

Furniture Making

Learn basic furniture making techniques with stationary tools from an experienced woodshop teacher. Once you learn the basics, you will work at your own pace and make any project you desire. Supplies (wood, nails, glue) not included, but use of all tools and equipment is.

Age: 18 & over
Session **Day** **Date(s)** **Time**
 59045 Thurs Sept 4 - Nov 20 6:00 - 9:00 pm
Location: R.A. Long High School, 2903 Nichols Blvd.
Fee: \$80 in-city, \$85 out-of-city
Instructor: Chad Gruber

Drawing, Beginning

Develop your drawing skills no matter what level you are. You will notice a remarkable change in your ability to draw what you see by using the right side of your brain. Students will be drawing with pencil, charcoal and pen throughout the course. This course will help beginners as well as experienced painters.

Age: 18 & over
Session **Day** **Date(s)** **Time**
 59046 Tues Sept 23 - Oct 28 7:15 - 8:15 pm
Location: Recreation Building, 2920 Douglas St.
Fee: \$30 in-city, \$35 out-of-city
Instructor: Beth Bailey

Jewelry Making; Beading

Find a new hobby. Learn basic techniques for cable necklaces, earrings, bracelets and anklets. Instruction includes crimping, tools, findings and materials options. You will create a piece of jewelry at class great for gift giving.

Age: 16 & over
Session **Day** **Date(s)** **Time**
 59345 Tues Sept 9 6:30 - 8:30 pm
 59395 Tues Nov 4 6:30 - 8:30 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: Per session - \$12 in-city, \$17 out-of-city
Instructor: Jackie Marquart
\$10 supply fee due at first class.

Knitting

Learn how to cast on, knit, purl, bind off, fix errors, and finish your project. Make gifts for gift giving. Class is for beginners and those who want to continue learning.

Age: 16 & over
Session **Day** **Date(s)** **Time**
 59147 Mon Sept 8 - Oct 13 5:30 - 7:00 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: \$30 in-city, \$35 out-of-city
Instructor: Mary Jo Grochow
\$10 supply fee due at first class.

Photo Mounting

New

Learn to properly cut, mount, and label your photographs to enter them in the annual Photo Contest and Show. Please bring your own photo sized between a 5x7 and an 8x10 to mount.

Age: 12 & over
Session **Day** **Date(s)** **Time**
 60245 Sat Oct 11 1:00 - 4:00 pm
Location: Catlin Center, 106 NW 8th Ave., Kelso
Fee: \$5 in-city, \$10 out-of-city
Instructor: Michael Norris & Monticello Camera Club

Artbooks, Basic Bookmaking

New

Introduction to book making that explores a variety of book forms and creative embellishments. Use a variety of art mediums to create a personal idea or themed book.

Age: 18 & over
Session **Day** **Date(s)** **Time**
 62145 Tues Oct 21 - Nov 18 6:00 - 8:00 pm
No class Nov 11
Location: McClelland Center, 951 Delaware
Fee: \$35 in-city, \$40 out-of-city
Instructor: Sharon Hartley Iverson
\$10 supply fee due at first class.

Soap Making

The art and craft of soap making is neither difficult nor mysterious. Discussion on essential oils and natural ingredients. Take home soap samples. Receive hands on experience and a sample taken home with you.

Age: 16 & over
Session **Day** **Date(s)** **Time**
 60546 Mon Oct 6 6:00 - 8:00 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: \$20 in-city, \$25 out-of-city
Instructor: Pamela Blanton Tryon
\$5 supply fee due at first class.

Pine Needle Basketry

Learn the art of pine needle raffia basketry. The intricate teneriffe center looks more difficult than it really is. Leave with completed ornament and the skills and materials to make your own basket.

Age: 18 & over
Session **Day** **Date(s)** **Time**
 60551 Mon Sept 22 - 29 6:00 - 8:00 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: \$45 in-city, \$50 out-of-city
Instructor: Pamela Blanton Tryon
\$10 supply fee due at first class.

French, Beginning Conversational

Learn to explore another language with techniques that help you speak with ease in every day situations. Develop vocabulary into simple phrases and questions, and explore differences in cultural manners. This is a great course for those with no, or some french language experience.

