



SUMMER CLASSES 2018 GLADSTONE - REGISTER NOW - CALL (503) 650-2570 - WWW.GLADSTONE.K12.OR.US

MAIL IN REGISTRATION FORM:

Gladstone Community Education and Recreation
 17789 Webster Road
 Gladstone, Oregon 97027
Ph: 503.650.2570
 Fax: 503.655.5201

 Payment: Check Visa MasterCard

Name on Card _____

Card # _____ Exp. _____

Signature _____

Sponsored by: Gladstone School District 115 * City of Gladstone * Clackamas Community College

 Social Security Number (Optional*): _____ - _____ - _____ Today's Date: _____ Term: Summer Fall
 Winter Spring

Last Name: _____ First Name _____ Initial _____

Address: _____ City: _____ State: _____ Zip: _____

 Home Ph: _____ Work or Cell Ph: _____ Date of Birth: ___/___/___ Male Female

Email address: _____ If Child, Parents Name: _____

*Providing your social security number is voluntary. If you provide it, your social security number will be used for keeping records, doing research, and reporting. It will not be used to make any decision directly affecting you or any other person. Your social security number will not be given to the general public. If you choose not to provide your social security number, you will not be denied any rights as a student.

Course #	Course Title	Course Date	Instructor	Time	Tuition	Lab Fee	M	T	W	T	F	S
Gladstone Community Education and Recreation supports equal educational opportunity regardless of age, disability, marital status, national origin, race, religion, color, or sex.					Subtotal	\$				Rt#		
					Payment Received	\$				By		

RELEASE FORM 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.

Date _____

Signed parent/guardian or adult student

◆ GLADSTONE COMMUNITY SCHOOL & CITY RECREATION - HOW DO I GET ADDITIONAL INFORMATION? ◆

◆ REGISTER ONLINE AT WWW.GLADSTONE.K12.OR.US. Scroll to bottom of page, click on the box that says "Learning for Life Community Education" for registration links. We continue to take registrations by mail, in person or by phone. Questions? (503) 650-2570. Info also available in Community Ed portion of Clackamas Community College catalog or on CCC website at WWW.CLACKAMAS.EDU. See individual class for location – Registration begins immediately.

◆ **NOTE: One week notice required for full refund unless otherwise noted.** ◆

- Gladstone High School – 18800 Portland Avenue, Gladstone
- Kraxberger Middle School – 17777 Webster Road, Gladstone
- John Wetten Elementary – 250 E Exeter, Gladstone
- Wetten Gym – 255 E Gloucester, Gladstone
- Gladstone Senior Center – 1050 Portland Avenue, Gladstone
- Gladstone Park Seventh-day Adventist Church-8378 Cason Rd -Gladstone

Class Locations

- Aikido Northwest – 16029 SE McLoughlin Blvd, Milwaukie
- Clackamas River Racquet Club – 790 - 82nd Drive, Gladstone
- Eastside Athletic Milwaukie – 4606 SE Boardman, Milwaukie
- Eastside Athletic Clackamas – 9100 SE Sunnyside, Clackamas
- Grande Finale Dance Studio – 875 Portland Ave., Gladstone

PATTERSON PARK

Patterson Park will be supervised June 18-August 31, Monday through Friday from 10 am to 4 pm. Games, sports, crafts, special events for all ages. For daily and/or weekly happenings, check bulletin board in the park & the **City Newsletter**. Don't miss the fun!



GLADSTONE PUBLIC LIBRARY

Check out books at the Gladstone Public Library and participate in the Summer Reading Program Kick-off & program sign-ups will be on **Saturday, June 16 from 12-4pm at the Gladstone Public Library**. Refreshments, activities, and face painting at the library all afternoon! Registration open to ages 0 to 18, all participants will receive a free book for joining along with several other prizes.

Published by the
GLADSTONE SCHOOL DISTRICT 115
 17789 WEBSTER ROAD
 GLADSTONE, OREGON 97027

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ART/CRAFTS/HOBBIES

✦ **ACRYLICS WITH MELISSA GANNON** Explore acrylic medium using washes, texturing, impasto techniques. Class will include painting landscapes, water, flowers, buildings. Bring imagination & be prepared to use COLOR! Supply list. Gladstone High School
Wed from 6-8:30pm starts 6/20 for 8 weeks \$84 (Age 62+: \$68) No class 7/4.

