



IMPORTANT CLASS INFORMATION

Due to the ongoing, dynamic situation with COVID-19 this guide DOES NOT reflect the current class status. Some classes may have been changed or canceled.

The most accurate information about a class' current status can be found at

<https://apm.activecommunities.com/corvparksandrecreation/>

You can also call our front desk with any questions you might have, Monday, Wednesday, Friday from 8am -5pm and Tuesday, Thursday from 12pm – 5 pm at 541-766-6918.

Thank you for your interest in Corvallis Parks & Recreation.
Stay Safe and Healthy Corvallis!



PARKS & RECREATION
City of Corvallis



Corvallis Parks & Recreation

ACTIVITY GUIDE

Fall & Winter 2020 - 2021





A Message from the Director

At the top of Bald Hill

Dear Friends & Patrons,

Needless to say, planning for Fall / Winter has been a challenge as each day brings new protocols to keep us all healthy and safe. However, through chaos there can be re-invention and re-inventing has been Corvallis Parks & Recreation's strength throughout time.

We have programs in new places: outside, virtually, bigger rooms, fewer people, by appointment and some things are yet to be determined. We evaluate each individual program and determine how we can make it work safely. We will continue to update our webpage as changes occur and new information is known. Watch for it.

I'm excited to share that I'm retiring from the Directorship after thirteen years serving this great community and Department. My last day is October 30, 2020 as I hand the baton to Meredith Petit, from El Segundo, California where she held the position of Recreation and Parks Director. The Corvallis Parks & Recreation Department is comprised of dedicated, creative and service-focused staff with a strong leadership team to help set the course of Parks and Recreation with our community.

I'm looking forward to running into you on a trail, in a park or taking a class at the newly remodeled Corvallis Community Center!



Karen Emery, Director
Corvallis Parks & Recreation



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View from the top of Chip Ross park

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HOW TO REGISTER

- Visit us online at www.corvallisoregon.gov/parksrec
- Call us at (541) 766-6918
- Visit our offices at Avery Park, Osborn Aquatic Center, Corvallis Community Center or the Majestic Theatre

General Policy

- Enrollment is subject to space availability.
- Full payment is required at time of registration.
- Many programs have a minimum/maximum enrollment requirement.
- Activities may be cancelled if minimum enrollments are not met, so sign up early.

Payment

- All information and fees are subject to change without notice.
- Make checks payable to the City of Corvallis. We also accept credit cards, cash, and gift cards.
- All returned checks will be assessed a \$25 service charge.

Gift Cards

Gift Cards can be used to pay for Parks & Recreation activity registration, facility reservations and services. Gift Cards are available at all Parks & Recreation locations. They can be picked up, as well as used, at Osborn Aquatic Center, the Corvallis Community Center and the Majestic Theatre.

In-City Discount

- As Corvallis Parks & Recreation is property tax supported, there is a discounted fee for all participants who reside within the City limits.
- The resident fee is listed first, and then the fee for participants living outside the City limits.
Ex. - \$28 (\$35 Outside City)

Refund Policy

These procedures are in effect at all Parks and Recreation sites:

- Refunds or requests shall be done in person, by phone or on a completed Refund Request Form.
- Refunds will not be issued for inclement weather, Accelerated Review permit fees, and transfer fees.
- Refunds or account credit will not be issued for requests made less than 5 business days prior to the first class meeting or date of a scheduled event.
- Refunds will not be issued for requests made less than 30 business days prior to the date of a scheduled facility rental.
- Refunds will be issued back to the payer.
- All refunds on account expire 12 months from the date of issuance.
- A \$10 processing fee will be charged for all monetary refunds.
- In the event Corvallis Parks & Recreation needs to cancel or change a reservation or program activity a full refund will be offered.

Childcare Disclaimer

Day camps and programs offered by Parks & Recreation are not designated "Certified Child Care" for tax purposes.

Transfer Policy

A transfer is defined as "taking a participant's current registration in a class, activity or shelter reservation and moving it into a different class, activity or reservation." A \$5 fee will be assessed for transfers.

- No fee will be assessed if Parks & Recreation initiates the transfer

Transfers are not guaranteed and are subject to class and instructor availability, enrollment numbers, etc.



Photography Policy

By enrolling or attending any class or activity offered by Corvallis Parks & Recreation, you consent to have your photograph taken and allow use of these photographs by Corvallis Parks & Recreation.

Scholarship Program

Corvallis Parks & Recreation strives to reduce fees as a barrier to participation. Benton County residents can apply for a scholarship to pay for most recreation programs, including those at Osborn Aquatic Center, the Corvallis Community Center, and Majestic Theatre (excludes ticket purchases). Scholarships are \$150/individual/fiscal year. Scholarship applications are available at all Parks & Recreation facilities or on our website under Activities & Recreation.

Youth Parks Corps

The Parks & Recreation Department offers teens, ages 15 -17 years, opportunities to learn skills and earn money during the summer. Teens attend orientation sessions and are assigned three-week or four-week work schedules. Applications for these positions open in March 2021. The Youth Park Corps (YPC) places youth in work groups to improve and maintain City Parks.

Parks & Recreation Contact Information

Main Office

1310 SW Avery Park Drive
541-766-6918

Sports & Events Rain out Line

541-766-6921

Parks Operations Office

1320 SW Avery Park Drive
541-766-6918

Corvallis Community Center

2601 NW Tyler Avenue
541-766-6959

Osborn Aquatic Center

1940 NW Highland Drive
541-766-SWIM (7946)

The Majestic Theatre

115 SW 2nd Street
541-758-7827

Or visit us on the web at:
corvallisoregon.gov/parksrec

We accept these credit cards.



YVC

Youth Volunteer Corps (YVC) is a national volunteer program that runs year-round. Youth ages 11-18 give their time to community projects. Projects can be small, with a few youth serving an hour or two, or large, with many youth serving up to 30 hours in a week. YVC youth are not paid. To learn about upcoming opportunities, please call (541) 766-6467.



Liability

By signing up for any Parks & Recreation class or activity you agree to the following:

I hereby certify that I am 18 years of age or older and/or I am the parent or legal guardian of the participant, who is under 18 years of age. I understand that any sports/recreation program has an inherent risk of being strenuous, or could result in death or injury to me or my child. I assume all risks as a result of participation in this program. If I cannot be reached in an emergency situation, I hereby give permission to the Corvallis Parks & Recreation Department and their employees to arrange for transportation and/or emergency medical treatment if my child or I are seriously injured while participating in this program. For myself, my heirs and assigns I agree to waive, release and forever discharge any claim for injury or damage, and hold harmless the City of Corvallis, its officers, agents and employees against any claim, loss, liability or expenses, including attorney's fees, resulting directly or indirectly from participation in this program.

Class/Activity Instructors

Do you have special skills or talents you would like to share with the community? Consider becoming a Parks & Recreation Department Instructor. We are looking for classes that are not offered elsewhere in the area. We encourage proposals for both volunteer and revenue-shared positions. Corvallis Parks & Recreation is currently accepting proposals for Spring & Summer 2021. Forms are available on our website under Activities and Recreation/Activity Guide. Class proposal forms for C3 can be found on the C3 website. The Parks & Recreation Department reserves the right to accept or reject any proposal received.

Accommodation Resources

We strive to make all Parks & Recreation events and programs as inclusive as possible. Parks and Recreation programs are available to people of all abilities with reasonable accommodation. Please contact our office two weeks before the program begins to work with a recreation coordinator to discuss your needs.





Rec Fit Membership

**Our new Rec Fit Membership gets you more!
Want to lap swim, do yoga, Zumba AND Tai Chi?
Do it all with the Rec Fit Membership.
Get unlimited fitness for one great price!**

Exercise Classes at C3 and Lap Swim at OAC

Individual Price:
\$40 (\$50 Outside City) per month

Household Price:
\$75 (\$90 Outside City) per month
plus \$10 per person



**Purchase your Rec Fit Membership in person at
Corvallis Community Center, Osborn Aquatic Center,
or Online at corvallisoregon.gov/c3/page/rec-fit-membership.**



Walnut Barn
Dr. Martin Luther King Jr. Park

Rental Facilities

Corvallis Parks & Recreation offers a wide variety of spaces for rent at the Corvallis Community Center, Osborn Aquatic Center, the Majestic Theatre and at various parks throughout the city. We have picnic shelters, indoor meeting rooms, swimming pools, and outdoor gardens. Permits are available for alcohol and/or amplified sound.

Learn more at www.corvallisoregon.gov/pr-rentals.

Osborn Aquatic Center



Majestic Theatre



Avery Park Rose Garden



Corvallis Community Center



Indoor Facilities (Number = Capacity)

Corvallis Community Center

- Chandler Ballroom (150+)
- Alder Room (60+)
- Willow Room (40+)
- Oak Room (40+)
- Maple Room (20+)
- Linden Room (18)
- Kitchen (commercial & certified)

Osborn Aquatic Center

- Activity Room (49)
- Conference Room (49)

Majestic Theatre

- Mainstage and auditorium (290)
- Rehearsal Room (85)
- Community Room (60)
- Classroom (40)
- Main Lobby (58)
- South Lobby (35)

Parks Facilities

- Corl House (25)
- Walnut Community Room (77)
- Tunison Community Room (90)

Outdoor Facilities and Park Spaces (Number = Capacity)

Corvallis Community Center

(Available July 1-October 31)

- Garden Terrace (200+)
- Park Terrace (200+)

Osborn Aquatic Center

For information on pool rentals, including Otter Beach, see Osborn Aquatic Center section on page 65 or contact Osborn Aquatic Center, 541-766-SWIM (7946)

Parks Facilities

Available April 1-September 30

Avery Park

- Thompson Shelter (120)
- Lions Shelter (100)
- Townsend Shelter (80)
- Maple Grove Shelter (60)
- Fire Side Shelter (25)
- Rose Garden (100)

Rotary Shelter Willamette Park (143)

Walnut Barn MLK Park (120)

Bald Hill Barn (120)

Starker Arts Park Amphitheater (100)

Central Park Gazebo (300)

The Arts Center Plaza (200)

Riverfront Commemorative Park Plazas

Helen M. Berg Plaza (300)

Monroe Plaza (150)

Howland Plaza (150)

Sport Fields

Baseball and softball diamonds, volleyball courts, and soccer fields are located throughout the city and are all available for rent. To rent, call (541) 766-6918.



Community Garden Plots

Rent a plot at Willamette Park or at the new community garden at Chintimini Park. Space is available to rent on a first come, first serve basis. Plots are limited to one plot per person. Call (541) 766-6918 to reserve your plot.

Willamette Park

Annual Plants Only

- 8 - approx. 10'x10' - \$55/year
- 23 - approx. 10'x20' - \$75/year

Annual and Perennial Plants

- 23 - approx. 10'x20' - \$90/year both annuals and perennials

Chintimini Park

- Please Inquire for plot pricing and size details at (541) 766-6918

Capacity number reflects pre-COVID capacity. Please call the facility for actual capacity during the pandemic.



Volunteer With Us

Volunteer

Volunteer with Kids Coaches are the cornerstone of the Youth sports programs. You will plan practices, prepare game plans, interact with children and be a positive role model to children from ages 4-12. Contact Robert Thornberg at robert.thornberg@corvallisoregon.gov or call 541-766-6918.

Assist with special events like Planet Palooza, Kids to Parks Day, Kids' Carnival, Kid Zone at Movie in the Park, and Childrens' Halloween party. Contact Lacey Moore at lacey.moore@corvallisoregon.gov or call 541-766-6918.

Teenage Volunteering Youth Volunteer Corps (YVC) is a national volunteer program. Youth ages 11-18 commit their time to non-profit community projects. Projects range from helping at a school to planting and harvesting vegetables for food banks. YVC serves as a team under the guidance of a Parks & Recreation Team Leader. Contact Robert Thornberg at 541-766-6918 or at robert.thornberg@corvallisoregon.gov.

Volunteer In The Parks The Adopt-A-Park Program assists in maintaining safe and clean parks. Organizations may adopt a public park, section of a park, or a beautification area. The adoption period is one year and is renewable. Volunteering for One Time Parks and Trails Maintenance helps parks benefit from volunteers' help whether in a group or individually. In the Parks Stewardship program a volunteer monitors a park or natural area to help lead the efforts for improvement. Contact Steve McGettigan at steve.mcgettigan@corvallisoregon.gov or 541-754-1739.

Every year Parks & Recreation plants trees throughout the City to improve the health, beauty and sustainability of Corvallis. These new trees need water and care especially in the hot summer months. You can help by becoming a watering steward for trees in your area. Contact Jon Pywell at jonathan.pywell@corvallisoregon.gov or 541-754-1723.

Corvallis Community Center Volunteers are vital members of the Center team. Volunteer positions available include receptionist, helping with one-time projects or events, trip leaders who help lead and support safety on trips and hikes, and at the Coffee Leaf Café as barista/food prep-creating community through a cup of coffee.

Computer Tech Support volunteers give the gift of understanding to others with technical support and assistance with tech devices. Volunteer Instructors share their knowledge in their area expertise or experience by teaching a class or presentation. Call 541-766-6959 to see how we can help you get involved.

The Majestic Theatre There are a wide range of opportunities from greeting patrons as an usher, to acting in shows each year, to joining the Majestic Theatre "Blackshirts" backstage as a theatre tech. All skill levels and backgrounds are welcome. To find out about all volunteer positions visit www.majestic.org/volunteer or email volunteer@majestic.org or call 541-758-7827.

Osborn Aquatic Center Volunteers aid with swimming lessons and help teach life saving-skills. A therapeutic aide volunteer assists customers that are utilizing the warm therapy pool to regain range of motion, flexibility and muscle strength. Special Events Crew volunteers decorate, set up and take down tables and chairs, serve food, greet people, and help clean up. Contact Lily Rojas at lily.rojas@corvallisoregon.gov.



Urban Forestry Program

Corvallis has been named Tree City USA for the 19th consecutive year since it first received the title in 2000! Tree Cities are recognized for sound urban forestry management: maintaining a tree board, having a community tree ordinance, and celebrating Arbor Day. This year, Corvallis received its 11th Growth Award, and is recognized as A Sterling Tree City by the National Arbor Day Foundation. Corvallis also has a robust Heritage Tree Program that recognizes trees of exceptional size, age, or historical value

Inventory Did you know that Corvallis has over 15,000 street trees in the online inventory? These trees, which grow in parks and City-owned right of ways, are managed by Corvallis Parks & Recreation Urban Forestry and the collective sum of their ecosystem service benefits exceeds \$1,000,000! For the first time, Corvallis Urban Forestry is providing access to the online tree inventory software! To virtually explore your urban forest go to: corvallisor.treekeepersoftware.com/index.cfm

Getting a Tree Urban forestry staff is working with volunteers to plant an unprecedented 200 trees this season! Tree selection is based on the principle of “right tree, right place” so that the most appropriate trees are selected and planted. Staff carefully select a variety of street trees including species of oak, linden, bald cypress, and elm just to name a few. Homeowners are encouraged to contact the Urban Forestry Section at 541-740-3186 if they are interested in getting a tree for their right of way.

