

Adult Programs

Ongoing Exercise Programs

Healthline and Healthline Plus

Healthline and Healthline Plus are exercise programs designed for all ages and abilities. With walking, jogging, and running (Healthline) mixed with strength training (Healthline Plus), these programs work to develop cardiovascular, aerobic, and muscular strength. All abilities may participate, from those who have never worked out to athletes. The workouts change daily to keep it interesting and fun. We'll keep you moving all year round whether inside doing workouts or outside walking or running. This program is great for anyone getting ready to run a 5K, those who enjoy walking with others, and people who need a little motivation. If you're just beginning your healthy lifestyle or looking for that extra push, this program is perfect for you. *There will be a \$25 discount for those who sign up for Healthline AND Healthline Plus. Instructor: Morgan Swinburne*



Session 1: 05-24 to 07-30-2010
No classes 05-31 and 07-05
Session 2: 08-02 to 10-08-2010
No class on 09-06
Session 3: 10-13 to 12-17-2010

Mondays, Wednesdays, and Fridays
Healthline: 6:00 to 7:00 am
Healthline Plus: 7:00 to 7:45 am
High School Gym
\$60 per session OR \$95 for Healthline Combo per session
Min 8, Max 23

Deadlines for registration

Session 1: 05-21; Session 2: 07-30; Session 3: 10-08-2010

Deadlines for web registration

Session 1: 05-21; Session 2: 07-30; Session 3: 10-08-2010

Yoga Stretching and Slow-Flow Vinyasa

Find the joy in yoga and in yourself! A series of gentle stretches and slow-flow vinyasa for all abilities. Class will focus on self-awareness of body and mind through linking movement to breath to help reduce stress and anxiety. Included will be basic postures, breathing techniques, deep relaxation and meditation, and the history and philosophy of yoga. Students are encouraged to follow their own heart, connecting with spirit as desired. *Please bring your own yoga mat. Instructor: Patricia Neja*

05-05 to 06-26-2010 (8 weeks)
Wednesdays and/or Saturdays
Wednesdays: 6:15 to 7:30 pm
Saturdays: 9:00 to 10:15 am
Single Class (Wed OR Sat): \$79 per person (\$71 Senior 65+)
Combo Class (Wed AND Sat): \$150 per person (\$142 Seniors 65+)
Drop-In Fee: \$12 per class
Middle School Cafeteria
Min 10, Max 40

Deadline for registration 04-30-2010
Deadline for Web registration 04-30-2010

ZUMBA

DITCH THE WORKOUT AND JOIN THE PARTY!!!! Get in shape for the summer with the extremely popular ZUMBA class. ZUMBA is a fusion of Latin and International music and dance themes that create a dynamic, exciting, and effective workout system. Come join us for a great workout! *Be sure to get your passes early as this class will fill up fast! No online registration available -- must come in to purchase a pass. Instructor: Jan DiMauro*

03-30 to 05-27-2010 (8 weeks)
No classes on 04-20 and 04-22
Tuesdays and Thursdays
6:15 to 7:15 pm
Middle School Cafeteria
8 class pass: \$48; 16 class pass: \$90
Drop in: \$10 per class
Min 15, Max 40

League Play

Adult 3-on-3 Basketball



Come together to play in this call-your-own-fouls basketball league! Team captains will be responsible for registration and payment through Community Services.

07-06 to 07-29-2010 (4 weeks)
Rain date: 08-03
Tuesdays and Thursdays
6:00 to 8:00 pm
Oak Hill Basketball Courts
\$150 per team

Deadline for registration 07-02-2010
No online registration available.

6 v 6 Co-Ed Adult Soccer

Put together a team to play in this call-your-own-fouls soccer league. The field play will consist of five players and one goalie. There must be at least one member of the opposite sex on the field at all times. Team captains will be responsible for registration and payment through Community Services. *Shin guards are required and mouth guards are recommended.*



06-12 to 07-24-2010 (6 weeks)
No program on 07-03; Rain date: 07-31
Saturdays
9:00 am to 1:00 pm
Middle School Fields
\$225 per team

Deadline for registration 06-09-2010
No online registration available.

18+

Adult Programs

Recreation Manager
Bill Reichl
Program Coordinator
Ryan Colpitts

Adult Co-Ed Flag Football



Be sure to sign up for our new Adult Flag Football League. Just register at Community Services and we will put you on a team. *Teams may change week to week to ensure a competitive level of play.*

07-07 to 08-25-2010 (8 weeks)
Rain date: 09-01
Wednesdays
6:30 to 8:00 pm
Middle School Football Field
\$40 per person
Min 16, Max 34

Deadline for registration 07-02-2010
Deadline for web registration 06-26-2010

Adult Co-Ed Ultimate Frisbee

Enjoy the warm summer nights tossing the disc around and join the fun in our new Adult Ultimate Frisbee League. Register at Community Services and you will be placed on a team. *Teams may change week to week in order to ensure a competitive level of play.*

07-08 to 08-26-2010 (8 weeks)
Make-up date: 09-01
Thursdays
6:30 to 8:00 pm
Middle School Football Field
\$40 per person
Min 16, Max 34



Deadline for registration 07-06-2010
Deadline for web registration 06-26-2010

Adult Co-Ed Combo Tennis League

Enjoy tennis in the evening but don't have anyone to play with? Sign up for our adult tennis league and meet other tennis enthusiasts in the area. Men and women of all skill levels are encouraged to join, from beginners to moderately advanced. Each week we will be able to arrange one match for each player. This league runs in conjunction with Community Services and United States Tennis Association. *This is a recreational league and does not reflect on USTA player status. Some travel in the Greater Portland Area may be required, depending on enrollment. Participants must supply their own tennis racquet.*

06-15 to 07-29-2010 (7 weeks)
Make-up date: 08-03
Tuesdays or Thursdays
6:00 to 8:00 pm
Oak Hill Tennis Courts
\$75 for Non-USTA members
\$30 for USTA members
Min 16, Max 30

Deadline for registration: 06-11-2010
Deadline for web registration: 06-05-2010