✦ **ADVENTURES IN PASTELS** Use pastels to portray vibrant landscapes, water, & still life. Covers drawing, composition, color layering. Supply list available. Gladstone Senior Center
Thurs from 2-4:30pm starts 6/21 for 8 weeks \$89 (Age 62+: \$73) Melissa Gannon

✦ **CONCRETE LEAF CASTS** Learn techniques to create leaf casts for birdbaths, water features, garden art using concrete; make one in class. Bring 2 shallow plastic storage totes/boxes, plastic gloves. Held off Forsythe Rd in OC; info sheet available.
Sat. 7/14 from 10am-12pm \$16+\$5 lab (Age 62+: \$13+lab) Nan Hage

✦ **DRAWING WITH MELISSA GANNON** Learn to "see" form & shape, create designs, perspective. Work in pencil, or if desired, bring colored pencil, pen & ink or medium of choice, drawing paper. Simple to understand instruction taught in relaxed atmosphere. Gladstone High School
Mon from 6-8:30pm starts 6/18 for 8 weeks \$84 (Age 62+: \$68)

✦ **GLASS BIRD BATH & GARDEN FLOWERS** Create glass totem, garden flowers or birdbath using 'stray' glassware: vases, candlesticks, punchbowls, assorted size plates, glasses-clear and/or colored works great. Supply list available or order kit for \$20.
 Gladstone High School Mon. 7/30 from 6:30-8:30pm \$16 (Age 62+: \$13) Nan Hage

✦ **LAVENDER TREASURES** Create lavender basket, wand, bottle using fresh lavender, ribbons. Fragrance is heavenly as breeze drifts through basket, as drawer with wand is opened. Supplies included or may provide own. Gladstone High School Wed. 6/20 from 6:30-9:30pm \$16+\$5 lab=\$21 (Age 62+: \$13+lab) Nan Hage

✦ **MOSIAC REPURPOSED ART TRAYS & PICTURE FRAMES** Create tray or picture frame using broken china/ceramic/glass to create own design, repurposing items normally thrown away. Supplies provided, bring any broken dishes/jewelry/pottery you'd like to include. Gladstone High School Wed July 18 & 25 from 6:30-9:30pm \$24+\$8 lab (Age 62+: \$20+lab).

✦ **OIL PAINTING BOB ROSS STYLE** Start with blank canvas & leave with completed masterpiece! De-stress & relax with *Judy Stubb*. Beginners to advanced welcome. All supplies & canvas provided! View pictures at www.wetpaints.net. **\$50 per class**

✦ **Thursday classes held at Gladstone High School, 18800 Portland Ave.**

Thurs. Sept 20 5:30-9 pm Oregon's Glory

✦ **Friday classes held at Gladstone Senior Center, 1050 Portland Ave**

Friday June 22 5:30-9 pm Moonlit River

Friday July 6 5:30-9 pm Arctic Fox

Friday Aug 10 5:30-9 pm Rowboat on the Beach

✦ **Sunday classes held at Gladstone Park Seventh-day Adventist Church, 8378 Cason**

Sunday June 10 2-6 pm Daisies at Dawn

Sunday July 22 2-6 pm Letty's Angel

Sunday Aug 26 2-6 pm Multnomah Falls

Sunday Sept 9 2-6 pm Rocky Shores

✦ **SUMMER ART EXPERIENCE AGES 5-8** Range of activities for children interested in art. Drawing & painting primary emphasis, some collage. Get ready to create! 5 day camp taught by *Jenny Lau*. John Wetten Elementary M-F Starts 7/30 from 9am-12pm for 1 week \$80

✦ **SUMMER ART EXPERIENCE AGES 9-12** Does your child spend hours drawing & painting? Improve drawing, painting skills, work on collage. Camp taught by *Jenny Lau*. John Wetten Elementary M-F Starts 7/30 from 1-4pm for 1 week \$80

✦ **WATERCOLOR WITH MELISSA GANNON** Explore exciting, challenging medium of transparent watercolor! Learn to mix colors, basics of composition, elements of perspective & drawing. Supply list. No class 7/4 *Melissa Gannon*

(Day) Gladstone Senior Center Wed from 2-4:30pm starts 6/20 for 8 wks \$89 (Age 62+: \$73)

(Eve) Gladstone High School Tues from 6-8:30pm starts 6/19 for 8 wks \$84 (Age 62+: \$68)

✦ **WATERCOLOR 101 WISHARLA SEVY** Play with color; create beauty. Step by step intro to watercolor, how colors blend & change, apply washes, glazes, transfer images. Each process is demonstrated. Students practice techniques. Supply list or order kit for \$40 (recommended). Gladstone High Mon 6-8:30pm starts 6/25 for 8 weeks \$84 (Age 62+: \$68)

CULINARY

✦ **CANNING FRUITS & VEGETABLES** Hands-on class to understand basics of 'hot water bath' canning: equipment, which fruits/veggies, hints, hot/cold pack. Make 2 styles of applesauce. Bring sharp paring knife, peeler, towel, small box. Gladstone High School Wed 6/27 from 6:30-9:30pm \$16+\$8 lab (Age 62+: \$13+lab) Nan Hage

✦ **JAMS & JELLIES** Hands-on class to learn preserving jams and jellies, both hot pack and freezer methods. Bring box to carry home samples. Gladstone High School Mon 6/25 from 6:30-9:30pm \$16+\$6 lab. (Age 62+: \$13+lab) Nan Hage