Become a Neighborhood Tree Steward! There are a lot of great ways to get involved with the trees in your community! Neighborhood Tree Stewards are trained volunteers who support Parks staff in managing the urban forest by assisting with planting, watering, inventory, and other maintenance of young street trees. Last year, Tree Steward volunteers helped plant nearly 60 trees! Other projects include pruning, watering, mulching, and inspecting newly planted street trees. ***If you have a love and fascination for trees and a devotion to making positive changes in your community, this role might be for you!*** For more information or to get involved with the Corvallis Urban Forestry program, contact Jennifer Killian at 541-740-3186 or Jennifer.Killian@corvallisoregon.gov.

The Urban Forestry Staff also work closely with the Civic Beautification and Urban Forestry Department Advisory Committee (CBUF), which advises Parks & Recreation staff on the preservation, planting, removal, and maintenance of trees and landscapes.

Civic Beautification Urban Forestry meetings are open to the public.

Second Thursday every month from 9:00 am to 10:30 am
Parks & Recreation Administration Building in Avery Park.



Find us on Instagram! @Corvallis_Urban_Forestry



What's New in Our Parks & Trails

Staying Healthy Outside

Recreating outside is a great way to stay healthy all year. While enjoying your park system please follow current state and local health guidelines including:

- Maintaining physical distance of at least six feet between yourself and others
- Wear a mask, even outdoors, when you are unable to maintain six feet of physical distance.
- Please stay home if you are feeling sick.
- Avoid crowded areas.
- Enjoy the fresh air!

Corvallis Parks & Recreation Natural Areas and Trails

The trail system is open to hiking all year. Enjoy some exercise and fresh air in and around Corvallis. Please step aside and mask up when passing people within six feet.

Central Park Playground and Gazebo

The Central Park playground and gazebo are complete. Come out and enjoy the inclusive play features including a four person see saw, swings, sand box, spinning globe climber, and more! The new gazebo has a larger area and is fully ADA accessible.

Help Protect Your Trails

There are miles of dirt and gravel trails in the City's natural area system. These trails are susceptible to erosion and damage during the rainy winter months. Please help preserve these features by following seasonal trail restrictions including posted trail closures to bikes and horses during the rainy months. Thank you!

We Treasure Our Volunteers!

Parks and natural areas depend on the generosity of volunteers. Our staff are ready to pair you up with an opportunity that fits your interest and that will provide needed park maintenance and beautification. We are taking extra safety protocols during the ongoing pandemic to provide safe opportunities for you to give back to the community. Please contact our Volunteer Coordinator via email at Steve.McGettigan@corvallisoregon.gov or at 541-754-1739 to find out about volunteer opportunities. Thank You!

Looking for a specific park? Use our Park Finder!
 Visit www.corvallisoregon.gov/parksites to find addresses, amenities and more!

Our Parks & Natural Areas



Alan B. Berg Natural Area

33900 Roche Ln
South of HWY 34



Arnold Park

3900 NW Harrison Blvd
Playground • Picnic Tables



Avery Park & Natural Area

1200 SW Avery Park Dr
Restrooms • Drinking Water
Playgrounds • Baseball Field
Horseshoes • Picnic Tables
BBQ Grills • Hiking Trails • Fishing
Rental Shelters • Rose Garden



Bald Hill Natural Area

6460 NW Oak Creek Dr
Portable Restrooms • Bike Paths
Hiking Trails • Off Leash Dog Area



Brandis Natural Area

End of NW Snowberry Place
Hiking Trails



Bruce Starker Arts Park & Natural Area

4485 SW Country Club Dr
Portable Restrooms • Stage
Drinking Water • Softball Fields
Basketball Courts • Playground
Picnic Tables • Bike Paths
Shelter



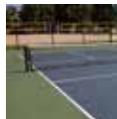
Central Park

650 NW Monroe Ave
Restrooms • Drinking Water
Playground • Picnic Tables
Bike Paths • Pergola
Chess Tables



Chepenafa Springs & Natural Area

2800 NW Daylily Ave
Restrooms • Drinking Water
Playground • Picnic Tables
Bike Paths • Hiking Trails
Shelter



Chintimini Park

605 NW 27th St
Restrooms • Drinking Water
Softball Field • Volleyball Courts
Pickleball Courts • Playground
Picnic Tables • Exercise Equip.



Chip Ross Natural Area

NW Lester Ave
Picnic Tables • Hiking Trails
Off Leash Dog Area • Shelter



Cloverland Park

1605 NW 29th St
Restrooms • Drinking Water
Baseball Field • Tennis Courts
Playground • Picnic Tables



Coronado Park

NW Coronado St
& NW Mirador Place
Playground

Our Parks & Natural Areas



Crystal Lake Sports Fields

100 SE Fischer Ave
Portable Restrooms
Soccer Fields • Baseball Fields
Bocce Ball Courts • Boat Ramp
Bike Paths • Hiking Trails
Seasonal Off Leash Dog Area



Eric Scott McKinley Skate Park

645 SW 2nd St at Shawala Point
Restrooms • Drinking Water
Basketball Court • Picnic Tables
Bike Paths • Off leash dog area



Forest Dell Natural Area

3231 NW 13th St • Hiking Trails



Franklin Square Park

15th St. & Taylor St
Playground • Picnic Tables



Garfield Park

1715 NW Dixon St
Portable Restrooms



Grand Oaks Park

6200 SW Trellis Dr
Basketball Courts • Playground
Picnic Tables



Kermit E. Roth Park

400 NW 2nd St
Drinking Water • Picnic Tables



Lilly Park

865 SE Lilly Ave
Drinking Water • Playground
Picnic Tables



Little Fields Park

520 SW B Ave
Drinking Water • Playground
BBQ Grills



Dr. Martin Luther King Jr. Park

4905 NW Walnut Blvd
Restrooms • Drinking Water
Horseshoes • Playground
Picnic Tables • BBQ Grills
Bike Paths • Hiking Trails
Off Leash Dog Area
Rental Shelter



Marys River Natural Area

SW Brooklane Dr &
SW Brookland Pl
Hiking Trails • Boardwalk



Orleans Natural Area

East of Willamette River
West of Highway 34
Fishing • Hiking Trails



Peanut Park

7th St & D St
Playground • Picnic Tables
BBQ Grills



Pioneer Park

1300 Philomath Blvd
Drinking Water • Softball Field
Bike Paths



Porter Park

1895 NW Hayes
Drinking Water • Softball Field
Basketball Court • Playground
Picnic Tables • Bike Path



Ringler Pickleball Courts

1555 SW 35th St
Eight Pickleball Courts



Riverbend Park

750 SE Rivergreen Ave
Restrooms • Drinking Water
Basketball Court • Playground
Picnic Tables • Bike Paths
Shelter • Tennis Courts
Pickleball Court



Riverfront Commemorative Park

2 NW 1st St • Restrooms
Drinking Water • Playground
Picnic Tables • Fishing
Bike Paths • Fountain



Timberhill Natural Area

29th St & Bunting Place
Hiking Trails



Tunison Park

365 SW Tunison Ave
Drinking Water • Picnic Tables
Playground • BBQ Grills
Basketball Court



Village Green Park

980 NE Conifer Blvd
Drinking Water • Basketball Court
Playground • Picnic Tables
BBQ Grills • Bike Paths



Washington Park

600 NW 7th St
Portable Restrooms
Playground • Softball Field
Historic Gaylord House



Willamette Park & Natural Area

1350 SE Goodnight Ave
Restrooms • Drinking Water
Soccer Fields • Playground
Picnic Tables • BBQ Grills
Fishing • Bike Paths • Hiking
Trails • Off leash dog area
Disc Golf • Rental Shelter



Witham Hill Natural Park

Circle Blvd, south of Witham
Hill Dr • Hiking Trails



Woodland Park Meadow

3540 NW Circle Blvd
Basketball Court • Hiking Trails
Bike Paths • Off Leash Dog Area

C3 Grand Opening



Join us for the Grand Opening of Corvallis Community Center! All classes and activities this week are FREE. **Due to COVID-19, ALL programs, classes or events require advance registration. Register online or call 541-766-6959**

Special Events

Monday September 21

9:00am **Yoga**
10:00am **Yoga**
11:00am **Nia**
2:00pm **Ribbon Cutting**
5:45pm **Age Reversing**
Essentrics
5:45pm **Intro to**
Dating Over 50

11:00am **Coping During**
COVID-19
1:00pm **Arthritis Foundation**
Exercise
2:00pm **Tai Chi 4 Health 1**
3:00pm **Tai Chi 4 Health 2**
3:30pm **Gentle Pilates** *Virtual*
4:30pm **Gentle Yoga** *Virtual*
5:30pm **Flow Yoga** *Virtual*
5:30pm **Strength Training**
for Women
6:00pm **POUND**
6:30pm **Pilates** *Virtual*

Tuesday September 22

9:15am **Beginning Yang**
Style Tai Chi
3:30pm **Gentle Pilates** *Virtual*
4:30pm **Gentle Yoga** *Virtual*
5:30pm **Flow Yoga** *Virtual*
5:30pm **Strength Training**
for Women
6:00pm **POUND**
6:30pm **Pilates** *Virtual*

Friday September 25

9:00am **Yoga**
10:00am **Yoga**

All classes subject to change or cancellation. Please check website for the most accurate information.

Wednesday September 23

9:00am **Yoga**
10:00am **Yoga**
10:00am **Balance & Fitness**
Assessments
11:00am **Nia**
11:00am **Zumba Gold** *Virtual*
4:00pm **Acrylic Art**
5:45pm **Age Reversing**
Essentrics

VIP Tours

Want to see the Center but do not want to attend a program or activity? Register for your free, individual VIP Tour. Spaces are limited and advance registration is required! Call 541-766-6959 to register.

Other Activities

Ping Pong: Mondays: 2-4pm and Thursdays: 10:30am - 12pm *Call for a 30 minute slot on one of our 2 tables*

Artist Workspace

Mondays: 12:15-3:45pm

Bring your own tools, paints and inspiration. Visit with like minds while you work. Support one another with ideas, insight, tips, tricks or simply words of encouragement.

Thursday September 24

9:15am **Beginning Yang**
Style Tai Chi
10:30am **Ping Pong**

Fall & Winter Special Events

Corvallis Community Center Ribbon Cutting

Celebrate with the City as we cut the ribbon and officially open the new Corvallis Community Center. Due to COVID 19, ALL events require advance registration. Register online or call 541-766-6959

September 21 from 2-3 pm
C3 Park Terrace



Children's Halloween Party

Why only trick or treat downtown, when you can also join the fun, festivities and games planned by Corvallis Parks & Recreation and co-sponsored by our Public Library. Assisted by local high school volunteers, the annual Children's Halloween Party is safe, exciting and not too spooky for young children and their parents. Light refreshments, Halloween trinkets and, of course, candy will be provided while supplies last. Costumes highly encouraged!

Free Event!

Corvallis Public Library Parking Garage

This event is dependent on current phase of reopening and may be modified.

Saturday, October 31, 4-6pm

2020 Turkey Trot

This fundraiser is a great way to support the Corvallis Parks & Recreation Family Assistance Fund, which gives low income families and individuals access to programs such as swimming lessons, therapy classes and more. **Visit corvallisturkeytrot.com for registration and more info.**

Virtual Star Party

Join us for virtual tours of the night sky. The Heart of the Valley Astronomers Club will be remotely controlling a telescope in New Mexico. The telescope has a camera that can take pictures of all sorts of galaxies, nebulas, star clusters, comets and show them to you in real time. *Start times may change slightly based on the weather and time of sunset.*

C3 Online Classroom via Zoom

See website for details and registration

www.corvallisoregon.gov/c3/page/events

C3 Events all Year!

C3 will be hosting a variety of events throughout the year. Join us for breakfast, game nights, contests, music and more!

We will add new events as restrictions change, for a complete list of current C3 events go to :

www.corvallisoregon.gov/c3/page/events

Got an idea of an event you would enjoy? Contact c3.recreation@corvallisoregon.gov. We would love to hear from you!



Winter Wildlife Field Day

Stay tuned for this in March 2021! This popular environmental education event is traditionally in one spot and on one day, but not this year! William L. Finley National Wildlife Refuge is leading a team of local organizations and partners, now including Corvallis Parks & Recreation, to bring nature adventures online and into your home. This is in addition to creative in-person experiences in your local natural areas. www.fws.gov/refuge/william_l_finley

Youth Art, Dance, and Theatre

Fairy Tale Dance

Experience the magic of ballet as your little one stretches, leaps and dances across the floor. Using props and interactive songs, this class improves balance and coordination while introducing the fundamentals of ballet. Children need to bring masks and ballet slippers. Ages 3-6.

\$55.00 (\$69.00 Outside City)

Tunison Community Room

Instructor: Lisa Russell

36626	9:30-10:25am	Sept. 14-Oct. 19	M
36628	9:30-10:25am	Nov. 2-Dec. 7	M
36630	9:30-10:25am	Dec. 14-Jan. 25	M
36632	9:30-10:25am	Feb. 1-Mar. 8	M



Superhero Movement and Tumble

This beginning class focuses on imagination and creative movement where children pretend they are superheroes. Using props and interactive songs, children will learn basics of tumbling, various techniques and terminology of gymnastics and dance. This class prepares children for all kinds of dance and activity classes in the future. Children need to bring a mask. Ages 3-6.

\$55.00 (\$69.00 Outside City)

Tunison Community Room

Instructor: Lisa Russell

36627	11-11:55am	Sept. 14-Oct. 19	M
36629	11-11:55am	Nov. 2-Dec. 7	M
36631	11-11:55am	Dec. 14-Jan. 25	M
36633	11-11:55am	Feb. 1-Mar. 8	M

Virtual Zumba® Kids

Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements to the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

\$60.00 (\$75.00 Outside City)

Online

Instructor: Sabina Monn

Ages 4-6

36831	4-5pm	Sept. 22-Nov. 10	Tu
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Music & Movement for Babies and Kids

Come share the joy of music with your child and help encourage a lifetime of music making. Taught by a licensed music teacher, this fun and active musical experience utilizes folk songs, finger plays, instrument exploration, nursery rhymes, movement, and dance. Parents/guardians are required to attend and actively participate. Ages 6 and under.

\$68.00 (\$85.00 Outside City)

Tunison Community Room,

Instructor: Marisa Schwartzman

36570	3:30-4:15pm	Jan. 12-Mar. 16	Tu
36571	10-10:45am	Jan. 13-Mar. 17	W
36795	10-10:45am	Jan. 15-Mar. 19	F

All classes and programs modified to minimize exposure risk to COVID-19

Fun with Games and Improv

This class will focus on building trust with your peers and embracing uncertainty and failure as means of growing. It will also help with public speaking skills and how to have courageous conversations. Improv skills can be used in all facets of life, including your workplace, family dynamics and with friends. We will begin with using the "Yes and" approach to building on each other's stories. We will then do a variety of theater and improv games that develop body awareness, confidence, voice and performance quality. As we celebrate each other in each of these activities, we will begin to see the beauty of making mistakes and creating art with each other.

