

LET'S

PLAY

AQUATICS
SUMMER CAMP
FITNESS
SPORTS
OUTDOOR RECREATION
ART CLASSES
SPECIAL EVENTS
AND MORE!



SUMMER
PROGRAM GUIDE

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

SWIM LESSONS

Classes

Interested in swim lessons in July/August? Registration will be available June 7-30. Call 503-738-3311 to register!

First days will be: Monday, July 5th, Wednesday, July 7th, and Friday, July 9th

Last days will be: Monday, August 23rd, Wednesday, August 25th, and Friday, August 27th

Parents may sign up for multiple days if they wish to do more than one day a week.

3:15-4pm: levels 1/2/4/5/6

4:15-5pm: levels 1/2/3/4

5:15-6 pm levels: 1/2/3/5/6

Kinderswim

Mondays and Wednesdays, 1-2pm. Starts July 7, 2021.

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 the 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 deep water with sport specific movement patterns designed to increase muscle strength/endurance, and cardiovascular conditioning. It is a great compliment to those who also like to lap swim.

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

Boga Fit is a fitness regimen developed by combining the best aspects of key proven core movements from yoga and boot camp type workouts. The Boga Fit class provides a unique Aquatic Base that intensifies these movements, creating focus on core muscle groups and improving balance and coordination. While Boga fit provides challenges to even the most fit of individuals, the program was designed for universal scalability, making it the perfect fitness program for all levels. Amplify your fitness to the next level and leave your comfort zone behind. 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.



AQUATIC FITNESS

Warm Water Pool

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

This is a soothing variation of our H2O Fit Deep. Medium-paced, the focus is on low impact movements, stretching, toning, and relaxation while working up a sweat!

MINDFUL WATERS - Tuesday/Thursday 8:00am

A gentle low impact aquatic exercise performing yoga poses in warm water that improves strength, static balance, and range of motion. A stress reduction class as we explore the mind, body, and emotions connection through floating relaxation exercises and meditation.

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

Ai Chi is a water-based, progressive, total body strengthening program that can be helpful in improving movement efficiency 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 is designed to reduce fatigue, pain, and stiffness, while improving mobility, muscle strength, and coordination.

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, increases core strength, and serenity.



FITNESS

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

Bob Chisholm Community Center

FIT N' FAB - Tuesday/Thursday 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 - 8:00am

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.

Living Fit Center

Attend any class with a District Membership pass.

GENTLE YOGA - Monday/Wednesday/Friday - 9:30am via Zoom



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.



RECREATION & CHILDCARE

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Our studio features three pottery wheels, 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 - Monday/Wednesday - 6:00 - 7:00pm

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



Surf Camp (Coming in August)

This one-day camp begins in the pool becoming familiar with surfboards by practicing paddling, turning the board around, turtle diving, and standing up on the board. Later, we will make our way to Indian Beach to practice skills learned. Surfboard and helmet are provided. Bring your own wetsuit, swimsuit, towel, sunscreen and a lunch. Suitable for ages 9 and older.

Canoe Adventures (Coming Soon)

Our summer canoe trips take place on the scenic Neawanna Creek, launching from the boat dock in Broadway Park. Guides will point out areas of interest along the way and occasionally some wildlife will join in as well.

CHILDCARE & SUMMER CAMPS

We have put together a very comprehensive set of after school programs to meet the needs of every age group! In addition, our Summer Camp program provides a safe environment with daily activities to keep kids active and engaged.

We have divided our after school programs at the Sunset Recreation Center in "Zones" so we can ensure we are providing age-appropriate activities for each group. Homework help is always available and all programs include a healthy snack. Many of our zones also get to swim once a week at Sunset Pool. Our Zones are Kindergarten Zone and 1st-5th Grade Zone.

All Zones start at school release time and students need to be picked-up no later than 5:30pm.

Summer Camp

Our Summer Camp Programs (Summer Explorer camp for ages 3-5 and Summer Adventure Camp for ages 6-12) run for 9 weeks during the summer months and typically begin the last week of June. Each week has a special theme and activities center around these themes.



SPECIAL EVENTS

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Summer Camp for 2021 will be June 28-August 27, and will be from 7:30am-5:30pm, Monday-Friday. The cost is \$150 a week in-district and \$190 a week out-of-district.

Lunches and snacks are provided and participants get to swim a few times a week at Sunset Pool.

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.



SEASIDE FARMERS MARKET

The Seaside Farmers Market is located in the Sunset Recreation Center parking lot along Hwy 101. The market features locally grown produce, meats, eggs, and cheeses, as well as a variety of other locally produced goods.

Visit the Market's official website for the most up-to-date information on vendors' offerings, musical performances, and information on how you can become a market vendor: seasidemarket.org.



The 2021 Farmers Market runs June 16 through September 29 from 2:00-6:00 pm.

CHALK ART CONTEST

In celebration of the Prom Centennial, we are hosting a Chalk Art Contest on the Seaside Promenade! This event is open to artists of all ages and skill levels.

Portland artists Bev Cordova and May Wallace will be offering a class in Chalk Art on Friday, July 30 from 6-8pm at the Sunset Recreation Center, providing contestants with a chance to learn how to create chalk art using pastels. Then, on Saturday, July 31, artists will create art on the Seaside Promenade at the Turnaround starting at 9am, with judging and an awards ceremony with prizes that afternoon!

The entrance fee for the class and contest is \$25 and includes a set of pastels and other supplies to create chalk art on the Prom. Call 503-738-3311 to register!

A portion of this project was made possible through a grant from the City of Seaside Tourism Advisory Committee, funded by room tax dollars. This event has also been funded by a grant from the Juan Young Trust.

BREAK THE CHAIN 5K BEACH RUN

Saturday, August 14, 2021. Registration table opens at 8:00am, race starts at 9:00 am. The route starts on the beach at 12th street. The runners will go the length of the Prom and back to complete the 5K. Cost is \$30 and includes a T-shirt. To register, call 503-738-3311.

Proceeds from the race will benefit Sunset Empire Park & Recreation District and Operation Underground Railroad (ourrescue.org) whose mission is to end human trafficking.

