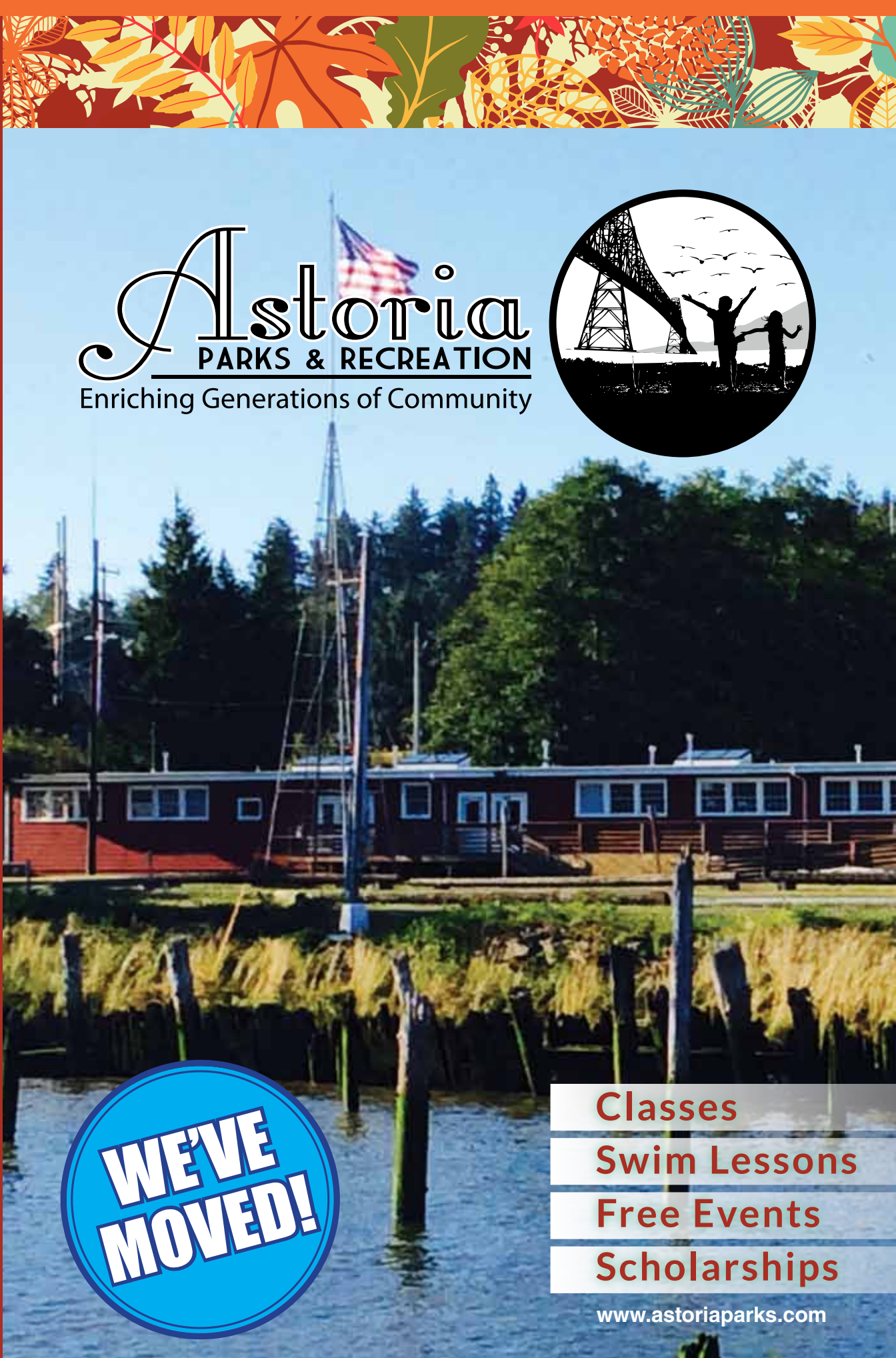


# Fall / Winter 2014-2015



*Astoria*  
PARKS & RECREATION  
Enriching Generations of Community



**Classes**

**Swim Lessons**

**Free Events**

**Scholarships**

[www.astoriaparks.com](http://www.astoriaparks.com)

# Astoria Rocks!



Fall and Winter are quickly approaching. The City of Astoria Parks and Recreation Department is ramping up for a season of cooler weather, we call it "Astoria weather"! If you are trying to stay fit, keep busy, or looking for something safe and fun for your kids to do after school, Astoria Parks and Recreation has you covered.

We all should be excited that the Astoria Recreation Center (ARC) has a new home at the Yacht Club, 1555 West Marine Drive. The Yacht Club is a great building with a colorful history that has served our community for many years. I, as well as the Parks and Recreation Department staff, hope you will stop by and see what the new ARC has to offer. The ARC is special.

Thank you everyone who has supported and continue to support the Parks and Recreation Department programs over the years. You have helped our community flourish through your active and enthusiastic participation. Astoria is a great city, and I am thankful and proud to be a part of it!

**Mayor Willis L. Van Dusen**

A handwritten signature in black ink that reads "Willis L. Van Dusen".

Just because the weather is changing, does not mean the fun stops in Astoria! The City of Astoria Parks & Recreation Department has a wide variety of activities, programs, and events to engage all ages and all members of your family. It's exciting to know that citizens can still continue to be active and healthy even when the elements may make it challenging.

I encourage everyone to see what is happening, and to also lend a hand with our new "CHIP-in!" (Citizens Helping Improve Parks) program. We are wrapping up this year's CHIP-in program with clean-up parties at Violet La Plante Park and the playground at 14th and Grand. It's a great opportunity to meet new people, share some of your talent, and know that you are doing your part to make Astoria a beautiful place to live all year round. Cheers to new seasons and new things to do!

**City Manager, Brett Estes**



If there's one thing I love about Astoria, it's that we are an active, involved community. I have found that Astorians are excited about new ideas and programs and are engaged in what really matters: health, wellness, and of course - FUN!

Our Parks & Recreation department has great opportunities this Fall and Winter to keep Astorians doing what you all do best! We're excited to introduce a new fitness class at the Astoria Recreation Center called Pound, a rhythmic, drum-focused workout that will challenge every part of your body. Also, back by popular demand, is our second annual Wellness Challenge in January. It's going to be a busy couple of months!

Don't forget the Astoria Recreation Center (1411 Grand) has moved to the former Astoria Yacht Club (1555 W. Marine Dr.). We're excited to finally be in our new home, and anxious to share this space with you. Come check it out!