\$23.00 (\$29.00 Outside City)

Online

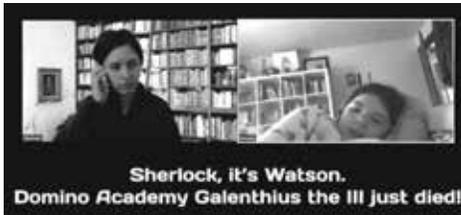
Instructor: Jessica Kinsey

Ages 12-18

36802	5-5:45pm	Oct. 2-Nov. 6	F
36803	5-5:45pm	Jan. 15-Feb. 19	F

Ages 16+

36805	3-3:45pm	Oct. 3-Nov. 7	Sa
36804	3-3:45pm	Jan. 16-Feb. 20	Sa



The Ivy Awards: Youth Acting for the Camera

Join your favorite Summer Camp instructors as they embark on a fall adventure to bring you fun during the time of COVID: *The Ivy Awards: Youth Acting for the Camera*. *The Ivy Awards* is a mock awards show written by your instructors where the movie clips, the nominees, and the presenters are all played by you! Join them for three weeks in September as they teach you acting for the camera, backstory work, film/theater vocabulary, and technical skills like makeup, all culminating in a final product. Ages 9-17.

\$200.00 (\$250.00 Outside City)

Online

Instructor: Cherie Gullerud

36845	4:30-6pm	Sept. 21-Oct. 8	M-F
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Performance 6:00pm Saturday October 9

Intro to Screenwriting: September Workshops

An introductory seminar focused on the formatting principles of screenwriting with the goal of demonstrating the 'hows & whys' of the craft so that participants understand the basic craft of formatting their story in an industry recognized script style. Ages 14+. Class size 5-9.

\$9.00 (\$11.00 Outside City)

Majestic Theatre Community Room

Instructor: Doug Nelson

36687	1-3pm	Sept. 13	Su
36688	1-3pm	Sept. 20	Su

Intro to Screenwriting: Fall Workshop Series

A more focused seminar focused on the principles of screenwriting with the goal of demonstrating the 'hows & whys' of the craft so that participants can workshop their script. Class size 5-9.

\$7.00 (\$10.00 Outside City)

Majestic Theatre Community Room

Instructor: Doug Nelson

36689	1-3pm	Oct. 4-25	Su
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Learn to Draw Workshop

This fun course for beginners is an introduction to basic drawing skills. We will explore how to see and draw the shapes in the animals, landscape, and objects around us. If you are a doodler who is looking to take your drawing skills to the next level this is the course for you! No experience is necessary and all materials will be provided. Ages 7-13.

\$56.00 (\$70.00 Outside City)

Tunison Community Room

Instructor: Mark Allison

36576	2-4:30pm	Oct. 17-18	Sa Su
36577	2-4:30pm	Jan. 16-17	Sa Su

YOUTH VOLUNTEER CORPS

*With Corvallis
Parks & Recreation*

Youth



Join your friends and have fun with the 2020 / 2021 school year Youth Volunteer Corps. Your team will work with local non-profits on a variety of projects to improve our community! Projects include our annual can drive, fall leaf rake, annual Halloween party, Earth Day celebration and many more! You can also take a leadership role by serving on the Youth Advisory Board.

Ages 11-18

Register at www.corvallisoregon.gov/parksrec or contact Robert Thornberg at (541) 754-1706
Robert.Thornberg@corvallisoregon.gov



Youth Health & Fitness

American Kenpo

American Kenpo is a self-defense based martial arts system with a focus on character development. Training develops a strong foundation of basics as well as an understanding and ability to apply self-defense techniques. Training includes exploring the martial arts mindset, fitness, flexibility, bag work and partner work.

Ages 5-11

Class is held Monday & Wednesday nights 5:55-6:35 and Tuesday and Thursday nights 4:15-4:55. Your class fee covers two nights each week. You choose the nights.

\$90.00 (\$113.00 Outside City)

Aurora Martial Arts Studio, 195 SE Crystal Lake Dr.

Instructor: Lou Donadio

36593	Sept. 21-Oct. 29	M Tu W Th
36598	Nov. 2-Dec. 17	M Tu W Th
36601	Jan. 4-Feb. 11	M Tu W Th
36606	Feb. 15-Apr. 1	M Tu W Th

Ages 12-17

Class is held Monday & Wednesday nights 7:40-8:30 and Tuesday and Thursday nights 6:40-7:30. Your class fee covers two nights each week. You choose the nights.

\$90.00 (\$113.00 Outside City)

Aurora Martial Arts Studio, 195 SE Crystal Lake Dr.

Instructor: Lou Donadio

36594	Sept. 21-Oct. 29	M Tu W Th
36599	Nov. 2-Dec. 17	M Tu W Th
36603	Jan. 4-Feb. 11	M Tu W Th
36608	Feb. 15-Apr. 1	M Tu W Th

Brazilian Jiu Jitsu Juniors

Develop self-defense skills, self-confidence and get in shape learning Brazilian Jiu Jitsu, one of the most effective and popular martial arts. Required uniform available through instructor. ONLY AT CLASS. Information: www.oregonpound.com. Registration is available for the first month only through the Parks & Recreation Department using your scholarship / financial assistance. Call 541-766-6918 for this option. Ages 7-10.

\$45.00 (\$75.00 Outside City)

Location TBD

Instructor: Yosof Wanly

36583	5:15-5:55pm	Sept. 14-Mar. 24	M W
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Shao-Lin Kempo/Kung Fu

Shao-Lin Kempo/Kung Fu develops fitness and improves your health in addition to teaching cooperation and developing self confidence. This is a full and complete system of martial arts, self-defense and anti-bullying, therefore preparing the child for most situations where a confrontation might arise. We'll focus on the 5 principles of Shao-Lin Kempo: Effort, Etiquette, Sincerity, Self-control and Character. Uniform and test fee not included with class fee.

\$90.00 (\$113.00 Outside City)

Corvallis Martial Arts, 1815 NW Circle Blvd.

Instructor: Daniel Lowery

Ages 4-7

36538	5:45-6:30pm	Sept. 15-Oct. 22	Tu Th
36539	5:45-6:30pm	Feb. 2-Mar. 11	Tu Th

Ages 8-11

36540	4:30-5:30pm	Sept. 15-Oct. 22	Tu Th
36541	4:30-5:30pm	Feb. 2-Mar. 11	Tu Th

Ages 12-17

36544	4:30-5:30pm	Sept. 14-Oct. 21	M W
36545	4:30-5:30pm	Feb. 1-Mar. 10	M W

Shao-Lin Fitness

Stay active in a fitness class that incorporates martial arts. Designed to keep you moving and active no matter what your fitness level may be. Classes will not be a "one size fits all", if training for a particular sport is the focus or if you are looking to just get active, your time in class will be geared towards what you need. Karate uniforms can be worn, or appropriate workout clothes.

\$150.00 (\$188.00 Outside City)

Corvallis Martial Arts, 1815 NW Circle Blvd.

Instructor: Daniel Lowery

Ages 4-7

36834	9-9:45am	Sept. 7-Nov. 11	M W
36843	9-9:45am	Jan. 11-Mar. 17	M W

Ages 8-17

36837	10-11am	Sept. 7-Nov. 11	M W
36839	10-11am	Jan. 11-Mar. 17	M W

Ki-Aikido

By cultivating good habits at an early age, Ki-Aikido and Ki Development give a foundation for a lifetime of positive growth. While children's bodies grow, so do their minds. It is natural to develop them together. This class teaches how to unify minds and bodies through fun activities, while learning a martial art. As they grow, they learn to apply this to all activities including school, play, sports, and relationships.

\$4,000 (\$10.00 Outside City)

Oregon Ki Society Corvallis dojo, 535 NW 4th St.

Ages 5-8

Building a Foundation

Instructor: Christi McLaren

36551 5:45-6:45pm Sept. 8-29 Tu

36552 5:45-6:45pm Jan. 5-Jan. 26 Tu

Ages 9-15

Ki-Aikido for Youth

Instructor: Anya Panose

36558 4:30-5:30pm Sept. 10-Oct. 1 Th

36559 4:30-5:30pm Jan. 7-28 Th

Ages 16+

More Than a Martial Art

Instructor: Bill Peterson

36556 7-9pm Sept. 10-Oct. 1 Th

36557 7-9pm Jan. 7-28 Th

Children's Safety Clinic

Learn basic techniques, including awareness, conflict avoidance skills, and age-appropriate self-defense. The clinic includes discussion and hands-on practice with the instructor. Parents are invited to stay and participate if they would like.

Pre-registration is required. Ages 6-11.

Fee: \$5

Aurora Martial Arts Studio, 195 SE Crystal Lake Dr

Instructor: Lou Donadio

36596 9:30-10:30am Oct. 24

Sa

FOR THE LATEST INFO CALL OR VISIT OUR SITE

Adjusting to the needs of our community and COVID-19 is a dynamic and ever changing situation. Classes may need to be cancelled or adjusted in accordance with Phased re-opening guidelines. For the latest class and activity information please check our website or call our front desk to confirm class details.

Avery front desk: (541) 766-6918

C3 front desk: (541) 766-6959

Osborn front desk: (541) 758-5883

corvallisoregon.gov/parksrec

Youth



WILD

WONDER · INVESTIGATE · LEARN · DISCOVER



WILD is an outdoor-based STEAM-enrichment program. It is designed to guide students through hands-on lessons, outdoor adventures, field trips, and even interactions with live animals.

Call Parks & Recreation at
541-766-6918 for more info!

Outdoor Apprentice Series

This new 8-month Outdoor Skills and Leadership program (leading to an apprentice certification) by Coyle Outside connects participants with a like minded peer group which they can build a relationship and comraderie with. Mentored and guided by experienced outdoor skills instructors, participants meet weekly on a weeknight, monthly for an all day weekend field trip and quarterly for a weekend camping trip. Principles and skills developed include leadership, initiative, confidence and teamwork through wilderness, primitive and survival skills (fire, knives, shelter, knots, foraging, navigation, tracking, awareness and sensory connection.)

\$230.00 (\$287.00 Outside City) per Session
Coyle Outside, 245 SW Cummings Ave. Corvallis
Instructor: Coyle Outside

Wild Tribe (Co-ed grades 4-5)

Each Session includes a weekly meeting every Tuesday evening, one field trip the first Saturday of the month, and a quarterly weekend camping trip.

- 37303 Session 1: October**
- 37304 Session 2: November**
- 37305 Session 3: December**
- 37306 Session 4: January**
- 37307 Session 5: February**
- 37308 Session 6: March**
- 37309 Session 7: April**
- 37310 Session 8: May**

Wild Guide (Girls grades 6-8)

Each Session includes a weekly meeting every Wednesday evening, one field trip the second Sunday of the month, and a quarterly weekend camping trip.

- 37311 Session 1: October**
- 37312 Session 2: November**
- 37313 Session 3: December**
- 37314 Session 4: January**
- 37315 Session 5: February**
- 37316 Session 6: March**
- 37317 Session 7: April**
- 37318 Session 8: May**

Wild Tribe (Boys grades 6-8)

Each Session includes a weekly meeting every Thursday evening, one field trip the second Saturday of the month, and a quarterly weekend camping trip.

- 37319 Session 1: October**
- 37320 Session 2: November**
- 37321 Session 3: December**
- 37322 Session 4: January**
- 37323 Session 5: February**
- 37324 Session 6: March**
- 37325 Session 7: April**
- 37326 Session 8: May**



Youth Sports & Leagues

Intro to Football Skills

Football fun on Saturday mornings! Bring your child to the Crystal Lakes Sports Complex to meet new friends and learn basic football skills. This hour-long program includes practices and scrimmages with smaller footballs. Each participant will receive a set of flags to keep. Grades K-2.

\$35.00 (\$44.00 Outside City)
Crystal Lakes Sports Complex

Grades K - 2
36480 9-10am Oct. 10-Nov. 14 Sa

Football Skills Camp

Come learn to play the exciting game of flag football with your friends and classmates. Players will learn new skills and strengthen current ones through drills, games and full scrimmages. Players will receive free flags and a belt to keep. Grades 2-5.

\$40.00 (\$50.00 Outside City)
Crystal Lake Sports Complex

36481 10-11:30am Oct. 10-Nov. 14 Sa

Soccer Skills Camp

Let your child experience the world of soccer through teamwork and skill building while making new friends. Participants are divided by age groups and taught appropriate skills for their level. Program is on Saturdays beginning October 10.

Deje que su hijo descubra el mundo del fútbol aprendiendo cómo jugar en equipo, desarrollando sus habilidades y haciendo amigos al mismo tiempo. Los participantes son asignados a grupos desacomodados a su edad y a su nivel de habilidad. Las clases se llevarán a cabo los sábados empezando el 10 de octubre.

\$35.00 (\$44.00 Outside City)
Crystal Lake Sports Complex

Youth Soccer K-2
36486 9-10am Oct. 10-Nov. 14 Sa

Youth Soccer 3-5
36485 10:30-Noon Oct. 10-Nov. 14 Sa

Intro to Volleyball (K-2)

Experience the game of volleyball and make new friends while learning just how much fun this wonderful game is. Hands-on instruction from skilled coaches will teach you the basic skills so you can learn to love the game for a lifetime. Grades K-2.

\$35.00 (\$44.00 Outside City)
Location TBD

36482 9-10am Dates TBD Sa

Volleyball Academy (3rd-5th)

Come and learn the skills that make volleyball fun. Coaches will teach the beginner the basics of the game and strengthen the skills of the experienced player in this fun, recreational program. There will be skill development drills and games followed by organized scrimmages. Grades 3-5.

\$40.00 (\$50.00 Outside City)
Location TBD

36483 10-11:30am Dates TBD Sa

Intro to Basketball (K-1)

Students in grades K-1 are invited to the gym on Saturday mornings to learn fundamentals, practice with friends and play informal games. It's a great way to develop hand-eye coordination and group game concepts. Grades K-1.

\$35.00 (\$44.00 Outside City)

Instructors: Parks & Recreation Coaches
9-10am Dates TBD Sa

Youth Volleyball and basketball dates are TBD based on facility availability. Please check for updated information either through our website or by calling the front desk at (541) 766-6918.

Each Program will be structured to allow for full skill development while following all COVID-19 guidelines.

Este programa será estructurado para permitir el desarrollo completo de habilidades mientras siguiendo todas las pautas de COVID-19 durante el programa.

Basketball Winter Skills Camp *Grades 3-5*

Children in grades 3 - 5 are invited to come to the gym each Saturday morning to learn new basketball skills, add to your current skills, play skill based games and have fun playing the great game of basketball. Each week volunteer coaches will teach basketball skills, run development drills and coordinate scrimmage type games.

\$40.00 (\$50.00 Outside City)

Location TBD

36832 10-11am Dates TBD Sa

Middle School Basketball Academy

Middle students are invited to come each Saturday morning to learn new basketball skills, add to your current skills, play in scrimmage games and have fun playing the great game of basketball. Each week volunteer coaches will teach basketball skills, run development drills and coordinate scrimmage games. Teams will be formed each week so that participants get to play with new people, make new friends and learn from the coaches and each other.