COMPUTERS/IPHONE

✦ **IPHONE BASICS** Just purchase a new iPhone? Learn basics of how to use: settings, navigation, gestures, phone tips & tricks, messages, Facetime, clock/alarm, iCloud, security, Find My iPhone. Bring your charged iPhone to class. Prerequisite: Have an Apple Account ID & password. Kraxberger Middle School
Tues/Thurs 6/19 & 6/21 from 10am-12pm Tuition: \$34 (Age 62+: \$29) Lori Chambers

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✦ **IPHONE INTERMEDIATE** Use camera feature to fullest potential-tips & tricks to improve point & click phone photos & videos. Learn to enhance, edit, share with family & friends. Bring charged iPhone to class. Prerequisite: Have Apple Account ID & password, know basics of using iPhone. Kraxberger Middle School
Mon/Tues 6/25 & 6/26 from 10am-12pm Tuition: \$34 (Age 62+: \$29) Lori Chambers

✦ **EXCEL 2016 LEVEL I** Learn Excel 2016 basics: how to navigate worksheets, use basic calculations, common formulas, formatting, editing, sorting, charts, freeze/hide panes. Need SOME Windows exp. Bring 1G+ flash drive. Gladstone High School
Wed from 6-9pm starts 7/11 for 3 wks. \$79 Lab: \$24 (Age 62+: \$59+lab) Jean Aguilar.

GRANDE FINALE DANCE

Classes held at Grande Finale 875 Portland Ave. Gladstone. No classes 7/2-7/6.

✦ **PRE-BALLET AGES 3-6** Learn basic ballet positions and steps, be exposed to creative movement, help coordination, rhythm, develop listening skills in group setting. Need ballet shoes, dance attire (any color) Wed from 6-6:45 pm Starts 6/20 for 8 weeks \$100

✦ **PRE-BALLET/TAP AGE 3-5 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).
Tues from 3:30-4:15 pm starts 6/19 for 8 weeks \$100

✦ **BALLET I** Develop self-confidence, listening skills while learning basic ballet positions, steps, stretches. Dancers need pink tights, black leotard, pink ballet slippers. No skirts please.
Age 6-8 Wed from 4-5pm starts 6/20 for 8 weeks \$112

Age 11+ Thurs from 6-7 pm starts 6/21 for 8 weeks. \$112

✦ **HIP HOP I** Dancers work on learning fun, hip, energetic routine in positive upbeat environment. Wear comfortable clothes that allow for movement, clean tennis shoes.
Age 4-6 Mon from 4:45-5:30 pm starts 6/18 for 8 weeks \$100

Age 7-9 Mon from 5:30-6:30 pm starts 6/18 for 8 weeks \$112

Age 10+ Thurs 6:30-7:30 pm starts 6/21 for 8 weeks \$112

✦ **BEGINNING JAZZ AGE 9+** Chance to learn basic jazz skills. Wear exercise attire that you can stretch/move in (yoga pants, tank tops, spandex shorts), jazz shoes.
Mon from 7:30-8:30pm starts 6/18 for 8 weeks \$112

✦ **LYRICAL CONTEMPORARY DANCE I-II AGE 8+** Basic positions, leaps, turns, improv. Need to be barefoot or wear dance paws. Wear dance clothes that allow freedom of movement. Wed from 7-8 pm starts 6/20 for 8 weeks \$112

✦ **TAP/JAZZ I** Chance to learn basic jazz/tap skills in fun dance environment. Students need basic tights and leotard, ballet slippers (any color), black patent tap shoes.
Age 3-5 Tues from 4:15-5pm starts 6/19 for 8 weeks \$100

Age 5-7 Tues from 5-6pm starts 6/19 for 8 weeks \$112

✦ **TAP/TUMBLING PARENT/CHILD** Students learn tumbling skills up to and including cartwheels, somersaults, handstands! Explore rhythms, learn basic tap steps. Tap shoes needed for kids/parents need hard soled shoes. Includes parent participation.
Age 2.5-4 Mon from 5:30-6:15 pm starts 6/18 for 8 weeks \$100

Age 2-3 Tues from 10:15-11 am starts 6/19 for 8 weeks \$100

✦ **TUMBLING I - II** Work on flexibility, listening skills, basic tumbling skills such as forward rolls, backwards rolls, cartwheels. Child only participation.
Age 3-6 Mon from 4:45-5:30pm starts 6/18 for 8 weeks \$100

Age 5+ Mon from 7-7:45 pm starts 6/18 for 8 weeks \$100

Age 3-6 Tues from 9:30-10:15 am starts 6/19 for 8 weeks \$100

✦ **TUMBLING TEENS I - II AGE 10+** Flexibility & fun rule! Learn tumbling skills up to & incl cartwheels, somersaults, handstands! Mon 6:15-7pm. starts 6/18 for 8 weeks \$100