**Parks and Recreation Director, Angela Cosby**





# Table of Contents

## ► Our Mission

Astoria Parks & Recreation provides life-long learning, wellness, and well-being through recreational opportunities and is dedicated to the preservation of natural resources, open spaces and facilities that inspire and bring neighbors together.

## ► Scholarships

We believe that everyone should have access to recreational activities; including those at the Aquatic Center, The Astoria Recreation Center, Port of Play and Lil' Sprouts Academy. If you need financial assistance, please don't hesitate to contact us or pick up an application at any of our facilities

## ► Help-a-Kid

Every kid should benefit from public recreation. Unfortunately, sometimes families cannot financially support extra-curricular activities. Can you help to provide a recreational experience that can benefit a child for life? Your sponsorship dollars will directly allow a child to participate in any recreational opportunity that we offer.

## ► Thanks to the Parks Advisory Board

The City of Astoria and Astoria Parks & Recreation would like to thank members of the Parks Advisory Board for their countless hours of support in promoting, advancing, and protecting our community's diverse Parks & Recreation system.

**Norma Hernandez (Chair)**

**Tammy Loughran (Vice Chair)**

**Jay Flint**

**Brad Johnston**

**City of Astoria Councilor, Karen Mellin**

**Grace Laman**

**Howard Rub**

**Kim Williams**

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# Meet Our Team

## Recreation:

### Angela Cosby

Director of Parks & Recreation  
503.298.2460  
*Fun adventures ahead!*

### Pam Pearce

Recreation Coordinator  
Astoria Aquatic Center  
503.325.7027  
*Living the dream!*

### Terra Patterson

Recreation Coordinator  
Astoria Recreation Center  
503.741.3035  
*Life is short, play hard!*

### Erin Reilly

Recreation Coordinator  
Lil' Sprouts and Port of Play  
503.325.8669  
*Lil' programs, BIG fun!*

### Janice O'Malley Galizio

Volunteer Coordinator  
503.741.5965  
*Connecting people with our parks!*

## Maintenance:

### Phil Elkins

Maintenance Supervisor  
503.861.1332  
*Keeping Astoria Beautiful!*

### Mark Montgomery

Facilities Coordinator  
503.791.1334  
*Improving our facilities  
is my number one goal!*

### Jonah Dart-McLean

Grounds Coordinator  
503.741.1600  
*Cleaning and maintaining our parks!*



# Join Our Team

We're always looking for positive, motivated and energetic people to join our Recreation or Maintenance team.

## We are hiring for:

- ▶ Recreation Leaders
- ▶ Lil' Sprouts Childcare Professionals
- ▶ Port of Play
- ▶ Lifeguards
- ▶ Water Exercise Instructors
- ▶ Swim Instructors
- ▶ Seasonal Maintenance Workers
- ▶ Sports Officials
- ▶ Volunteers

Apply online at:  
[astoriaparks.com](http://astoriaparks.com)



CHIP-in, or Citizens Helping to Improve Parks, is a new volunteer program with Astoria Parks and Recreation. We are seeking enthusiastic and positive volunteers who are interested in helping improve and clean up our beautiful parks!

## Ways you can help:

### Join us at our monthly 'CHIP-in' days:

September 14th - CHIP-in @ Violet LaPlante 1-4PM

October 5th - Last CHIP-in @ 14th and Grand Playground 1-4PM

### Individual CHIP-in Volunteers:

Interested in cleaning up your local park on your own time? Do you have a group of friends or neighbors who are interested in joining you? *Give us a call!*

### Adopt-a-Park:

This is great for local businesses, faith organizations, scout groups, and individuals. Groups agree to a 12 month commitment to maintain and clean a park of their choice. Parks and Recreation will erect a placard with your group name in recognition of your commitment to keeping our parks clean!

### Donations:

Please consider donating to our CHIP-in program. Whether it be gardening supplies, lumber, or monetary donations. Every bit helps us to keep our parks clean!

Call us at (503) 741.5965 or email us at [chip-in@astoria.or.us](mailto:chip-in@astoria.or.us)





In the Northwest, we load up  
the whole crew, and ***WE GO.***



*All-New 2014 Toyota Highlander*

With up to 25 MPG and room for 8, everyone can be part of the adventure in the all-new Toyota Highlander.



1605 SE Ensign Lane • Warrenton, OR  
**844-300-LUMS (5867)**  
**[www.LumsToyota.com](http://www.LumsToyota.com)**



# Fall Events

## Family Pumpkin Carving

Get in the Halloween Spirit! Bring the family for a night of creative fun and decorating pumpkins. You can make them spooky and scary, or happy with a toothy grin. Either way, it will be a night of fun. We'll provide the supplies and tools, you bring the pumpkins.

► Friday, Oct. 24, 6pm–8pm, Port of Play, All ages welcome, FREE

## Monster Bash

All ghouls' night! Dress up in your scariest or most creative costume and enjoy the fun, games, and entertainment at this year's annual Monster Bash!

► Friday, Oct. 31, 5pm–7:30pm The Armory Building, **FREE!**

## Gobbler Gallop (All ages)

Before you gobble up that Thanksgiving dinner, gallop with your family and friends to our 5-mile run on our beautiful Riverwalk along the Columbia River. We will start at Maritime Memorial Park and head east. Costumes and silly hats are encouraged and welcomed! Build a family tradition you won't forget!

► Thursday, Nov. 27, 9am–11am Maritime Memorial Park, \$10 or FREE with a donation of five cans of food

# Winter Events

## Breakfast With Santa

Spend a morning filled with fun, food, games, and crafts. Visit Santa in his sleigh and have your picture taken with him. Children must be accompanied with a paying adult. Children under age 2 are free. Space is limited, so sign up early!

► Saturday, Dec. 13, 8:30am–11am (TBD), \$10

## New Year's Day Fun Run (All ages)

It's a new year! Start it off on the right foot! Join us for a 5k run on the Riverwalk. We will start across the street from the Aquatic Center on the Riverwalk and run to Pier 39.

► Thursday, January 1, 9am–11am Maritime Memorial Park, \$15

## Valentine Tea

Roses are red, violets are blue, I want to share this special day with you! Celebrate this Valentine's Day with your lil' one at Port of Play! Yummy treats, snacks, tea and juice will be provided; along with crafts and time to play. A photographer will be available to capture those super sweet moments.

► Friday, February 13, 11:00am–12:30pm Port of Play, \$10 per couple

## Valentine Dance

Fathers and daughters of all ages are invited to attend this special evening full of music, fun, dessert, and punch! Pre-registration is strongly encouraged!

