

Adult Fitness

Belly Dancing (Beginning)

Discover dancing with world beats and traditional belly dance music while engaging core muscles for balance and strength. Learn dance steps and shimmies to be fused into a fun choreographed dance that you can do alone or with dance friends! No dance experience needed.

Instructor: Terrie Phillips

Ages 16 & Over

Wed	05/02 - 06/13	5:30 PM – 6:30 PM	\$42.50RD	\$47.50
Wed	06/20 - 08/01	5:30 PM – 6:30 PM	\$42.50RD	\$47.50

Location: Woman's Club, 835 21st Avenue

No Class July 4th & 18th

ID#781316/781318

Belly Dancing (Intermediate)

Continue to work your core, balance and stamina through dancing a new variety of steps and combinations. Discover diverse dance beats of differing styles of belly dance to create exciting dance routines. Previous belly dance experience recommended.

Instructor: Terrie Phillips

Ages 16 & Over

Wed	05/02 - 06/13	6:45 PM – 7:45 PM	\$42.50RD	\$47.50
Wed	06/20 - 08/01	6:45 PM – 7:45 PM	\$42.50RD	\$47.50

Location: Woman's Club, 835 21st Avenue

No Class July 4th & 18th

ID#781230/781231

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

Ages 14 & Over

M-Th	07/09 - 07/16	6:00-7:00 PM	\$101.50RD	\$106.50
M-Th	08/06 - 08/13	6:00-7:00 PM	\$101.50RD	\$106.50

Location: Mint Valley Golf Course, 4003 Pennsylvania Street

ID#76930/769310

Water Resistance Training

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: Nancy Morris

Ages 18 & Over

Thu	05/10 - 06/28	12:00-1:00 PM	\$48.50RD	\$53.50
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Location: Heritage Swimming Pool, 1328 18th Avenue

ID#769242

Core de Force

Core de Force workouts are broken into 3-minute "rounds" -- just like a real boxing match! For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combos. Bodyweight moves, and a fat-blasting cardio spike in every round!

Instructor: Tiffany Brown

Ages 18 & Over

Thur	05/03-05/31	5:30-6:30 PM	\$30.50RD	\$35.50
Sat	06/02 - 06/30	9:00-10:00 AM	\$24.50RD	\$29.50

Location: Woman's Club, 835 21st Avenue

No Class June 16th

ID#779366/779368

Hula (Beginning)

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

Ages 12 & Over

Wed	05/02 - 06/13	6:00-7:00 PM	\$37.50RD	\$42.50
Wed	07/18 - 08/22	6:00-7:00 PM	\$37.50RD	\$42.50

Location: McClelland Center, 951 Delaware Street

No Class June 6

ID#769298/773378

EDGU-Exercise for a Healthy Spine

An excellent class for those suffering from back pain. Learn a series of movements that increases flexibility in the spine, which reduces pain and inflammation. The practice is very calming and grounding, helpful in today's fast-paced world.

Instructor: Dr. Dee Richardson

Ages 18 & Over

T/F	05/08 - 06/29	7:00-8:00 AM	\$50.50RD	\$55.50
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Location: Woman's Club, 835 21st Avenue

ID#779364

Hula (Intermediate)

Intermediate class to extend the learning of Hawaiian dance: Hula Kahiko and Hula Auana. Learn the basic foot and hand motions, and complete choreographies.

Instructor: Kate Denman

Ages 12 & Over

Wed	05/02 - 06/13	7:00-8:00 PM	\$37.50RD	\$42.50
Wed	07/18 - 08/22	7:00-8:00 PM	\$37.50RD	\$42.50

Location: McClelland Center, 951 Delaware Street

No Class June 6

ID#769324/773379

On the Move

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

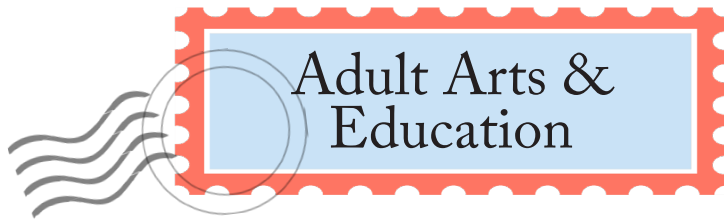
Ages 18 & Over

Tu/Th	05/01 - 06/28	9:00 AM-10:00 AM	\$53.50RD	\$58.50
Tu/Th	07/10 - 08/30	9:00 AM-10:00 AM	\$53.50RD	\$58.50

