

SPRING/SUMMER 2024

CITY OF TROUTDALE

RECREATION

GUIDE

REGISTRATION
OPENS AT NOON
ON APRIL 3!

INSIDE

SUMMER EVENTS ISSUE
WILDERNESS WONDER CAMP
EXPLORE YOUR PARKS!

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



CITY OF TROUTDALE
RECREATION
DEPARTMENT



CITY OF TROUTDALE RECREATION DEPARTMENT

CITY COUNCIL

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

Register online!

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



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

Financial Aid
and other
discounts
available.



See website for all details:
troutdaleoregon.gov/rec

R = Resident of Troutdale

You receive a water bill from the City of Troutdale. You reside, own property or a business within the city limits of Troutdale.

NR = Non Resident

RECREATION PROGRAM SITES

City Conference Building (CCB)
Sam Cox Building/Glenn Otto Park

223 Buxton Road
1106 E. Hist. Col. Riv. Hwy

Wilderness Wonder Camp

Ages 6-9



Come and experience the wonder of camp!

Create wild crafts, sing campfire songs, play lively games, and explore the world of nature.

Campers will get to participate in both indoor and outdoor adventures throughout the week while doing activities based on daily themes (such as wildlife, survival skills, and more) to make each day of camp something unique and fun for everyone.



Wear closed-toe shoes, and bring a snack, lunch, & water bottle daily. Full letter of information to be emailed a week prior to camp.

Monday-Thursday 9:00am-1:00pm

#301: 7/15-18 (Reg by 7/1) - 1 week

COST: R \$100/NR \$120 for 1, 4-day camp

Residents (R) of Troutdale will have priority in registering for this camp.

Registration starts on April 3. Non Resident (NR) registration will open on April 10.



Min. 10 ~ Max. 16

There is a chance we can take more campers depending on staffing. Please put your child's name on the Waitlist if the camp is full so we know how many are interested.

LOCATION: Sam Cox Building/Glenn Otto Park

INSTRUCTORS: Recreation Staff



Interested in more camps?

*See what PlayEast! has to offer just on the other side of this guide or go to:
PlayEast.org*

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.

Mondays (Summer) 9:30-10:00am

#202: 8/5-8/26 (Reg by 8/1) - 4 weeks

COST: R \$36/NR \$43 for 4 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

#203: 4/11-5/16 (Reg by 4/9) - 6 weeks

#204: 5/23-6/27* (Reg by 5/20) - 6 weeks

Recital: Friday, June 28, 5pm

** No new students in the 5/23 session.*

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

Mondays (Summer) 10:15-11:00pm

#205: 8/7-8/28 (Reg by 8/3) - 4 weeks

COST: R \$40/NR \$48 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

#206: 4/11-5/16 (Reg by 4/9) - 6 weeks

#207: 5/23-6/27* (Reg by 5/20) - 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

#208: 4/11-5/16 (Reg by 4/9) - 6 weeks

#209: 5/23-6/27* (Reg by 5/20) - 6 weeks

Recital: Friday, June 28, 6:30pm

** No new students in the 5/23 session.*

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

Mondays (Summer) 11:15am-12:00pm

#210: 8/7-8/28 (Reg by 8/3) - 4 weeks

COST: R \$40/NR \$48 for 6 weeks

Questions about WHAT TO WEAR?

See information in the online registration system.

Classes/Programs

Art & Craft Time!

Come and make a variety of fun arts & crafts at this **FREE** community activity. All ages. All supplies provided. Parent/guardian must attend with their child(ren).



Wednesday, 8/7
10:00-11:30am

Drop in. Free program.
No registration required.

LOCATION: 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 - 3/25, 4/15, 4/29, 5/13

Event: Teen & Tween Craft Night:
Washi Tape Tins for ages 9-17 *registration required*
Time: 6-7pm
Dates: Monday - 5/20

Event: Music and Dance Storytime for families
Time: 2:30pm
Date: Sundays - 5/5 to 5/26

These are **FREE** programs but space is limited.
Visit our website for more information: multcolib.org

Email the youth librarian with any questions: jeannineg@multco.us



Troutdale Library | 2451 SW Cherry Park Rd.

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)

#211: 4/15-5/6 (Reg by 4/10) - 4 weeks

#212: 5/13-6/10 (Reg by 5/6) - 4 weeks

TEENS & ADULTS (ages 14 & up)

#213: 4/15-5/6 (Reg by 4/10) - 4 weeks

#214: 5/13-6/10 (Reg by 5/6) - 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.

EXPLORE YOUR PARKS!

