

WINTER 2024

CITY OF TROUTDALE

RECREATION GUIDE

REGISTRATION
OPENS AT NOON
ON DEC. 20!

INSIDE

Rock climbing classes
Master Gardener series
Ancestry & family stories

SIGN UP ONLINE AT
[TROUTDALEOREGON.GOV/REC](https://troutdaleoregon.gov/rec)



CITY OF TROUTDALE
**RECREATION
DEPARTMENT**



CITY OF TROUTDALE RECREATION DEPARTMENT

Register online!

Go to troutdaleoregon.gov/rec for all information on how to create an account and sign up for programs.



Financial Aid
and other
discounts
available.



See website for all details:
troutdaleoregon.gov/rec

CITY COUNCIL

Randy Lauer, Mayor
David Ripma,
Council President
Alison Caswell
Geoffrey Wunn
Glenn White
Jordan Wittren
Sandy Glantz

CITY STAFF

Ray Young, City Manager
Mollie King, Recreation Manager

CONTACT INFO

Community Services
Recreation Manager
Mollie King 503-674-7206
mollie.king@troutdaleoregon.gov
Mailing Address:
219 E. Hist. Col. Riv. Hwy,
Troutdale, OR 97060

RECREATION PROGRAM SITES

City Conference Building	223 Buxton Road
Sam Cox Building/Glenn Otto Park	1106 E. Hist. Col. Riv. Hwy

Events/Programs



Little Trout Play Park

Come play with our indoor toys!

Ages Birth-4 with their parent/adult.

2nd Tuesdays of the month

1/9, 2/13, 3/12

10:00-11:30am

Drop in.

No registration required.

\$2/child per visit

LOCATION: Sam Cox Building/Glenn Otto Park

INSTRUCTOR: Recreation Staff & Volunteers



Make a Gift!

Come and make a simple gift for a loved one this holiday season at this FREE community art & craft activity. All ages. All supplies provided. Parent/guardian must attend with their child(ren).

Tuesday, 12/19

10:00-11:30am

Drop in.

No registration required.

Free program.



LOCATION: Sam Cox Building/
Glenn Otto Park

INSTRUCTOR: Recreation
Staff & Volunteers

Troutdale Library Programs

Event: Legos @ the Library for ages 5-11

Time: 4:30-5:30pm

Dates: Mondays 1/29, 2/12, 2/26, 3/11, 3/25

Event: Teen & Tween Craft Night for ages 9-18

Time: 6-7pm

Dates: Monday 1/22, Tuesday 2/20,
Monday 3/18

Event: Family Slime Party for all ages

Time: 2:30pm

Date: Sunday 2/4

Location: Troutdale Library
2451 SW Cherry Park Rd.



These are **FREE** programs but space is limited and registration may be required.

Scan the QR code to learn more or email the youth librarian with any questions: jeannineg@multco.us

Classes/Programs

Kindertots®

Ages 2—3 years (with parent/adult)



Kindertots offers 2-3 year olds dance & sensory-motor activities that enhance timely acquisition of development milestones while nurturing the bond between caregiver & child. Caregivers participate & learn to facilitate the natural exploration & progression of motor development through dance & games.

Thursdays 6:00-6:30pm

#101: 1/11-2/15 (Reg by 1/8) - 6 weeks

#102: 2/22-4/4 (No class 3/28)
(Reg by 2/20) - 6 weeks

COST: R \$54/NR \$65 for 6 weeks

Kinderdance®

Ages 3—6 years



This is a developmental dance, movement & fitness program teaching the basics of ballet, tap, acrobatics & creative movement while learning numbers, colors, shapes, words & songs.

Thursdays 3:30-4:15pm

#105: 1/11-2/15 (Reg by 1/8) - 6 weeks

#106: 2/22-4/4 (No class 3/28)
(Reg by 2/20) - 6 weeks

COST: R \$60/NR \$72 for 6 weeks

Take Kinderdance AND Kids Yoga: 3:30-4:50pm

Register for both programs in the same transaction and receive this discounted total price.

COST: R \$90/NR \$108 for 6 weeks

For the programs on this page:

Min. 4 ~ Max. 10

LOCATION: Sam Cox Building/Glenn Otto Park

INSTRUCTOR: Debbie Sackett

QUESTIONS? Contact Debbie at 503-232-4771 or
kinderdancemultnomahcounty@gmail.com

Kids Yoga®

Ages 3—9 years



Kids Yoga is a non-spiritual, non-religious program that teaches yoga poses & stretches through songs & stories. Our activities promote the development of a strong & flexible body, increases balance, body awareness & coordination, improves posture & alignment, reduces stress & anxiety and increases concentration, focus & attention span.