THEATRE

✦ **MISSOULA CHILDREN'S THEATRE BLACKBEARD THE PIRATE** What starts as a lazy day at the beach, quickly turns into mystery & adventure when the search for Blackbeard's treasure begins! **Missoula Children's Theatre's** musical. Boys and girls grades 1-12 (as of Fall 2018) audition, rehearse, & perform in one short week, Mon-Sat. Must attend casting audition Mon. 7/23, 9:30am. No advance prep or experience needed, assistant directors also cast. Rehearsal times vary daily between 9:30am-2pm depending on role received. Two performances and dress rehearsal on Saturday 7/28. Must preregister-only 50 spots. Gladstone High School 1 week Starts 7/23 \$75



DRIVER SAFETY

✦ **AARP DRIVER SAFETY (55 ALIVE)** Helps you improve driving skills to become safe & defensive driver. Upon completion of class, you may receive discount on auto insurance. Call 503-655-7701 to register, pay \$20 at class (\$15 w/AARP card must show at class). Gladstone Senior Center Sat 6/9 OR Sat 8/11 from 9am-4:30pm Sharon/Allan Wison

✦ **DRIVER EDUCATION FOR TEENS**
 ODOT Driver Ed class for high school students with valid Oregon permit teaches lifetime skills proven to reduce crashes & save lives. For teens age 15-17 who complete & pass course before their 18th birthday, DMV will waive driving skills test. Includes 30+ hrs classroom, 6hrs behind-the-wheel, 6 hrs in-vehicle observation. Attendance mandatory. If student gets license OR turns 18 before final class, fee will be an add'l \$210. \$75 discount for free/reduced lunch. Summer starts 1st week at GHS 5:30-8:30pm on M/T. 2nd week moves to Kraxberger 8:30-11:30 am. Starts 6/18 for 6 wks. No class 7/4 for info call 503-650-2570.



GARDENING/LANDSCAPE

◆**ROCK WALLS & GARDEN PATHS** Find out which type of path is best for your needs and your environment, and how to install. Discuss different types of walls for edges, retainment, decoration, installation tips. Gladstone High School Mon 7/16 from 6:30-9:30pm \$16 (Age 62+: \$13) *Nan Hage*

**SPANISH WITH JORGE SOTELO**

◆**SPANISH BEGINNING PART 1 (BOOK #1)** Practical, fun, easy! Native speaker *Jorge Sotelo* will focus on basics of Spanish language, grammar, culture. Ideal for travelers or those needing Spanish in working environment. 5th edition Book #1 used Part 1-3. Gladstone HS Mon from 6:30-9pm starts 6/18 for 4 weeks \$59+books (Age 62+: \$49+books)

WRITING / LITERATURE

◆**TELL YOUR STORY - MEMOIR WRITING WORKSHOP** Workshop helps transform your memories into hard-hitting stories. Learn to use tools available to memoir writers, receive respectful, constructive feedback from others & find your voice. Gladstone High Tues from 6:30-8:30pm starts 6/25 for 6 wks. \$49 Lab \$5 (Age 62+: \$39+lab). *Claudia Reed*

COUNTRY DANCE WITH NADJA SCHMALTZ

◆**COUNTRY LINE DANCE ULTRA BEG** New to dancing or have never taken a line dance class, let *Nadja* help you learn easy steps in relaxed atmosphere No class 7/19. JWE Wetten Gym 255 E Gloucester Mon from 6:30-7:30 pm starts 6/21 for 8 weeks \$55 (Age 62+: \$50)

◆**COUNTRY LINE DANCE BEG** Fun way to without dance partner, easy steps. Learn latest dance steps, traditional ones. JWE Wetten Gym (255 E Gloucester) Wed from 6:30-7:30pm starts 6/20 for 8 weeks \$55 OR Thurs from 7:30-8:30 pm starts 6/21 for 8 weeks \$55 (Age 62+: \$50) No class 7/4 or 7/19.

◆**COUNTRY LINE DANCE INT. #1** Know basic line dances? Ready to move on to some intermediate ones? JWE Wetten Gym (255 E Gloucester) Wed from 7:30-8:30 pm starts 6/20 for 8 weeks \$55 OR Thurs from 8:30-9:30 pm starts 6/21 for 8 weeks \$55. No class 7/4 or 7/19. (Age 62+: \$50)

◆**COUNTRY WESTERN PARTNER DANCE** Latest partner dances: Traveling Cha-Cha, Horseshoe, Schottische, 2 step, East Coast Swing. Beginners of all ages, rotation not necessary. JWE Wetten Gym (255 E Gloucester) Wed from 8:30-9:30 pm starts 6/20 for 8 weeks \$80/couple (Age 62+: \$75/couple) *Nadja Schmaltz/Nicholas Smith*

