is not a method of fighting, but method of self-defense. Develop ability to be relaxed, focused, centered, even under stress. Taught by Craig Fife, Michael Erbe

**PARENT/CHILD TUMBLING AGES 2 1/2–4 YRS**

Flexibility and fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults & handstands! Includes parent participation. $104

**BEGINNING TUMBLING AGES 3-6 YRS**

Kids will work on flexibility, listening skills, basic tumbling skills such as forward rolls, backwards rolls, cartwheels in these fun child only participation classes. Specify date/time. $104

**TAE KWON DO FOR KIDS**

Harness the energy of your youngsters with this exciting physical activity. Students learn basic moves while developing respect, discipline and self-esteem. Kids get practice setting goals and gain confidence with individual achievements. Parents invited to participate for free. Uniforms can be purchased through the instructor. Taught by David Beasley

**PRE-BALLETT AGE: 4-6 YRS**

Dancers will learn their basic ballet positions and steps. They will be exposed to creative movement to help develop coordination and an overall sense of rhythm. The class will also help dancers in developing listening skills in a group setting. Students need ballet shoes and dance attire (any color). $104

**BELOW TUMBLING AGES 6-10 YRS**

Flexibility and Fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! $104

**PRE-BALLETT/TAP AGE 4-6 YRS**

Learn basic ballet positions and steps, be exposed to creative movement to help coordination, overall sense of rhythm, develop listening skills in group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). $104

**AIKIDO NORTHWEST**

(16029 SE McLoughlin)
Tuition: $70

**BEGGINING TUMBLING AGES 6**

Mon 4/6/20 5:00-6:00 PM $80

**PRE-BALLETT AGE: 4-6 YRS**

Dancers will learn their basic ballet positions and steps. They will be exposed to creative movement to help develop coordination and an overall sense of rhythm. The class will also help dancers in developing listening skills in a group setting. Students need ballet shoes and dance attire (any color). $104

**PRE-BALLETT/TAP AGE 4-6 YRS**

Learn basic ballet positions and steps, be exposed to creative movement to help coordination, overall sense of rhythm, develop listening skills in group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). $104

**GRANDE FINALE DANCE**

Classes held at Grande Finale 875 Portland Ave.

**LOCAL YOUTH SPORTS CONTACT INFORMATION**

- Girls Softball: www.gladstonegirlsoftball.com OR (503) 781-7051
- Gladstone Jr Baseball : www.gladstonejuniorbaseball.com OR (503) 319-1629
- Soccer for Boys & Girls: www.gladstonesoccer.com
- Football Grades 3-8: www.gladstoneyouthfootball.com OR (503) 807-0502
- Gladiator Youth Basketball : http://gladstonebasketball.org
- Gladiator Youth Cheer: gycyouthcheer@gmail.com OR (503) 568-5384
**CRAFTING WITH NAN HAGE**

**Glass Birdbath & Decorative Garden Flowers**
Create your own glass totem, garden flowers or birdbath using ‘stray’ glassware such as vases, candlesticks, punchbowls, assorted size plates, or glasses (clear and/or colored works great).

Request Supply List or Order Kit for $20.
Gladstone High School
Mon 4/6/20 from 6:30-8:30 PM
Tuition: $20 (Age 62+: $15)

**Faux Concrete Pots**
Create “cement/rock looking” garden pot using a plastic foam box, paint and sand. 24 hours later the “rock” garden pot can be planted. Just in time for Mothers Day! Paint and sand provided.

Request supply list.
Gladstone High School
Mon 4/20/20 from 6:30-8:30 PM
Tuition $20 (Age 62+ $15) Lab $5

**Macramé Basics**
Learn to make a basic hanging plant holder or wall hanging with Nan Hage. In this class you will learn the basic knots to get you started.

Nan will provide the supplies and her knowledge.
Gladstone High School
Wed 5/27/20 from 6:00-8:00 PM
Tuition $20 (Age 62+ $15) Lab $10

**Concrete Leaf Casts**
Learn techniques to create concrete leaf casts for birdbaths, water features & garden art. Make one in class for your garden. Bring 2 large shallow plastic storage totes/boxes, plastic gloves.

