

ADULT - DANCE & MOVEMENT

Line Dancing, Beginning

Excellent exercise for both body and mind. Line dance done to all styles of music. Instructor has 25+ years of teaching experience. Practice CD is included in class fee. No partner needed. Instructor: Rhonda Goldsmith

Age: 16 & Over

152646	Thu	9/8 - 10/13	6:00 - 7:30 pm	\$31.50RD	\$36.50
152648	Thu	10/27 - 12/8	6:00 - 7:30 pm	\$31.50RD	\$36.50

Location: McClelland Center, 951 Delaware St
No class 11/24

Line Dancing, Ultra Beginner

A very slow paced class for the ultra-beginner. Learn the very basic steps. A lot of repetition, great exercise physically and mentally. Dance to all styles of music. No partner needed.

Instructor: Rhonda Goldsmith

Age: 16 & Over

152649	Thu	9/8 - 10/13	5:15 - 6:00 pm	\$24.50RD	\$29.50
152650	Thu	10/27 - 12/8	5:15 - 6:00 pm	\$24.50RD	\$29.50

Location: McClelland Center, 951 Delaware St
No class 11/24

Belly Dancing

Have fun while learning the foundational movements and music rhythms of belly dance in the Arabic Egyptian style while achieving coordination, balance and flexibility! Begin the use of zils (finger cymbals) rhythms. Zils may be purchased from instructor or other sources provided. Wear comfortable exercise attire or loose fitting clothing. No dance experience needed. Instructor: Terrie Phillips

Age: 16 & Over

152655	Wed	9/28 - 11/16	5:15 - 6:15 pm	\$42.50RD	\$47.50
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Location: Woman's Club Building, 835 21st Ave

Belly Dancing Intermediate/Advanced

Continue building on foundational movements with step sequencing to begin a belly dance routine! Further understand music rhythms along with new zil patterns. Learn to dance with a veil incorporating movements into dance. Wear comfortable exercise attire or loose fitting clothing. Beginning belly dance or other belly dance ability recommended.

Instructor: Terrie Phillips

Age: 18 & Over

152656	Wed	9/28 - 11/16	6:30 - 8:00 pm	\$48.50RD	\$53.50
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Location: Woman's Club Building, 835 21st Ave

With shows like Dancing With the Stars and So You Think You Can Dance in full swing, dancing is becoming one of America's favorite pastimes. There is even National Dance Day, which was started in 2010 to "encourage Americans to embrace dance as a fun and positive way to maintain health and fight obesity."



Swing

A slower triple paced but slightly more complex swing style. Very popular and versatile, this dance is a good foundation for other styles. Beginner class will concentrate on the basics.

Instructor: Joseph & Julieann Platt

Age: 16 & Over

152651	Tue	9/20 - 10/25	7:00 - 8:00 pm	\$50.50RD	\$55.50
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Location: McClelland Center, 951 Delaware St

Cross Step Waltz

Move easily around the dance floor with this newest form of social waltz. Fun to Learn, endlessly innovative! Instructor: Joseph & Julieann Platt

Age: 16 & Over

152653	Tue	9/20 - 10/25	8:00 - 9:00 pm	\$50.50RD	\$55.50
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Location: McClelland Center, 951 Delaware St

Foxtrot

A very popular dance style appropriate for most 'dance band' style music, as well as pop and jazz tunes. A simple basic step is easily mastered.

Instructor: Joseph & Julieann Platt

Age: 18 & Over

152654	Tue	11/1 - 12/6	7:00 - 8:00 pm	\$50.50RD	\$55.50
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Location: McClelland Center, 951 Delaware St

Swing 2

Faster paced session will add tricks and develop combinations for your dance. Best suited for those with some experience.

Instructor: Joseph & Julieann Platt

Age: 18 & Over

152652	Tue	11/1 - 12/6	8:00 - 9:00 pm	\$50.50RD	\$55.50
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Location: McClelland Center, 951 Delaware St

Hula

Learn the various types of Hawaiian dance: Hula Kahiko and Hula Auana. Learn the basic foot and hand motions, and complete choreographies. Instructor: Kate Denman

Age: 13 & Over

152660	Tue	9/20 - 10/25	6:00 - 7:00 pm	\$37.50RD	\$42.50
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Location: Woman's Club Building, 835 21st Ave

Check Out More Dance & Movement on the next page!