Whether you're seeking some outdoor fun, an afternoon picnic, a refreshing hike along wooded trails, or simply a place to reconnect with nature, Troutdale's parks provide the perfect backdrop! You can learn more about each of the city's parks and greenways at troutdaleoregon.gov/parks.



Fun and games

Troutdale is known for the iconic adventure playground Imagination Station, but there are plenty of other parks that provide places for kids and adults to stay active. You can find basketball courts at **Helen Althaus Park**, **Kiku Park**, **Weedin Park**, and **C.P. Park**. Play structures, and picnic tables are features at those parks as well as **Sandee Palisades Park** and **Lewellyn Park**. If baseball or softball is your game, **Columbia Park** and Sandee Palisades are your go to spots. Anyone for tennis? Courts are available at Lewellyn and Weedin.

Nature trails and hiking

When most of us think of hiking, we are immediately drawn to the Columbia River Gorge and its endless opportunities. But you can find great spots closer to home! **Robin's Way Trail** provides a mile-long trail that leads through a wooded area and over a short footbridge. Not too far away are trailheads for **Beaver Creek Greenway** where you can wind through the trails and get fully immersed in nature.

If you just want a quick escape, short trails are to be found inside **Glenn Otto Park**, Helen Althaus, and Columbia Parks. **Sunrise Park** is also a great choice for an easy stroll on it's wide, paved path that loops around a pollinator garden and small pond.

Wide open spaces

If you want to find a place to just throw down a blanket and bask in the sun, the beach at Glenn Otto Park is your obvious choice. But don't forget about Sunrise Park with its stunning views of Mt. Hood, Sandee Palisade's comfortable neighborhood vibe, and the giant backyard feel of **Woodale Park**.

Other side of the Sandy

Just outside of our city limits are some other great options. The **Sandy River Delta** is home to Thousand Acres and miles of trails. **Lewis and Clark State Recreation Area** provides fantastic river access, plus trails leading up Broughton Bluff. And just upstream lies **Dabney State Recreation Area** which serves as a popular launching point for floats down the Sandy as well as picnic tables and grills, a volleyball court, horseshoe pits, and disc golf.



HERE COMES THE FUN!



FIRST FRIDAY

troutdalefirstfriday.com

For two decades, First Friday has brought people together to experience what Troutdale's vibrant arts scene has to offer. The event expands into the street during the summer months with dozens of vendors, sidewalk dining, live music at Mayors Square, a Kid Zone, and more! June 7, July 5, August 2, September 6.

TROUTDALE ARTS FESTIVAL

troutdaleartsfestival.org

Kick off the summer arts season in Downtown Troutdale with this grand celebration! Explore the work of more than 80 talented artists in the open air and check out our local galleries as you enjoy food, beer, wine, music, and plenty of activities for the kids. June 8-9.



Find more at exploretroutdale.com/events

MUSIC AT THE MARKET

troutdaleoregon.gov/market

Historic downtown Troutdale is the place to be for foodies and music lovers every Tuesday evening in July and August! Local farmers and food producers will sell their provisions as artists perform live music on the Mayors Square stage.



MOVIES IN THE PARK

troutdaleoregon.gov/moviesinthepark

Join us as we screen a pair of double features at the little league field adjacent to Imagination Station on select Friday evenings in July and August. These community events are FREE and open to the public. This summer's dates are TBA.

LIBRARY TIME!



The Multnomah County Library offers a variety of activities for kids and adults! With local branches in Troutdale, Fairview, and Gresham, options range from Lego club and storytime to tech help and ESL classes. Scan the QR code for details and sort by location.

GARDENING WEBINARS



The East Multnomah Soil and Water Conservation District offers a series of FREE workshops that focus on sustainable gardening practices that will save you time, money, and energy! Scan the QR code to find dates and descriptions of each program.



CITY OF TROUTDALE
**RECREATION
DEPARTMENT**

troutdaleoregon.gov/rec

Classes/Programs

Sit & Stitch

Ages 18 years & up



Bring your crocheting, knitting, needlework and even spinning to this social, small group setting. Be inspired by others to learn more or even learn something new yourself. Have something you are trying to finish up? This is the perfect opportunity! **Bring your own supplies.**

Mondays 10:00am-12:00pm

#215: 4/15-5/20 (Reg by 4/11) - 6 wks

COST: R \$30/NR \$36 for 6 weeks

Min. 5 ~ Max. 10

LOCATION: City Conference Building

INSTRUCTOR: Volunteer Aleta Sanstrum is a certified Crochet and Knitting instructor through the Craft Yarn Council. She learned to crochet from her grandmother at a young age, and learned to knit as a 4th grader in Camp Fire Girls.

Bouldering **for Adults**

See page 5
for all details.