Class limited. Held off Forsythe Rd. in O.C. Info sheet available.
Sat 5/9/20 from 10:00-12:00 PM
Tuition $16 (Age 62+ $13) Lab $5

**OIL PAINTING BOB ROSS STYLE WITH JUDY STUBB**
De-Stress and Relax with Judy Stubb certified Bob Ross Instructor! Start with a blank canvas and leave with a completed Masterpiece! This Wet on Wet Technique is a very simple, easy to follow method, anyone from beginners to seasoned painters can master! Classes are casual and FUN! Judy brings all supplies and teaches you step-by-step. See samples of Judy’s work at www.wetpaints.net.

Tuition $50 per person

**Painting Class for Watercolor & Acrylic Painters**
Using a variety of subjects, this class will help you learn techniques. Including, color mixing, improving your brushwork and developing an increased awareness of composition. Class is open to both Watercolor and Acrylic painters. All Skill Levels Welcome!!

Taught by Melissa Gannon
Gladstone High School
Tues 4/21/20-5/26/20 From 6:00-9:30 PM
Tuition $84 (Age 62+ $68)

**Acrylics or Oil Painting with Shirlee Lind**
Become an Artist, and have fun while you do it! Beginners will learn basic fundamentals, brush techniques, shading, composition, and color mixing! No prior experience necessary! Experienced artists learn the latest in trends! Please request Supply List
Gladstone Senior Center
Thurs 4/2/20-5/4/20 from 9:30-11:30 AM
Tuition: $89 (Age 62+ $73)

**Watercolor 101 with Sharla Sevy**
Play with color and create beauty! In this step by step intro to watercolor, discover how colors blend and change, what colors enhance each other, how to apply washes & glazes, and transfer images to paper. Beginners order kit for $50 (recommended) or request Supply list.
Gladstone High School
Mon 3/30/20-5/18/20 from 6:00-8:30 PM
Tuition $84 (Age 62+ $69)

**Watercolor with Melissa Gannon**
Explore the exciting and challenging medium of watercolor. Learn to mix colors, basics of composition, drawing and elements of perspective. Please request supply list. See Melissa’s work at www.melissagannon.com
Gladstone Senior Center
Wed 4/8/20-5/27/20 From 2:00-4:30 PM
Tuition $89 (Age 62+ $73)

**CARDMAKING WITH SPARKLE**
Come, join us for this popular class! Learn to make beautiful and creative cards for all reasons and seasons! Make 8 cards with 4 different designs, including envelopes. All supplies are provided.

Held at Gladstone High School
From 6:00-9:00 PM.
Tuition is $16 (Age 62+ $13) Lab Fee $15

**CARDMAKING WITH WOW**
Tuesday 4/21/20
Tuesday 5/26/20
#1 Spring Yard Care & Landscaping Hints
Learn about basic yard care! The where and how to's for new plantings, as well as established. Fertilizing, watering, and when to plant dahlia tubers. Nan will cover lawn care, how to choose the right plant, pest control, rapid compost secrets, landscaping hints and more!
Wed 4/1/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

#2 Organic Gardening & Raised Beds
Create lush, productive vegetable and flower gardens in any size space. Learn seed choices best for your needs, planting mediums, weed and insect control, plant installation, raised bed gardening, and more. Nan will share hints to make gardening fun.
Wed 4/8/20 from 6:30-8:00 PM
Tuition $16 (Age 62+ $13)

#3 Companion Planting for Veggies
Maximize benefits of light, moisture and soil by companion planting for vegetable gardens. Find out why and how these plants benefit from each other. And which plants are "enemies,"
Wed 4/15/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

#4 Herb Gardening Basics
How to plant and care for herbs and edible flowers. Design an herb garden and use in existing landscapes. When and how to dry. Use herbs for cooking, medicinal, decorative purposes, companion planting, aromatherapy, bath and body care products, and potpourri.
Wed 4/22/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

#5 Patio Pots & Hanging Baskets
Learn tricks to successful container gardening: the do's and don'ts in selecting, planting and maintaining bulbs, annuals, and perennials. How to choose proper greens and color for spring and summer containers.
Wed 4/29/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