\$40.00 (\$50.00 Outside City)

Location TBD

36462 11am-12pm Dates TBD Sa

2020 1K, 5K & 10K

CORVALLIS

TURKEY

TROT

& Little Gobblers!

This fundraiser is a great way to support the Corvallis Parks & Recreation Family Assistance Fund, which gives low income families and individuals access to programs such as swimming lessons, therapy classes and more.



Visit corvallisturkeytrot.com for registration and more info.

Adult Health & Fitness

Age Reversing Essentrics In Person & Virtual

Experience the exercise technique made popular by Miranda Esmonde White on her PBS show *Classical Stretch*. The unique movements of Essentrics slenderize and tone the abs, waist, thighs, arms and back, while improving posture, flexibility, agility and strength. Perfect for both men and women; it leaves you feeling energized and healthy. Ages 18+. **45 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

In Person Fall Session: \$78 (\$91 Outside City)

Virtual Fall Session: \$52 (\$65 Outside City)

Corvallis Community Center

Instructor: Robin Becker, Certified ES Instructor L2

Sept 21-Dec. 15	5:45-6:30pm	M
Sept 23-Dec. 16	5:45-6:30pm	W
Sept 26-Dec. 19	9-9:45am	Sa

Winter Session Starts: Jan 4

Mondays and Wednesday 5:45-6:30pm

Attend with membership. See website for no class dates

Active Strides

Active Strides is a weekly walking group that meets for 1-3 mile walks. Each week the group will explore different locations in town and learn a bit about the greater Corvallis area all while getting some exercise. Explore the Jackson Frazier Wetlands, Bald Hill and much more! We will be joined by special guests throughout the term! Individuals of all walking abilities are welcome and encouraged to join. Please register in advance. Ages 18+. **60 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

\$12.00 (\$15.00 Outside City)

Various Locations in Corvallis

Volunteer Leaders: Sally Robertson & Nell Kolodziej

9am	Sept. 10–Nov. 19	Th
9am	Jan. 7–Mar. 11	Th

POUND In Person & Virtual

POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This exhilarating full-body workout combines conditioning, cardio, and strength training. POUND is designed for all fitness levels and provides a welcoming environment to loosen-up and let your inner rockstar shine! Ages 18+. **55 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

In Person Fall Session: \$150 (\$175 Outside City)

Virtual Fall Session: \$100 (\$125 Outside City)

Corvallis Community Center

Instructor: Kahealani George

Sept 22-Dec. 17	6-6:55pm	Tu Th
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Winter Session Starts: Jan 5

Tuesdays and Thursdays 6-6:55pm

Attend with membership. See website for no class dates

Arthritis Foundation Exercise In Person & Virtual

A fun and healthy group exercise class designed specifically for people with arthritis and other related mobility issues. The program's multiple components help reduce pain and stiffness, helping you maintain or improve mobility, balance, muscle strength and function. Call Monica at 541-223-2312 with questions. Ages 18+. **45 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

In Person Fall Session: \$72 (\$85 Outside City)

Virtual Fall Session: \$48 (\$60 Outside City)

Corvallis Community Center

Sept 24-Dec. 17	1-1:45pm	Th
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Winter Session Starts: January 7

Thursdays 1-1:45pm

Attend with membership. See website for no class dates

NEW REC FIT MEMBERSHIP

Our new Rec Fit Membership gets you more! Want to lap swim, do yoga, Zumba AND Tai Chi? Do it all with the Rec Fit Membership. Get unlimited fitness for one great price! **SEE PAGE 7 FOR DETAILS**

Virtual Awareness Through Movement®

Awareness Through Movement® Move younger using the ingenious guided movement explorations of the Feldenkrais Method®. Each series focuses on specific issues while incorporating whole body movement. Improve coordination, flexibility, posture, and balance to lessen pain and stiffness and promote greater enjoyment of daily activities. For all levels of ability. Bring a blanket or mat for floor work. If using a facility mat, please be prepared to clean it after use. Within this ongoing class, each 5-6 week series explores related themes while incorporating whole-body movement. Ages 18+.

Use your membership to attend this ongoing class or pay session price for Fall only.

Virtual Fall Session: \$78 (\$91 Outside City)

Corvallis Community Center

Instructor: Marg Bartosek

Tuesdays September 22-December 15 10:30-11:30am

Winter Session Starts: Tuesdays January 10:30-11:30am

Attend with membership. See website for no class dates

Your Power Center: Pelvis & Low Back

Coordinated movement of the lower back, pelvis, hip joints and legs is a major factor in posture, balance, walking and the functional movements that keep us independent.

Sept 22 – Oct 20 (5 weeks)

Upright and Graceful

Tired of trying to “stand up straight?” Using imagery and movement, improve your upright alignment in sitting, standing and walking to enhance breathing, balance and enjoyment as you move through your day.

Jan 5 – Feb 2 (5 weeks)

Upper Body Fluidity: Ribs, Shoulders & Neck

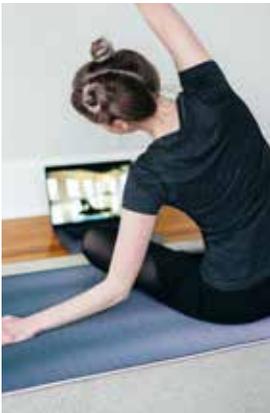
A flexible and coordinated upper back and ribs are key to full breathing and comfortable everyday action of the shoulders and arms, as well as upright posture and graceful walking.

Nov 3 – Dec 15 (6 weeks) No class 11/24

Dynamic Balance

Engage with confidence in your daily activities! Enhance your balance and stability in movement through increased coordination of your head, shoulders, spine and pelvis.

Feb 16 – March 16 (5 weeks)



Check out our Virtual Class Options!

Many classes are being offered in-person and virtually.

Virtual classes will need the free Zoom app to attend. Please make sure your email is correct when registering. You will receive your link the morning of class.

Still need help?

Check out our zoom tutorial on the C3 website or email c3.recreation@corvallisoregon.gov

American Kenpo

American Kenpo is a self-defense based martial arts system with a focus on character development. Training includes exploring the martial arts mindset, fitness, flexibility, bag work and partner work. Class is held Monday and Wednesday nights 7:40–8:30 and Tuesday and Thursday nights 6:40–7:30. Your class fee covers two nights each week. You choose the nights. Ages 18+.

\$90.00 (\$113.00 Outside City)

Aurora Martial Arts Studio, 195 SE Crystal Lake Dr.

36595	Sept. 21-Oct. 29	M Tu W Th
36600	Nov. 2-Dec. 17	M Tu W Th
36602	Jan. 4-Feb. 11	M Tu W Th
36607	Feb. 15-Apr. 1	M Tu W Th

Brazilian Jiu Jitsu - Fundamentals

Develop self-defense skills, self-confidence and get in shape learning Brazilian Jiu Jitsu, one of the most effective and popular martial arts. Required uniform available through instructor. Class meets from 6:00–7:30 pm Tuesdays and Fridays. **PAY AT CLASS.** Ages 12+.

Info: www.oregonpound.com

\$89.00 (\$111.00 Outside City)

Location TBD

Instructor: Yosof Wanly

36587	Sept. 1–Mar. 26	Tu F
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Brazilian Jiu Jitsu - Intermediate

Develop self-defense skills, self-confidence and get in shape learning Brazilian Jiu Jitsu, one of the most effective and popular martial arts. Required uniform available through instructor. Meet Mondays, Wednesdays 6:00–7:30 pm. **PAY AT CLASS.** Info: www.oregonpound.com

\$89.00 (\$111.00 Outside City)

Location TBD

Instructor: Yosof Wanly

36585	6-7:30 pm	Sept. 14–Mar. 24	M W
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Brazilian Jiu Jitsu - Advanced

For those who have completed fundamental & intermediate levels and/or have been promoted to 4th degree white belt. Students evolve, compete or test abilities under stress. Advanced positional education and higher levels of sparring. Class meets Thursdays 6:00–7:30 pm. and Saturdays 10:00–11:45 am. **PAY AT CLASS.** Info: www.oregonpound.com

\$89.00 (\$111.00 Outside City)

Location TBD

Instructor: Yosof Wanly

36588	Sept. 17–Mar. 27	Th Sa
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Fulcrum Tae Kwon Do

Develop self-defense skills and get in shape while learning Tae Kwon Do (Korean Karate). Small classes allow individual instruction and is perfect for kids 12+ and adults. Experienced instructor who loves teaching means best rates in town. Mondays and Wednesdays 6:00 to 7:20 pm. **PAY AT CLASS.** For more info email info@fulcrumtkd.com or go to www.fulcrumtkd.com

Please Call for Fee Information

Location TBD

Instructor: Poul Petersen

36581	6–7:20pm	Sept. 14–Dec 21	M W
36582	6–7:20pm	Dec. 28–Mar. 24	M W

Ki-Aikido—More Than a Martial Art

In this class, students will learn how to unify their mind and body, use self-defense and in daily life. Learn how to stay calm under pressure and recover when you become disturbed or upset. Ki-Aikido and Ki Development teaches you how to focus your mind while practicing a martial art and learn how to apply these techniques to your life. Students will also learn relaxation and meditation techniques and work on posture and flexibility. Ages 16+.

\$90.00 (\$113.00 Outside City)

Oregon Ki Society Corvallis Dojo, 535 NW 4th St.

Instructor: Bill Peterson

36556	7–9pm	Sept. 10–Oct. 1	Th
36557	7–9pm	Jan. 7–Jan. 28	Th

Adult

Shao-Lin Kempo/Kung Fu

Shao-Lin Kempo/Kung Fu is an engaging way to improve mental and physical fitness while reducing stress. This program is designed to give you the tools and encouragement, regardless of skill level or athletic ability. Set your own pace while gaining fitness, flexibility and defense skill. Uniform and test fee not included with class fee. Ages 16+.

\$90.00 (\$113.00 Outside City)

Corvallis Martial Arts, 1815 NW Circle Blvd.

Instructor: Daniel Lowery

36542 7-8pm Sept. 15-Oct. 22 Tu Th
36543 7-8pm Feb. 2-Mar. 11 Tu Th

Shao-Lin Fitness

Stay active in a fitness class that incorporates martial arts. Designed to keep you moving and active no matter what your fitness level may be. Classes will not be a "one size fits all", if training for a particular sport is the focus or if you are looking to just get active, your time in class will be geared towards what you need. Karate uniforms can be worn, or appropriate workout clothes. Ages 18+.

\$150.00 (\$188.00 Outside City)

Corvallis Martial Arts, 1815 NW Circle Blvd.

Instructor: Daniel Lowery

36840 7:30-8:30am Sept. 7-Nov. 11 M W
36842 7:30-8:30am Jan. 11-Mar. 17 M W

Nia Virtual

Nia combines the awareness of yoga with more powerful moves from dance and martial arts into a cardio fitness fusion program for the whole person. All movements can be modified, making this welcoming class enjoyable for all levels. Ages 18+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

In Person Fall Session: \$78 (\$91 Outside City)

Virtual Fall Session: \$52 (\$65 Outside City)

Corvallis Community Center

Instructor: Leela Davis

Sept 21-Dec. 14 11am-11:50am M
Sept 23-Dec. 16 11am-11:50am W

Winter Session Starts: Jan 4

Mondays and Wednesdays 11am-11:50am

Attend with membership. See website for no class dates

Pilates Virtual

Pilates uses movements and postures designed to strengthen core muscles, creating a strong body. This class will teach you the basics of Pilates and introduce your muscles to an excellent combination of physical therapy and exercise. Ages 14+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

C3 Online Classroom via Zoom

Instructor: Naomi Halpern

Sept 22-Dec. 17 6:30-7:20pm Tu Th

Winter Session Starts: Jan 5

Tuesdays and Thursdays 6:30pm

Attend with membership. See website for no class dates.

Gentle Pilates Virtual

Pilates at a gentle level is perfect for those new to exercise, or those returning from injury. Purposefully strengthen core muscles and increase flexibility and range of motion. Ages 14+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

C3 Online Classroom via Zoom

Instructor: Naomi Halpern

Sept 22-Dec. 17 3:30-4:20pm Tu Th

Winter Session Starts: Jan 5

Tuesdays and Thursdays 3:30-4:20pm

Attend with membership. See website for no class dates.

Beginning Tai Chi

T'ai Chi Ch'uan is a soft martial art based on the principles of breathing, rhythmic movement, and weight equilibrium. You will learn the first part of the Yang-style short form that was developed by Cheng Man-Ch'ing, warm up exercises and meditation techniques. Ages 18+.

\$92.00 (\$115.00 Outside City)

Session Only

Corvallis Community Center

Instructor: David Whitaker

36406 9:15-10:05am Sept. 22-Dec. 3 Tu Th
36663 9:15-10:05am Jan. 5-March 18 Tu Th

Saturday Tai Chi

Yang style tai chi chuan is a martial art that has been modified so it can be practiced by individuals of all ages. Tai chi can improve balance, coordination, strength, and flexibility. Class is designed for both beginning and intermediate students. Ages 18+. **90 minute class.**

Location TBD

See website for details at:
corvallisoregon.gov/c3/page/group-exercise

Tai Chi for Health *In Person & Virtual*

This style of Tai Chi is safe and beneficial for those with arthritis, limited mobility, recovering from injury or other related range of motion difficulties. This practice improves balance and physical function while strengthening muscles and increasing flexibility. Ideal for any age or capability, it can also be done sitting. Ages 14+.

45 minute class.

In Person Fall Session: \$72.00 (\$85.00 Outside City)
Virtual Fall Session: \$48 (\$60 Outside City)
Session Only
Corvallis Community Center
Instructor: Monica Whipple

Level 1

36408	2-2:45pm	Sept. 22-Nov. 24	Th
36431	2-2:45pm	Jan. 12-Mar. 21	Th

Level 2 *Level 1 knowledge required.*

36409	3-3:45pm	Sept. 22-Nov. 24	Th
36432	3-3:45pm	Jan. 14-Mar. 18	Th

Women's Self Defense

This course is about personal safety covering awareness, avoidance, safety techniques and basic self-defense. Participants will practice avoidance techniques, strikes, kicks and self-defense movements with an opportunity for hands-on practice including pads, partners and a fully padded instructor. Ages 14+.

\$50.00 (\$63.00 Outside City)
Aurora Martial Arts Studio
Instructor: Lou Donadio

36605	10am-1pm	Mar. 6	Sa
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Women's Self Defense and Jiu Jitsu

Learn self defense using Brazilian Jiu-Jitsu street techniques. The goal of this class is to empower women by providing tools to defend themselves. Students pay monthly at the class. Information: www.oregonpound.com. Parks & Recreation scholarships may be used for the first month of registration for this class.

\$60.00 (\$72.00 Outside City)

Location TBD

Instructor: Rosof Wanly

36606	12-1:30pm	Sept. 12-Mar. 27	Sa
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Strength Training for Women *In Person & Virtual*

Learn the importance of building strength and correct the myths that cause fear of strength training in women. More muscle means a better metabolism, improved cognition and a firmer body. Get a great workout and feel good about your body! Ages 14+. **50 minute class.**

Use your membership or to attend this ongoing class or pay session price for Fall only.
Corvallis Community Center
Instructor: Alisha Carlson

In Person Fall Session: \$150 (\$175 Outside City)
Virtual Fall Session: \$100 (\$125 Outside City)

Sept 22-Dec. 15	5:30-6:20pm	Tu Th
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Winter Session Starts: Jan 5
Tuesdays and Thursdays 5:30-6:20pm

Attend with membership. See website for no class dates.