Thursdays 4:20-4:50pm

#103: 1/11-2/15 (Reg by 1/8) - 6 weeks

#104: 2/22-4/4 (No class 3/28)
(Reg by 2/20) - 6 weeks

COST: R \$54/NR \$65 for 6 weeks

Kindercombo®

Ages 5—9 years



This is a combination ballet, tap & modern dance program. This gives the young dance student a solid foundation upon which to build. Age appropriate educational concepts are fun & reinforce dance techniques & styles.

Thursdays 5:00-5:45pm

#107: 1/11-2/15 (Reg by 1/8) - 6 weeks

#108: 2/22-4/4 (No class 3/28)
(Reg by 2/20) - 6 weeks

COST: R \$60/NR \$72 for 6 weeks

Take Kids Yoga AND Kindercombo: 4:20-5:45pm

Register for both programs in the same transaction and receive this discounted total price.

COST: R \$90/NR \$108 for 6 weeks

Questions about WHAT TO WEAR?

See information in the online registration system.

Classes/Programs

Chemical Creations!

Ages 6-10



Come experience a hands-on world of fun as you conduct a variety of scientific experiments! Learn and discover many different scientific concepts in an entertaining and innovative approach. Learn all about energy and molecules, create a crazy bouncy glob from glue, and make some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

Wednesdays 4:30-5:30pm

#109: 1/31-3/6 (Reg by 1/24) - 6 weeks

COST: R \$138/NR \$165

Min. 7 ~ Max. 14

LOCATION: City Conference Building

INSTRUCTOR: Minds in Motion Staff



Bouldering for Kids, Teens & Adults



Ages 7-13

In our Youth Bouldering Classes (YBC) kids learn basic climbing skills, build endurance and climb with new friends.

Ages 14 & up

In this Bouldering class, learn basic skills to get started on the walls: how to start a climb, tips on footwork, how to fall safely and more.

For both classes: Wear comfortable clothes for exercise, bring a water bottle; we provide the climbing shoes.

Mondays 6:30-7:30pm

(both classes happen at the same time)

YOUTH (ages 7-13)

#110: 1/22-2/12 (Reg by 1/15) - 4 weeks

#111: 2/26-3/18 (Reg by 2/19) - 4 weeks

TEENS & ADULTS (ages 14 & up)

#112: 1/22-2/12 (Reg by 1/15) - 4 weeks

#113: 2/26-3/18 (Reg by 2/19) - 4 weeks

COST: R \$49/NR \$59

Min. 3 ~ Max. 8

LOCATION: Rock Haven Climbing Gym,
355 NE 223rd Ave, Gresham, OR 97030

INSTRUCTOR: Rock Haven Staff

Questions about the curriculum?

Contact Rock Haven Climbing Gym at
503-512-5511.

Classes/Programs

Turn your Ancestry Facts into a Family Story

Ages 18 years & Up
(10—17 with registering adult)

Have you done a bit of research on your family? Now wondering what to do with all the info? In this class you will use your ancestry facts to look at the family history and turn it into a story to share. Learn to find a starting place, and tell the story down to the current generation. When you transition the facts into a story, you learn so much more about your own family history.



Your instructor will share her experiences learning about her ancestry (including a trip to Italy!) and how she took those facts and turned them into an interesting story to share with family and loved ones.

Saturday 10:00am-12:00pm
#114: 1/20 only (Reg by 1/15) - 1 class

COST: R \$7/NR \$8

Min. 4 ~ Max. 20

LOCATION: City Conference Building

INSTRUCTOR: Volunteer Nancy Laurence's search for her Italian history led her to discover the joy of family research and her love of writing. She then took that research and turned it into stories to share with her family.

Learn to Lead a Program!

Ages 18 years & Up
(10—17 with registering adult)

Have a special skill or interest you would like to share with your community? The Troutdale Recreation Department invites members of the public to propose new recreational programs they would like to lead. Come to this one hour class to learn all the ins & outs with tips about leading your own program. We believe that our community holds a wealth of talent and diverse interests, and we want to harness that energy to create engaging activities for residents of all ages.

Saturday 2:00-3:00pm
#115: 1/20 only (Reg by 1/15) - 1 class

COST: Free, but you do need to register

Min. 4 ~ Max. 20

LOCATION: City Conference Building

Get out and visit
one of your local parks!

PARKS ADVISORY COMMITTEE

Jeff Hutchinson
(Chair & TCAB Rep)
Carol Allen (Vice-Chair)
Zach Andrews
Shelly Reynolds
Victoria Rizzo
Sherilee Winters
Robbie Cantrell
Jim Hill
Brenda Austin
Michelle Craver (Alternate)

Classes/Programs

Let's Talk Plants!