► Saturday, February 8. Two Time Sessions Available 5:30pm–7pm and 7:30pm–9pm  
Astoria Recreation Center, \$20 couple and \$10 for additional child.

## Dr. Seuss Night

We won't serve green eggs and ham, but think of it as a family-friendly poetry slam! Come dressed as your favorite character and win a prize, as our costume judges measure you up to size. You might see Thing One or maybe Thing Two, and maybe we'll end the evening with Horton Hears a Who! We'll have guests reading books and art projects galore, so come one and come all, to see what's in store!

► Monday, March 2, 6:30–8:30pm Port of Play, **FREE!**







## Aquatic Center Pass:

Unlimited Swims	10% Off Merchandise
Unlimited Use of Fitness Room	20% Off Pool Rentals
(classes not included)	Fast-Lane Express
Free Special Events	Check-In
	Free Day-Use Locker

## Land & Water Pass:

Unlimited Swims	Free Special Events
Unlimited Use of Fitness Room	10% Off Merchandise
Unlimited Water Exercise Classes	20% Off Pool Rentals
Unlimited Dry Land Fitness Classes	Fast-Lane Express
Open Gym (at ARC)	Check-In
Teen Zone (at ARC)	Free Day-Use Locker

## ALL-PARKS PUNCH PASS \$50

Punch cards are sold in \$50 increments and may be used throughout the parks system (at our variety of facilities).

\*This pass serves as a discount for services and should not be considered a contractual agreement.

\*Non-Transferable

\*Unlimited Usage

\*No Refunds or Credits

\*A facility may be closed up to 7 consecutive days without a refund or a credit during the time of pass, excluding holidays.

Senior Discount: 25% Off All Parks Punch Pass

## Slide Times

Zip down the big red slide! Slide times may vary from time to time; however the slide is generally open:

Monday – Friday: 5pm – 7pm

Saturday/Sunday: 1pm – 4pm

## The Fitness Center at AAC

Looking to stay dry while you exercise? Impact your fitness routine at the Aquatic Center. We have cardio machines and weight lifting equipment. Our fitness area is full of the right gear and open during pool hours!

### Fitness Center Hours

Monday – Friday: 5am – 7pm

Saturday: 9am – 4pm Sunday: 11am – 4pm

## LOCKERS!

Day-use lockers are free. Availability is limited. Please bring your own lock or buy one at the Aquatic Center. Take a walk on the easy side! Rental lockers are available for the season. We have a select number of lockers available. Please see Guest Services today to reserve your space and complete a locker agreement!

Pass Holder: \$25 per Season

Non-Pass Holder: \$50 per Season

# POOL SCHEDULE

### Lap Swim (Lap Lane Varies)

Monday – Friday	5am – 7pm
Saturday	9am – 4pm
Sunday	11am – 4pm

### Therapy Swim

Monday – Friday	6am – 11am
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### Open Play (Pool Space Varies)

Monday – Friday	1pm – 7pm
Saturday	9am – 4pm
Sunday	11am – 4pm

### Clatsop Community College

Mon/Wed/Fri	7:00am-7:50am
Tuesday/Thursday	1:00pm-1:50pm
	7:00am-7:50am

### Swim Lessons

Monday – Friday	4pm – 6:15pm
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### US Coast Guard

Tuesday/Thursday	8:30am – 10am
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### NCSC

M/W/F	4pm – 7pm
Saturday	9am – 12pm

### Water Exercise

Monday – Friday	8am-9am
M/W/F (arthritis)	8am-9am

### Family Swim

Monday – Friday	9am-1pm
-----------------	---------

	Youth	Adult	Family
Drop – In	\$4.50	\$6.50	\$15
Punch Pass Price	\$4	\$6	\$15
Aquatic Center Pass	\$84	\$134	\$184
Land & Water Pass*	\$149	\$189	\$229

\*Must have a Land & Water pass for Water Exercise Classes.

Fall Pass Dates: September 15th-December 31st

Winter Pass Dates: January 1st – March 15th.

## SPECIAL SCHEDULE:

Nov. 1st, Lap Pool Closed until 1pm for Swim Meet

Nov. 27th open from 5am-11am

Dec. 13th, Lap Pool Closed ALL DAY for Swim Meet

Dec. 24th, 5am-11am Dec. 25th, CLOSED

Feb. 14th & 15th, both pools closed, Cowapa League District Swim Meet

## WANT TO WORK THE WATER?

Sign up for one of our next Guard Classes:

January 30th, 31st, & Feb. 1st

March 23rd, 24th, & 25th

May 1st, 2nd & 3rd

September 25th, 26th & 27th

November 20th, 21st, & 22nd

*Make a Splash!*



Join the  
NORTH COAST SWIM CLUB  
Dolphins

NCSC is a year-round competitive swim club providing education in the sport of swimming to athletes of all ages. We are a proud member club of Oregon Swimming and USA Swimming--America's Team.

For information on becoming part of the "team" contact Coach Alex Reed: coachareed@gmail.com or email ncsc97103@yahoo.com.

# Swim Lessons



## AquaDucks

For children 6 months to 3 years, accompanied by an adult, in the water.

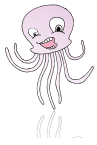
Experience a fun, interactive, water adjustment program designed to introduce basic water skills as the instructor guides parent and child. Parents develop confidence using proper holding positions and techniques, allowing children to develop fundamentals that can lead to a lifetime of safe practices and water enjoyment. Swim diapers are required for children who are not potty-trained.



## Lil' Shrimp

Preschool: 3-5 years

For the non-swimmer: It's fun to make bubbles and get my eyes and ears wet! My teacher will help me float and glide in the water. I wonder if a lifejacket will help me float? I'm learning to love the water!



## Jellyfish

Preschool: 3-5 years; Youth: 6-12 years

Pre-requisites: I am comfortable in the water! I can put my whole face in the water and blow bubbles for 5 seconds! I can float and glide with assistance on my front and back! I can do it!



## Sea Otter

Preschool: 3-5 years; Youth: 6-12 years

Pre-requisites: I can do a front crawl without taking a breath: Preschool: 10 feet; Youth: 15 feet. I can back glide: Preschool: 5 feet; Youth: 10 feet. I can do side breathing on the wall. Preschool: 5 breaths; Youth: 10 breaths. I like to bob! Preschool: 5 bobs; Youth: 10 bobs.



## Walrus

Pre-requisites: Front crawl with breathing for 20 feet; Back crawl for 15 feet; Jump into lap pool at 6-8 feet unassisted.