DANCE/MUSIC/CHEER

◆**CHEER CAMP** 1 Day Camp for kids grades K-8. Learn basic stunting techniques as well as a sideline cheer and dancing. Participate in the parade on 8/4! Bring sack lunch and water. Bow will be provided. Gladstone High School Sat. July 21, from 10 am-2pm / Parade Saturday, Aug. 4 \$35



◆**DANCE FUSION AGE 13-ADULT** Designed for dancers who have Intermediate to Advanced skill level. Perfect for dancers currently on Dance Team or on Dance Team in the past. Focus on different genre Jazz, Funk, Lyrical, & Contemporary each week. Gladstone High School

Tues from 4-5:15pm starting 5/29 for 4 weeks \$25 *Denise Harris*

◆**GLADETTE JUNIOR DANCE TEAM CLINIC FOR INCOMING GR K-8** Conducted by GHS Coach Denise Harris & Gladette Dance Team. Learn fun dance routines and a parade routine to be performed in the Gladstone Community Festival Parade! Performance for parents 12:30 pm day of clinic. Note shirt size. Bring healthy snack. Pre-register. Gladstone High Friday, Aug. 3 from 9am-1pm / Parade Saturday, Aug. 4 \$30

◆**GUITAR BEGINNING I ALL AGES** Fun class designed for the absolute beginner. Quickly learn basic chords, simple strumming patterns, EZ songs, how to tune. Please provide guitar. Minimum age 4th grade. Gladstone High School

Mon from 7:15-8pm starts 6/25 for 6 weeks \$69+\$8 fee *Bill Price*

◆**UKULELE BEGINNING I ALL AGES** Easy to play, inexpensive, lots of fun! Great way to have fun w/family & friends. Quickly learn simple chords, tons of songs. *Tenor, Soprano, or concert GCEA tuning only.* Bring ukulele. Min age 4th grade. Gladstone High Mon from 6:30-7:15pm starts 6/25 for 6 weeks \$69+\$8 *Bill Price*

◆**SING - PLAY- DANCE INCOMING GR 2-5** Come sing, play games and dance this summer. Learn how to sing rounds, simple partner songs, singing games, simple dances, play instruments and music literacy. Recess breaks and snack provided. John Wetten Elem 4 day camp Mon-Fri from 8-11 am 1 week starts 7/9 \$65. *Kelly Jacobs.*



◆**H2O-X AQUATIC EXERCISE** Cardiovascular conditioning, muscle strengthening performed in water. Aqua dumbbells, floating devices used to enhance strength component while water cushions impact. Starting 6/18 for 10 weeks \$69 for 10 classes/\$124 for 20 classes. MWF 9:30-10:30am, TTH 8:30-9:30am, MW 6:15-7:15pm *East Side Athletic Milwaukie OR TTH 6:15-7:15 East Side Athletic -Clackamas*

◆**INDOOR FITNESS WALKING** Walking, one of the easiest ways to get more exercise, benefits all ages & fitness levels. Come to this **free** indoor walking program *Suzette Love* will lead you in group fitness walking using a variety of choreographed walking workouts. Bring water! Fun for the whole family! (Minimum age 8+ welcome if accompanied by a parent). **Tuesday & Thursday, starting 6/19 from 7:15-8:15 pm** Gladstone Park Seventh-day Adventist Church 8378 Cason Rd in Gladstone. **No fee, but must register**

◆**TAE KWON DO FOR AGES 5-7** Harness energy with exciting physical activity. Learn basic Taekwondo moves while developing respect, discipline, self-esteem. Kids get practice setting goals, gain confidence. Parents invited to participate for free. Gladstone High Tues/Thurs from 6-6:50pm starts 6/26 for 7 weeks \$79. *David Beasley*

◆**TAE KWON DO FOR AGES 8-15** Develop mind & body with ancient disciplined martial art, promotes courtesy, integrity, perseverance, self-control, indomitable spirit. Parents of new students participate free for first term, half price after. Uniforms recommended, can be purchased from instructor. Gladstone High School Tues/Thurs from 6-7:30pm starts 6/26 for 7 weeks \$85 *David Beasley*



◆**TAE KWON DO ADULT** Great workout while learning Korean style of martial arts from *Master Jaiwhan Woo*, past Korean National Champion, dedicated instr 30+yrs. Strengthen body, mind, spirit. Men & women all ranks welcome. Gladstone High School Tues/Thurs from 7:30-9pm starts 6/26 for 7 weeks \$85 (Age 62+: \$50)

◆**TAI CHI CHUAN BEGINNING** Tai Chi is slow graceful form of Chinese exercise that benefits body, mind & spirit. Yang style 24 Movement short form esp. for beginners. Gladstone Senior Center