#6 Perennials, Annuals & Bulbs
Learn what grows best in your yard for the "look" you want to create. How to combine perennials, annuals and bulbs for maximum growth and blooms throughout season. Learn secrets for successful, healthy sun and shade flowers.
Wed 5/6/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

#7 Pruning Basics for Springtime
Learn what can be pruned at this time of year and HOW to prune for the benefit of the plant. Nan Hage has been teaching gardening classes and sharing her expertise with students for many years.
Wed 5/13/20 from 6:30-9:00 PM
Tuition $16 (Age 62+ $13)

INVESTING FOR THE FUTURE SERIES
SAVE! Sign up for this series of 5 classes for only $49!
A workbook covering all classes will be included at no additional cost!
Tuition for the series is $49/Person or $59/Couple (Couples share a book)
(Age 62+) $29/Person or $39 Couple (Couples share a book)
Couples please call Gladstone Community School to Register 503-650-2570
All Classes held at Gladstone High School 4/15/20-5/13/20 from 6:30-8:30 PM

#1 Investment Basics
To be a successful investor, you need to understand basic concepts and ground rules of investing. Discuss importance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72, and other ground rules to investing. Take this class before other investing classes!
Wed 4/15/20 from 6:30-8:30 PM
Tuition $15 (Age 62+ $10)

#2 Investing for Income
Learn about income-producing investments: money market accounts, certificates of deposit, all types of bonds (Government, Savings, Corporate, Tax-Free). Learn how changes in interest rates and credit ratings affect ‘fixed income’ investments, and techniques to protect yourself from them.
Wed 4/22/20 from 6:30-8:30 PM
Tuition $15 (Age 62+ $10)

#3 Mutual Funds
What are they, how do they work, what do they cost, what should I expect from them, load vs. no-load, what are my choices? Discuss the many options that are available (and why they are so popular).
Wed 4/29/20 from 6:30-8:30 PM
Tuition $15 (Age 62+ $10)

#4 The Stock Market
Learn about income stocks, growth stocks, how to be properly diversified, what to look for when buying, knowing when to sell, how to make sense of all the numbers. Learn some easy formulas for basic stock analysis
Wed 5/6/20 from 6:30-8:30 PM
Tuition $15 (Age 62+ $10)

#5 Tax Advantaged Investments
Topics include traditional and Roth IRA's, 401K, 403B, TSA, 457, and Annuities, plans for small business owners. Rebecca will discuss each type, explain how and why everyone should be funding them through work and on your own. Changing jobs or retiring? Learn how to handle rollover or transfer of retirement funds.
Wed 5/13/20 from 6:30-8:30 PM
Tuition $15 (Age 62+ $10)
**change your brain, transform your life**
Explore the foundations that create brain health, and learn the Daily Habits for the Brain, with the potential of preventing cognitive decline as you age—and even reversing it! Discover how your view of time affects your life perspective, relationships, and money. Learn how the practice of Emotional Wisdom can alter your future for the better!
_Taught by Lynette Isaak_
Gladstone High School
Tues 5/5/20 from 6:00-9:00 PM
Tuition: $25 (Age 62+ $22) Lab Fee $10

**going solar—is it right for your home**
In this information course geared for homeowners, _Andy Hordichok_ will explain why solar power is not a fleeting trend. Even in our rainy state of Oregon, going solar can be an affordable option and can end up saving you money! You will leave with a better understanding of going solar, and if the process is right for you
We are offering two dates for you to choose from.
Gladstone High School
Mon 5/4/20 from 6:30-7:15 PM
Tuition: $49 (Age 62+ $39) Lab Fee $5

**ukulele beginning part i**
Ukulele is easy to play, inexpensive, & lots of fun! In this popular class you will quickly learn tuning, simple chords, tons of songs. _Tenor, Soprano, or concert GCEA tuning only._ Please provide your own ukulele.
Minimum age 4th grade.
_Bill Price_
Gladstone High School
Mon 3/30/20-4/27/20 from 7:15-8:00 PM
Tuition: $55 Materials fee: $8