Gentle Yoga Virtual

Enjoy this gentle yoga practice for all levels. This is perfect for beginners or those returning to yoga after time away. Ages 14+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.
Corvallis Community Center
Instructor: Naomi Halpern

4:30-5:20 pm	Sept. 22-Dec. 17	Tu Th
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Winter Session Starts: Jan. 5
Tuesdays and Thursdays 4:30-5:20pm

Attend with membership. See website for no class dates.

Adult

Yoga In Person & Virtual

Yoga uses a system of stretches to keep the body strong and flexible, improve circulation and help correct balance and posture. Deep breathing exercises increase lung capacity and release tension and fatigue. Ages 18+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

In Person Fall Session: \$150 (\$175 Outside City)
Virtual Fall Session: \$100 (\$125 Outside City)
Corvallis Community Center

Sept. 21-Dec. 18 **M W F**

Winter Session Starts: Jan. 4
Mondays, Wednesdays, and Fridays
Attend with membership. See website for no class dates.

Yoga at 9am

This group is for those who have basic yoga familiarity and foundation.

9-9:50am Sept. 21-Dec. 18 **M W F**
9-9:50am Starts Jan. 4 **M W F**

Yoga at 10am

This group is for those new to yoga.

10-10:50am Sept. 21-Dec. 18 **M W F**
10-10:50am Starts Jan. 4 **M W F**

Flow Yoga Virtual

Flow Yoga combines stationary postures, with active transitions and other movement therapies for a dynamic and restful practice. Class combines standing, sitting, and lying down postures, linked with breath and mindfulness. Appropriate for all levels. Ages 14+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

Corvallis Community Center
Instructor: Naomi Halpern

5:30-6:20 pm **Sept. 22-Dec. 17** **Tu Th**

Winter Session Starts: Jan. 5
Tuesdays and Thursdays 5:30-6:20pm
Attend with membership. See website for no class dates.



Virtual Zumba Gold

Zumba combines Latin and international music with fitness dance moves. Zumba routines incorporate interval training for heart healthy fun. Zumba Gold is a lower intensity option. Ages 14+. **50 minute class.**

Use your membership to attend this ongoing class or pay session price for Fall only.

Corvallis Community Center

Virtual Fall Session: \$52 (\$65 Outside City)
11-11:50 am Sept. 21-Dec. 14 **M**
11-11:50 am Sept. 23-Dec. 16 **W**

Winter Session Starts: Jan. 6
Wednesdays 11-11:50am
Attend with membership. See website for no class dates.



How to Move Toward Healthy Habits

Join health coach, Elizabeth Cuno, in this comprehensive class. Learn what changes you can make to start your journey to better health and what to do when you get there.

Corvallis Community Center
See website for details:
corvallisoregon.gov/c3/page/health-wellness

Adult



Fencing I

Learn the basics of Italian-style sport fencing. Learn basic footwork, attack strategies and defensive postures and parries. Equipment available during class or bring your own. Enter the gym through the door on 11th street. Ages 12+.

\$265.00 (\$332.00 Outside City)

Location TBD

Instructor: Joseph Whaley

36531 5:45-7:15pm Feb. 22-Apr. 28 MW
No class 10/14, 11/11, 3/3, 3/22, 3/24

Fencing II

Tune-up your skills and learn advanced techniques of Italian-style sport fencing. Fencing II includes advanced attacks and footwork, more sparring and work on slides and other fencing essentials. Students must have completed a basic Italian-style fencing class and provide their own gear. No class the week of Nov. 25. No class 12/20 - 1/1 or 1/8. Enter the gym through the door on 11th street. Ages 12+.

\$265.00 (\$332.00 Outside City)

Location TBD

Instructor: Joseph Whaley

36529 5:45-7:15pm Nov. 30-Feb. 10 MW
No class 12/20-1/1, and 1/18

Open Fencing

Practice and improve your fencing skills while fencing with others of different skill levels. Open to all fencers not enrolled in the Italian Fencing courses. You must have appropriate safety and fencing gear to use. Ages 12+.

\$88.00 (\$110.00 Outside City)

Location TBD

Instructor: Joseph Whaley

36530 5:45-7:15pm Nov. 30-Feb. 10 MW
36532 5:45-7:15pm Feb. 22-Apr. 28 MW
No class 10/14, 11/11, 12/20-1/1, 1/18, 3/3, 3/22, 3/24

Beginning Trail Running

Heart of the Valley Runners guide you in nutrition, hydration and gear for trail runs in natural areas. Become more confident in navigating trails while improving fitness on your own or with others. By class end you should complete a 5-to-6 mile trail run at correct pace with personalized training goals. Ages 12-14 may register with a participating adult- call 541-766-6918. Free Heart of the Valley Running Club membership with 10% off on shoes and other items at Five Star Sports. Ages 15+.

\$68.00 (\$85.00 Outside City)

Meet at trails. First meet at Five Star Sports 219 SW Madison in Corvallis.

Instructor: Robert Swan

34785	9am-Noon	Sept. 5-Oct. 31	Sa
36672	9am-Noon	Dec. 5-Jan. 30	Sa
36673	9am-Noon	Feb. 6-Apr. 3	Sa

Beginning Tennis

Learn (or re-learn) the basics of tennis! We'll cover groundstroke, volley, and serving technique, scorekeeping, terminology, and court positioning. Each class will feature lots of drills to keep you moving and get lots of practice repetitions on your shots. Participants need to bring a racquet, water bottle, and comfortable athletic clothes. Dress in layers; the buildings are cool in winter. Ages 18+.

Timberhill Tennis Club, 2775 NW 29th St.

\$95.00 (\$119.00 Outside City)

36546	7:45-8:45pm	Sept. 14-Oct. 26	M
36547	7:45-8:45pm	Nov. 2-Dec. 14	M
36548	7:45-8:45pm	Jan. 11-Feb. 22	M
36549	7:45-8:45pm	Mar. 1-Apr. 19	M

Intermediate Tennis

Learn (or re-learn) the basics of tennis! We'll cover groundstroke, volley, and serving technique, scorekeeping, terminology, and court positioning. Each class will feature lots of drills to keep you moving and get lots of practice repetitions on your shots. Participants need to bring a racquet, water bottle, and comfortable athletic clothes. Dress in layers; the buildings are cool in winter. Ages 18+.

Timberhill Tennis Club, 2775 NW 29th St.

\$95.00 (\$119.00 Outside City)

36550	7:45-8:45pm	Sept. 15-Oct. 27	Tu
36553	7:45-8:45pm	Nov. 3-Dec. 15	Tu
36554	7:45-8:45pm	Jan. 12-Feb. 23	Tu
36555	7:45-8:45pm	Mar. 2-Apr. 20	Tu

Adult

Make tennis your year-round activity!

Youth and Adult Lessons • Leagues and Programs
Affordable Membership



www.timberhilltennis.com
hunter@timberhilltennis.com
541.753.1043
2775 NW 29th Street
Corvallis, OR



Volleyball - Adult Fall Coed

Hit, Set, Dig and Spike with your friends. Have a blast in this relaxed recreational volleyball program. Team registration only. All participants must be out of high school. Ages 18+.

\$110.00 Per Team

Location and Dates TBD based on facility availability

36499 Location and Dates TBD

Volleyball - Adult Winter Coed (Best 2 of 3 Games)

Enjoy the game of volleyball! Officials provided, standings kept, playoffs and awards highlight the winter season. Games are on weeknights from early November - mid March. Team registration only. All participants must be out of high school. Team registration begins Monday, September 30. Registration deadline is Wednesday, October 30. Ages 18+.

\$400.00 Per Team

Location and Dates TBD based on facility availability

36500 Location and Dates TBD

Volleyball - Free Agent

Do you want to play in the Parks & Recreation Adult Volleyball league but do not have a team? Sign up here and we will try and find one for you. Fee amount will be decided on and paid to the team. Placement on a team is not guaranteed.

Location and Dates TBD based on facility availability

36535 Location and Dates TBD



Adult

Adult Lifelong Learning

Virtual Basic Beading

Learn basic beading techniques while creating some beautiful rings, bracelets, earrings and more. You are limited only by your imagination. We will also use different seed bead sizes as well as tila beads, super duos, crystals and and more! Come on - it will be fun! You will provide your own supplies.

TBA - See website for updated class information at corvallisoregon.gov/c3/page/arts-crafts

Zoom Basics

Learn how to download and use Zoom to attend classes, connect with friends and more! FREE with any Parks & Recreation class registration

Corvallis Community Center
See website for complete list of classes:
corvallisoregon.gov/c3/page/computers-technology



Learn to Sew

Learn machine and hand sewing with a class that covers the basics. Enjoy making a simple project from start to finish.

Corvallis Community Center or C3 Online Classroom via Zoom

See website for updated, current class information:
corvallisoregon.gov/c3/page/cooking-diy

Cooking with Cathy

Join professional chef, Cathy Watson of Corvallis Catering in these individual cooking classes in person or via Zoom. Learn how to cook a variety of healthy meals for two. Prior cooking experience not required. Virtual classes can be taken from your own kitchen!

See website for complete list of classes:
corvallisoregon.gov/c3/page/cooking-diy



Virtual Internet Basics

Learn the basics of the INTERNET in this Zoom class for beginners. Taught by technology pros, this class will help you stay in touch and feel more comfortable with the online world. Ages 14+.

Online Classroom via Zoom
See website for complete class info:
corvallisoregon.gov/c3/page/computers-technology

Virtual Intro to Spams and Scams

Keep your information and money safe with this intro email spam and scams. Learn to recognize scammers and how to protect yourself and your computer. Ages 14+

Online Classroom via Zoom
See website for complete class info:
corvallisoregon.gov/c3/page/computers-technology

Virtual Alcohol Ink Art Level 1

Learn all about the fascinating world of Alcohol Inks. No previous art experience necessary. Alcohol Inks are transparent, vibrant, and magical when applied to nonabsorbent surfaces like Yupo Paper and Ceramic Tiles. The inks interact with one another and you interact with them. In this introductory class we will simply play with the inks, letting go of control and surrendering to the magic. The class will show different techniques you can use to create texture and blend colors. See registration page for supply list and instructions. Final class will consist of individual meetings with instructor to discuss individual work. Ages 15+.

\$69.00 (\$82.00 Outside City)
Online C3 Classroom via Zoom
Instructor: Sharyn Warner

36385 5-7pm Oct. 1-22 Th

Virtual Alcohol Ink Art Level 2

Purposeful Play with Alcohol Inks: Balancing spontaneity and control. Learn techniques on how to assist the inks in your creative process without losing the joyful and playful nature of the inks themselves. You will have access to 5 brands of inks for this end. First class will consist of demonstrations of these different techniques and practice on smaller pieces of Yupo papers, as well as how to plan a well balanced painting. Then you can apply these techniques to a larger format during Weeks 2 and 3. See registration page for supply list and instructions. Final class will consist of individual meetings with instructor to discuss individual work. Ages 15+.

\$69.00 (\$82.00 Outside City)

Online Classroom via Zoom

Instructor: Sharyn Warner

36386 5-7pm Jan. 24-Feb. 11 Th

Acrylic Art: Painting In Person & Virtual

In this 2-hour beginning acrylic painting workshop, participants will learn to paint fun paintings from start to finish. Take your masterpiece home and scan and reproduce as a card, or hang as a decoration! Each session is different with a new design, sign up for them all! Ages 15+. Classes may be offered as Virtual classes depending on enrollment and current guidelines.

Virtual classes will not include supplies and will have a supply list available with registration information. In person classes will include all supplies. Ages 15+.

See website for details at:

corvallisoregon.gov/c3/page/arts-crafts

In person \$39.00 (\$49.00 Outside City)

Virtual \$29.00 (\$39.00 Outside City)

Corvallis Community Center or C3 Classroom via Zoom

Instructor: Brynn Carter

36380	4-6pm	In person	Sept. 23	W
36379	4-6pm	Virtual	Oct. 12	M
36382	4-6pm	Virtual	Nov. 9	M
36381	4-6pm	Virtual	Dec. 7	M
36417	4-6pm	TBD	Jan. 18	M
36418	4-6pm	TBD	Feb. 8	M
36419	4-6pm	TBD	Mar. 1	M



Vocal Liberation

A Zoom-based vocal exploration for fullness of expression and life, based on the teachings of the Full Voice Institute. The Full Voice approach is all about noticing our vocal habits and comfort zones, and then using playful non-musical exercises to open up those aspects we might've forgotten. The goal? More fluid, effective communication for activists, parents, singers, facilitators, and all of us who each have something meaningful to say. Ages 14+.

\$66.00 (\$83.00 Outside City)

Online

Instructor: Ian Carrick

36833 4-4:45pm Oct. 11-Nov. 15 Su

Plays for a Diverse Theatre

85% of writers produced on American stages are White. The focus of this class is on non-white writers. Robert Leff, director and American Theatre historian, has selected 8 exciting plays by BIPOC writers to give you a sample of contemporary works. Students will read a play each week and then discuss them via ZOOM.

\$60.00 (\$62.00 Outside City)

Online

Instructor: Robert Leff

36796 7-9pm Sept. 21-Nov. 16 M

Directing For Community Theatre

Have you wanted to direct a play at the Majestic Theatre, but didn't know where to start? This class is designed for people who are interested in directing and those who have experience as an Assistant Director or as a Stage Manager. This class will be a mix of discussion and practice. Ages 16+.

\$75.00 (\$94.00 Outside City)

Majestic Theatre Community Room OR Online

Instructor: Robert Leff

36797 5:30-7:30pm Jan. 11-Mar. 1 M

Adult

Freestyle Dance Online

Participants will explore the personal ways that they express themselves by focusing on releasing held back energy, creating space to rejuvenate and find joy in their own bodies. We will support each other in finding and expressing our own creativity through movement and by becoming aware of our own movement patterns.

\$60.00 (\$75.00 Outside City)

Online

Instructor: Soledad Monn

Good Morning Freestyle Dance

36826 9-10am Sept. 25–Nov. 13 F

Lunch Break Freestyle Dance

36827 12-1pm Sept. 16–Nov. 4 W

Afternoon Freestyle Dance

36828 4-5pm Sept. 17–Nov. 5 Th

Evening Freestyle Dance

36829 7-8pm Sept. 15–Nov. 3 Tu

Intro to Podcasting

Everybody knows something. It may be how to fix up classic cars, or create a sustainable backyard garden, or trade cryptocurrency. Starting a podcast is a great way to share that knowledge with the world. Learn about the equipment, basic recording principles, audio editing, and distributing of podcasts. Students will record, edit, and publish a first podcast all with the guidance and help from instructor and other classmates. Class size 5-10. Ages 14+.