Ticket Book - 10 Tickets = \$40

Location: Youth & Family Link, 907 Douglas Street

ID#769233/774113



Adult Arts & Education

First Aid

This AHSI certified course will teach CPR/First Aid/AED. Develop the knowledge, skills and confidence to respond in a medical emergency. Instructor: Steve Pitts

Ages 18 & Over

Sat	05/19	9:00 AM-12:00 PM	\$46.50RD	\$51.50
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Location: Recreation Building, 2920 Douglas Street

\$10 supply fee due to instructor

ID#769294

Homeopathy for First Aid

Interested in how to use safe, effective, and affordable homeopathic medicines at home to enhance the health of yourself and your family? Learn about the system of medicine which originated with Samuel Hahneman in Germany two hundred years ago and continues to be a respected treatment modality around the world. Review the top 20 remedies for home first aid use.

Instructor: Dr. Dee Richardson

Ages 18 & Over

Thu	06/07	6:00-8:00 PM	\$20.50RD	\$25.50
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Location: Woman's Club, 835 21st Avenue

ID#774117

Guitar - Beginning

No experience necessary! This fun and popular class is the place to get started. You will learn easy chords, strumming, and songs. Provide your own guitar. Instructor: Bill Price

Ages 8 & Over

Thu	05/03 - 06/14	6:30-7:15 PM	\$69.50RD	\$74.50
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Location: McClelland Center, 951 Delaware Street

\$8 supply fee due to instructor.

ID#769277

Guitar - Beyond Beginning

Add real style to your playing! Learn new chord, strumming, and basic finger picking. Some guitar experience required.

Instructor: Bill Price

Ages 14 & Over

Thu	06/21 - 08/02	6:30-7:15 PM	\$69.50RD	\$74.50
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Location: McClelland Center, 951 Delaware Street

ID#769280

Cooking - Thai Table

Our instructor will introduce you to authentic Asian ingredients and share secrets for balancing flavors for the perfect combination of sweet & spicy. Learn to make chicken pad thai, shrimp cakes w/ chili lime cream sauce, som tum salad & roti (a traditional Thai pancake) for dessert.

Instructor: Cathie Groesbeck, The Gifted Kitchen

Ages 18 & Over

Tue	06/26	6:00-8:00 PM	\$35.50RD	\$40.50
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Location: Monticello Middle School, 1225 28th Avenue

\$10 supply fee due to instructor.

ID#769504

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

Ages 18 & Over

Thu	05/10 - 06/28	6:30-7:30 PM	\$42.50RD	\$47.50
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Location: Recreation Building, 2920 Douglas Street

ID#769280

Tincture Making

Herbs provide powerful medicine to enhance the health of your family. In this medicine making class, learn both the folk method and scientific method of preparing herbal tinctures at home. Discuss classic spring time tonic herbs used to reduce symptoms of seasonal allergies and hayfever. Instructor: Dr. Dee Richardson

Ages 18 & Over

Thu	05/17	6:00-8:00 PM	\$20.50RD	\$25.50
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Location: Woman's Club, 835 21st Avenue

\$5 Supply fee due to instructor.

ID#774121

Ukulele (Beginning)

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.

Ages 12 & Over

Tue	05/08 - 06/05	6:00-7:00 PM	\$38.50RD	\$43.50
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Location: McClelland Center, 951 Delaware Street

ID#769282

Wills and Estates

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 at Law

Ages 18 & Over

Wed	05/02 - 05/16	5:30-7:00 PM	\$105.50RD	\$110.50
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Location: Recreation Building, 2920 Douglas Street

ID#769286

Yoga, Gentle/Restorative

Easy does it Yoga. A gentle class perfect for stretching and strengthening all muscles and joints, increase balance and reduce inflammation and pain. Bring a yoga mat, yoga strap, yoga block and yoga blanket. Instructor: Karen Ward

Ages 18 & Over

Fri	05/04 - 06/01	9:00 AM-10:00 AM	\$25.50RD	\$30.50
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Fri	06/08 - 07/06	9:00 AM-10:00 AM	\$25.50RD	\$30.50
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Location: McClelland Center, 951 Delaware Street

ID#769435/774115