**ukulele beginning part ii**
This class picks up where Beginning I left off. More great songs, strumming, chords. _Please provide your own ukulele._ Minimum age 4th grade.
_Bill Price_
Gladstone High School
Mon 5/4/20-6/8/20 from 6:30-7:15 PM No Class 5/25
Tuition: $55

**wills, trusts & estate planning**
What is the difference between a _Will_ & a _Living Trust_? When do estates have to go through _probate_ & what is _probate_? Do I need Power of Attorney or _Advance Directive_? How can I take care of my _children_ & _beneficiaries_? What is the _Oregon Estate Tax_ & can I _reduce my taxes_? _Plan ahead to help preserve assets, protect your family_ & _reduce your taxes_. Gain peace of mind with _attorney John M Boyleston, Shareholder at Myatt & Bell, P.C._
_Gladstone Senior Center_
Tues 5/5/20 from 6-7:30 pm
Tuition: $10

**woodworking**
The newly remodeled wood shop will be open on Thursday evenings.
_Instructor Vincent Alvarez_ will be available to help with proper handling of the power tools and to answer questions concerning your project. Bring your own supplies.
_Must have experience using the power equipment_
Gladstone High School
Thurs 4/9/20-5/28/20 from 6:30-9:30 PM
Tuition: $85 (Age 62+ $65) Lab Fee $5
**COUNTRY LINE DANCE WITH NADJA SCHMALTZ**  
John Wetten Elementary  
Outside Gym located behind the school

**COUNTRY DANCE WITH NADJA**  
Nadja will be playing all the oldies for you to dance to in this Open Dance class! From "Asking Questions" to "Boot Scootin' Boogie", Nadja will provide a class to practice your dancing and provide instruction and help!  
*No class 5/13/20*  
Mon 4/13/20-6/8/20 from 6:30-9:30 PM  
Tuition: $64 (Drop in price $10)

**COUNTRY LINE DANCE INTRO TO BEGINNING**  
If you are new to dancing or have never taken a line dance class, this is the class for you! Learn easy steps in a relaxed atmosphere.  
*No class 5/14/20*  
Thurs 4/16/20-6/11/20 from 6:30-7:30 pm  
Tuition: $60 (Age 62+: $55)

**COUNTRY LINE BEGINNING WITH NADJA**  
Learn latest dance steps and traditional ones, too. Must know basic steps & turns. Class is the next step up from Ultra Basic.  
*No class 5/13/20 or 5/14/20*  
Wed 4/15/20-6/10/20 from 6:30-7:30 PM  
Thurs 4/16/20-6/11/20 from 7:30-8:30 PM  
Tuition: $60 (Age 62+: $55)

**COUNTRY LINE INTERMEDIATE**  
Do you know the basic line dances and are ready to move on to some intermediate ones?  
*No class 5/13/20 or 5/14/20*  
Wed 4/15/20-6/10/20 from 7:30-8:30 PM  
Thurs 4/16/19-6/11/20 from 8:30-9:30 PM  
Tuition: $60 (Age 62+: $55)

**COUNTRY PARTNER DANCE**  
Here's your chance to learn to partner dance! With great music & slow paced instruction, you'll be dancing faster than you can say Yee-Haw. Classes designed for beginners with  
*No Rotation Necessary.*  
*No class 5/13/20*  
Wed 4/15/20-6/10/20 from 8:30-9:30 PM  
Tuition: $110/couple (Age 62+: $100/couple)  
Please register separately

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**SUPER DEAL!!**  
**CLACKAMAS RIVER RACKET CLUB**

- **AEROBICS (HIGH & LOW IMPACT) + ZUMBA + STRONG**  
  Attend any or all of the classes listed for $90!  
  3/30/20-6/20/20 Mon-Sat  
  - **AEROBICS:**  
    - M/T/W 5:45 AM • T/TH 8:30 AM • MW 9 AM • T/W/TH 4:30 PM • SA 8 AM  
    - Classes include body sculpting, strength training, step variety & barre variety. Steps and hand weights provided.  
  - **ZUMBA:** T 5:35 pm • F/SA 9:05 AM  
    - Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party!  
  - **STRONG:** W 5:45 pm • SA 7:05 AM  
    - High Intensity Tempo Training

- **YOGA AND PILATES**  
  Attend any or all classes listed for $100!  
  3/30/20-6/20/20 Mon-Sat  
  - **YOGA:** M/W/F 8 AM • T 9:35 AM • SA 10:15 AM  
    - Wear loose clothing and bring an exercise mat or blanket  
  - **POP PILATES:** M 4:30 PM • TH 5:35 PM  
    - Total body, equipment free workout that sculpts and tone.

