

YOUTH - PERFORMANCE & SPORTS

Gymnastics - Beginning

Caring certified coaches will safely help each child through a variety of gymnastics skills on the bars, beam and floor. Children will have fun learning cartwheels, backwards and forward rolls, headstands, pullovers, and back hip circles. These classes build muscular strength and flexibility, build self-esteem and increase social interaction. Instructor: Kim Philia & Staff at Defy Gravity Youth Center

Age: 6 - 12

152555	Sat	9/10 - 10/1	10:00 - 10:45 am	\$35.50RD	\$40.50
152556	Sat	10/8 - 11/5	10:00 - 10:45 am	\$35.50RD	\$40.50
152557	Sat	11/12 - 12/10	10:00 - 10:45 am	\$35.50RD	\$40.50

Location: Defy Gravity Youth Center, 4400 Westside Hwy
No class 10/29, 11/26

Gymnastics Urban Parkour Basic Training

Learn balance, precision jumps, rolls, vaults, basic gymnastics skills, and safely techniques needed to establish a strong base for parkour activities. Watch your child learn how to discipline their minds, increase self-confidence and build healthy relationships through team building skills and a common praising atmosphere. Instructor: Kim Philia & Staff at Defy Gravity Youth Center

Age: 6 - 12

152561	Sat	9/10 - 10/1	11:00 am - 12:00 pm	\$35.50RD	\$40.50
152562	Sat	10/8 - 11/5	11:00 am - 12:00 pm	\$35.50RD	\$40.50
152563	Sat	11/12 - 12/3	11:00 am - 12:00 pm	\$35.50RD	\$40.50

Location: Defy Gravity Youth Center, 4400 Westside Hwy

No class 10/29, 11/26

Hip Hop

Learn hip-hop moves, the popular form of dancing. Hip hop is great exercise and encourages coordination and creativity. Participants will learn routines to perform for their family and friends at the last class.

Instructor: High Step Dance Academy Staff

Age: 6 - 10

152596	Wed	9/7 - 9/28	6:00 - 7:00 pm	\$35.50RD	\$40.50
152597	Wed	10/5 - 10/26	6:00 - 7:00 pm	\$35.50RD	\$40.50
152626	Wed	11/2 - 11/23	6:00 - 7:00 pm	\$35.50RD	\$40.50

Location: High Step Dance Academy, 3303 Washington Way
Wear comfortable clothing, no jeans.

Horsemanship Lessons

Enjoy games and exercise while learning English riding skills that build confidence. Expert instruction is provided in basic horsemanship including safety, rules, grooming, and tacking. Participants must wear riding shoes or shoes with heels. Bring your own helmet or use one provided. Class will be held in an arena either indoors or outdoors, depending on the weather. Instructor: Donna Longacre

Age: 6 - 16

152553	Tue	10/4 - 10/18	5:30 - 6:30 pm	\$48.50RD	\$53.50
152554	Tue	11/1 - 11/15	5:30 - 6:30 pm	\$48.50RD	\$53.50

Location: Longacre Stables, 2290 Dike Road

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: 5 - 12

152564	Mon	9/20 - 10/25	5:00 - 5:55 pm	\$37.50RD	\$42.50
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Location: Woman's Club Building, 835 21st Ave

Yoga Kids



Kids learn the fundamentals of Yoga in a fun safe atmosphere by skilled staff. Learn how to keep the body flexible, gain strength, better posture and breathing to de-stress in a fun way with incorporating story time and acting. Bring a mat. Instructor: Alicia Hall

Age: 4 - 9

152630	Sat	9/10 - 10/1	10:30 - 11:30 am	\$35.00RD	\$40.00
152811	Sat	10/15 - 11/5	10:30 - 11:30 am	\$35.00RD	\$40.00
152812	Sat	11/12 - 12/10	10:30 - 11:30 am	\$35.00RD	\$40.00

Location: Holos Yoga Facility, 1338 Commerce Ave

No class 11/26

Reptile
Roadshow
on Page 10!



Kung Fu Lessons

This class will give your children the skills and confidence to deal with self-defense situations effectively. Participants will learn 'KidSafe' skills to deal with abduction from an adult as well as 'BullyProof' skills to deal with assault from other children. Experience martial arts in a positive, safe environment taught by professional certified instructors. Uniform is available at first class for \$20, but not required. Please come 15 minutes early to be fitted for uniform.

Instructor: Jimmy Beattie

Age: 5 - 13

152612 Fri 10/7 - 10/28 5:30 - 6:15 pm \$34.00RD \$39.00

Location: Academy of Kung Fu, 1236 14th Ave

Please wear comfortable clothing, no jeans.

Soccer for Little Ones

This soccer class is designed for your future little soccer player. Learn the basics of soccer in a fun environment. Campers will learn fundamentals that will help them understand the game.

Instructor: Doug Waite

Age: 4 - 6

152813 Sat 10/15 - 11/5 10:00 - 11:00 am \$25.00RD \$30.00

Location: Olympic School, 1324 30th Ave

LIKE US ON  

WEE CLIMB CLASS

Kids are natural climbers whether they are in the backyard, at the playground, or on your living room furniture. Let our skilled coaches build their confidence in your child while introducing them to a sport they can enjoy for a lifetime. The new rock wall at Lower Columbia College will be the setting for this fun and exciting activity. We will help your little one get comfortable in a gym setting, calming any nerves through climbing games and lots of encouragement. Parents are welcome to stay and watch their child or simply drop them off.