\$40.00 (\$50.00 Outside City)

Online

Instructor: Thomas Boykin

36813 3-4:30pm Oct. 4–Nov. 1 Su

Intro to Dating Over 50

Join health coach Elizabeth Cuno in this comprehensive class that covers the challenges and importance of sexual health and the needs of single life after 50.

Corvallis Community Center

See website for details:

corvallisoregon.gov/c3/page/health-wellness



The Writers' Ready Room

Calling all writers of fiction, nonfiction, plays and screenplays! Improve your skills via Lill's fun and supportive conversational method of feedback. By asking and answering questions about your writing projects, you will learn: what's working, what needs clarification, and the tricks and techniques of famous writers. Many works critiqued in this class are now published award-winners. Class size 4-9.

CONTACT LILL BEFORE TERM STARTS, FOR IMPORTANT INFO ABOUT THE FIRST CLASS at cclill@comcast.net

All Fall and Winter class sessions will be online-only, meeting on Zoom at the scheduled times.

\$130.00 (\$162.00 Outside City)

Online

Instructor: Lill Ahrens

CANCELLED	1-4:30pm	Sept. 29–Nov. 24	Tu
36694	6-9:30pm	Sept. 29–Nov. 24	Tu
36693	1-4:30pm	Jan. 5–Mar. 2	Tu
36695	6-9:30pm	Jan. 5–Mar. 2	Tu

Book Club

Enjoy books? Like to discuss what you've read? This group is for you! Each month the title will change, and the adventure will begin! Led by Librarian Carrie Ottow and in collaboration with the Corvallis-Benton County Public Library. This club meets virtually under the current COVID conditions. Ages 18+.

FREE Donations Accepted

Corvallis Community Center / Virtually

Facilitator: Carrie Ottow

Third Thursday of the Month

36502 11am-12pm Oct. 15, Nov. 19, Dec. 17
36505 11am-12pm Jan. 21, Feb. 18, Mar. 18

Intro to Fishing

Want to share fishing with your kids or go with your friends, but it's been awhile or you have no experience? Join us at E.E. Wilson Wildlife area pond and relearn or practice. This five-week, family-friendly beginner-level class teaches basics of still-water fishing. Tie basic knots, create leaders, determine bait strategy, clean fish and maintain equipment. Experience not needed. Supervised children under 16 are welcome. No class 2/14.

\$175.00 (\$215.00 Outside City) + Fishing License

First lesson at E.E. Wilson Classroom and Pond

Instructor: Robert Swan

36674 9am-1pm Jan. 31-Mar. 7 Sa

Mushroom Hikes

Want to hunt for mushrooms and learn about local fungi? Participate in physically distanced trail hikes with local experts and a Benton County park ranger. Bring a lunch and dress for the weather.

\$15.00 (\$18.00 Outside City)

Bezell Memorial Forest & Education Center

37272 10am-3pm Nov. 7 Sa
37273 10am-3pm Nov. 8 Su

Tree / Forest Immersion: Meditation & Art in the Park

Join us for an afternoon of breath work, meditation strategies and art under the tree canopy of Willamette park. First, we will practice mindfulness techniques utilizing trees. Then use art supplies to create something with our hands as our breath and rhythm slows to meet the trees. No prior experience with meditation or art required. Just an openness to connect with the place we live. All materials provided.

\$30.00 (\$37.50 Outside City)

Willamette Park

Instructor: Liz Riley

37299 3:30-5pm Sept. 27 Su

How are we doing?

Tell us with **Expressit**, an app designed to gather feedback about programs, events, facilities and services from Corvallis Parks & Recreation. The app is free to download for iOS and Android devices, and it's quick and easy to use. Just search for "City of Corvallis" and leave feedback about any services.



Wilderness Skills Series

Improve your outdoor skills in a compressed time frame. Enroll in all five classes or for individual classes. Youth under age 18 can attend without a parent but must be approved by the instructor if attending alone. This is the same curriculum Coyle Outside uses to train new outdoor skills instructors. This 5 part series is 100% outside and follows Covid distancing and mask guidelines. Instructors will provide in depth training in key outdoor and survival skills, Fire, Knife, Shelter, Cordage, Foraging and Navigation. Meets on 5 consecutive Sundays. Call Coyle Outside for further details. 541-760-0774

\$72.00 (\$90.00 Outside City) per session

Discount for signing up for all 5 sessions

Coyle Outside, 245 SW Cummings Ave, Corvallis

Instructor: Coyle Outside

Knife Use

Women Only: 37289 10am-3pm Sept. 20 Su
Teen / Adult: 37290 10am-3pm Nov. 1 Su

Fire

Women Only: 37292 10am-3pm Sept. 27 Su
Teen / Adult: 37291 10am-3pm Nov. 8 Su

Knots and Cordage

Women Only: 37293 10am-3pm Oct. 4 Su
Teen / Adult: 37294 10am-3pm Nov. 15 Su

Shelter

Women Only: 37295 10am-3pm Oct. 18 Su
Teen / Adult: 37296 10am-3pm Nov. 29 Su

Navigation

Women Only: 37297 10am-3pm Oct. 25 Su
Teen / Adult: 37298 10am-3pm Dec. 6 Su

Adult



FREE Bushcraft and Primitive Skill Share Nights

Unstructured 100% outdoors. Skills exploration and discovery. Bring your projects with you and check out what everyone else is up to. This is not a class but a skill share. Projects may include fire, pottery, traps, torches, cordage, weapons, fiber arts etc. Limited space. Please RSVP to coyleoutside@gmail.com.

Coyle Outside, 245 SW Cummings Ave, Corvallis

Every first Wednesday, 6-8 pm starting October 7

Discover the Night Skies

When you look up into the starry night sky, what do you see? This class will get you up and running regarding the night sky, including: Finding your way around the night sky; how to recognize constellations; constellation lore; basic equipment such as your eyes, binoculars and telescopes. Register at least 2 days prior. Ages 15+.

\$8.00 (\$10.00 Outside City)

Online Classroom via Zoom

Instructor: Mike Kristosik

36560	7-9:30pm	Sept. 18	F
36564	7-9:30pm	Dec. 18	F
36561	7-9:30pm	Mar. 19	F



Fiesta Salads

Lots of fresh vegetables and fresh fruits will be used to make these guilt free salads. Add a little protein to make these salads a complete meal! Chef Leonor will be teaching lots of cutting techniques. Bring your apron and let's have a salad fiesta in the kitchen! Ages 15+.

\$50.00 (\$60.00 Outside City)

Corvallis Community Center

Instructor: Leonor Rodriguez

36389	12-3pm	Oct. 24	Sa
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Adult



Amateur Astronomy: The Basics

Interested in learning about astronomy? Want to know how the universe works, what a light year is, how a planet orbits a star and how much space is really out there? Sign-up for an in-depth introduction to the cosmos. Register at least 2 days prior. Ages 15+.

\$8.00 (\$10.00 Outside City)

Online Classroom via Zoom

Instructor: Mike Kristosik

36562	7-9:30pm	Oct. 23	F
36565	7-9:30pm	Jan. 22	F

Homemade Tamales

Get your aprons ready for some fun in the kitchen and participate in this holiday tradition! Chef Leonor will share her own tamale recipes using the best and most unique ingredients that will bring about delicious tamales. Learn more as Leonor makes a small batch of sweet tamales and champurrado, a drink that goes hand in hand with tamales. After class, everyone will get to taste the results. As a bonus, you'll also take home a dozen tamales to prepare you for the holidays! Ages 15+.

\$50.00 (\$60.00 Outside City)

Corvallis Community Center

Instructor: Leonor Rodriguez

36391	Noon-3pm	Dec. 5	Sa
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Homemade Empanadas (savory pastries)

Learn from the best as Chef Leonor shares her own creation of beef empanadas (turnovers)! In this class, you'll learn to make your own home made dough that will surpass any pie crust you've had and a bean filling with a unique blend of spices that will make your mouth water. You will be cooking alongside Leonor, so bring your apron and let's start cooking! Enjoy lunch after class and take home recipes to make at home. Ages 15+.

\$45.00 (\$55.00 Outside City)
Corvallis Community Center
Instructor: Leonor Rodriguez

36396 Noon-3pm Mar. 13 Sa

Beginning Line Dance

Join Elaine in this 6 week progressive class, where students will learn at least 6 dances that are currently popular among the line dance community. No partner necessary and no previous dance experience required. Please wear non-marking shoes. Ages 15+.

Corvallis Community Center

\$40.00 (\$50 Outside City)
36420 2:30-3:30pm Feb. 3-Mar. 10 W

Ballroom Dance: Basic Mix: Foxtrot, Waltz, Rumba

Learn to dance the most popular Ballroom Dances that will enhance your pleasure of any event where music is played. You will be introduced to the basic concepts of how to move with a partner, recognize the music for these 3 dances, and about a 1/2 dozen patterns in each dance. Registration deadline: September 29, 2020. Ages 15+.

Must register with a dance partner that lives in the same household.

Harding Center Gym

Instructors: Mike & Gail Zera

\$80.00 (\$100.00 Outside City)
36678 7-8:20pm Oct. 1-Nov. 19 Tu
36846 7-8:20pm Jan. 14-Mar. 18 Tu
No Class 2/18

Adult

FOR THE LATEST INFO CALL OR VISIT OUR SITE

Adjusting to the needs of our community and COVID-19 is a dynamic and ever changing situation. Classes may need to be cancelled or adjusted in accordance with Phased re-opening guidelines. For the latest class and activity information please check our website or call our front desk to confirm class details.

Avery front desk: (541) 766-6918
C3 front desk: (541) 766-6959
Osborn front desk: (541) 758-5883

corvallisoregon.gov/parksrec

Ballroom: West Coast Swing

When it comes to current music trends, West Coast Swing is probably the most popular of the partnered dances. It can be done to a wide variety of music from country to soul to pop. The dance is terrific for small areas & allows individual freedom within the structured patterns which makes this dance a whole lot of fun to do! Ages 15+.

Must register with a dance partner that lives in the same household.

Harding Center Gym

Instructors: Mike & Gail Zera

\$80.00 per person (\$100 Outside City)
36679 8:30-9:20pm Oct. 1-Nov. 19 Th
36847 8:30-9:20pm Jan. 14-Mar. 18 Th
No class 2/18

Family Classes



Learn to Draw

In this workshop, participants will learn the basic skills needed to see and draw realistically. Students will explore how to see and draw the shapes of animals, landscapes, and objects around us. It is intended for people who have little or no experience drawing so there is no need to be nervous. All materials will be provided. Ages 7+.

\$56.00 (\$70.00 Outside City)

Walnut Community Room

Instructor: Mark Allison

36578	2-4:30pm	Sept. 19-20	Sa Su
36574	2-4:30pm	Dec. 12-13	Sa Su
36575	2-4:30pm	Mar. 20-21	Sa Su

Puppet Camp

This puppet workshop is for ages 6 through 100. Participants just need to follow basic instructions, cut, glue, use tape, sew with a needle and thread, think creatively, and keep it neat. All supplies provided. Participants may bring additional materials. Ages 6+. Class size 5-9.

\$154.00 (\$193.00 Outside City)

Majestic Theatre Rehearsal Room

Instructor: Brynn Carter

36690	4-6pm	Sept. 25-Oct. 9	F
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Watercolor & Design

This class is an introduction to the basic tools and techniques of the lovely and luminous medium of watercolor. Participants will learn about the importance of drawing, planning, and composition (design). Participants will practice techniques of brushwork, edge control, and blending. Color mixing, value contrast and basic color theory will be discussed and demonstrated. No experience necessary. All materials will be provided. Ages 7+.

\$56.00 (\$70.00 Outside City)

Tunison Community Room

Instructor: Mark Allison

36579	2-4:30pm	Nov. 21-22	Sa Su
36580	2-4:30pm	Feb. 13-14	Sa Su

Rock, Country, & Blues Guitar for Beginners

Have you always wanted to learn guitar but didn't know how to start? Start with easy, no-pressure lessons from a working musician. Within weeks you'll be playing three chord songs. We'll cover simple theory, but this class emphasizes teaching you to play chords and simple songs. Ages 12+. Class size 4-6.

\$32.00 (\$40.00 Outside City)

Majestic Theatre Rehearsal Room

Instructor: Cliff Feldman

36691	5-5:50pm	Sept. 30-Nov. 4	W
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Exploring Music with Your Ukulele

This beginning ukulele class takes you from how to hold the instrument to playing songs in no time! Fingering, strumming techniques, and how to play with others will all be taught. Individual attention and group lessons make this class a great learning experience for everyone! Bring your own ukulele to each class—gated tuners are best. Those age 15 and under must register with an Adult or Legal Guardian.

\$55.00 (\$69.00 Outside City)

Corvallis Community Center

Instructor: Matt Neely

36399	1-2:30pm	Oct. 4-Nov. 8	Su
36471	1-2:30pm	Jan. 17-Feb. 28	Su



Beginning Clawhammer Banjo

We will cover basic rhythm and note reading plus care and maintenance for the instrument. Come and join the fun! Bring your own banjo. Ages 12+

\$55.00 (\$69.00 Outside City)
Corvallis Community Center
Instructor: Matt Neely

36392	3-4:30pm	Oct. 4-Nov. 8	Su
36429	3-4:30pm	Jan. 17-Feb. 28	Su

No class 2/14

Virtual Guitar: From Apprentice to Polished

Have you always wanted to play guitar, but never got around to it? Alternatively, maybe you've played for some time but need some direction to advance. All levels are welcome as the instructor is experienced with working with a variety of levels in a classroom setting. Your instructor will provide music. Beginning students should e-mail the instructor prior to class for a chord handout to give them an advanced edge. Bring guitar and notepad. Ages 14+.

\$68.00 (\$85.00 Outside City)
C3 Online Classroom via Zoom
Instructor: Priscilla Vail

36421	7-8:30pm	Feb. 2-23	Tu
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You can make a difference!

See page 10 to see how you can volunteer with Corvallis Parks & Recreation

Corvallis Parks & Recreation **SPRING BREAK CAMP**



Jump in on the fun for spring break and see all Parks & Recreation has to offer! Engage in various arts and crafts, play sports and explore parks and natural areas.

Each day campers need to bring a lunch and snacks. Ages 6-12.

Registration opens Monday January 4.

\$100 (\$125 Outside City) • Location TBA

36635 • Ages 6-8 • March 22-26 • 8am - 5pm • M Tu W Th F

36636 • Ages 9-12 • March 22-26 • 8am - 5pm • M Tu W Th F



Our new Coffee Leaf Café will be open and ready to serve you soon!

Located inside the new Corvallis Community Center

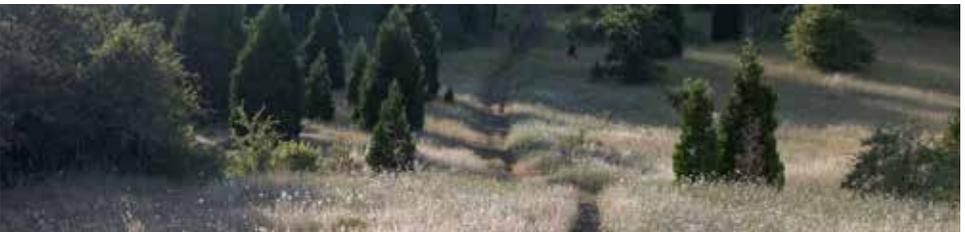
2601 NW Tyler Ave. Corvallis

Monday - Friday 8am - 3 pm

Specialty Drinks

Coffee

Food by New Morning Bakery



New Outdoor Adventures!