  Register with Gladstone Community School  
  (503) 655-2570

**FOOT CLINIC**  
Held the second Tuesday of each month by appointment  
9:00 AM-3:30 PM

**BLOOD PRESSURE CHECKS**  
The second Tuesday each month. No appointment necessary  
10:30 AM 12:00 PM

**LOW IMPACT CHAIR AEROBICS**  
Swing Into Shape! Video-led program teaches movements for flexibility and muscle strength through seated/standing low-impact movements.  
Tues/Thurs. 10:30-11:30 AM

**GLADSTONE TRAM**  
Seniors needing transportation in Gladstone area, call 24 hours in advance at (503) 655-7701.

**GLADSTONE BOOK CLUB**  
Join fellow readers in discussing popular titles as well as discovering new books to love. Held the second Tuesday of each month by appointment  
9:00 AM

**LEGAL CLINIC**  
Held the first Tuesday of each month from 11:00-3:00 PM by Appointment Only. No Walk Ins. The Gladstone Senior Center offers a free legal clinic to the seniors of the Gladstone area. To reserve your spot or for more information, please call the Gladstone Senior Center at (503) 655-7701

**FRIDAY EXCURSIONS**  
Join us for great one-day outings or special tours. Call Gladstone Senior Center (503) 655-7701 for details.

**AARP SAFE DRIVING COURSE**  
Class is open to all ages to help increase your skills to become a safer, more defensive driver. Upon completion of class, those 55 years or older may be eligible for discount on auto insurance. Call Gladstone Senior Center at (503) 655-7701 to register. Cost is $15 for AARP members and $20 for non-members. Cash or Check only. No card. Please pay instructor at class.  
March 7 from 9:00-4:00 PM  
June 13 from 9:00-4:00 PM

**GOLD STAR POTLUCK**  
First Monday of each month at 12 PM. Please bring a main dish to share. For more information call (503) 655-7701.

**AARP TAX ASSISTANCE**  
Appointment Only. Fridays only from 9:00-2:00 PM  
No Walk Ins.

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**Gladstone Senior Center Offerings**  
These activities are held at the Gladstone Senior Center. For more information, call Colin at (503) 655-7701

Located at 1050 Portland Ave, the Gladstone Senior Center is a local community center focused on enhancing the lives of seniors in the area. All ages are welcome to enjoy lunch, activities, programs and services, and much more. Volunteers are always welcomed and needed. Looking for a place to hold an event? The Senior Center is welcomed and needed. Looking for a place to hold an event? The Senior Center is available to rent, please visit [www.cl.gladstone.or.us/sc](http://www.cl.gladstone.or.us/sc) for more information.

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Lunch Served Tues-Thurs starting at 11:45 AM

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AIKIDO FOR ADULTS WITH CRAIG FIFE
Aikido is a non-competitive, non violent form of Traditional Japanese Martial Art. Aikido’s goal is the development of the whole human being—mind, body & spirit to its full potential.
Aikido NW 16029 SE McLoughlin Blvd
Attend any or all 3/31/19-6/11/20
Tuition: $90
Basic: Tues 7:30-8:30 PM & Thurs 6:30-7:30 PM
Basic Weapons Class: Thurs 7:30-8:30 PM
Open Mat Time: Tues/Thurs 8:30-9:00 PM

INDOOR FITNESS WALKING
Come to this FREE indoor walking program where weather will not be an issue! Led by Suzette Love, you will go through a variety of choreographed walking workouts. Bring Water! Fun for the whole family!
(Min age 8+ welcome with an adult)
Held at Gladstone Park Seventh-day Adventist Church, 8378 Cason Ln
Tues/Thurs 3/31/20-6/25/20
From 7:15-8:15 PM
NO FEE, MUST REGISTER