Age: 18 & over

Session	Day	Date(s)	Time
59047	Tues	Sept 16 - Nov 4	6:00 - 7:00 pm

Location: Recreation Building, 2920 Douglas St.

Fee: \$36 in-city, \$41 out-of-city

Instructor: Beth Bailey

French, Intermediate Conversational

For those who've had experience with the language and wish to improve conservation skills. Sentence building techniques, grammar structures, and new vocabulary will increase your language confidence. Concentration on reading and written communication skills.

Age: 18 & over

Session	Day	Date(s)	Time
59095	Thurs	Sept 18 - Nov 6	6:00 - 7:00 pm

Location: Recreation Building, 2920 Douglas St.

Fee: \$36 in-city, \$41 out-of-city

Instructor: Beth Bailey

French, Advanced Conversational

For those who have had experience with the language and wish to converse more easily. Learn to understand complex written and verbal materials presented in various ways. Discover transitions in language during conversations about the past. Focus will be on reading and comprehension as well as class discussion.

Age: 18 & over

Session	Day	Date(s)	Time
59145	Thurs	Sept 18 - Nov 6	7:15 - 8:15 pm

Location: Recreation Building, 2920 Douglas St.

Fee: \$36 in-city, \$41 out-of-city

Instructor: Beth Bailey



Spanish, Beginning Conversational

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

Age: 18 & over

Session	Day	Date(s)	Time
60545	Thurs	Sept 11 - Oct 30	6:00 - 7:00 pm

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

Fee: \$35 in-city, \$40 out-of-city

Instructor: Jovita Potter

Spanish, Intermediate Conversational

For students who are ready to move on and expand their Spanish speaking skills.

Age: 18 & over

Session	Day	Date(s)	Time
60547	Thurs	Sept 11 - Oct 30	7:00 - 8:00 pm

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

Fee: \$35 in-city, \$40 out-of-city

Instructor: Jovita Potter

Adult

"I loved everything about this course. Beth is an excellent instructor. So many great teaching tools, it would be difficult to think of improvements!"

- Mary Lou LaBerge, French class

Technology & Real Estate

Computer Basics

This course is a friendly introduction to the world of computers using the Windows Operating System. Gain experience while you learn terminology, functions, hardware, and software basics with hands-on practice. Learn the basis of the Windows desktop environment along with control panel settings and basic file management. Review and practice word processing basics and look at other Windows-based programs. Designed for those with little or no computer background.

Age: 14 & over
Session **Day** **Date(s)** **Time**
60645 Tues Sept 9 - 23 6:00 - 8:30 pm
Location: Kelso High School, 1904 Allen St.
Fee: \$44 in-city, \$49 out-of-city
Instructor: Billie Bevers

Excel Introduction

Manage your household budget, learn a new skill for the office, chart your weight or estimate what your trip will cost. With Excel you can do all of these and more. Get hands-on experience in setting up spreadsheets and understanding how they work. Gain experience in creating formulas and functions as well as charting your results.

Age: 14 & over
Session **Day** **Date(s)** **Time**
60646 Tues, Thurs Sept 30 - Oct 9 6:00 - 8:30 pm
Location: Kelso High School classroom C-7, 1904 Allen St.
Fee: \$44 in-city, \$49 out-of-city
Instructor: Billie Bevers

Word Processing

Learn the basics for word processing and get creative with different fonts and graphics. Take the mystery out of margins, tackle tabs and turn on to templates. Put pictures and clip art together with your documents. Along the way, learn a few design tips and have fun with your creations.

Age: 14 & over
Session **Day** **Date(s)** **Time**
61495 Tues Oct 14 - 28 6:00 - 8:30 pm
Location: Kelso High School classroom C-7, 1904 Allen St.
Fee: \$44 in-city, \$49 out-of-city
Instructor: Billie Bevers

PowerPoint

Learn PowerPoint and the many multi-purpose uses for this program, including presentations and slide shows.

