

LET'S

PLAY

AQUATICS,
FITNESS,
ART CLASSES,
SPORTS & OUTDOOR
RECREATION,
YOUTH PROGRAMS,
SPECIAL EVENTS,
AND MORE!



FALL
PROGRAM GUIDE

 **SUNSET
EMPIRE**
PARK + RECREATION DISTRICT
sunsetempire.com

SWIM LESSONS

Classes

Interested in swim lessons in November/December? Registration opens in October. Call 503-738-3311 for more information. Want to know your child's level for swim lessons? Visit our Swimming Lessons page on our website for a handy chart: www.sunsetempire.com/swimming-lessons. Instructors will use this guide to assess your child's swimming skills. \$50 in-district and \$65 out-of-district.

Private Lessons

Private lessons are available with Coach Carolyn Heymann for students ages 5 and up. Sessions are one hour and are \$45 in-district and \$60 out-of-district. To make an appointment, go to: tinyurl.com/5caayavw.



SWIM TEAM

Seaside Swim Team

Our swim lesson programs are structured to prepare swimmers for swim team as early as age six or with coach approval.

The team is open to both novice and competitive swimmers, and our USA-ASCA Swimming certified coaching staff will evaluate each swimmer to determine their appropriate level. The three levels are Bronze, Silver, and Gold. The practice schedule varies depending on the season, but swim team is a year-round activity.

Coaches will inform team members of upcoming meet dates and details. Meets generally require a \$5 entry fee per swimmer and the Seaside Swim Team tries to host at least two meets per year.

AQUATIC FITNESS

All of our Aquatic Fitness classes are included in monthly, 3-month, and annual passes as well as 10-punch cards.

Main Lap Pool

AQUA CORE - Monday/Wednesday/Friday - 8:00am

Challenge yourself in the main pool with sport specific movement patterns designed to increase muscle strength/endurance, and cardiovascular conditioning.



BOGA FIT - Monday 6:00pm, Friday - 5:00pm (will return October 2021)

Challenge your foundation, balance, power, and endurance with the instability of the Boga Fit Mat and the unpredictability of the water in this unique class. This class will combine cardio, strength, flexibility, and balance into a fun total body workout.

Warm Water Pool

H2O FIT WARM - Monday/Wednesday/Friday - 12:00pm

Medium-paced class in the warm water pool. The focus is on low impact movements, stretching, toning, and relaxation while getting a great workout!

MINDFUL WATERS - Tuesday/Thursday - 8:00am

A gentle, low impact aquatic exercise with yoga in warm water that improves strength, balance, and range of motion. A stress reduction class as we explore the mind, body, and relaxation exercises.

AI-CHI - Tuesday/Thursday - 9:00am

Ai Chi is a water-based, progressive, total body strengthening program that can be helpful in improving movement of those who suffer from chronic pain, arthritis, fibromyalgia, chronic obstructive pulmonary disease, balance deficits, diabetes, multiple sclerosis, and other neurological or orthopedic problems.



ARTHRITIS EXERCISE - Monday/Wednesday/Friday - 11:00am

Arthritis exercise in the warm water pool is designed to reduce fatigue, pain, and stiffness while improving mobility, muscle strength, and coordination. Option to add in a little singing with the motions.

PI-YO-CHI - Tuesday/Thursday - 11:00am

This program includes the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and enhances your breathing, strength, range of motion, alignment, and balance. Regular practice corrects postural alignment, and increases core strength and serenity.

WATER VOLLEYBALL - Tuesday/Thursday - 5:00pm

Come enjoy the sport of Volleyball in the warm water pool. Fun for adults of all ages. With the use of a lightweight beach volleyball, everyone has a good time while getting some exercise and enjoying the company of other patrons.

FITNESS

All of our Fitness classes are included in monthly, 3-month, and annual passes as well as 10-punch cards.

Gym Classes

FIT N' FAB - Monday/Wednesday/Friday - 8:00am

This class is designed to help you develop a healthy lifestyle by performing various exercises and movements. Class focuses on balance, cardio, resistance, and chair exercises if needed.



CIRCUIT TRAINING - Monday/Wednesday/Friday - 9:00am

Circuit Training is a popular form of workout that targets aerobic fitness and muscular endurance simultaneously. In a circuit training class, participants work through a series of eight or more exercises for either a set time or number of reps, with little or no rest between exercises.

BODY BALL TRAINING - Tuesday/Thursday - 8:00am

Stability ball training is a great way to mix up your workouts. This class helps build overall strength and conditioning, while targeting core muscle groups. Low fitness level recommended.

Bob Chisholm Community Center Classes

CORE IS MORE - Monday/Wednesday - 4:00pm, Tuesday/Thursday - 8:00am

Come join instructor Jillian Conrad in Core is More, a fun and engaging group class designed for all fitness levels. Target deep core muscles, working from the inside out, moving with fluidity and awareness to create a healthy, strong, centered body to keep you in top shape and injury free. **Monthly pass accepted.**

TAI-CHI - Tuesday/Thursday - 12:00pm

Tai Chi is a series of exercises to engage muscles gently and increase a sense of balance. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is meditation in motion because it promotes serenity through gentle movements, connecting the mind and body.

