Activity Guide
September, October, November - 2022

Activities, Schedules, Events and much more for The Newport Recreation Center • Aquatic Center • 60+ Center

Find us on Instagram!
@NewportParksandRec
**NEWPORT RECREATION CENTER**

**MONTHLY SPECIALS!**

**SEPTEMBER**
- 15% off any 1 INDIVIDUAL ANNUAL PASS!
- 20% off any 2 INDIVIDUAL PASSES!
  (not applicable with other discounts)

**OCTOBER**
- Purchase one 10-VISIT PASS, get a second one for ½ price!

**NOVEMBER**
- 10% off any 3-MONTH PASS!

**FRIDAYS ARE YOUTH DAYS**
- $3 each (ages 3-17 yrs. old)

**TUESDAYS & THURSDAYS**
- Senior day - $3 each (60+ yrs. old)

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**Register for programs, pay for passes & activities with your new PARKS AND RECREATION ONLINE ACCOUNT!**

1. Log on to newportoregon.gov/recreation
2. Click on Login/Create New Account
3. Select account setup preferences
4. Build, customize, and add all family members to your account
5. Add your phone number to receive SMS notifications
6. Register for your next Parks & Recreation activity or pass

You can also log-in using your Facebook or Google Account!

Need additional help? Check out our how-to videos! [https://www.youtube.com/playlist?list=PLDvBAeqXeDGPAAn6ApWDlH9yQNhwWAAf93](https://www.youtube.com/playlist?list=PLDvBAeqXeDGPAAn6ApWDlH9yQNhwWAAf93)

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**FITNESS CENTER (entire upstairs)**

- Ages 0-11 - Not permitted in Fitness Area
- Ages 12-14 - Permitted w/Teen Fitness Card or parental supervision
- Ages 15 - up - Permitted without adult supervision (Infants in strollers – no more than one lane wide/allowed on track only)

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**RECREATION & AQUATIC CENTER PASSES:**

Recreation Center passes allow residents and non-residents use of the walking/jogging track, cardio and strength training areas, gymnasium drop-in activities and most daily programs at the Aquatic Center.

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**NEWPORT RECREATION & AQUATIC CENTER FEES AND PASSES**

**(Resident and Non-Resident Fees Apply)**

<table>
<thead>
<tr>
<th>DAILY FEES</th>
<th>Residents</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant: 0-2 yrs.</td>
<td>$2.35</td>
<td>$2.80 (pool only)</td>
</tr>
<tr>
<td>Youth: 3-17 yrs.</td>
<td>$4.45</td>
<td>$5.40</td>
</tr>
<tr>
<td>Adult: 18-61 yrs.</td>
<td>$6.10</td>
<td>$7.35</td>
</tr>
<tr>
<td>Senior: 60+ yrs.</td>
<td>$5.60</td>
<td>$6.70</td>
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<table>
<thead>
<tr>
<th>10-PASS CARD</th>
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<tbody>
<tr>
<td>Youth: 3-17 yrs.</td>
<td>$31.70</td>
</tr>
<tr>
<td>Adult: 18-61 yrs.</td>
<td>$49.00</td>
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<tr>
<td>Senior: 60+ yrs.</td>
<td>$40.05</td>
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<table>
<thead>
<tr>
<th>3-MONTH IND. PASS</th>
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<tbody>
<tr>
<td>Youth: 3-17 yrs.</td>
<td>$76.50</td>
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<td>Adult: 18-61 yrs.</td>
<td>$187.90</td>
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<td>Seniors: 60+ yrs.</td>
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<table>
<thead>
<tr>
<th>ANNUAL IND. PASS</th>
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<tbody>
<tr>
<td>Youth: 3-17 yrs.</td>
<td>$235.40</td>
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<td>Adult: 18-61 yrs.</td>
<td>$511.90</td>
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<tr>
<td>Seniors: 60+ yrs.</td>
<td>$375.80</td>
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</table>

**ANNUAL PASS DISCOUNT**

- Any 2 = 10%
- Any 3 = 15%
- Any 4 = 30%
- Any additional youth above 2 children = $50 ea.
  (must all be in the same family)

**3 MONTH DISCOUNT**

- Any 2 = 5%
- Any 3 = 10%
- Any 4 = 15%
- Any 5 = 20%

**NON-RESIDENT DISCOUNT CARD**

(12-month period, non-retro-active)
- $50.00 per family of 3 or less.
- $100.00 per family of 4 or more.
  (With this discount card, pay resident prices on all passes, activities, Reservations, etc.)

**CORPORATE RATES:**

Discounted rates for businesses and organizations are available on annual passes. Contact the Recreation Center at 541-265-7783.