Mon 11am-12pm OR 6-7pm. starts 6/25 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**TAI CHI CHUAN INTERMEDIATE** For students who've learned first half of Yang-style 24 Movement form. Learn 2nd half of form. Choose morning or evening! Gladstone Senior Center Mon from 10-11am OR 7-8pm starts 6/25 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**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. Gladstone Senior Center Mon from 12-1pm starts 6/25 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**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. This is an ongoing class with emphasis on form refinement. Gladstone Senior Center Mon from 9-10am starts 6/25 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**YOGA GENTLE BEGINNING** Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring blanket/mat. Gladstone Senior Center. Specify day: Tues from 9-10am Starts 6/26 for 10 weeks \$69



OR Fri. starts 6/29 from 9-10am for 10 weeks \$69 (Age 62+: \$57) *Mary Hays*

◆**YOGA BASICS** Feel better physically & reduce stress. Simple stretches, breathing & relaxation techniques suitable for all ages. Wear loose clothing, bring blanket or mat. Gladstone Senior Center. Tues from 5:25-6:25pm starts 6/26 for 10 weeks \$69 *Greg Fegel OR Thurs from 9-10am starts 6/28 for 10 weeks \$69 Mary Hays (Age 62+: \$57)*

◆**YOGA BASICS TO INTERMEDIATE** Feel better physically & reduce stress. Stretches, breathing & relaxation techniques suitable for beginners as well as those who have taken yoga. Wear loose clothing & bring mat. Gladstone Senior Center. No class 7/4 Wed from 6-7pm starts 6/27 for 10 weeks \$69 (Age 62+: \$57) *Mary Hays*

◆**YOGA CONTINUING** Stretches, breathing & relaxation techniques, must have taken at least one term of Yoga. Wear loose clothing, bring mat. Gladstone Senior Center No class 7/4 Tues from 6:30-7:30pm starts 6/26 for 10 weeks \$69 (Age 62+: \$57). *Greg Fegel*

◆**YOGA & PILATES BEG-INT AT CRRC** Engage yourself physically & mentally through yoga. Breathing, relaxation, postural alignments. Wear loose clothing & bring mat. Attend any or all MWF 8-9am; TTH 9:30-10:30am, W 4:30-5:30pm, Sa 10:15-11:15am, Pilates TTH 5:30pm starts 6/18 for 13 weeks \$100 *Clackamas River Racquet Club - Register with Gladstone Community School.*

◆**ZUMBA! AT EAST SIDE ATHLETIC CLUB MILWAUKIE** Zumba classes are exercise in disguise, incorporating Latin and Old World Rhythms. Starting 6/18 for 10 weeks Tues/Thurs from 6:15-7:15pm \$69 for 10 classes/\$124 for 20 classes

EXERCISE/FITNESS/SPORTS

◆**AEROBICS (HI/LOW IMPACT)+ZUMBA AT CRRC** Super deal! Attend any or all: Body sculpting, strength training, step variety, barre variety, Ab Blast and Booty Burn. ◆**MTW 5:45 am ◆MW 9 am ◆TTH 8:30 am ◆TTH 10:45, MTH 4:30 pm ◆Sat. 8 am**

Zumba Mon. 5:30 pm, Fri./Sat. 9 am Latin inspired, easy-to-follow! Held at *Clackamas River Racquet Club*. Register w/Gladstone. M-S starts 6/18 for 13 wks \$90

◆**AIKIDO FOR KIDS** Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense, and discipline. *Aikido Northwest Tuition: \$60 for 10 weeks. Starts week of June 18. Specify one day/time.*

AGE 4-7 Mon 5-6pm, Or Tues 5-6pm, AGE 6-10 Wed 7-8pm, AGE 8-10 Tues.6:15-7:15pm Or Thurs 4-5pm, AGE 11-18 Mon 6:15-7:15pm, Or Thurs 5:15-6:15pm.

◆**AIKIDO FOR ADULTS** Traditional Japanese Martial Art develops mind, body, spirit to fullest. Attend any/all: Tues 7:30-8:30pm, Thurs 6:30-7:30pm, basic weapons Thurs 7:30-8:30pm, open mat 8:30-9pm TTH starts 6/19 for 10 wks \$80 *Aikido Northwest*

HEALTH/SAFETY/PERSONAL WELL-BEING

◆**BABYSITTING - AGE 11 & UP** Class with *Kecia Melton* includes responsibilities of babysitter, safety, basic child care, emergency skills and much more! Bring sack lunch. Includes book. Please pre-reegister, as classes will fill quickly. *Kraxberger Middle School*



Tues 6/19 Or Tues 6/26 from 9am-4:30pm \$40

◆**MEDIC FIRST AID@-CPR, AED & BASIC EMERGENCY FIRST AID** Gain knowledge, skills, confidence to manage a medical emergency until more adv help is available. Adult/child/infant CPR, AED, Basic Emergency First Aid (choking, control of bleeding, intro to blood borne pathogens, managing shock). OSHA compliant, receive certification card valid for 2 years. Gladstone High School Thurs. 7/19 from 6-9pm \$50 *Cindy VanGelder*