ARTHRITIS - Monday/Wednesday - 10:00am

Arthritis class is designed to reduce fatigue, pain, and stiffness, while improving mobility, muscle strength, and coordination.

HAPPY CHAIR YOGA - Tuesday/Thursday - 1:00pm

Happy Chair Yoga is a gentle form of yoga that can be used for chronic pain management and building better balance. Poses are done while sitting in a chair and standing with the support of a chair. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood and reducing stress and joint strain. Pranayama breathing techniques, guided imagery, music, and meditation are incorporated to promote focus, mental clarity, and relaxation. Find your happy place with Happy Chair Yoga!

ART CLASSES**Pottery**

Our newly reformatted Pottery program follows an “open-studio” format, allowing for a greater degree of flexibility for students. Instructional time is no longer limited to a single class period during the week, allowing students to have access to an instructor up to five days per week if desired. Advanced students who require less direct instruction can work on their own at their leisure throughout the day.

Our studio features three pottery wheels, a slab roller, a variety of tools, and plenty of working space to meet any would-be potter’s needs.

Monthly registration includes 5lbs of clay, access to tools, glazes, and kiln firing. Additional clay is available for purchase.

During COVID, students will need to call the Bob Chisholm Community Center to reserve a time at (503) 738-3311 ext. 101. Two-hour blocks are available per day with a maximum of four students in the studio at any time.

Studio hours: 9:00am – 3:00pm, Monday through Friday. Studio is located in the Bob Chisholm Community Center, 1225 Avenue A in Seaside. Monthly Fee: \$35 Resident/\$52 Non-Resident

**SPORTS & OUTDOOR RECREATION**

We offer a number of sports and outdoor recreation opportunities throughout the year depending on the season.

Taekwondo - Coming Soon

Geared towards those ages 8+, this is a serious martial arts program that offers many benefits to its students. Participants learn discipline and respect, while increasing both mental and physical fitness. This class includes students at all experience levels, and participants will have the opportunity to test their skills as they move upward through the different belts.

\$30 Resident/\$45 Non-Resident

Start Smart Soccer

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun, non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt. Age-appropriate equipment from Franklin Sports® and Kwik Goal® is used in teaching kicking, dribbling, trapping, throw ins, and agility. A parent or guardian must be present to assist your child in being a program participant.

Cost includes all equipment to keep: one Teslon Soccer Ball, one size 3 Soccer Ball, one set of shin guards, and four cones. Class will take place in the Sunset Recreation Center (formally Broadway Middle School) Gym.

Program details:

- \$45 Resident/\$60 Non-Resident
- 8 lessons, Tuesday / Thursday, 5:15pm-6:15pm
- Meet the Coach: September 21, 5:15pm, SRC
- Program runs September 28 through October 21, 16 spots



CHILDCARE & SPECIAL EVENTS 4

Start Smart Basketball

Start Smart Basketball is a developmentally appropriate introductory basketball program for children 5-7 years old. The program prepares children for organized basketball in a fun, non-threatening environment. Start Smart Basketball prepares children and their parents for organized basketball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® is used in teaching dribbling/ball handling, passing/catching, shooting and running/agility. A parent or guardian must be present to assist your child in being a program participant.

Program details: \$45 Resident/\$60 Non-Resident, dates TBD, program to run winter 2021/2022. Cost includes all equipment to keep listed below for each participant: one mini basketball for dribbling, one Teslon basketball for passing/catching and shooting, four cones, one scrimmage Vest. Program will take place in the SRC Gym (formally Broadway Middle School).

PRE-SCHOOL & AFTER-SCHOOL CARE

Learning Ladder Preschool

The Preschool years are a time for great discovery, learning and exploration. Our classroom provides your child the opportunity to learn through art, literacy, science, math and, most importantly, PLAY! We attend weekly yoga class and participate in the weekly story time at the Seaside Public Library, Kindermusik, and Music & Movement classes.

We offer three classes, ages 3-5 years old. Aftercare is available until 5:30pm for children who are enrolled in the full time Preschool Program.

After School Zone

In the After School Zone, held at the Sunset Recreation Center, your child can engage in structured activities designed to be fun and educational. We offer time for homework (and some help if they need it, too!), arts and crafts, recreation, cooperative and team-building games, swimming at Sunset Pool...the list goes on and on!

Mon, Tue, Thur, Fri – 2:30-5:30pm. Wed – 1:30-5:30pm. Cost - \$195 Resident/\$235 Non-Resident



FALL FUN FEST

Oodles of Halloween fun await you during this annual event! Join us from 3:00-7:00pm at the Sunset Recreation Center for the Fall Fun Fest with carnival games, a cake walk, a costume contest, and a pumpkin decorating contest. Cost is \$2 per person, with a \$10 maximum for families.



PICKLEBALL TOURNAMENT

Tournament runs November 12-14 at the Sunset Recreation Center. Go to pickleballisgreat.com for details and to register.

TURKEY TROT

Join us for a 5K fun run/walk on Thanksgiving Day! Check-in begins on Thursday, November 25 at 8am at Quatat Park (near the Seaside Convention Center) and the race starts at 9am! \$30 entry fee includes a t-shirt. Call 503-738-3311 to register.



SANTA SWIM

Coming in December. Stay tuned for details!