## Sea Lion

Pre-requisites: Front crawl with breathing, using proper technique: ½ length of the pool. Back crawl using proper technique: ½ length of the pool. Underwater swim for 15 feet. Whip kick on back with equipment: ½ length of the pool. Deep-water bobs: 5 deep water bobs.



## Orca

Pre-requisites: Front crawl with breathing, using proper technique: length of the pool. Back crawl: length of the pool. Elementary backstroke with proper technique: length of the pool. Deep-water bobs: 15 bobs.



All Sessions are **10 Lessons** for **\$45**  
**SWIM LESSON SESSIONS**

### Fall Sessions

Session 1, Sept. 16th-Oct. 16th

Session 2, Oct. 21st-Nov. 20th

### Winter Sessions

Session 1: January 6th-February 5th

Session 2: February 10th-March 12th

## Private Swim Lessons

Our private swim lesson program delivers one on one instruction. It is level based, but tailor-made for your child. Tell us what your little swimmers goals are and we'll work with you!

**One Child - One Instructor: \$140**

10 Lessons that Run Concurrent with Lesson Dates (Sessions Listed Above)

## Semi-Private Swim Lessons

**Three Children - One Instructor: \$70 per Child**

10 Lessons that Run Concurrent with Lesson Dates (Sessions Listed Above)

**Special Request: \$50 (add on)**

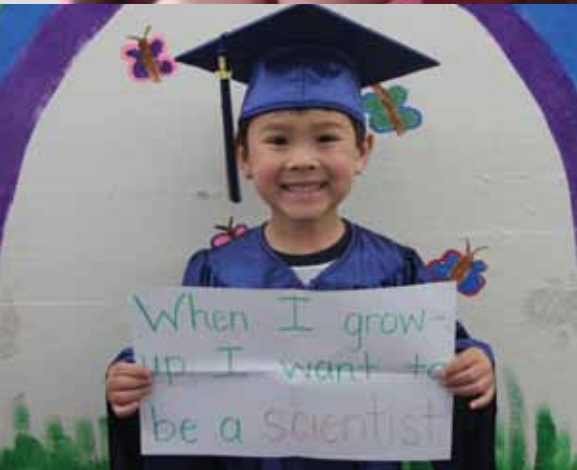
## Adult Private Lessons

Are you a good swimmer who would like to improve your strokes? Push yourself to "train" in water. This is tailor-made for you! Tell us what your goals are and we'll work with you! For this private lesson the adult must be comfortable in deep water.

**\$45 per Hour**







*Lil' Sprouts*  
ACADEMY  
We're on to something big!



## LIL' SPROUTS

**785 Alameda Ave. (Located in Gray School, 2nd Floor)**

This is a great place for your child to learn and grow! Lil' Sprouts Academy serves children ages 6 weeks to 6 years (infants, toddlers, and preschool age), with full-time and drop-in spaces available. Take advantage of our punch card option for those times you need just a few hours of childcare, or look into our full-time option with monthly tuition. Lil' Sprouts Academy provides a fun, active, and encouraging environment for your sprout.

***Lil' Sprouts Academy is open Monday-Friday from 7:30am-5:30pm and closed weekends and major holidays.***

### **Full-Time Monthly Rates:**

Infant Care: \$725

Toddler Care: \$625

Preschool Age: \$525

\$7/hour for Drop-in Care

\$5/hour for Drop-in Care with Punch Pass

### **Fall/Winter Closures:**

Labor Day: September 1st

Thanksgiving/Day After: November 27th & 28th

Christmas Eve/Day of/Day After: Dec. 24th, 25th & 26th

New Years Day: Jan 1, 2015

Memorial Day: May 25th

Independence Day: July 4th 2015

For questions regarding registration, or to schedule a tour of the facility, please call 503.325.8669



Kid-approved ★ Rain-proof ★ Active ★ Fun

## PORT OF PLAY

785 Alameda Ave.

(Located at Gray School, 2nd Floor)

The children and families in the greater Astoria area have an amazing INDOOR space to stay active and healthy through play! Our center also provides a creative environment for your child's natural tendency to experiment, create, and pretend.

**Come play with us! Open play is \$3.50/child.  
Purchase an All-Parks Punch Pass and save  
(Punch Pass Rate \$3)!**

Experience structured and open play geared to young children. Port of Play features an indoor play center with mats, tricycles, small slides, bounce house, rock wall, and scooters that provide opportunities for youngsters to run and be active. The play center is combined with hands-on exhibits for children to explore creatively.

Sign up for one of our organized preschool activities or day camps, or come in during open play and see what our POP center is all about! Open play requires an adult present at all times.



## Open Play!

### Rent Port of Play for your next party!

Party rates are for a 2-hour party. (\$25/additional hour.)

#### Basic Party:

Parties during regular business hours, up to 15 children: \$65

#### Private Party: \$115

Fall/Winter Hours: M-Sat, 10am-4pm, Sundays 12pm-4pm

785 Alameda Ave., 503.325.8669

### Parents' Night Out at Port of Play

Parents, drop your children off for a night of fun, while you enjoy a night out. The kids will enjoy crafts, movies, popcorn, and games. Snacks will be provided.

Ages: 2.5-10 (must be potty-trained)

#### Pre-Registration:

\$9 per child (must register by Wednesday prior to event).

#### Drop-In Registration:

\$13 per child, \$10 for each additional child.

Every Saturday, 6:00-9:30pm, at Port of Play,  
except (Nov. 29th, Dec. 27th, or Jan. 3rd)

### All Ball Lil' Sports Series

Are you ready for your preschooler to explore their inner athlete? With this new All Ball series, we'll cover a different sport each day; exploring simple, introductory techniques. It's going to be a blast!

M-Th., Sept. 22nd -25th, 5:30pm-6:30pm at Port of Play

M-Th., Nov. 10th-14th, 5:30pm-6:30pm at Port of Play

M-Th., Jan. 5th-8th, 5:30pm-6:30pm at Port of Play





**1555 W. Marine Drive  
(503)741-3035**

## THE ARC

### Kids Zone

This is a unique after school program that serves Astoria's Kindergarten through 5th grade students! Each day we will help your children with homework and offer exciting crafts, games, and team-building activities. We celebrate birthdays monthly and also have special themes.

**M-F, Sept.-June**, After School, Astoria Recreation Center, Grades K-5, \$150/month, \$8/day with punch card, or \$10/day cash.