Age: 14 & over
Session **Day** **Date(s)** **Time**
60647 Wed Nov 5 - 19 6:00 - 8:30 pm
No class Nov 11
Location: Kelso High School classroom C-7, 1904 Allen St.
Fee: \$44 in-city, \$49 out-of-city
Instructor: Billie Bevers

Buying/Renting Residential Property/Landlord Rights

Want to get return on your investment? Save money on insurance, tax filing, and professional assistance. For new or experienced investors interested in buying and understanding rental property for income or retirement and the rights of being a landlord. Also discuss rents, codes, financing, appraisals, leverage, rental agreements, property condition, smoke detectors, water heaters, credit form and more. Bring a sack lunch.

Age: 18 & over
Session **Day** **Date(s)** **Time**
60598 Sat Oct 18 9:00 am - 4:00 pm
Location: Recreation Building, 2920 Douglas St.
Fee: \$36 in-city, \$41 out-of-city
Instructor: Don Samec

Incorporating; Understanding Corporations

Understanding corporations (C & S), LLC, LLP, General & Limited Partnerships. Discuss why, what and how to start, assets to protect, taxes, forms, personal liability and incorporating in Washington State and others. Class provides knowledge not legal advice.

Age: 18 & over
Session **Day** **Date(s)** **Time**
60596 Thurs Oct 9 - 16 6:30 - 9:30 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: \$30 in-city, \$35 out-of-city
Instructor: Don Samec

Residential Landlord - Tenant Act & Laws

New or experienced landlord? Learn about local and federal discrimination laws, landlord/tenant rights, rental agreements and leases, codes, tenant selection, evictions, etc. Handouts and forms on rental agreements, property condition report, smoke detectors, water heaters and applications. Class provides knowledge not legal advice. Bring a sack lunch.

Age: 18 & over
Session **Day** **Date(s)** **Time**
60599 Sat Nov 8 9:00 am - 4:00 pm
Location: Recreation Building, 2920 Douglas St.
Fee: \$30 in-city, \$35 out-of-city
Instructor: Don Samec

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. Prior to purchasing one, please call the instructor for more information, 425-3786

Age: 10 & over
 Session Day Date(s) Time
 60548 Tues Sept 9 - Oct 14 6:00 - 7:00 pm
 Location: McClelland Center, 951 Delaware
 Fee: Per session - \$25 in-city, \$30 out-of-city
 Instructor: James Lee and Mike Davenport

Creative Writing - Write On!

Regardless of how long you've been writing, you will experience word-crafting exercises designed to improve your skill. Get inspired by new ideas and fresh approaches! Gain resources, tips, and techniques gleaned from writing conferences, and get support and encouragement from the instructors and other writers.

Age: 18 & over
 Session Day Date(s) Time
 61395 Mon Sept 8 - 22 6:00 - 7:45 pm
 Location: McClelland Center, 951 Delaware St.
 Fee: \$30 in-city, \$35 out-of-city
 Instructor: Charolette Conklin, Mary Stone

Music Theory

New

Learn the basics of how to read music. Learn notes, key signatures, time signatures, and basic elements of how to read music. No prior music background necessary.

Age: 16 & over
 Session Day Date(s) Time
 60497 Tues Sept 9 - 30 5:00 - 5:50 pm
 Location: Woman's Club Building, 835 21st Ave.
 Fee: \$35 in-city, \$40 out-of-city
 Instructor: Sungja Albright

The Organized Life

New

Life is crazy, but you don't have to be! Come and learn 3 key strategies for tackling your home and calendar so you can achieve peace and order in your life. Visual and hands-on, this workshop will give you the tools to tackle the areas in your life that feel out of control. It's as easy as 1-2-3. Instructor is a professional organizer.

Age: 18 & over
 Session Day Date(s) Time
 61595 Wed Oct 15 6:30 - 8:00 pm
 61596 Wed Nov 5 6:30 - 8:00 pm
 Location: Woman's Club Building, 835 21st Ave.
 Fee: Per session - \$23 in-city, \$28 out-of-city
 Instructor: Becki Peterson



Planning & Enjoying a Home Greenhouse

Learn practical options for constructing or purchasing a hobby greenhouse and how to get the most fun and benefit from greenhouse ownership. Construction topics included are structure, glazing, worthwhile features, plant support, environmental control and maintenance. Greenhouse usage topics will include choice of plants for pleasure and food, plant health and growth, pest control, automation, and hydroponics for the hobby greenhouse.