FOREST THERAPY WALK
Inspired by the Japanese practice of Shinrin-yoku (translated as “forest bathing”), forest therapy walks are designed to encourage you to slow down, focus on your senses, and experience the healing properties of forests and other natural areas. These are slow, gentle walks appropriate for almost any fitness level. There will be a light snack, and information emailed to you before the walk. Debbie Tuttle
Gladstone Nature Park - Webster Rd Entrance (Rain or Shine)
Sat 4/4/20 from 10:00 AM-12:00 PM
Tuition $16 (62+ $13)

TAE KWON DO ADULT ALL LEVELS
This Non-Competitive class is a great workout while learning Korean style of martial arts from Master Jaiwhan Woo, past Korean National Champion, dedicated instructor, 30+yrs. Strengthen your body, mind, and spirit. Men and women all ranks welcome.
Kraxberger Middle School
Tuition: $100 (Age 62+ $75)
Tues/Thurs 3/31/20-6/11/20
From 7:30-9:00 PM

TAI CHI CHUAN BEGINNING
Tai Chi, a slow, graceful form of Chinese exercise, benefits body, mind, and spirit. Described as moving meditation because of emphasis on relaxation, one-pointed concentration, cultivation of vital energy or qi. Yang Style 24-Movement short form is especially designed for beginners new to Tai Chi.
Taught by Gary Schmidt.
Gladstone Senior Center
Specify AM or PM class
Mon 3/30/20-6/8/20 No Class 5/25
11:00-12:00 PM OR 6:00-7:00 PM
Tuition $75 (Age 62+ $61)

TAI CHI CHUAN INTERMEDIATE
Open to students who have learned the first half of the Yang Style 24 movement form. Class will be learning the second half of the form as well as form refinement.
Taught by Gary Schmidt.
Gladstone Senior Center
Specify AM or PM class
Mon 3/30/20-6/8/20 No Class 5/25
10:00-11:00 AM OR 7:00-8:00 PM
Tuition $75 (Age 62+ $61)

TAI CHI CHUAN ADVANCED LEVEL 1
Open to Students who have learned the entire Yang Style 24 movement form. Class is for students who are new to the Yang Style Traditional 103 movement long form of Tai Chi Chuan.
Taught by Gary Schmidt.
Gladstone Senior Center
Mon 3/30/20-6/8/20 No Class 5/25
From 12:00-1:00 PM
Tuition $75 (Age 62+ $61)

TAI CHI CHUAN ADVANCED LEVEL 2
Open to students who have learned the entire Yang Style Traditional 103 movement long form of Tai Chi Chuan. Emphasis will be on form refinement.
Taught by Gary Schmidt.
Gladstone Senior Center
Mon 3/30/20-6/8/20 No Class 5/25
From 9:00-10:00 AM
Tuition $75 (Age 62+ $61)

YOGA WITH GREG FEGEL
Yoga classes will help you feel better, while learning breathing and relaxation techniques. Wear loose clothing and bring a blanket or exercise mat.
Gladstone Senior Center
*Basic: Suitable for all skill levels
Tues 3/31/20-6/2/20 from 5:25-6:25 PM
*Continuing: For students who have taken at least one term of Yoga
Tues 3/31/20-6/2/20 from 6:30-7:30 pm
Tuition $69 (Age 62+ $57)

YOGA WITH MARY HAYE
Yoga can help you feel better physically and reduce stress. It’s beneficial to your health and well-being. This gentle yoga is suitable for anyone, regardless of age or fitness level. Wear loose clothing, bring blanket or exercise mat.
ENROLL EARLY SPOTS FILL UP FAST!
Specify day.
Gladstone Senior Center
*Tues 3/31/20-6/2/20 from 9:00-10:00 AM
*Wed 4/1/20-6/3/20 from 6:00-7:00 PM
*Thurs 4/2/20-6/4/20 from 9:00-10:00 AM
*Fri 4/3/20-5/5/20 from 9:00-10:00 AM
Tuition $69 (Age 62+ $57)