**Kids Zone:** Monday-Friday, 3pm-5:30pm

**School's Out Play:** In-service/Conferences/Holidays: 7:30am-5:30pm

### School's Out Play:

Send your kids to our "school's out" play on in-service and conference days. The children will enjoy varied themes, art and crafts, games, and much more. Dates will be based on the Astoria School District Calendar.

Astoria School Year, 7:30am-5:30pm, ARC, Grades K-5, \$30/day, \$15/half-day

### Winter Day Camp

School's out and we have lots of fun in store! Make Holiday crafts, learn about Arctic weather, and celebrate the season with us.

**December 22- January 2** (closed 12/25 and 1/1); 7:30am-5:30pm, ARC, Grades Kind.- 5th, \$30 per day or \$120 per week

### Saturday Fun

We make Saturday mornings fun! Join us for one or all of these weekly series geared for ages 8 to 12. Pre-registration is required to ensure supplies and space.

### Active Kids

Keeping active is important for overall health no matter what age you are. Each week we will explore fun ways to stay active, exercise and have fun with games, sports and other creative ways to stay fit!

**October 18, 25, Nov. 1, 8 and 15;** 11am- 12pm, ARC, Ages 8-12, \$5 per class or \$20 for the series

### Holiday Crafts

Get in the holiday spirit and join us for crafty fun! This is your child's opportunity to create fun holiday gifts for the entire family!

**November 22, Dec. 6, 13 & 20;** 10:30am- 12pm, ARC, Ages 8-12, \$6 per class or \$20 for the series

### Healthy Kids

This series teaches kids that eating healthy can be fun and tasty. We will prepare healthy snacks, create a "cookbook" of healthy recipes, and talk about how to eat healthy.

**January 10, 17, 24, 31 and Feb. 7;** 11am- 12pm, ARC, Ages 8-12, \$6 per class or \$25 for the series

### Science Extravaganza

Explore the world of science with experiments and fun. Our quest for knowledge will cover various fields of science, experiments and even explore outdoor habitats.

**February 21, 28, March 7, 14 & 21;** 11am- 12pm, ARC, Ages 8-12, \$6 per class or \$25 for the series



1555 W. Marine Drive  
(503)741-3035

## YOUTH SPORTS

### Tae Kwon Do

This class introduces training and instruction in the Ancient Korean Martial Arts. In this self-defense class, the student will gain self-esteem, coordination, and discipline.

**Monday & Wednesday evenings**, Astoria Recreation Center, Ages 5 & up, \$40/month

### Flag Football

This program introduces fundamentals and skills for the classic sport of football. The basics of throwing, catching, and defense will be emphasized. Games will be played during the second half of the program.

**Tuesday & Thursdays, Aug. 26– Oct. 23**, 5:30pm–6:30pm, AMS, Evergreen 2 Field, Grades K-3, \$40

### Boys' Basketball, Grades 1–2

This is a basketball program for boys to learn basketball basics and practice their new-found skills during Saturday games. We will shoot, dribble, and run a few plays, all while having a great time!

**Tuesday & Thursdays Nov. 11–Dec. 18**, 5:30pm–7pm, Location TBA, Grades 1–2, \$40

### Boys' Basketball Leagues, Grades 3–6

The boys' basketball program for grades 3–6 teaches and builds on the fundamentals of the sport. Participants will learn basic and some advanced skills during the season. Registration deadline is Oct. 17. Practices begin the last week of Oct. and games start in Nov. Practices vary Monday through Friday. Games will be played Monday through Friday evenings at 6pm and 7pm, as well as Saturday mornings.

Registration Deadline Oct. 17, Grades 3–6, \$45

### Girls' Basketball, Grades 1–2

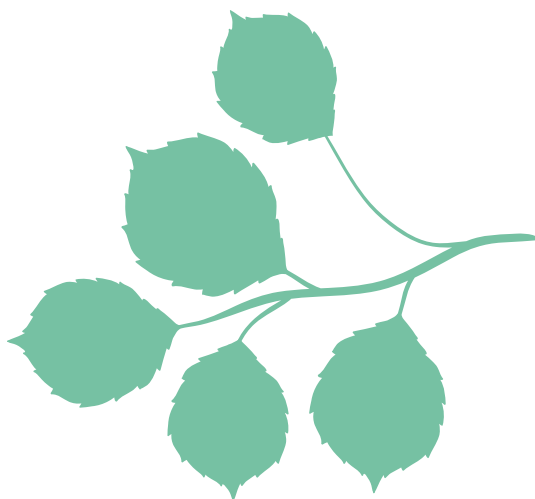
This is a basketball program for girls to learn basketball basics and practice their new-found skills during Saturday games. We will shoot, dribble, and run a few plays, all while having a great time!

**Tuesday & Thursdays, January 13–February 21**, 5:30pm–7pm, Location TBA, Grades 1–2, \$40

### Girls Basketball Leagues, Grades 3–6

The girls' basketball program for grades 3–6 teaches and builds on the fundamentals of the sport. Participants will learn basic and some advanced skills during the season. Registration deadline is Dec. 22. Practices begin the second week of January and games start the end of January. Practices vary Mondays through Fridays. Games will be played Monday through Friday evenings at 6pm and 7pm, as well as Saturday mornings.

Registration Deadline Dec. 22, Grades 3–6, \$45





# ADULT SPORTS

## Adult Volleyball

Bump, set, and spike it! Come join your community volleyball players this fall for a great season. Please call the Astoria Parks & Recreation office or visit our website for more information regarding our organizational meeting in Sept. The meeting for coaches and interested players is Aug. 21.

**Monday–Fridays, Season begins Sept. 29, 6pm–9:30pm, Astoria Middle School, \$315/team before Sept.14, \$360/team for later registrants.**

## Men's Basketball League

Come get your dribble on in the Men's Basketball League this fall and winter! Keep active and have fun! Interested in putting together a team? Attend our organizational meeting Oct. 22 for more information.

**Starts Nov. 19, 6:30pm–9:30pm, Astoria Middle School, \$485/team before Nov. 5, \$535/team for later registrants.**

## Volleyball Open Gym

Bump, set and spike it! Volleyball season is not long enough. Join us once-a-week for open gym! Bring a team or come on your own. Everyone is welcome!

**Wednesday nights starting Nov. 26, 7pm–9:30pm, Astoria Middle School, \$5/person or \$4 with a punch pass.**

## Four-Person Reverse Volleyball

An intense version of volleyball with four players! Put together a coed team for this mid-winter league. You'll have a great work out and a lot of fun. Join the organizational meeting on Dec. 3.