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

#216: 4/13 only (Reg by 4/10)

#217: 5/4 only (Reg by 5/1)

#218: 6/1 only (Reg by 5/29)

#219: 7/13 only (Reg by 7/10)

#220: 8/3 only (Reg by 7/31)

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

Summer Card Workshop

Ages 18 years & up

Looking for a creative hobby?

Are you interested in making your own greeting cards?

Wondering how to stamp or “dry” emboss?

Come join us for this two-hour workshop! Express your creativity as you make four greeting cards, a bookmark and a gift tag. You will learn to use several paper crafting methods to create your own beautiful handmade birthday and friendship cards.

This workshop is designed for both beginners and seasoned crafters. The instructor will be available to assist. All the tools will be provided. All materials will be provided - some pre-cut & pre-stamped and with other cards, you will get to choose your paper to trim and stamp your image/ saying.

There is a separate \$15.00 material/supply fee which is due at the time of class (cash or check).

Saturday 12:00-2:00pm

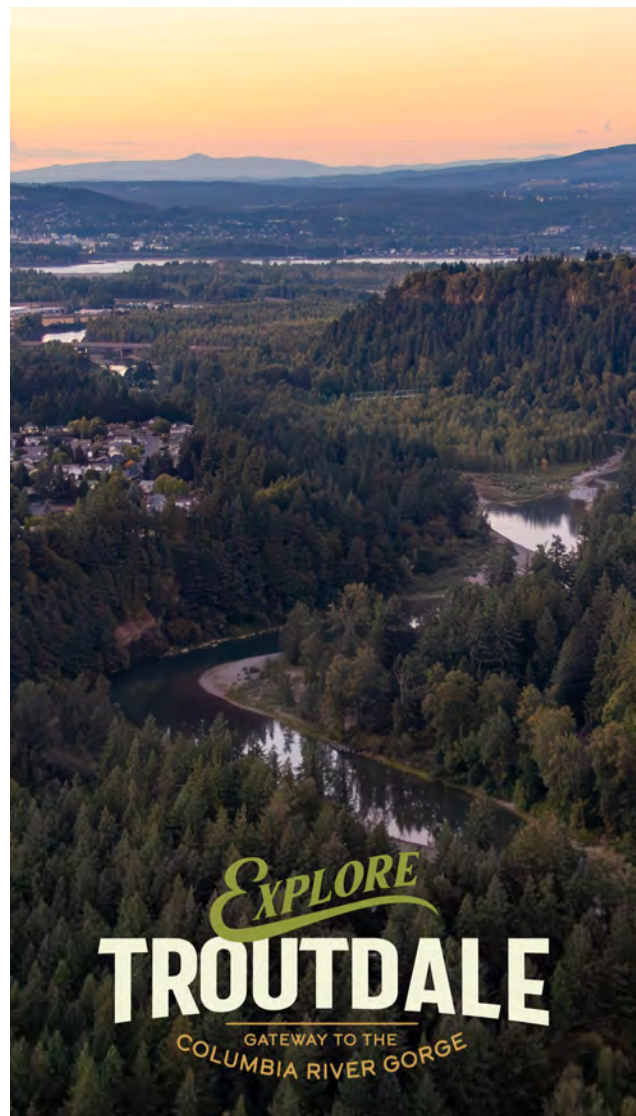
#221: 7/6 only (Reg by 7/1)

COST: R \$10/NR \$12

Min. 5 ~ Max. 8

LOCATION: City Conference Building

INSTRUCTOR: Kay Gates, a certified yoga instructor, has taught through the City of Troutdale recreation program for 13 years and has previously lead several combined crafting and yoga classes. She has been a crafter for many years and looks forward to sharing her passion of card-making.



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

#222: 4/9-5/7 (Reg by 4/8) - 5 weeks
#223: 5/21-6/25 (Reg by 5/16) - 6 weeks
#224: 9/10-9/24 (Reg by 9/5) - 3 weeks

Wednesdays 10:30-11:30am

#225: 4/10-5/8 (Reg by 4/8) - 5 weeks
#226: 5/22-6/26 (Reg by 5/17) - 6 weeks
#227: 9/11-9/25 (Reg by 9/6) - 3 weeks

COST: R \$24/NR \$29 for 3 weeks
COST: R \$40/NR \$48 for 5 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

#228: 4/11-5/9 (Reg by 4/8) - 5 weeks
#229: 5/23-6/27 (Reg by 5/20) - 6 weeks
#230: 9/12-9/26 (Reg by 9/9) - 3 weeks

COST: R \$24/NR \$29 for 3 weeks
COST: R \$40/NR \$48 for 5 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.