Cross Step Waltz

Move easily around the dance floor with this newest form of social waltz. Fun to Learn, endlessly innovative! Instructor: Joseph & Julieann Platt

Age: 16 & Over

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Location: McClelland Center, 951 Delaware St

Foxtrot

A very popular dance style appropriate for most 'dance band' style music, as well as pop and jazz tunes. A simple basic step is easily mastered.

Instructor: Joseph & Julieann Platt

Age: 18 & Over

152654 Tue 11/1-12/6 7:00 - 8:00 pm \$50.50RD \$55.50

Location: McClelland Center, 951 Delaware St

Swing 2

Faster paced session will add tricks and develop combinations for your dance. Best suited for those with some experience.

Instructor: Joseph & Julieann Platt

Age: 18 & Over

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Location: McClelland Center, 951 Delaware St

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Age: 13 & Over

152660 Tue 9/20-10/25 6:00 - 7:00 pm \$37.50RD \$42.50

Location: Woman's Club Building, 835 21st Ave

On the Move with Judy

A fun lower intensity exercise class, the goal of this class is to keep you moving! Especially designed to include the active older adults, a person who hasn't been exercising in a long time or individuals who may be limited physically.

Instructor has over 40 years of teaching various fitness classes. Instructor: Peggy Swanson

Age: 18 & Over

152636 T/Th 9/13-11/17 9:00 - 10:00 am \$53.50RD \$58.50

152637 T/Th 11/29 - Feb 2 9:00 - 10:00 am \$53.50RD \$58.50

Location: Youth & Family Link, 907 Douglas St

Ticket book available: 10 passes for \$40

No class 11/1, 11/3, 12/27, 12/29



U-Jam Fitness

The newest fitness craze is here! Experience an athletic hip hop dance fitness workout that combines urban dance moves with adrenaline filled world beats that will get your heart pumping and your body moving as you work up a sweat - all while having FUN! Great for any age! Instructor: Samantha Gaylord

Age: 18 & Over

152657 Fri 9/9-9/30 12:00 - 1:00 pm \$25.50RD \$30.50

152658 Fri 10/7-10/28 12:00 - 1:00 pm \$25.50RD \$30.50

152659 Fri 11/4-12/2 12:00 - 1:00 pm \$25.50RD \$30.50

No class 11/25

Location: Woman's Club Building, 835 21st Ave

Ticket book available, 10 passes for \$60

Water Workout

An ideal way for you to get in a low-impact session of exercise that also yields fitness results. Besides good for cardio and your joints, other benefits include improvement of your balance, flexibility, strength, fun and good for your social life! Class is geared for the older adult or those who need a lower intensity workout.

Instructor: Judy Bain

Age: 18 & Over

152638 Thu 9/15-10/27 11:30 am - 12:30 pm \$27.50RD \$32.50

152639 Thu 11/10-12/22 11:30 am - 12:30 pm \$27.50RD \$32.50

Location: Heritage Swimming Pool, 1328 18th Avenue

Totally Fit Yoga

In this class you will learn simple modifications to poses allowing you to access the support the body needs without pain, strengthen the core for better spinal alignment, while increasing physical and mental strength, stretch and flexibility.

The body quickly responds to yoga by letting go of old patterns & pain, welcoming optimal mobility and a renewed sense of strength with ease. Bring a yoga mat, small blanket or pillow, yoga blocks and strap.

Instructor: Kristina Arquette

Age: 18 & Over

152665 Tue 9/6-9/27 9:30 - 10:45 am \$25.50RD \$30.50

152666 Fri 9/9-9/30 9:30 - 10:45 am \$25.50RD \$30.50

152667 Tue 10/4-10/25 9:30 - 10:45 am \$25.50RD \$30.50

152668 Fri 10/7-10/28 9:30 - 10:45 am \$25.50RD \$30.50

152669 Tue 11/8-11/29 9:30 - 10:45 am \$25.50RD \$30.50

152671 Tue 12/6-12/27 9:30 - 10:45 am \$25.50RD \$30.50

152672 Fri 12/9-12/30 9:30 - 10:45 am \$25.50RD \$30.50

Location: Woman's Club Building, 835 21st Ave

Ticket book available, 10 passes for \$70

Dog Obedience

Learn how to make your dog your best friend. Training will include: behavior modification, such as jumping up on you; house breaking; excessive barking. As well as basic obedience lessons of walking on leash, sit, down and come. Must bring proof of vaccinations from vet. Bring favorite toy or treat for rewards. Instructor: Camelia McAllister