**Starts Jan. 7, 6:30pm–9:30pm, Astoria Middle School, \$215/team before Dec.14, \$265/team for later registrants.**





1555 W. Marine Drive  
(503)741-3035

## ADULT CLASSES

### Standard Level CPR and First Aid

Learn the basics of CPR and get certification through the Emergency Care & Safety Institute. Participants will learn basic care for airway obstructions, breathing emergencies and cardiac emergencies.

**Class 1:** Saturday, October 18 -9am- 1:30pm -  
Astoria Recreation Center - 14 & up - \$45 per person

**Class 2:** Saturday, January 17 -9am- 1:30pm -  
Astoria Recreation Center - 14 & up - \$45 per person

### Tae Kwon Do

This class introduces training and instruction in the Ancient Korean Martial Arts. In this self-defense class, the student will gain self-esteem, coordination, and discipline.

Monday & Wednesday evenings,  
Astoria Recreation Center, Ages 14 & up, \$40/month

### Wellness Challenge

**Back by popular demand!** Get healthy and get fit while challenging your friends! 9 weeks of fitness and nutrition classes with 8 fitness classes to choose from.

- Nutrition guidance: a class on exercise nutrition and a cooking class with a registered dietitian
- Health screening: lipid panel, blood pressure check, body mass index, blood glucose and more
- Twice weekly meetings with your co-Challengers
- Prize drawings and prizes as you compete based on participation
- Frequent motivation and support to help you become the fittest, healthiest you in 2015

Program starts in January. See our website or call for more details; Astoria Recreation Center, \$90

### Intro to Paddle Boarding

Learn the basics of paddleboarding in a safe and fun group lesson. Lesson will cover basic paddle techniques such as how to hold the paddle, how to stand up, how to turn the board, how to maintain balance when encountering boat or wind waves and how to stop with an emphasis on water safety throughout the course.

Tuesday 9/16 @ 6pm • Thursday 9/18 @ 9am • Saturday 9/20 @ 10am  
Friday 10/3 @ 9am, \$20

### Senior Classes

Therapy Swim: M-F, 6am-11am

Water Exercise: M-F, 8am-9am

Arthritis: M/W/F: 8am-9am





# FALL /WINTER 2014/2015

## Group Fitness Schedule

All classes are approximately 55 minutes long to allow for transition between back-to-back classes. Each class has equipment for approximately 12 participants.

NO CLASSES  
ON SUNDAYS

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:30am-6:30am	Cycling		Cycling		Cycling	
6:30am-7:30am		Yoga (Class will begin in January)		Yoga (Class will begin in January)		
9:00am-10:00am	Cycling		Cycling		Cycling	Cycling
10:00am-11:00am	Core Strength	Boot Camp	Core Strength	Boot Camp	Core Strength	Core Strength
12:15pm-12:45pm**		Boot Camp Express	Pound	Boot Camp Express	Yoga	
5:30pm-6:30pm	Cycling	Cycling	Cycling	Cycling		
5:30pm-6:30pm	Pound	Boot Camp	Pound	Boot Camp	Pound	
6:30pm-7:30pm	Core Strength	Cycling Yoga	Core Strength	Cycling		

Additional Classes May be added to this Schedule in January, please check our website for more information.

## EFFECTIVE September 2, 2014 | Class Prices

Land & Water Pass - No Charge

Punch Card pass rate- \$4 Drop-in rate-\$6

\*\*Punch Pass Rate \$3 or Drop-In \$4



## Boot Camp

This class is designed for people who want a strong and healthy sweat but no dancing. Back-to-basic movement patterns, cardio interval drills, and muscle endurance weight training produce an effective, calorie-burning workout. Participants are instructed on how to modify exercises up or down to meet their fitness level. Choreography: None; Level: Beginner/Intermediate/Advanced; Impact: Mixed.

## Boot Camp Express

This class is designed for people who want a strong and healthy sweat. Back to basic movement patterns, cardio interval drills, and muscle endurance weight training produce an effective, calorie burning workout. Participants are instructed on how to modify exercises up or down to meet their fitness level.

## Studio Cycling

Group exercise on stationary bikes. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint, and race! It is truly a fantastic cardiovascular class.

## Core/Strength

Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

Monday, Wednesday & Friday 10am-11am,  
Tuesday & Thursday, 5:30pm-6:30pm  
*Childcare Available, Monday-Saturday, 8:45am-11am*

**Cost:** Drop in rate \$4 per child  
Punch Pass \$3 per child.

## Yoga

Learn the postures and breathing techniques which make up a large part of Yoga. This form of yogic exercise emphasizes specific postures in combination with controlled breathing.

Tues. 6:30pm-7:30pm

Friday 12:15pm-12:45pm

Tues./Thurs. 6:30am-7:30am (This Class Will Begin in January)

## Pound!

This is a fitness class that uses Ripstix, lightly weighted drum sticks. You'll drum along to great music while you get a full body interval work out that'll leave you dripping with sweat and satisfying your inner rock star!

Tues./Thurs./Fri. 5:30pm-6:30pm and Wed. 12:15pm-12:45pm

# Unique and Historic Places

## **Ocean View Cemetery:** **(575 SW 18th St. Warrenton, OR 97146)**

The City of Astoria opened Oceanview Cemetery in 1898 with 100 acres of land, 50 of which have been developed. This site, with its serene lake views, is the final resting place of more than 16,000 people and a perfect habitat for local wildlife. The Avenue of the Flags graces the cemetery for Memorial Day. Loved ones can arrange for power-washing of head stones and flower purchases for holidays.

The City of Astoria and Warrenton have deep, rich history. Oceanview Cemetery maintained by Astoria Parks & Recreation is one of many historic resources that preserve our culture and heritage. Our maintenance team takes great pride in providing a beautiful and peaceful place to visit. For information about visiting our cemetery, or inquiries regarding burials and services, or for comments and suggestions, please contact Phil Elkins at 503.861.1332 or Terra Patterson at 503.741.3035.

## **Astoria Pioneer Cemetery:** **(14th & Madison)**

Astoria Pioneer Cemetery was deeded by James Welch to Astoria on April 22, 1865. By 1891, 498 burials were recorded. There were also numerous unlisted interments. Bodies from abandoned cemeteries were brought here. Many graves and markers were later removed by the families. Use of the cemetery was discontinued around 1900.