Check back with us regularly to find out what new and exciting outdoor adventure we have planned. These day excursions may be anything from hiking, kayaking, outdoor skills sessions, snowshoeing, to educational experiences. *See Parks & Recreation website for more info.*



Corvallis Community Center



**2601 NW Tyler Avenue
Corvallis, 97330
(541) 766-6959**

The Corvallis Community Center renovation is complete and ready for you to enjoy! Parts of it are old, such as the old firehouse, and many parts new, such as the Alder and Oak rooms. We borrowed carpet tiles from the leftovers of the project to redo the stage in Chandler Ballroom and have a wonderful new front desk and Coffee Leaf Café. We are excited about what the future holds for our new center and hope you will join us on the journey.

Due to COVID 19, ALL classes, programs and events require advance registration. Register online or call 541-766-6959

To ensure the safety of our guests and staff, we will be instituting the following safety measures for all in-person classes. This list is not inclusive and some activities may have additional precautions:

- Masks are required.
- Minimum 6 feet of distance between people. This includes guests, instructors, and staff.
- We request that students bring their own mat, towel and water for group exercise classes.
- Facility equipment will be sanitized and stored clean on the shelves. A "used" bin will be provided so staff can sanitize equipment between each class.
- Please be prepared to wipe down any equipment you use with provided wipes before placing it in the "used" bin for the safety of staff.
- No equipment or supplies will be shared in any recreation class. Each student will have their own workstation and supplies 6 feet away from others.
- The facility restroom and surfaces will be sanitized regularly.

8 Dimensions of Wellness Lecture Series

Join us for this series of FREE lectures that can help you stay well.

Health experts have designated the "8 Dimensions of Wellness" as the parts of our lives that contribute to our health and well being. It is not just diet and exercise! Topics from environmental, social, physical, emotional, financial, spiritual, intellectual and occupational dimensions will be offered throughout the year.

You **must** register to attend due to COVID-19 guidelines.

Many lectures offer virtual options. See details at corvallisoregon.gov/c3/page/lectures

Intro to Dating Over 50

Join health coach Elizabeth Cuno in learning the challenges and importance of sexual health and the needs of single life after 50. *Speaker: Elizabeth Cuno*

36872 5:45pm Monday September 21

Coping During COVID-19: Anxiety & Depression

Isolation, self-quarantine, and pandemics may have given all of us a new sense of awareness of anxiety and depression. Keeping our mindset healthy and positive can be a challenge on a "regular" day but you may be facing new stresses because of our current social situation or for other more personal reasons. Join Helen Beaman LSCW, a behavioral health expert, to explore the impact of the Coronavirus, the signs and symptoms of anxiety and depression, and ways to cope during this challenging time. You'll also get information on resources available in our community. *Speaker: Helen Beaman*

**36844 11am-12:30pm
Thursday September 24**

Pickle Pointers

Pickles are popular again and fermenting is all the rage! Pick up some pointers and learn what's new so you can try these tart and tangy methods of preserving vegetables yourself. We will include a review of new products on the market that make pickling fast and we'll also prepare small batch sauerkraut.

Speaker: OSU Master Preservers

36649 1-2:30pm Friday October 16

Low Vision Help

Discuss the government and community resources to help people with low vision or blindness continue living normal lives. This will include a demonstration of some specialized devices that can be used by people with low vision to continue reading, working and performing daily tasks and hobbies. *Speaker: Jeff Gardner*

36518 1-2pm Tuesday October 20

Virtual Respite Care 101

Are you caring for an adult loved one? Do you ever find yourself needing a break from your caregiving role? Respite care can offer you that. This one hour class covers what respite choices are available to caregivers and how to access them.

**37274 11:30am-12:30pm
Wednesday October 21**

Holiday Blues

Beat the holiday blues by understanding why they happen. This uplifting chat can help you set yourself up for a happy holiday season. *Speaker: Helen Beaman*

36651 2-3pm Thursday November 5

Money and Relationships

You may have heard "Money is the #1 cause of divorce." And while it might not be completely true it is frequently a leading cause of stress in relationships. We will look at how relationships and money interact at all levels, including your personal relationship with money.

Speaker: Ashley McDonough, Oregon State Credit Union

36519 1-2pm Tuesday November 10

Millennials, Parents and Grandparents: Family Transmission of Religion (and Non-Religion)

In this compelling video lecture, learn how families pass down religious, or non religious beliefs and the differences between generations. *Speaker: Dr Bengston, OSU Via Recorded Video*

36655 2-4pm Tuesday November 17

Safety & Crime Prevention with Environmental Design

Learn more about how designing your environment can lead to better protection against crime and increase your personal safety. Take care of yourself and stay safe! *Speakers: Corvallis Police Department*

36650 1-2pm Thursday December 3

Winter Heart Health

Take care of your heart and learn how winter can impact your heart health and what to do about it. *Speaker: Helen Beaman, LCSW*

36652 2-3pm Thursday December 10

Secrets of the Brain: Implicit Bias and Health

In this compelling video lecture, learn how implicit bias can affect your health and steps you can take to change bias in your life. *Speaker: Dr Guise, OHSU Via Recorded Video*

36654 1-3pm Tuesday December 15

Identity Theft

An ever growing problem across the country, and Oregon is no exception. Learn the latest trends of ID theft and ways to protect yourself from becoming a victim. *Speaker: Ashley McDonough, Oregon State Credit Union*

36520 1-2pm Tuesday January 19

Helping the Best Prepare for the Worst

Join Dave Busby, Emergency Preparedness expert to learn the what, when, and how of getting yourself ready for any situation. Explore: Threat assessment for this area, and how local government manages them, best practices for building a preparedness plan and assembling kits and more! *Speaker: Dave Busby*

36850 1-2pm Wednesday January 20

How to be Healthy

Join health coach, Elizabeth Cuno, and learn what small changes you can make to start your journey to better health. *Speaker: Elizabeth Cuno*

36871 5:45-6:45pm Monday January 25

Self Empowered Aging

Take control of your life and how you approach the aging process. Age is a state of mind. *Speaker: Helen Beaman, LCSW*

36653 2-3pm Thursday January 28

Corvallis Fire Service's Journey

Join Kenneth McCarthy of the Corvallis Fire Department and learn about the departments' journey from being in your neighborhood, to being your neighbor. Discover the history of the fire service, current challenges and how they are focusing on the dimensions of wellness with both firefighters and community members. *Speaker: Kenneth McCarthy*

36853 11am Wednesday February 19

Preserving Oregon Berries

Oregon is known nationwide for the flavorful little jewels grown here in the Willamette valley. Juice, jam, jellies and pie fillings are favorite ways to preserve them for year-round enjoyment. We will focus on healthy options, no need for all that sugar on our little local gems. *Speaker: OSU Master Preservers*

36648 11-12:30pm Friday March 19

Ongoing Activities at C3

<p>New! Artist Work Space <i>Bring your own tools, paints and inspiration. Visit with like minds while you work. Support one another with ideas, insight, tips, tricks or simply words of encouragement. Register in advance.</i></p>	<p>Mondays 12:15 pm - 3:45 pm</p>
<p>Blood Pressure Checks</p>	<p>2nd Thursday 9 am - 10 am</p>
<p>Computer Access Program <i>Get a membership and get access to a laptop computer. Use the laptop for your personal needs while at the Center for 2 hours at a time. Free Wi-Fi, printing for a fee available. Limited technical assistance when volunteers are available. Register in advance.</i></p>	<p>Monday - Friday 8 am - 4:45 pm Saturday 9 - 11 am \$5 for a 90 Day Membership</p>
<p>Computer Support Specialist</p>	<p>Call (541) 766-6959 for schedule</p>
<p>Drop in Open Game Play (board and card games)</p>	<p><i>Canceled during COVID-19</i></p>
<p>Intermediate Bridge</p>	<p><i>Canceled during COVID-19</i></p>
<p>Ping Pong <i>Register in advance.</i></p>	<p>Mondays 2 - 4 pm Thursdays 10:30 am - 12 pm</p>
<p>Sing-a-Long</p>	<p><i>Canceled during COVID-19</i></p>
<p>Writing Workshop <i>Virtual options may be available, see website for details.</i></p>	<p>Fridays 10 am - 12 pm</p>

Activities are FREE unless otherwise noted. Some drop-in programs may be closed due to COVID phase guidance. COVID guidance requires reservations for most activities, call 541-766-6959.





Trips & Tours

Stay tuned for upcoming trips and tours! See our website and click the 'Trips & Tours' box on our main page. Trips will resume once COVID guidelines allow the safe and sensible use of group transportation again.



Need help with your leaves?

If you are age 55 or older and/or disabled, sign up now to have your leaves raked free of charge by the City of Corvallis Youth Volunteer Corps. There is a five-bag limit per household and the service is limited to homes within the Corvallis city limits. Call (541) 766-6918 or visit the Avery Park Office's front desk to be added to the appointment list for this service. Ages 55+ or disabled.

Free!

36798 9am-3pm Wednesday, Nov. 11
 36799 9am-3pm Saturday, Dec. 5



Senior Health Insurance Benefits Assistance

Are you lost in the insurance maze? Do you need help understanding Medicare Part D enrollment? Trained volunteers will assist you with Medicare questions, consumer information about Medicare Supplemental insurance, long-term care insurance and medical claims.

**Appointments are required;
 call 541-812-0849 to schedule yours.**



Get your free issue of ACTIVE LIVING!

C3's re-designed newsletter.

News about C3 and Parks & Recreation, articles, crossword puzzle and much more! Get your free issue at C3 or at the Avery office or sign-up to get yours emailed to you.

Ongoing Services at C3

New! Legal Aid

A lawyer from Legal Aid Services of Oregon (LASO) is here to help elderly and low income clients with their situation. Call and set up time to meet. LASO can provide legal help related to Family, Government Benefits, Housing, Seniors and other Civil Matters. Call 541-766-6959 to schedule a free 30 minute appointment.

Free! **Corvallis Community Center** **10-11:30am** **4th Thursday of Every Month**

New! F.I.D.O. Pet Food Bank

F.I.D.O. Pet Food Bank provides people with limited means a way to keep and feed their animals. They distribute pet food through local Pet Food Banks and community partners such as Corvallis Community Center. If you need pet food and have a limited income, apply to get a monthly allocation of pet food for your dog and/or cat at tinyurl.com/C3-petfood or fill out a form at the C3 front desk.

Free! **Corvallis Community Center** **12-7pm** **4th Tuesday of Every Month**

Access Benton County

Advocates for improved access for persons with disabilities and seniors. The group meets every other month. We learn about the laws, regulations and best practices to help improve access to persons with disabilities. We provide support and information to people with disabilities if they encounter barriers to access. Persons of all abilities are welcome. No meeting in November. Call the center to confirm meeting. May be canceled due to COVID-19. 541-766-6959.

Free! **Corvallis Community Center** **2:30-4pm** **Sept, Jan, Mar. 4th Friday of Every Month**



C3

Give the Gift of Lifelong Learning

Did you know that Corvallis Parks & Recreation sells gift cards? Stop by our Avery Park office today to purchase the perfect gift!

Low Vision/Macular Degeneration Support Group

John and Stella Gallagher lead this monthly support group. It is designed for people to come and share information on assistive devices and coping skills for those with macular degeneration or other types of low vision. Occasionally, there are guest speakers and presenters.

Free! Corvallis Community Center
2pm-3:30pm Sept. 21 - Dec. 21 Every 3rd Monday

Memory Loss Support Group

For caregivers and family members of persons with Alzheimer's disease or a related disorder. Share information, education and support with those who walk, or have walked in your shoes. Learn skills from those who have experienced your daily challenges. Registration is required.

Free! Corvallis Community Center
1:30-3pm Sept. 8 - Mar. 9 Every 2nd Tuesday

Some groups May be meeting virutally, others are postponed due to COVID-19. Call 541-766-6959 for details.

Parkinson's Disease Support Group

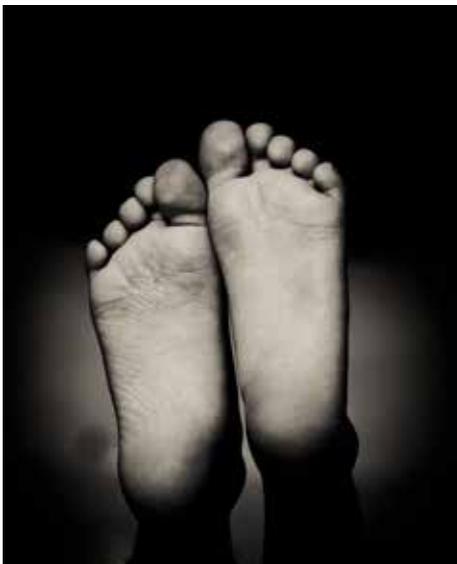
This group provides information and support to those who have Parkinson's disease, those providing care, and those seeking more information. Often times there will be a guest speaker to talk with this group so each month has new and different information.

Free! Corvallis Community Center
12:15-2pm Sept. 9 - Mar. 10 Every 2nd Wednesday

Out and Proud Social Hour

Join this social space for LGBTQ+ identifying adults! Meet new people, reconnect with old friends, and talk about what is most important to you!

Free! Corvallis Community Center
2-4pm Sept. 9 - Mar. 10 Every 2nd Wednesday



Foot Care

Keeping your feet healthy is very important at any age. Regular maintenance and foot care will help keep your feet healthy and prevent unnecessary complications that may arise from improper nail cutting or neglected care of the feet. Kathy Hilary, RN, the Center's foot care nurse, provides basic nail trimming and foot care every week. Diabetics welcome. Masks are required. Following all OHA guidelines for your protection.

Ongoing on Tuesdays and Thursdays.
Call 541-766-6959 to schedule your appointment. \$29 (\$36.25 Outside City)
Second day added each week this fall!

Find us on 

@CorvallisParksRecreation @CorvallisCommunityCenter
@OsbornAquaticCenter @MajesticTheatre @UrbanForestry



Osborn Aquatic Center



1940 Highland Dr. • 541-766-SWIM (7946)

Osborn is equipped with four pools, including an Olympic size 50-meter pool, and two large community rooms.

Indoor Pools

50 Meter & Small Therapy Pool

Basketball Hoop - Shoot some hoops in the pool.

Small Therapy Pool - A 91 degree pool for exercise, therapy and play.

Lap Swim - Lap lanes are available by reservation.