Age: 18 & over
 Session Day Date(s) Time
 59995 Wed Oct 1 - 8 6:30 - 8:30 pm
 Location: Recreation Building, 2920 Douglas St.
 Fee: \$20 in-city, \$25 out-of-city
 Instructor: Tom Karasek

Smoking & Cooking Fish from Local Waters

Discover techniques/concepts of building and buying smokers. Discuss curing vs. brines, fuels, herbs, spices, cleaning and preparing your purchase or catch (salmon, bass, crappies, catfish, trout and shark). Go home with recipes and handouts for smoking and cooking.

Age: 18 & over
 Session Day Date(s) Time
 60595 Wed Sept 10 6:30 - 9:30 pm
 Location: Woman's Club Building, 835 21st Ave.
 Fee: \$10 in-city, \$15 out-of-city
 Instructor: Don Samec

Swing & Ballroom Social Dance

If you need a short lesson to learn a few steps or to brush up, come for the first 1/2 for a easy swing lesson. Three hours of great dance music for those swing and ballroom enthusiasts!

Age:	14 & over		
Session	Day	Date(s)	Time
57645	Sat	Oct 25	6:30 - 10:00 pm
Location:	McClelland Center, 951 Delaware		
Fee:	\$5 drop -in		
Instructor:	Glenn Woods		

It is best to have a partner for ballroom and swing dance lessons. The instructor may be able to help single students locate a suitable partner. Please contact the instructor a week in advance of the first session to arrange for a partner.

Jitterbug Swing, Beginning

The easiest swing dance is very versatile and lots of fun. Beginner class will take it slow and concentrate on the basic rhythm and footwork. This is the perfect class for first-time dance students.

Age:	16 & over		
Session	Day	Date(s)	Time
59195	Tues	Oct 7 - 28	6:30 - 7:25 pm
Location:	Woman's Club Building, 835 21st Ave.		
Fee:	\$25 in-city, \$30 out-of-city		
Instructor:	Glenn Woods		

Salsa, Introduction

A popular energetic Latin style dance with a variety of basic steps. Learn the basic turns and breaks and how to combine them into fun patterns with other tricks. Class is appropriate for beginners.

Age:	16 & over		
Session	Day	Date(s)	Time
59245	Tues	Oct 7 - 28	7:30 - 8:25 pm
Location:	Woman's Club Building, 835 21st Ave.		
Fee:	\$25 in-city, \$30 out-of-city		
Instructor:	Glenn Woods		

Jitterbug Swing, Beyond Beginning

The easiest of the swing styles. You will learn to add combination turns and tricks to your basic dance.

Age:	All Ages		
Session	Day	Date(s)	Time
59246	Tues	Nov 4 - 25	6:30 - 7:25 pm
Location:	Woman's Club Building, 835 21st Ave.		
Fee:	\$25 in-city, \$30 out-of-city		
Instructor:	Glenn Woods		

Rumba, Introduction

Sometimes described as 'Waltz with an attitude', this Latin dance with a simple basic box step is easily mastered before moving on to turns, breaks and combinations. Class is appropriate for beginners.

Age:	16 & over		
Session	Day	Date(s)	Time
59295	Tues	Nov 4 - 25	7:30 - 8:25 pm
Location:	Woman's Club Building, 835 21st Ave.		
Fee:	\$25 in-city, \$30 out-of-city		
Instructor:	Glenn Woods		

Hula, Beginning

Learn the various types of Hawaiian dance: Hula Kahiko and Hula Auana as well as the costumes used for each. Then learn the basic foot and hand motions, and complete choreographies.

Age:	16 & over		
Session	Day	Date(s)	Time
59895	Tues	Sept 2 - Oct 7	6:30 - 7:30 pm
61545	Tues	Oct 14 - Nov 18	6:00 - 7:00 pm
Location:	McClelland Center, 951 Delaware		
Fee:	Per session - \$25 in-city, \$30 out-of-city		
Instructor:	Kate Denman		

Dancing can lower blood pressure and cholesterol levels.