Age: 13 & Over

152645 Tue 10/4 - 11/8 5:30 - 6:30 pm \$42.50RD \$47.50

Location: McClelland Center, 951 Delaware St

First Aid/CPR

Receive First Aid and CPR certification based on the standards of American Heart Association. Develop the knowledge, skills and confidence to respond in a medical emergency. Use of the AED will also be taught. \$10 supply fee due to instructor. Instructor: Steve Pitts

Age: 18 & Over

152676 Sat 9/24 9:00 - 12:00 pm \$46.50RD \$51.50

152677 Sat 11/5 9:00 - 12:00 pm \$46.50RD \$51.50

Location: Recreation Building, 2920 Douglas St

Nutritional Detox

Four week whole body cleansing program using an anti-inflammatory liver supportive diet, herbal teas, and juices to cleanse toxins from the system and revitalize you in time for spring. Great for people who suffer from allergies, chronic infections that tax the immune system, or anyone wanting to optimize health through natural 'every day detox' strategies of diet, exercise, and hydrotherapy. Join us for this fun and informative class.

Instructor: Dr. Dee Richardson

Age: 18 & Over

152678 Thu 10/6 - 10/27 6:00 - 8:00 pm \$63.50RD \$68.50

Location: Total Health Center, 1514 Commerce

\$10 supply fee due at first class

Herbalism 101-Herbal Support for Winter Colds & Flu

Hands on class will explore the medicinal uses of Elderberry, Echinacea, and Oregon Grape Root for fighting colds and flu. Class includes making herbal products to take home - elderberry syrup, Immuni-Tea, and a winter support tincture. \$5 supply fee due to instructor at class. Instructor: Dee Richardson

Age: 18 & Over

152679 Thu 11/10 6:00 - 8:00 pm \$17.50RD \$22.50

Location: Woman's Club Building, 835 21st Ave

Bring \$5 supply fee to class

Spanish

Have fun while learning basic Spanish vocabulary, grammar and phrases for use while traveling or in the workplace. Instructor has experience teaching at the college level and for the Ethnic Support Council. Instructor: Jovita Potter

Age: 18 & Over

152644 Thu 9/29 - 11/17 6:30 - 7:30 pm \$42.50RD \$47.50

Location: Recreation Building, 2920 Douglas St

Ukulele, Beg. & Int.

A unique and inexpensive way to have musical fun with family and friends. A 'take anywhere' instrument anyone can play with easy and simple instruction. Students must bring their own ukulele. Children under the age of 12 must attend with an adult. For more information call 425-3786. Instructor: James Lee

Age: 8 & Over

Beginning

152641 Tue 9/13 - 10/11 6:00 - 7:00 pm \$38.50RD \$43.50

Intermediate

152642 Tue 10/18 - 11/15 6:00 - 7:00 pm \$38.50RD \$43.50

Location: McClelland Center, 951 Delaware St

Voices For All - Voice Acting Education

Fun, empowering introductory workshop covering the different types of voiceovers and what tools are needed to find success. Receive coaching and a professional voiceover evaluation. Gain the knowledge necessary for the decision if voiceover is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Instructor: Voices For All

Age: 18 & Over

152663 Wed 9/7 6:00 - 8:00 pm \$51.50RD \$56.50

Location: Recreation Building, 2920 Douglas St



Beginning Fly Tying

Course is designed to allow beginning fly tyers to learn the proper construction techniques for the major types of flies used in this area such as Dry Flies, Nymphs and Steelhead flies. Use of correct materials and tools is emphasized during class. Material costs and how to buy lower prices is discussed. Instructor: John Kendall

Age: 12 & over

152617 M/W 9/19 - 9/23 6:30 - 8:30 pm \$75.00RD \$80.00

Location: Black Heron Fly Fishing, 105 Debbie St.