## **Maritime Memorial Park:**

Let us help you remember a recently departed loved one. Reserve the Memorial Park for a service and put your loved one on the Maritime Memorial Wall. (Fee includes the cost of a standard graphic.) \$400.00

## **Youngs River Falls:** **(Youngs River Loop Road off Hwy.202)**

A wonderful spot to enjoy good weather, fun trails and a 45 foot waterfall. (Located 8 miles South of Astoria on Youngs River Loop Rd. off of Hwy. 202)

## **Community Garden:** **(785 Alameda Ave.~ Gray School)**

Come rent a plot in our Community Garden at Gray School. Plots are 40 square feet (4'X 10'). The Gray School Community Garden is an organic garden. Gardeners are responsible for tilling, cultivating, weeding, fertilizing, watering, end of season clean up, and all other care of their plots. \$25 a year.

## **Astoria Column: (1 Coxcomb Dr.)**

Completed in 1926, the Column is a monumental piece of Astoria's history. Located at the top of Coxcomb Hill, the Column stretches upwards 125 feet, with 164 spiral steps to reach the viewing deck. Being a destination for visitors and locals alike, views from the Column are breathtaking, and like none other on the Oregon Coast; the Pacific Ocean to the West and the Columbia River to the North. Parking Fee: \$2

## **Garden of Surging Waves:** **(11th & Duane St.~Across from City Hall)**

The newest addition to unique places in Astoria, is the Garden of Surging Waves, also the city of Astoria's Bicentennial Legacy gift. The park spans a majority of one city block that is bordered by 10th st. to the West, Duane St. to the North, 12th st. to the east, and Exchange st. to the south. It is a unique park commemorating the culture, challenges and contributions of Chinese immigrants to Astoria and to the Pacific Northwest. This park has been a long time vision of many passionate community members, eager to share Astoria's distinguished Chinese history.







## LOCAL ASTORIA TRAILS:

### Cathedral Tree/Astoria Column Trail:

Starts at 28th and Irving Ave. in Astoria and is 1.5 miles one way.

Sights: wooded area, Cathedral Tree, Astoria Column, and Astoria viewpoints.

### Astoria Riverwalk:

6 miles of paved pathway stretching from the Port of Astoria to Tongue Point.

Sights: Ships, bird watching and the Columbia River.

### Shively Park:

Starts at the park off Williamsport Road in Astoria.

Sights: Wooded area, and wildlife.

## OTHER COMMUNITY TRAILS

### Fort to Sea Trail:

Starts from the visitor Center at Fort Clatsop, and is about 5 miles one way.

Sights: Views of the Pacific Ocean, deep woods, dunes and beach.

### Tillamook Head:

Starts at Ecola State Park in Cannon Beach, and is 3.6 miles round trip.

Sights: Pacific Ocean viewpoints.

### Coffenbury Lake:

A 2 mile path that circles the edge of Coffenbury Lake at Fort Stevens State Park.

Sights: Lake views, wildlife, bird watching.

### Saddle Mountain Trail:

Starts at the saddle mountain trailhead off of highway 26, and is 3 miles each way.

Sights: Wooded area, wildlife, and mountain viewpoints.

## RENTALS

### Wedding Packages:

Are there wedding bells in your future? Consider one of the many Astoria parks for your big day. Package includes rental of a park space for your ceremony and one of our community halls for the reception. See us for details.

**Small Wedding** (less than 50 guests), \$175

**Larger Wedding** (less than 200 guests), \$325

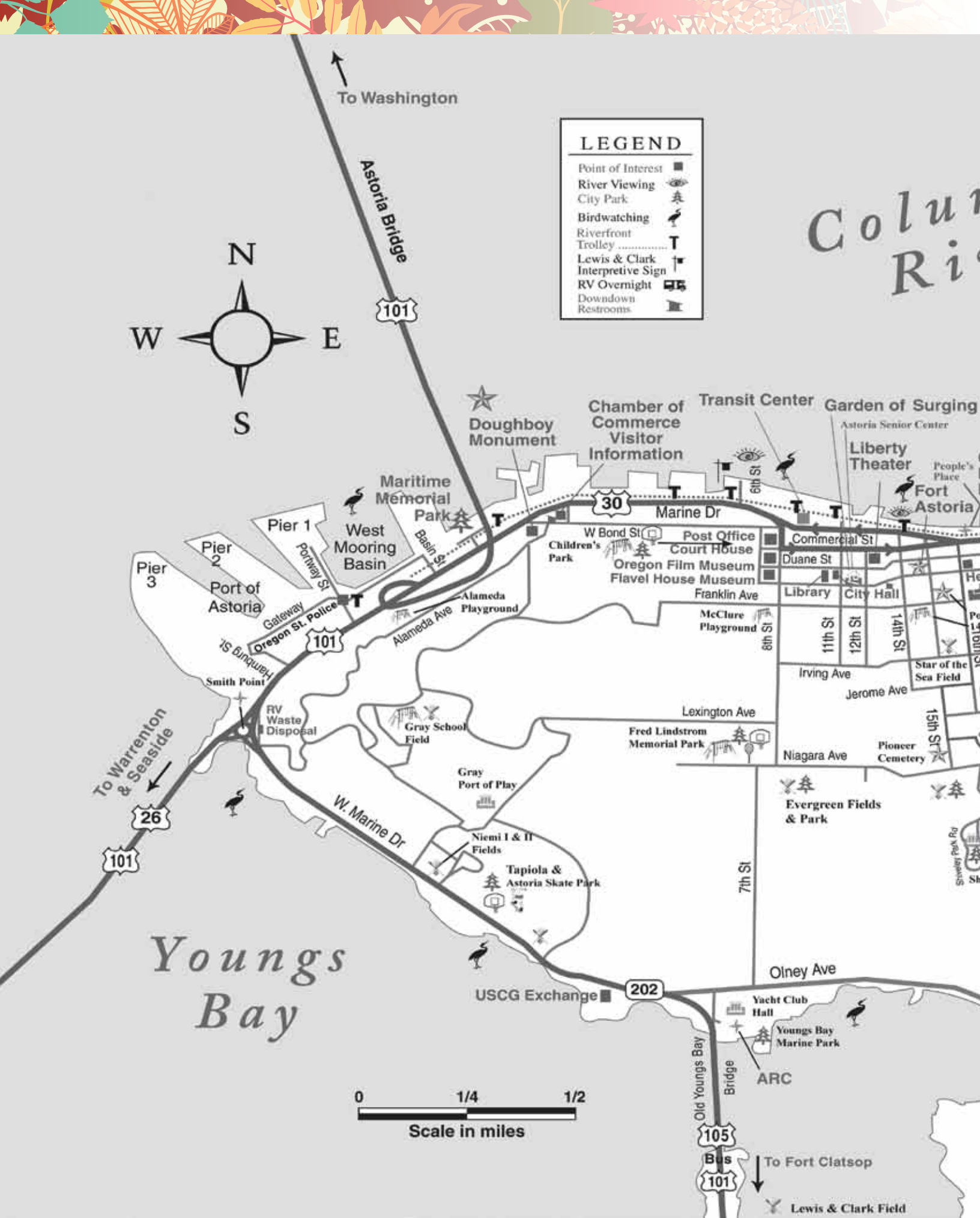
**Weddings at the Column!** (Price varies based on group size and needs.)