Dance exercises our bodies to allow for increased circulation. It helps burn calories, while improving stamina. During a 1 ½ to 2 hour line dancing session, a participant can do as many as 3,000 steps which burns 750 to 800 calories. In fact, it burns as many calories as walking, swimming or biking.

Belly Dancing

Discover bellydancing as a form of aerobic and muscle toning exercise. Learn the foundations of slow and fast movements, muscle isolations, shimmies, and playing finger cymbal rhythms to bellydance music. Wear loose fitting, comfortable clothing. Fun for any ability level. Instructor has 26 years teaching experience. First timers will need to purchase a set of finger cymbals for use beginning with the fourth class.

Age: 16 & over

Session	Day	Date(s)	Time
59695	Mon	Sept 8 - Oct 13	5:30 - 6:30 pm
59696	Mon	Oct 20 - Nov 24	5:30 - 6:30 pm

Location: Empower-U Studio, 1235 Commerce Ave.

Fee: Per session - \$45 in-city, \$50 out-of-city

Instructor: Terrie Phillips

Belly Dancing, Intermediate

Learn variations of basic movements and new dance combinations. Class will also include turning dance movement into dances, introduction to veil dancing, and new finger cymbal rhythms. Wear loose fitting, comfortable clothing. Prerequisite is Bellydancing I or previous bellydancing classes.

Age: 18 & over

Session	Day	Date(s)	Time
59746	Mon	Sept 8 - Oct 13	6:45 - 7:45 pm
59747	Mon	Oct 20 - Nov 24	6:45 - 7:45 pm

Location: Empower - U Studio, 1235 Commerce Ave.

Fee: Per session - \$45 in-city, \$50 out-of-city

Instructor: Terrie Phillips

Lunch Hour Line Dance

A beginning line dancing class. Line dancing is a great social activity that provides physical fitness and helps increase memory skills. Learn to all styles of music. No partner needed. Practice CD include in class fee.

Age: 18 & over

Session	Day	Date(s)	Time
60096	Tues	Sept 2 - Oct 21	12:00 - 1:00 pm
<i>No class Sept 30, Oct 7</i>			
60097	Wed	Sept 3 - Oct 22	12:00 - 1:00 pm
<i>No class Oct 1, Oct 8</i>			
60098	Tues	Oct 28 - Dec 2	12:00 - 1:00 pm
60099	Wed	Oct 29 - Dec 3	12:00 - 1:00 pm

Location: Square Dance Hall, 1041 Industrial Way

Fee: Per session - \$18 in-city, \$23 out-of-city

Instructor: Rhonda Goldsmith

Line Dancing, Intermediate

For intermediate and advanced dancers.

Age: 18 & over

Session	Day	Date(s)	Time
60100	Mon	Sept 1 - Oct 20	6:30 - 8:00 pm
<i>No class Sept 29, Oct 6</i>			
60101	Mon	Oct 27 - Dec 15	6:30 - 8:00 pm

Location: Square Dance Hall, 1041 Industrial Way

Fee: Per session - \$25 in-city, \$30 out-of-city

Instructor: Rhonda Goldsmith



Cowlitz On the Move Healthy Lifestyle Champion!

Congratulations to Rhonda Goldsmith, our line dance instructor. Rhonda was recently recognized as Cowlitz County Healthy Lifestyle Champion. Rhonda's contagious personality, passion for dancing and excellent instructing skills has made her the most popular line dancing instructor in Southwest Washington. Since moving to the community in 2004, Rhonda has taught over 1,000 students (youth to seniors) how to line dance. Every student of Rhonda's will tell you she is an excellent instructor and what great exercise they get. Gini Mickel, a student of the class states "I have taken every session this class has been offered! It is good exercise, fun and Rhonda is awesome! I lost weight and lowered my blood pressure."

Line Dancing, Beginning

Line dancing is an activity that provides physical fitness, increases memory skills and promotes social skills. Instructor has 23 years of experience teaching. Learn line dancing to all style of music. It's not just country anymore. Practice CD is included in class fee. No partner needed.