General Facility Rates

Admission Fees and Rental Rates are subject to change

Admission

Adult

Youth (7-17)

Child (0-6)

Deck Fee

Family

Aqua Fitness

Daily Lock/Towel Rental

General Fees

\$6.00

\$4.00

\$3.00

\$2.50

\$6.50 + \$2.50/person
(Fri., Sat., & Sun. only)

\$7.00

\$1.00

Multi-visit Pass

\$70 (15-visit Swim Pass)*

\$50 (15-visit Swim Pass)*

\$35 (15-visit Swim Pass)*

NA

NA

\$55 (10-visit Fit Pass)*

NA

**Expires within four years of purchase date.*

Reserved Open Recreation

This is a great time for a party of up to 10 to swim in a reserved space! Use the toys we have provided to add to your fun! Children 6 years and younger must have someone 11 years or older with them in the water at all times. Regular admission rates apply.

Lap Swimming and Individual Exercise

Lap swimming and individual exercise available by reservation in the 50 meter, outdoor lap pool, and small therapy pool. One person per lane; if an aide is required, please alert the staff when you reserve the space. Regular admission rates apply.

Osborn



Memberships

Basic

Enjoy access to any lap swim or open recreation times both indoors and outdoors. Members can find a day and time to meet their recreation and fitness goals.

- Admission to lap swim
- Admission to Reserved Open Recreation
- Email notification of schedule changes
- Email newsletter

Deluxe

All of the benefits of the basic membership plus access to over 70 aquatic fitness classes weekly to take your fitness to the next level.

- Admission to lap swim
- Admission to Reserved Open Recreation
- Email notification of schedule changes
- Admission to aquatic exercise classes
- Email newsletter

Individual Membership Pricing:

	3 Month General Membership Price	3 Month In-City Membership Price	1 Year General Membership Price	1 Year In-City Membership Price
Basic	\$145	\$120	\$290	\$240
Deluxe	\$295	\$235	\$590	\$470

Family Membership Pricing:

	3 Month General Membership Price	3 Month In-City Membership Price	1 Year General Membership Price	1 Year In-City Membership Price
Basic	\$200 & \$15 per person	\$160 & \$15 per person	\$400 & \$30 per person	\$320 & \$30 per person
Deluxe	\$200 & \$110 per person	\$160 & \$90 per person	\$400 & \$220 per person	\$320 & \$180 per person

Quarterly and monthly payment options available.

TRY OUR NEW REC FIT MEMBERSHIP!

Our new Rec Fit Membership gets you more! Want to lap swim, do yoga, Zumba AND Tai Chi? Do it all with the Rec Fit Membership. Get unlimited fitness for one great price! **SEE PAGE 7 FOR DETAILS**



Open Hours & Schedule

For Open Hours and Schedule of Programs, please see the website at cityofcorvallis.org/osborn or call us at 541-766-7946.

Pool space is multi-programmed and may be limited at certain times. See website for details.

Transition Schedule August 24 - September 6

Outdoor Pools CLOSED for the season starting September 7



Lap Swim

Monday - Friday 7am - 8pm
Saturday - Sunday 1 - 5pm

Facility Closures & Modified Hours

Sept. 7	M	Labor Day	Closed All Day
Aug. 24 - Sept. 7	M	Indoor Maintenance Closure	Indoor Facility Closed
Starting September 7: Outdoor Pools CLOSED for the season			
Nov. 26	Th	Thanksgiving Day	Closed All Day
Nov. 27	F	Thanksgiving Holiday	Open 11am - 4pm for Lap Swim
Dec. 24	Th	Christmas Eve	Open 11am - 4pm for Lap Swim
Dec. 25	F	Christmas Day	Closed All Day
Dec. 31	Th	New Year's Eve	Open 11am - 4pm for Lap Swim
Jan. 1	F	New Year's Day	Closed All Day

Swim Lessons

Liquid Degree Swimming Lessons

Our swimming lesson program will look a little different this season due to Covid-19. Please call Osborn Aquatic Center for more details on our programs, dates and times. We look forward to you swimming with us. **Bilingual Instructors may be available upon request.**

Private Lessons

Osborn's specialty instructors offer one-on-one lessons or team up with a sibling/friend for semi-private lessons. Call 541-766-SWIM (7946) for more information/scheduling.

All ages • \$25 (\$30 Outside City) • Semi-Private: \$15 (\$20 Outside City)

WaterBabies (Ages 6–18 months)

Instructors lead songs and games to prepare parents and their babies for a lifelong love of swimming. Skills developed: breath control, floating, kicking and arm motions. (Parent/Caregiver in water) • **\$52 (\$63 Outside City)**

WaterKids (Ages 19–36 months)

WaterKids continues developing the same skills as WaterBabies, with more independence. (Parent/Caregiver in water) • **\$52 (\$63 Outside City)**

Level 1 – Bubbles

- 10 bobs
- Front/Side/Back Floats on steps – 5 seconds

Level 2 – Floats & Glides

- Front float – 5 seconds
- Back Float – 5 seconds
- Side Float – 5 seconds (assisted)

Level 3 – Kicking

- Front kicks – 20 feet
- Back kicks – 20 feet
- Side kicks – 20 feet (assisted)
- Body Dolphin – 20 feet

Level 4 – Freestyle

- Freestyle – 20 feet
- Back streamline kicking – 20 feet
- Side-glide-kick – 20 feet (assisted)

Level 5 – Bilateral Breathing

- Freestyle – 40 feet w/side breathing
- Six-kick-switch – 20 feet
- Back Kick – 20 feet w/shoulder rotation

Level 6 – Endurance & Backstroke

- Freestyle – 25 yards w/ bilateral breathing
- Backstroke – 25 yards w/ shoulder rotation & straight arm recovery
- Breaststroke kick – 15 yards (adequately)
- Butterfly – 15 yards (adequately)

Level 7 – Elementary Backstroke

- Freestyle – 50 yards
- Backstroke – 25 yards: bent arm finish
- Elementary Backstroke – 25 yards
- Breaststroke kick – 15 yards w/full technical kick
- Butterfly – 15 yards w/correct sequencing

Level 8 – Butterfly & Breaststroke

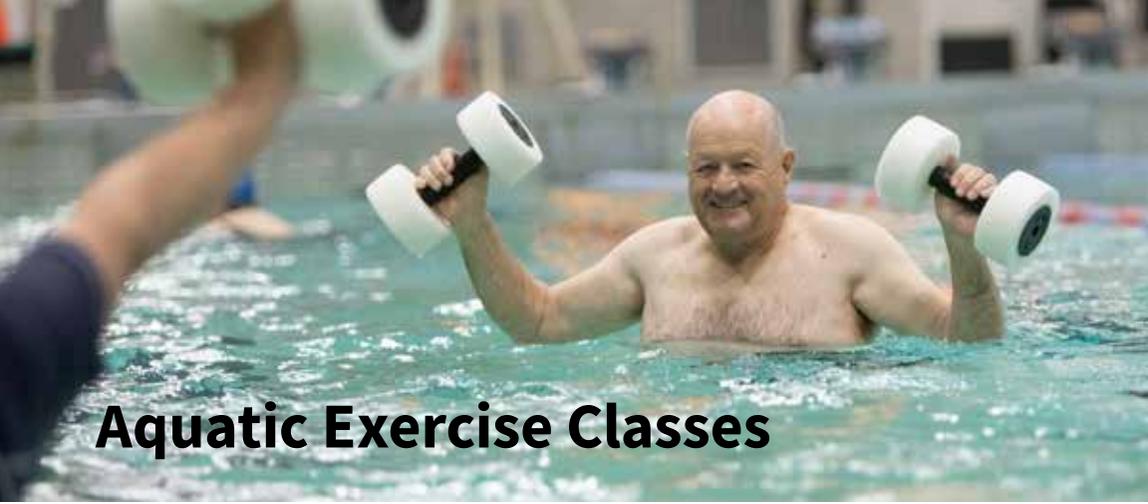
- Freestyle – 100 yards
- Backstroke – 50 yards
- Breaststroke – 25 yards w/ full technical stroke
- Butterfly – 15 yards: full technical stroke

Level 9 – Turns & Sidestroke

- Freestyle – 200 yards w/ 2 flip turns
- Backstroke – 100 yards w/ 1 flip turn
- Breaststroke – 50 yards
- Butterfly – 25 yards

Level 10 – Technical Mastery

- Freestyle – 300 yards w/ 4 flip turns
- Individual Medley – 100 yards w/turns
- Sidestroke – 50 yards



Aquatic Exercise Classes

50 Meter Pool - 83°	Days	Time
Aquatic Movement*/** Motivational fitness and fun for individuals with special needs. Held in shallow water. ‡	T Th	4-4:45pm
Shallow Water Workout***/** Low impact, joint safe, water-supported exercise for developing cardio fitness, flexibility, balance & strength. ‡	M-F T Th	8-8:45am 5-5:45pm
Deep Water Workout**** No impact, cardio, strength, core, and balance work. Participants should be comfortable in deep water. Flotation belts provided.	M-F	7-7:45am
Steady Strides (Low impact**)	M W F	9-9:45am
High Noon Challenge***** Workout during your lunch hour. You can keep your hair dry! Fast-paced workout includes cardio, strength, core and balance work.	M W F	12-12:45pm
Hydro-cise***** A fun, high-energy, low impact class set to music. Join the dance party in the pool. Classes held in both shallow and deep water.	M-Th	6-6:45pm

Small Therapy Pool - 91°	Days	Time
Therapeutic Exercise* Increase endurance, balance, strength, range of motion, and circulation for post-stroke, Parkinson's, Osteoporosis, ALS, etc. ‡	T Th T Th	9-9:45am 6:15-7pm
Warm Water Workout**/** Relieve the pain and stiffness. Helps balance, range of motion, and flexibility. ‡	M W F M W M W F	8-8:45am 10-10:45am 11-11:45am
Ai Chi*** Practice muscle control and mental discipline.	T Th	8-8:45am
Water Pilates/Yoga*** Focus on core strength, body balance, proper breathing.	T Th	7-7:45am

Low Intensity * ******* High Intensity**

Join any class and participate at your own pace.

‡ = Personal assistants admitted at no cost

American Red Cross Classes



**American
Red Cross**

Adult and Pediatric CPR/AED/ First Aid

This course prepares you to recognize and care for a variety of first aid, breathing and cardiac emergencies involving adults, children and infants. This course meets OSHA/workplace requirements. All ages.

\$95.00

Saturdays, 9am-4pm

November 21

December 19

January 23

Adult and Pediatric CPR/AED/First Aid

Preteen/Teen Class*

Perfect for Babysitter Training graduates. This course prepares you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. Ages 11-15.

\$95.00

Saturdays, 9am-4pm

November 14

March 20

Basic Life Support for Healthcare Providers

This advanced class teaches professional rescuers skills needed to respond to breathing and cardiac emergencies. This course meets Level C CPR requirements. It is a pre-requisite for most nursing and EMT programs. All Ages.

\$85.00

Saturday December 12

9am-4pm

Babysitter's Training

This course provides the knowledge and skills to responsibly care for children and infants. Participants learn leadership skills, how to develop a babysitting business, to keep themselves and others safe, strategies for dealing with behavior, and basic first aid. Ages 11-15.

\$70.00

Saturdays, 9am-4pm

November 21

December 19

\$70

Mondays, 9am-4pm

January 18

February 15

***Discount available for Preteen/Teen CPR/AED/First Aid certification class.**



Red Cross Blood Drive Mobile

The bus will be parked at Osborn Aquatic Center on **Thursday, October 29!**

To make an appointment, call 1-800-733-2767, go to redcrossblood.org, or download the Donor App!

RENTALS

All rentals are currently suspended until further notice.

Please contact us at
541-766-SWIM (7946)
or visit

www.corvallisoregon.gov/pool
for rental inquiries.

Turn rental inquiries into
osbornrentals@corvallisoregon.gov.



The Majestic Theatre

115 SW 2nd Street • Box Office 541-738-7469

The Majestic Business Office: 541-758-7827

Thank you to our Season Sponsors:

**DeMaggio's Pizza, 2 Towns Ciderhouse, Seek Out Seltzer,
89.7 KLCC, and Block 15 Brewing Company**

COVID-19 & The Majestic Theatre

We are cancelling, suspending, or postponing all of the events that we had planned that depend on the usual way of doing things until Oregon enters Phase III.

Specifically:

- We have cancelled the rest of our productions and performances for the 2019-2020 season.
- We have postponed our Majestic Summer Theatre Adventure Camp's production of Lion King Jr to Summer 2021.
- We have suspended production of our three Fall Majestic Community Theatre shows, William Shakespeare's Wars of the Roses, It Can't Happen Here, and Elf the Musical.
- We are suspending our Play Reading Committee and proposal process for the 2021-2022 season as we already have enough shows that have been postponed to fill that season.
- We have suspended or postponed all of the typical productions and performances that we had planned thru January 1st, 2021.

We will be working with our instructors, renters, and group leaders to see what classes, activities, and meetings are possible within physical distancing and ReOpen Oregon restrictions during Phase II.

So, we are doing all of this with the caveat that this is a dynamic situation. We don't know what the next few months will hold, but our commitment will be to serve our community as best we can while keeping everyone safe. As such, we will be constantly evaluating and adjusting our plans and practices as we move forward.



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FRIDAY NIGHT FUNNY: A showcase of all kinds of comedy from all over the PNW Stand-Up, Sketch Shows, and Improv Theatre. If It's Funny, It's Fair Game.

Fridays | 7:30 Pm



MAJESTICPIECE THEATRE: A series of rehearsed online community theatre productions of public domain plays, presented by passionate local directors and actors from the Willamette Valley and all over the world.

Saturdays | 7:30 Pm



SUNDAY SHOWCASE OF NEW PLAYS: Casual online readings of new plays by local playwrights.

Sundays | 7:30 Pm



I LOVE YOU, YOU'RE PERFECT, NOW CHANGE
A musical comedy about love and relationships.

September 12 | 7:30 Pm



Follow our facebook page for online streaming and updates
facebook.com/majestictheatre

Box Office: 541-738-7469 **57**



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Help us make a positive contribution to the health and welfare of our community!

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Rental Housing Registry

Do you own a rental property in Corvallis?

Make sure you're signed up for the **Rental Housing Registry**

Unregistered rental properties are subject to a fee of \$250 to \$1,000.

Sign up or check your info online at www.corvallisoregon.gov/RHPupdate

**Willamette Park
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(541) 766-6918



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(541) 766-6918

Be Part of the Next Activity Guide

Parks & Recreation is always looking for new classes and activities to offer. If you have a hobby or skill that you would like to teach to others, call us at (541) 766-6918 for more information.



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Contact: Ludmila Schuster, 541-908-9210
deutscheschulecorvallis@gmail.com

<https://www.facebook.com/DeutscheSchuleCorvallis/>

<http://deutsche-schule-corvallis.org/>

Location: 333 NW 35th Street, Corvallis
(Good Samaritan Episcopal Church)



GERMAN CULTURE IN THE PACIFIC NORTHWEST



Parents For Education Plus

Parents for Education Plus (PE+) is a non-profit organization, run entirely by volunteers dedicated to providing quality education opportunities and programs for children in our community. Please contact us if you have ideas for activities or want to volunteer.

PE+ has cancelled most educational events this fall due to the Coronavirus. Please check our website for updates on programs.



Visit us at www.parentsforeducationplus.org

Contact us at parents4educationplus@gmail.com

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Visit us at
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or call (541) 766-6918