SUMMER CLASSES 2018 GLADSTONE COMMUNITY SCHOOL REGISTER NOW CALL 503-650-2570 OR WWW.GLADSTONE.K12.OR.US

FINANCIAL/RETIREMENT PLANNING

◆ **INVESTING FOR FUTURE SERIES** Save! Sign up for all 5 Investing Classes #1 - #5 below for only \$49 (couples \$59). Workbook included. Wed from 6:30-8:30pm starts 6/20 for 5 weeks \$49 (Age 62+: \$29) Gladstone High School *Rebecca Horn* No class 7/4

◆ **#1 INVESTMENT BASICS** Ground rules to investing: diversification, asset allocation, risk vs reward, dollar cost averaging, Rule of 72, learn basic concepts before taking other classes. GHS Wed 6/20 from 6:30-8:30pm \$15 (Age 62+: \$10) *R. Horn*

◆ **#2 INVESTING FOR INCOME** Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relationship between interest rates & bond market. GHS Wed 6/27 from 6:30-8:30pm \$15 (Age 62+: \$10)

◆ **#3 MUTUAL FUNDS** What are they, how do they work, what do they cost, what should I expect from them, what are my choices, what is "no load"? Many popular options! GHS Wed 7/11 from 6:30-8:30pm \$15 (Age 62+: \$10) *Rebecca Horn*

◆ **#4 STOCK MARKET** Learn about income stocks, growth stocks, what to look for when buying or selling stocks, how to make sense of all the numbers. Learn easy formulas essential to basic stock analysis. GHS Wed 7/18 from 6:30-8:30pm \$15 (Age 62+: \$10)

◆ **#5 TAX-ADVANTAGE INVESTMENTS** Traditional & Roth IRAs, 401K, 403B, TSA, 457, Annuities, plans for Small Business Owners. Discuss each type & learn how to handle a rollover or transfer of retirement funds. GHS Wed 7/25 from 6:30-8:30pm \$15 (Age 62+: \$10) *Rebecca Horn*

◆ **WILLS, TRUSTS, ESTATE PLANNING** What is difference between will & living trust? What happens if you die without will? What if relatives disagree with my wishes? When does an estate have to go through probate? Do you need power of attorney or advance directive? Plan ahead to help preserve assets, gain peace of mind. Presented by local attorney, Brian Yapko. Gladstone Senior Center Tues 7/10 from 6-7:30pm \$10

SPORTS/OUTDOOR ACTIVITIES

◆ **BASKETBALL CAMP BOYS GR 3-9** Gladiator Hoop Camp for boys under direction of *GHS Varsity Coach Cody Aker*. Fundamentals, ball handling, defense, shooting form, games & prizes. Note t-shirt size. Gladstone High School

Mon-Thurs June 18-21 for 4 days \$50

◆ **Gr. 3-5 from 8-10am**

◆ **Gr 6-9 from 10am-12pm**



◆ **BASKETBALL CAMP GIRLS GR 2-8** Hoop Camp for girls entering grades 2-8. Run by GHS Coaches and Players. Work on fundamentals of basketball, shooting, dribbling, passing rebounding and defense. Games, & contests.

Note T-shirt size. Gladstone High School

Mon-Thurs June 18-21 from 12:30-2:30 pm for 4 days \$50

◆ **FOOTBALL CAMPS** Under direction of *GHS Varsity Football Coach Wayne Harris & staff*. Football fundamentals, ball handling, passing, tackling, offense, defense, T-shirt. Wear comfortable clothing, football shoes, bring water. Gladstone High School

High School Football camps GHS students only

◆ **GRADES 3-8:** Mon-Thurs Aug 6-9 from 6-7:30pm \$10 (No fee if signed up with GYF)

◆ **GRADES 9-12:** Mon-Fri July 30-Aug 3 from 8-10am (Free but must Register)

◆ **GRADES 9-12 BEAT THE HEAT CAMP** Mon-Fri Aug 6-10 from 8-10pm (Free but must Register)

◆ **GRADES 9-12 Camp Dakota** Sun Aug 12: \$75

◆ **SKYHAWKS FLAG FOOTBALL CAMP AGE 6-12** Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in fun environment. Bring water, sunscreen, & snack. Five-day camp.

John Wetten Elementary (250 E. Exeter) Mon-Fri July 23-27 from 9 am-12 pm \$125

◆ **SKYHAWKS BEGINNING GOLF CAMP AGE 5-9** Boys and girls learn fundamentals of swinging, putting and body positioning. Using the SNAG® (Starting New At Golf) system, we have simplified instruction so young players can make effective transition onto golf course. All equipment provided. Bring water, sunscreen, & snack. 5 day camp.