Age: 16 & over

Session	Day	Date(s)	Time
60045	Wed	Sept 3 - Oct 22	6:00 - 7:30 pm
<i>No class Oct 1, Oct 8</i>			
60046	Thurs	Sept 4 - Oct 16	6:00 - 7:30 pm
<i>No class Oct 2</i>			
60047	Wed	Oct 29 - Dec 3	6:00 - 7:30 pm
60095	Thurs	Oct 23 - Dec 4	6:00 - 7:30 pm
<i>No class Nov 27</i>			

Location: McClelland Center, 951 Delaware

Fee: Per session - \$25 in-city, \$30 out-of-city

Instructor: Rhonda Goldsmith

Zumba Gold New

Zumba Gold is a great introduction to the newest Zumba craze. It's a high energy, dance work out choreographed to Latin style music. You'll learn approximately 4 dance styles/moves and repeat for a full hour of fun and a great work out!

Age:	All Ages		
Session	Day	Date(s)	Time
59146	Wed	Sept 17 - Nov 5	10:00 - 11:00 am

No class Oct 1

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

Fee: \$80 in-city, \$85 out-of-city

Instructor: Patti Rae

Participants will need to wear loose, light weight clothing and non-stick shoes. Please bring a water bottle.

Hip Hop Workout New

Burn away those extra pounds with fun and exciting hip hop moves set to some latest hits. Learn new combinations each week, improve muscle tone and increase physical fitness. No prior dance experience necessary. Wear comfortable clothing and bring a water bottle.

Age:	16 & over		
Session	Day	Date(s)	Time
60496	Tues	Sept 9 - 30	6:00 - 7:00 pm
61795	Tues	Oct 7 - 28	5:20 - 6:20 pm
61796	Tues	Nov 4 - 25	5:20 - 6:20 pm

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

Fee: Per session - \$35 in-city, \$40 out-of-city

Instructor: Sungja Albright

Back & Abdominal Muscle Strengthening

This class will introduce you to techniques and exercises for training and strengthening the abdominal and back muscles to help decrease and prevent injuries. Please bring your own mat.

Age:	18 & over		
Session	Day	Date(s)	Time
59397	Mon	Oct 20 - Nov 24	6:30 - 7:00 pm

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

Fee: \$25 in-city, \$30 out-of-city

Instructor: Darin Shook

Nutritional Detox

Medically supervised nutritional cleanse instructed by licensed naturopathic physicians. Receive information about food choices, hydrotherapies, and exercise to aid the body in elimination of toxins identification of food allergies and minimizing toxin exposure.

Age:	18 & over		
Session	Day	Date(s)	Time
59396	Wed	Sept 17 - Oct 8	6:00 - 8:00 pm

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

Fee: \$60 in-city, \$65 out-of-city

Instructor: Dee Keller

Nutrition Tips; Heart Health

You are what you eat. Explore basic nutrition with a focus on eating whole foods. Learn how to choose 'good' proteins, fats and carbohydrates to sustain your energy, enhance vitality, and achieve a healthy weight. Learn simple diet changes you can make to have a profound and positive impact on your life.

Age:	18 & over		
Session	Day	Date(s)	Time
60550	Wed	Oct 29	6:00 - 8:00 pm

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

Fee: \$15 in-city, \$20 out-of-city

Instructor: Dee Keller

Yoga; Hatha Flow New

This is a slower paced class exploring breath, body alignment, strengthening and stretching, while discovering the foundation of poses. This class is energizing yet soothing to the nervous system while renewing to the body and mind.

Age:	18 & over		
Session	Day	Date(s)	Time
59796	Thurs	Oct 2 - Nov 20	10:00 - 11:00 am

Location: Empower - U Studio, 1235 Commerce Ave.

Fee: \$64 in-city, \$69 out-of-city

Instructor: Jeanette Monda

Please bring a yoga mat and an oversized towel.

Yoga; Relax & Renew New

For anyone wishing to relieve daily stressors of life. This class combines gentle postures, breath and restorative poses. All levels of students will benefit from this relaxing, soothing class which will nurture body and mind.