## COMMUNITY HALL AND PARK RENTALS:

CATEGORY Facility	REGULAR/ NON PROFIT			COMMERCIAL		
	Hourly	Half Day	All Day	Hourly	Half Day	All Day
Shively Hall	\$29	\$89	\$119	\$59	\$179	\$239
Alderbrook Hall	\$29	\$89	\$119	\$59	\$179	\$239
Volleyball, Basketball or Tennis Courts	\$19	\$59	\$99	\$39	\$119	\$199
Softball/ Baseball Fields	\$6 (min. 2 hour)					
City Park Areas	\$39 per day					

**A refundable damage deposit of \$250 will be required on Hall and Park Rentals**

\*\*Alcohol is permitted at our community halls for an extra fee of \$75.\*\*

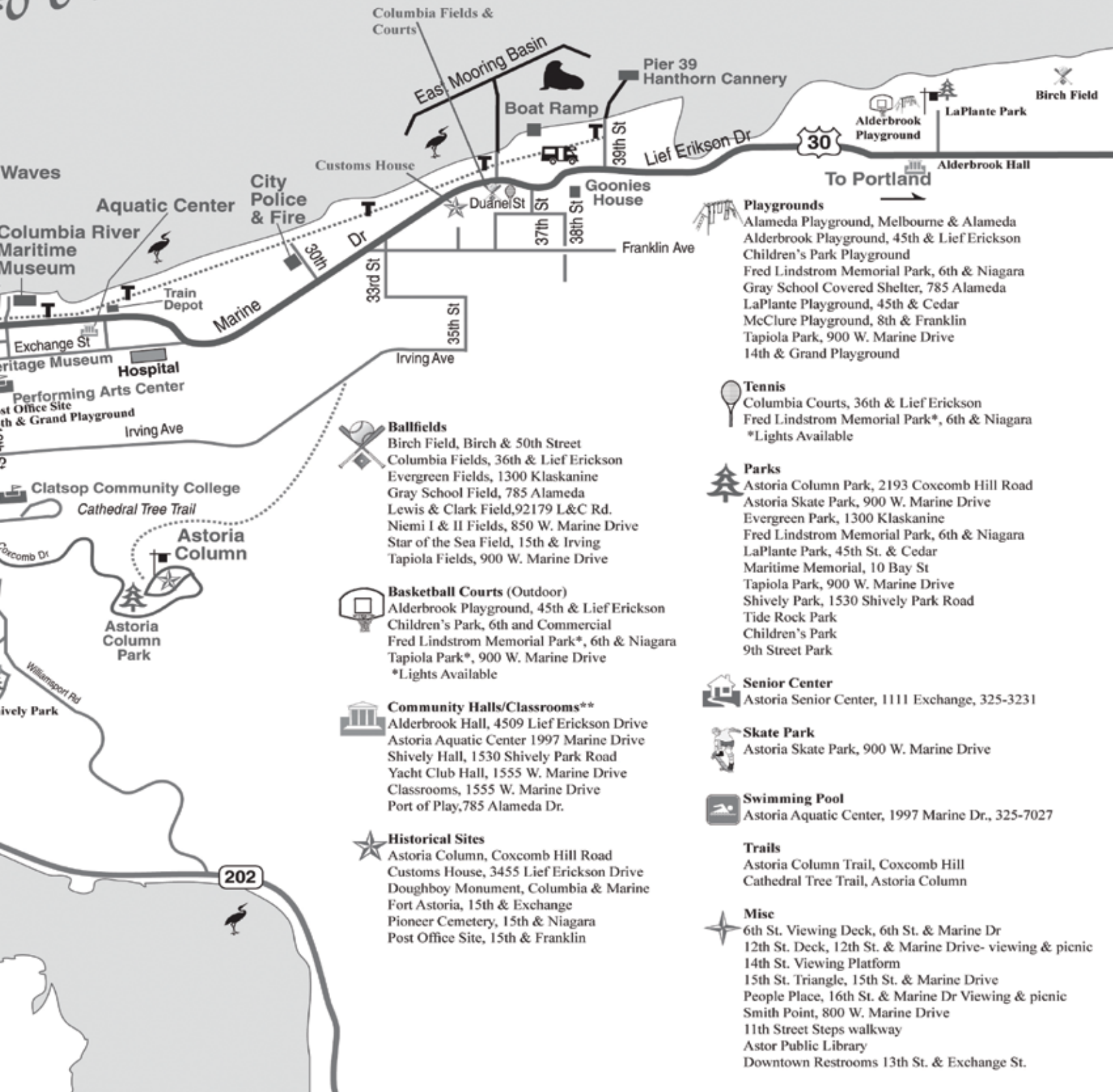


**LEGEND**

- Point of Interest
- River Viewing
- City Park
- Birdwatching
- Riverfront
- Trolley
- Lewis & Clark Interpretive Sign
- RV Overnight
- Downtown
- Restrooms



# ASTORIA



*Astoria*  
PARKS & RECREATION  
Enriching Generations of Community



*Lil' Sprouts*  
ACADEMY  
We're on to something big!



Kid-approved ★ Rain-proof ★ Active ★ Fun

## We Have Moved!

The Astoria Recreation Center moved to their new home August 1st.

Our new location is at the Yacht Club Building at 1555 W. Marine Drive in Astoria.

It's a new location, but the same great programs!

Come and visit us in our new location

for all of these programs:

- ▶ After School Programs
- ▶ Day Camps
- ▶ Adult Fitness
- ▶ Youth and Adult Classes
- ▶ Department Administration
- ▶ Sports Registration

**Astoria Aquatic Center:**  
1997 Marine Drive 503.325.7027

**Astoria Parks & Recreation Office &  
Astoria Recreation Center:**  
1555 W. Marine Drive. 503.741.3035

**Port of Play & Lil' Sprouts Academy:**  
785 Alameda Avenue 503.325.8669

[www.astoriaparks.com](http://www.astoriaparks.com)