ZUMBA FITNESS
Zumba dance fitness is rated E for Everyone! No dance experience needed to have fun while you improve endurance, flexibility, balance and tone to beats from around the world. Come and join the fun! Ann Moses
Kraxberger Middle School
Mon/Wed 3/30/20-5/20/20
6:30-7:30 PM
Tuition $65 (Age 62+ $50)

EXERCISE & FITNESS AT EAST SIDE ATHLETIC
4606 SE Boardman, Milwaukie
Dates: 3/30/20-6/5/20 Mon-Fri
$69 for 10 classes
$120 for 20 classes

*ZUMBA AT EAST SIDE ATHLETIC
Zumba classes are exercise in disguise incorporating Latin & Old World rhythms.
T/TH 6:20-7:20 PM
Fri 10:00-11:00 AM

*GROUP POWER EXERCISE AT EAST SIDE ATHLETIC
60 minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment filled with energetic music.
M/W 6:05-7:05 PM

*H2O X WATER AEROBICS
Get proven results while protecting your joints. Includes cardiovascular conditioning and muscle strengthening exercises performed in the water. Aqua dumbbells and other floating devices are used to enhance the strength component of the class while water cushions impact
M/W/F 9:30-10:30 AM
T/TH 8:30-9:30 AM
MW 6:15-7:15 pm

For all these offerings
Register at Gladstone Community School
503-650-2570
or Online at www.gladstone.k12.or.us

Please sign up for individual program. You may attend any class time within the program you register for.
Mail in Registration Form

Mail to: Gladstone Community Education & Recreation
17789 Webster Rd (Office Address)
Gladstone, OR 97027
Ph (503) 650-2570 or (503) 655-2777
Fax (503) 655-5201

Payment: Check □ Credit Card □ Cash
Name on Card __________________________
Card Number __________________________
Exp Date __________ CVV __________
Signature __________________________

Today’s Date: __________________________
Term: Summer □ Fall □ Winter □ Spring □
Last Name: ____________________________ First Name: ____________________________ Initial: ______
Address: ____________________________ City/State/Zip: ____________________________
Home Ph: __________ Cell Ph: __________ Date of Birth: __________ Male □ Female □
Email Address: ____________________________ Parent/Guardian Name ________________

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Gladstone Community Education & Recreation supports equal educational opportunity regardless of age, disability, marital status, national origin, race, religion or sex.

In consideration of my participation (of my said child) in the aforementioned activities, I (we) waive and release any and all rights (as permitted by law) and claims for losses and damage that I (we or our child) may have against the City of Gladstone, its officers and employees and the Gladstone School District 115, arising in any way from (the said) participation, (of our child). This release shall be binding upon our representative, successors and assigns. In the event that I (my child) may require emergency medical treatment while participation in the aforesaid activities of the Gladstone Recreation Department/Gladstone Community School, I hereby authorize (my said child to receive) all necessary emergency medical treatment as may be necessary under the circumstances then existent. In the event that I (my child) may require emergency medical treatment while participating in this activity, I authorize the School District and its agents to secure the help of a medical services provider and to incur the expenses for medical services recommended by the medical services provider, and I will provide for the payment of these expenses.

Signed Parent/Guardian or Adult Student ________________ Date __________

PRIVACY INFO: Due to the nature of community school classes being held evenings, weekends, etc., instructors are provided with student names and phone numbers for emergency use. Parents or students who object to release of any of this information should notify the community school office at (503) 650-2570.

ACCOMODATIONS NOTICE: If you have special needs or a disability that require accommodations in order for you to attend or participate in a school meeting or event, please contact the Office of Special Services at (503) 655-2777 at least 48 hours in advance.

REFUND POLICY: Full refunds for classes of one or two sessions given up to one week prior to the first session upon request, less a $5 cancellation fee. No Refunds the week class begins.

• Refunds for most classes of three or more sessions will be given prior to the second meeting of class upon request, less a charge for 1st class. Lab or material fees may not be refundable unless requested at least one week before the first day of class, including camps, clinics, workshops, etc. Some classes may include contracted fees that are non-refundable after the first class.

• Refunds for camps must be requested at least one week before camp begins.

• Classes cancelled by the Community School will automatically entitle a student to a full refund.

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