Supply list available upon registration

Wills & Estate Planning

Learn the basics about estate planning and the probate process. Class will address Wills, Trusts, Power of Attorneys, Health Care Directives (Living Wills), and Community Property Agreements. If your estate is under \$1 million with no unusual circumstances you can sign a simple will, health care directive, and durable power of attorney on the third night of this class. For Washington and Oregon state residents. Instructor: Amanda Proujan, Attorney etsy at Law

Age: 18 & Over

152661 Wed 9/28 - 10/12 5:30 - 7:00 pm \$105.50RD \$110.50

152662 Wed 11/2 - 11/16 5:30 - 7:00 pm \$105.50RD \$110.50

Location: Recreation Building, 2920 Douglas St

Graphic Design Photo Editing

Learn to use a variety of open source (free) programs to organize and edit your digital photo collection. Learn to crop, resize, correct for red-eye, and sort the hundreds of photos you have. Learn the basic techniques for creating your own digital artwork. By the end you'll understand the fundamentals of modifying photos and how to create your own web graphics from scratch. Class is recommended prior to Webpage Design class. Instructor: Aaron Dobbins

Age: 18 & Over

152681 Tue 10/4 - 10/25 6:00 - 8:00 pm \$57.50RD \$62.50

Location: Elks Building, 2121 Kessler Blvd

Home PC Boot Camp

Work on your own computer and learn how to do routine maintenance (that keeps your computer from being slow) and how to diagnose common problems instead of paying to fix them. We will teach you how to install an operating system, remove viruses & malware, and how to troubleshoot both hardware and software issues. Bring your own laptop computer (Windows only) to the classes. Prerequisite: Basic computer skills. Instructor: Aaron Dobbins

Age: 18 & Over

152802 Thu 10/6 - 10/27 6:00 - 8:00 pm \$42.50RD \$47.50

Location: Recreation Building, 2920 Douglas St

Web Design

Learn the fundamental technologies for creating your own webpages in a hands-on environment. Learn basic page structure, how to acquire and edit graphics, and simplify your work with style sheets. Whether you just want to add some HTML to your email signature, make a personal web page, or design one for your business -- this class is for you. Graphic Design class or knowledge of it, is suggested prior to this class. Instructor: Aaron Dobbins

Age: 18 & Over

152680 Wed 11/9 - 11/30 6:30 - 8:30 pm \$62.50RD \$67.50

Location: Elks Building, 2121 Kessler Blvd

Buying a New Computer

Desktops, Laptops, Netbooks, Tablets, Smart Devices, Transformer Books, Mac, Windows, Linux... need to buy a new computer-thing and are confused or unsure of what you should buy and why. This class was made for you! We go over each device's capability, pricing, and where to buy from - so you can get the exact computer-thing you need for the right price. Instructor: Aaron Dobbins

Age: 18 & Over

152803 Mon 11/21 5:30 - 7:30 pm \$22.50RD \$27.50

Location: Recreation Building, 2920 Douglas St

Beginning Fly Casting & Fishing

Course is designed to teach basics of casting, roll cast, straight line presentation, false cast and change of direction. Class also covers the selection of equipment and how to purchase at best prices based on the quality of equipment thus giving the student the biggest bang for the dollar. Students will watch 2 videos on aquatic entomology and stream structure and another on basics of casting, basic knots are covered along with leader design and construction. Students need to have their own fly rod, reel and line for the casting portion of the class on Saturday.