Age:	18 & over		
Session	Day	Date(s)	Time
59845	Thurs	Oct 2 - Nov 20	12:00 - 1:00 pm

Location: Empower- U Studio, 1235 Commerce Avenue

Fee: \$64 in-city, \$69 out-of-city

Instructor: Jeanette Monda

Please bring a yoga mat and an oversized towel.

Tai Chi

This is a non aerobic continuous movement class. It will help you develop physical and mental relaxation, strength and balance. An additional half hour will be available for those who have taken this class before and would like extra time to work on their skills.

Age:	18 & over		
Session	Day	Date(s)	Time
56295	Tues	Sept 2 - Nov 4	6:30 - 7:30 pm

Location: Lower Columbia College, Upper gym area, 1600 Maple

Fee: \$38 in-city, \$43 out-of-city

Instructor: Marie Triplett

Men's Self-Officiated Basketball

This is a self-officiated league in which players call their own fouls. Single round-robin format will be played with a running clock. League awards are also included. This is a great league to join to get into shape! Registration Deadline: Oct 8.

Age: 18 & over
Session Day Date(s) Time
 56045 Mon,Thurs Oct 13 - Nov 20 7:00 - 10:00 pm
Location: Monticello & Mt. Solo Middle Schools
Fee: \$105 per team
Instructor: Recreation Staff

Golf Lessons

This is a great class for beginning golfers or for those who have not had lessons on proper golf swing techniques. All equipment and balls provided. Instructor is a P.G.A. Professional. Sign up at Longview Parks & Recreation Office, 2920 Douglas Street.

Age: 14 & over
Session Day Date(s) Time
 56096 Tues,Thurs Sept 9 - 18 6:00 - 7:00 pm
Location: Mint Valley Golf Course, 4003 Pennsylvania
Fee: \$50 in-city, \$55 out-of-city
Instructor: Joe McLaughlin

Moonlight Golf Tournament

This scramble tournament is a sure hit for men and women - experienced or not. Fee includes green fees, 2 moonlight glowballs, and prizes. Don't miss this once a year chance to golf in the dark! It's an exciting, easy and memorable experience!

Age: 16 & over
Session Day Date(s) Time
 56097 Sat Sept 27 7:15 - 11:00 pm

Check in time is 7:15 pm

Location: Mint Valley Golf Course, 4003 Pennsylvania
Fee: \$35 in-city, \$40 out-of-city
Instructor: Recreation Staff

Ultimate Frisbee

Ultimate Frisbee is a mixture between soccer and football using a Frisbee and is a great way to get into shape. Teams will be put together using the self-evaluation form filled out by individuals at the time of registering. The league includes all ability levels so come take part in one of the fastest growing sports around.

Age: 16 & over
Session Day Date(s) Time
 56095 Thurs Aug 14 - Sept 25 6:00 - 8:30 pm
Location: Roy Morse Park, 373 Reg Smith Drive
Fee: \$20 per person
Instructor: Recreation Staff

Volleyball Open Gym

This is an open gym volleyball program for men and women over the age of 18. All experience welcome.

Age: 16 & over
Session Day Date(s) Time
 61045 Tues Oct 7 - Nov 4 7:00 - 9:00 pm
Location: Monticello Middle School, 1225 28th Ave.
Fee: \$10 in-city, \$12 out-of-city
 \$3 drop in



Stimson Lumber - Champions of the USSSA Summer Celebration D/E Mixed Softball tournament held at Roy Morse Park

Summer Softball Tournament Results

Volcano Blast (Men's): May 3 & 4

- 1st Master Batters
- 2nd McCarthy Trucking
- 3rd MPC Construction

Mixed Kick-Off (Mixed): May 31 & June 1

- 1st T&K Properties
- 2nd Fusion Graphics
- 3rd Shockers

Summer Solstice (Men's) June 28 & 29

- 1st Charlies Bar & Grill
- 2nd McCarthy Trucking
- 3rd Mona "Vie" Juiced

Summer Celebration (Mixed) July 19

- 1st Stimson Lumber
- 2nd Dueces
- 3rd The Storm

Sun Classic (Men's) July 26 & 27

- 1st Hi Tech Softball Club
- 2nd Kimble Construction
- 3rd Sensaria