Instructor: LCC Fitness Center Staff

Age: 4 - 8

152814 Sat 9/10 - 10/1 9:00 - 9:50 am \$50.00RD \$55.00

152815 Sat 10/8 - 10/29 10:00 - 10:50 am \$50.00RD \$55.00

Location: Lower Columbia College, 1600 Maple St





Age: 6 - 14

Enjoy a unique learning experience with live, exotic reptiles, and amphibians. Featuring in depth information and hands-on opportunities with snakes, lizards, turtles, frogs, salamanders, and more. Instructor: Garth Pithan

**New
Date &
Time**

152619 Wed 10/5 - 10/26 4:00 - 5:00 pm \$35.00RD \$40.00

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

FIRST LEGO LEAGUE

Tomorrow's innovators practice imaginative thinking and teamwork. It all adds up to tons of fun while kids learn to apply science, technology, engineering, and math concepts (STEM), plus a big dose of imagination, to solve a problem. Along their discovery journey, they develop critical thinking and team-building skills, basic STEM applications, and even presentation skills, as they must present their solutions with a dash of creativity to judges. They also practice the Program's signature Core Values. The positive impact FIRST LEGO League has on participants is gratifying and well documented. Over 88% are more interested in doing well in school, and 87% have more interest in attending college. Longview Parks and Recreation is a proud agency sponsor of this reputable program! The Season kick off will be Tuesday, August 30 at 6:30 at the Elks Building, 2121 Kessler Blvd. This year's FLL challenge is Animal Allies and FLLjr challenge is Creature Craze. Team practices will be determined after season kick off. Registration fee is \$25 RD and \$30 out of city.

Age: 5 - 8

152899 Tue 8/30 6:30 pm \$25.00RD \$30.00

Age: 9 - 13

152900 Tue 8/30 6:30 pm \$25.00RD \$30.00

Location: Elks Building, 2121 Kessler Blvd.

STEAM Discover

Nearly 80% of future careers will require some Science, Technology, Engineering, Art and Math skills. A stimulating STEAM education is essential for developing the basic analytical, problem-solving and creative thinking skills critical to academic achievement and workforce readiness in the 21st century. Discover hands on activities using many resources, including: building bricks, digital recorders, lego elements and k'nex. An excellent blend of education and fun! Instructor: Sarah Culp, Recreation Staff.

Age: 9 - 12

152897 Wed 9/21-10/12 5:45 - 6:45 pm \$35.50RD \$40.50

152898 Wed 10/19-11/9 5:45-6:45 pm \$35.50RD \$40.50

Location: Recreation Building, 2920 Douglas St



LEGO City

Bring the city of your dreams to life during this class! Participants will use LEGOS to take their own projects from imagination to creation. Participants will explore engineering by working on their individual creation. Instructor: Linda Zandi, Recreation Staff

Age: 9 - 12

152801 Thu 9/15 - 10/6 5:45 - 6:45 pm \$35.00RD \$40.00

Age: 5 - 8

152819 Tue 11/8 - 11/29 5:45 - 6:45 pm \$35.00RD \$40.00

Location: Recreation Building, 2920 Douglas St

LEGO Robotics

An immersive experience into the world of LEGO robotics that is geared for those with some experience with LEGO's. Students will be engaged with themed projects using Technic elements, the WeDo Construction set, LEGO's NXT robots and MindStorms programming software. (STEM!) A strong emphasis will be on learning about engineering, gears, use of sensors, and robot programming.

Instructor: Linda Zandi, Recreation Staff

Age: 9 - 12

152635 Tue 10/11 - 11/1 5:45 - 6:45 pm \$35.00RD \$40.00

Location: Recreation Building, 2920 Douglas St

Safe On My Own

Learn how to handle being home alone including basic first aid, personal safety, Internet safety, how to respond to strangers at the door or over the phone, and sibling care.

Instructor: Shelly Aldrich

Age: 8 - 12

152631 Sat 9/17 9:00 am - 12:00 pm \$25.00RD \$30.00

Location: Recreation Building, 2920 Douglas St

Safe & Fun Babysitting 101

This class is geared for kids that are planning on babysitting family and friends. This comprehensive babysitting class will cover first aid basics, along with healthy treats, ideas for game & art projects, and safety concerns.

Instructor: Shelly Aldrich

Age: 9 - 14

152598 Sat 10/8 9:00 am - 12:00 pm \$25.00RD \$30.00

Location: Recreation Building, 2920 Douglas St



Kids Holiday Baking

The best thing about this class is that your kids get to learn all these great recipes and methods, which they can recreate at home. They make the mess in our kitchen, and leave it behind, taking the results of the classes home with them in gift bags or gift boxes. Which means they have some ready-made gifts for teachers, grandparents or friends. That's if they don't get eaten up at home!
Instructor: Shelly Aldrich

Age: 8 - 12

152810 Sat 12/3 9:00 am - 12:00 pm \$30.50RD \$35.50

Location: Monticello Middle School, 1225 28th Ave

Santa's Workshop

Get your kids out of the house and excited for Christmas at our Kids Santa Workshop. Help Santa's elves by creating your own homemade gifts for friends and family. Participants will bring home gifts ready to give to parents, teachers, grandparents and friends.
Instructor: Katie Rose

Age: 8 - 12

152826 Sat 12/3 1:00 - 4:00 pm \$35.50RD \$40.50

Location: Monticello Middle School, Home Ec. Room

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 at first class.
Instructor: John Kendall

Age: 12 & over

152617 M/W 9/19 - 9/28 6:30 - 8:30 pm \$75.00RD \$80.00

Location: Black Heron Fly Fishing, 105 Debbie St.

Supply list provided upon registration.

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 Saturdays. 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