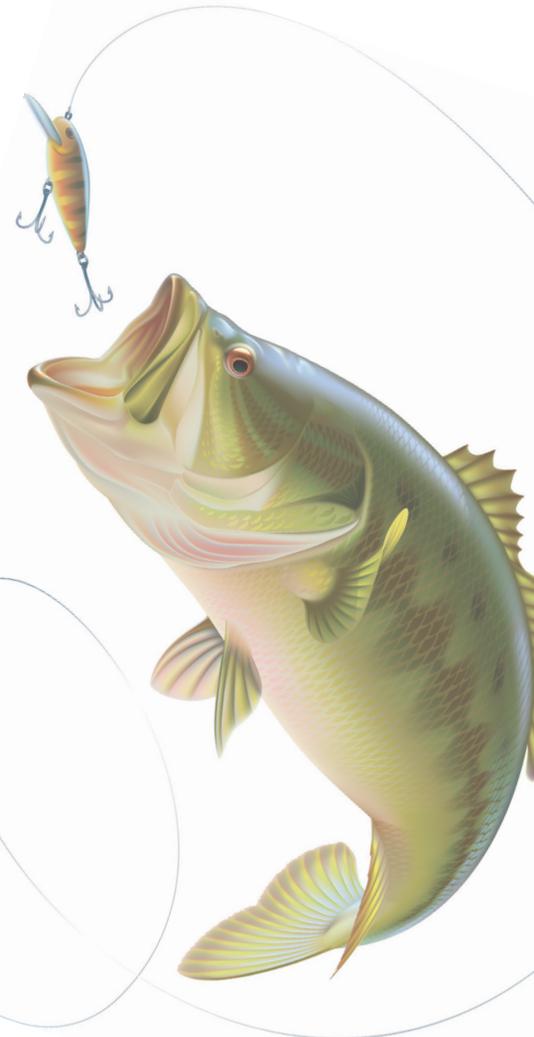
Instructor: John Kendall

Age: 12 & over

152616 T/Th 10/4 - 10/13 6:30 - 8:30 pm \$65.00RD \$70.00

Sat 10/8 - 10/15 8:00 - 10:00 am

Location: Black Heron Fly Fishing, 105 Debbie Street



Longview Parks & Recreation



FLAG FOOTBALL LEAGUE

Age: 18 & Over

This Longview/Kelso non-contact, 7-person flag football league is played on weekday evenings at Roy Morse Park. Participants must be 18 years of age or older.

Single Round Robin format.

Officials provided.

152614 T 9/20-11/8 6:00-8:00pm \$475 per team

**Location: Roy Morse Park
373 Morse Parkway**



Basketball, Self Officiated

This is a self-officiated league, in which players call their own fouls. This is a great activity to join and get into shape. If you are interested in playing as an individual call 360-442-5400 and we will put you on an interest list.

Age: 18 & Over

152603	M/Th 9/19 - 11/17	7:00 - 10:00 pm	Upper	\$148
152605	M/Th 9/19 - 11/17	7:00 - 10:00 pm	Middle	\$148
152604	M/Th 9/19 - 11/17	7:00 - 10:00 pm	Lower	\$148

Location: Local Middle Schools

Golf Lessons Adult

Get Golf Ready in 5 Days. This program is designed to teach you in five short lessons everything you will need to know to step onto a golf course and play with confidence. Lessons include on-course activities guided by an instructor who will make sure you have fun each step of the way. All equipment provided however you can use your own if you have it.

Instructor: Steve Schadewitz

Age: 14 & Over

152601	M-W 9/27 - 10/5	6:00 - 7:00 pm	\$101.50RD	\$106.50
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**Location: Mint Valley Golf Course
4003 Pennsylvania St**

Volleyball Open Gym

This is an open gym volleyball program. Come and get a great workout while meeting new people. All experience welcome.

Age: 18 & over

152607	Tue 9/20 - 11/29	7:15 - 9:15 pm	\$5 drop in fee
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Location: Monticello Middle School, 1225 28th Ave

Swim, Dash, Splash Triathlon Results

HEAT 1: HEART AND SOLE: RED



1ST PLACE - MALE

295 Rick Jaspers

Start Time - 0

Swim Time - 7:45

End Time (Minus start) - 00:58.5



1ST PLACE - FEMALE

299 Eva Scherer

Start Time - 0

Swim Time - 10:01

End Time (Minus start) - 01:09.2

HEAT 2: PUMPKIN PI: ORANGE



1ST PLACE - TEAM OF 2

104 Triple Threat - Garrett, Tyler

Start Time - 0:30

Swim Time - 12:20

End Time (Minus start) - 01:12.3



1ST PLACE - TEAM OF 3

105 Trifectas - Patrick, Andrew, Rachel

Start Time - 0:30

Swim Time - 8:03

End Time (Minus start) - 01:02.1

HEAT 2: PUMPKIN PI: ORANGE



1ST PLACE - FAMILY

111 Team Alyssa - Chrystal, Alyssa, Tyrel

Start Time - 0:30

Swim Time - 6:46

End Time (Minus start) - 01:34.5

Softball League Results & Sponsors

Fiesta Bonita
Silver Star
Exodus Church
Guadalajara
JH Kelly
Regents
CJ's
Teevin Bros
El Tapatio
Motion industries
3M Construction
American National Insurance
Triangle Tavern
Guild Mortgage
Club 360
Rightline Equipment
Electric Lawn Care
Shamrock
Swanson Bark
American Work Group
Fibre Federal Credit Union

Sam Longtain construction
Lifeworks
Gemar Yard Service
Tim's Tavern
LG Isaacson
Rawhide Electric
Jimmy Johns
Columbia Wellness
Axiall
Another Option



Spring league First Place Winners!

Men's Upper

El Tapatio

Men's Lower

Guadalajara

Coed League

Electric Lawn Care

Sunday League

Fiesta Bonita