John Wetten Elementary (250 E Exeter) Mon-Fri July 9-13 from 9 am-12 pm \$125

◆ **SKYHAWK TINY HAWK SOCCER AGE 3-4** Introduce your child to the fundamentals of the world's most popular sport in 4 day camp. No pressure, just lots of fun while working on dribbling, passing, shooting and ball control. Bring water, sunscreen, & snack.

John Wetten Elementary (250 E Exeter)

Mon-Thurs June 18-21 from 1-1:45pm \$55

Mon-Thurs July 16-19 from 1-1:45pm \$55

◆ **SKYHAWK MINIHAWK CAMP AGE 4-7** Essentials of soccer, baseball, basketball taught in safe, structured environment with lots of encouragement, big focus on fun. Bring shin guards, snacks, water bottle, sunscreen, athletic shoes. Five day camp includes T-shirt & ball.

John Wetten Elementary (250 E Exeter)

Mon-Fri June 18-22 from 9 am-12 pm \$125

Mon-Fri July 16-20 from 9 am-12 pm \$125

◆ **SOCCER CAMP BOYS GR. 8-12** All boys entering gr 8-12 invited to attend. Bring soccer ball w/name/shin guards/soccer shoes/water. Coached by *GHS Varsity Coach Ryan Hardwick*. Gladstone High School Mon-Thurs Aug 6-9 from 3-5pm \$45

**DAY CAMPS AT EAST SIDE ATHLETIC**

Day Camps at East Side Athletic Club in Milwaukie, 4606 SE Boardman. Questions or more info re: camp activities, call East Side Athletic Club @ (503) 659-3845. Swim every day except "field trip" days, bring swim suit, towel. If cannot swim width of pool required to wear life jacket. Bring 2 snacks, lunch, water bottle, non-marking athletic shoes. May be dropped off as early as 7:30am, must be picked up by 5:30pm. Structured activities run 9am-4:30pm.

PLEASE NOTE: NO refunds or credits will be given for refund requests received less than two weeks before the first day of camp, once camp has started, or for missed days. Any camp cancelled by the club will receive a full refund.

◆ **SURVIVOR CAMP AGES 5-11** Form "tribes", compete in team games such as Capture the Flag, Scavenger Hunt, Outdoor Adventures, etc. Nobody gets voted out of this camp! Includes adventures outside the club. See info above. Specify camp dates.



Mon-Fri, June 25-29 from 9am-4:30pm \$215

Mon-Fri, July 30-Aug 3 from 9am-4:30pm \$215

◆ **SKILLZ & DRILLZ (three day camp) AGES 8-13 (3 DAY CAMP)** Join us for our NEW camp taught by Coach Vince! Camp will focus on ball handling, shooting, personal skills & development training. Each camper should bring a basketball, water bottle & snack/lunch for camp. Please wear athletic attire/shoes

Mon-Wed June 25-27 from 9am-12pm \$162.50

Mon-Wed July 23-25 from 9am-12pm \$162.50

Mon-Wed Aug 20-22 from 9am-12pm \$162.50

◆ **VIDEO GAMES UNPLUGGED CAMP AGES 5-11** Real life FUN playing Pac Man Tag, Mario Party Obstacles, Animal Crossing and more! Includes trip to Ultrazone for Laser Tag. See info above.

Mon-Fri, July 16-20 from 9am-4:30pm \$215

Mon-Fri Aug 13-17 from 9am-4:30pm \$215

◆ **MOVIN' & GROOVIN' CAMP AGES 5-11** Get up and get movin'! This is your chance to try all sorts of different activities from basketball and pickleball to freeze tag and Zumba. This is a great way to give them ALL a try! See info above.

Mon-Fri, June 18-22 from 9am-4:30pm \$215

Mon-Fri, July 23-27 from 9am-4:30pm \$215

Mon-Fri, Aug 20-24 from 9am-4:30pm \$215

◆ **SUPER HERO CAMP AGES 5-11** Caped crusaders, masked knights and brave men and women who save the day in real life. Make comics, play games, create own super hero persona and SAVE THE DAY. Includes visit from our real life local heroes. See info above.

Mon-Fri, July 9-13 from 9am-4:30pm \$215

Mon-Fri, Aug 6-10 from 9am-4:30pm \$215

◆ **"BEST OF" CAMP AGES 5-11** Only the BEST! Kids will enjoy 3 days of the favorite games from throughout summer. Which games will make the cut? YOU decide!

Mon-Fri, Aug 27-31 from 9am-4:30pm \$215

**YOUTH SPORTS INFORMATION**

Girls' Softball

www.gladstonegirlssoftball.com or (503) 882-5024

Rookie Ball/Boys' Baseball

www.gladstonejuniorbaseball.com or (503)-319-1629

Soccer for Boys & Girls

www.gladstonesoccer.com

Football Grades 5-8

www.gladstoneyouthfootball.com

Gladiator Wrestling Club Ages 4-14

Amy Williams acat77410@yahoo.com or Michael Hess 503-757-4412



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