With OSU Extension Service
Master Gardener™ volunteers

Ages 18 years & Up
(10 –17 with registering adult)

GROWING A BOUNTY OF BERRIES

Now is the time to plan and plant your berry patch for 2024. Learn how to successfully grow your own berries by selecting the right plants and providing proper growing conditions. Learn about ""THE BIG THREE"" of small fruits: caneberries (raspberries and blackberries), blueberries and strawberries. Taught by Dennis Brown, OSU Master Gardener.
#116: Saturday, 2/10, 2-3pm (Reg by 2/6)



SEED SAVING

Saving seeds is an easy and fun skill to learn. Learn what types of seeds are best for saving and when and how to harvest, process and successfully store seeds. Taught by Cindy Manselle, OSU Master Gardener.

#117: Saturday, 2/24, 10-11am (Reg by 2/20)

Note: More in-depth descriptions plus info about the incredible volunteer instructors will be listed in the online registration system.

COST: Free, but registration required.

Min. 12 ~ Max. 40

LOCATION: City Conference Building

INSTRUCTORS: OSU Extension Service Master Gardeners are volunteer educators, neighbors, and on-the-ground researchers who serve their community with solid training in science-based, sustainable gardening and a love of lifelong learning.



Oregon State University
Extension Service
Master Gardener™

Firearm Safety: Oregon/Utah Concealed Carry Permit Class

Ages 21 years & up

This course will cover important firearm safety concepts for keeping firearms safe within the home and outside the home. The course satisfies the requirements for the State of Oregon and State of Utah to obtain a concealed carry permit. The Utah permit allows you to legally carry concealed in Washington and 34 additional states.
No firearms are needed for this class.

Doors will open at 8am for fingerprints and photos. Class will start at 10am.
Please bring a drink/water and snacks/lunch if desired.

Saturday 8:00am-3:00pm

#118: 1/6 only (Reg by 1/3)

#119: 2/3 only (Reg by 1/31)

#120: 3/2 only (Reg by 2/28)

COST: R \$125/NR \$150 for 1, 4 hour session

Min. 4 ~ Max. 30

LOCATION: City Conference Building

INSTRUCTOR: Keith Bybee spent 22.5 years with the Multnomah County Sheriff's Office retiring in 2022 as a Sergeant. During his time with MCSO he was a range instructor and since retirement has become certified as an instructor for firearm safety, self-defense and basic pistol. He also provides one on one training for people new to shooting.

Questions about the class curriculum?

Contact Keith at: safeshotnw@yahoo.com

Classes/Programs

Yoga for a Balanced Life

Ages 18 years & up

Invoke feelings of inner peace with the physical practice of yoga (Hatha) incorporating Iyengar (alignment) & Vinyasa (flow) styles. Balance your mind, body & spirit through movements that increase flexibility, develop muscle tone and ease the knots in the body & mind. We will focus on the breath and increase personal awareness. Come experience this easy-to-follow, safe, fun & effective class. Develop a mindful practice that is unique to you and enriches your sense of personal strength and power.



Bring your own mat & water
Dress in comfortable clothing.

**If this is your first yoga class with this instructor, arrive 15 minutes early to the first class.*

Tuesdays 6:00-7:00pm

#121: 1/9-1/23 (Reg. by 1/4) - 3 weeks

#122: 2/6-3/12 (Reg. by 2/1) - 6 weeks

Wednesdays 10:30-11:30am

#123: 1/10-1/24 (Reg. by 1/5) - 3 weeks

#124: 2/7-3/13 (Reg. by 2/2) - 6 weeks

COST: R \$24/NR \$29 for 3 weeks

COST: R \$48/NR \$58 for 6 weeks

Min. 4 ~ Max. 14

LOCATION: City Conference Building

INSTRUCTOR: Kay Gates (See Bio)

Gentle Yoga for Health & Healing

Ages 18 years & up

A gentle paced yoga class that is open to all. We will focus on the ABC'S of Awareness, Breathing, Comfort & Stability. A typical class begins seated in a chair, then moves to standing poses (with chair available for support) and finishes with floor/mat poses. We will end class with a relaxation sequence. This class is for those who want to improve agility, range of motion, strength, balance & coordination.

Bring your own mat & water
Dress in comfortable clothing.

**If this is your first yoga class with this Instructor, arrive 15 minutes early to the first class.*

Thursdays 10:30-11:30am

#125: 1/11-1/25 (Reg. by 1/8) - 3 weeks

#126: 2/8-3/14 (Reg. by 2/5) - 6 weeks

COST: R \$24/NR \$29 for 3 weeks

COST: R \$48/NR \$58 for 6 weeks

Min. 4 ~ Max. 12

LOCATION: City Conference Building

INSTRUCTOR: Kay Gates (See Bio)

INSTRUCTOR BIO:

Kay Gates is a certified instructor through the Yoga Alliance with over 12 years of teaching experience. She has also completed Integrative Yoga for Seniors professional training through Duke University.