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**HOLIDAY CLOSURES**

- Monday, September 5 – Labor Day
- Friday, November 11 – Veteran’s Day
- Thursday, November 24 – Thanksgiving
- Friday, November 25 – Day after Thanksgiving

**SUPPORT THE FRIENDS OF NEWPORT PARKS & RECREATION**

This organization’s mission is to assist in preserving, protecting, and helping all things parks and recreation in Newport and the City's department. For more information on how to get involved or to make a donation, please contact the Friends of Newport Park & Recreation by email, friendsfipari@yahoo.com.

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**UNATTENDED CHILDREN**

The Newport Recreation Center prohibits leaving any child under the age of 12 unattended and or unsupervised. This includes anywhere on Recreation Center property.

**CHECK-IN FOR POOL AND RECREATION CENTER:**

When you arrive, please check in at the control desk in the main lobby.

**DEBIT PLAN**

When you sign up for an annual pass, you can pay monthly using our debit plan. For more information, please contact the Recreation Center at 541-265-7783.

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**DAYS & HOURS FOR THE RECREATION CENTER:**

- Tuesday - Friday 7:00 am – 8:00 pm
- Saturday - 8:00 am – 7:00 pm
- Sunday - Monday CLOSED
NEWPORT RECREATION CENTER 225 SE Avery Street • Newport, OR 97365 • 541-265-7783

Our facility offers a variety of recreation, sports, health, fitness, educational, and community opportunities for people of all ages. Our facility offers a variety of recreation, sports, health, fitness, educational, and community opportunities for people of all ages.

Our 45,000 square foot facility features:

**Full Size Gym**
- Drop-in basketball, volleyball, and more

**Multi-purpose Gym**
- Drop-in pickleball, soccer & basketball

**Large Multi-Purpose room (divisible)**
- Available for meetings and special events

**Aerobics/Dance room**
- Shock-absorbing wood floor, ballet barre and mirrored walls

**Secondary Aerobics/Dance room and Meeting Room**
- Carpeted floor and mirrored wall

**Classroom and Meeting Room**
- Perfect for trainings, meetings, parties, baby showers, etc.

**Family changing room**
(designed for parents with young children)
- Showers limited to 30 minutes

**Locker/Shower Rooms**
- Daily lockers free (bring a padlock) No overnight rentals
- Showers limited to 30 minutes

**Fitness Center- 2nd Floor of the Recreation Center**
Includes:
- Cardio/Strength Machines
  - Selectorized strength machines, free weight area, cardio machines including Precor AMT's, ellipticals, treadmills, recumbent bikes, upright bikes, stair climbers, rowing machines, seated steppers including one wheelchair access machine and a pilates reformer.
- **Stretching/Body Exercise Area.**
  - Elevated stretching platform, medicine balls, kettlebells, bosu balls, stretching bands, steps, exercise mats and more for functional body exercises and a quieter area to stretch.
- **Indoor Track**
  - Two lanes for walking or running with shock-absorbing surface

**Pass Extensions:** Pass extensions are allowed for annual passes only due to medical reasons. Vacations will not be considered for pass extensions, and passes cannot be “put on hold” or temporarily suspended. A request must be accompanied by a doctor’s verification, and only one pass extension per year will be granted. A minimum four-week extension is required for all pass extensions.

**Photo Usage:** On occasion, staff may take photos or videos of participants. Please be aware that these may be used in future guides, pamphlets, flyers, and for general publicity of programs and activities.

**PARA INFOMACION EN ESPANOL**
Para mayor información usted puede visitar nuestra página del internet en newportoregon.gov/dept/par. En la esquina inferior del lado izquierdo de la página, seleccione el lenguaje que usted prefiere, luego haga clic en el botón TRANSLATE y el lenguaje se ajustará a su preferencia. La mayoría de las formas que usted necesitará están disponibles en español en el Centro de Receación.

**RENTAL FEES**
For pool rentals, please contact the pool directly to confirm availability @ 541-265-7770

(Effective 7/1/22)

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<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non Resident</th>
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<tbody>
<tr>
<td>Full Class/Meeting room:</td>
<td>$20.50/hour</td>
<td>$24.60/hour</td>
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<tr>
<td>Aerobics/Dance Room:</td>
<td>$25.95/hour</td>
<td>$31.10/hour</td>
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<tr>
<td>1/2 Multi-Purpose room:</td>
<td>$33.45/hour</td>
<td>$40.20/hour</td>
</tr>
<tr>
<td>Full Multi-Purpose room:</td>
<td>$66.95/hour</td>
<td>$80.35/hour</td>
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<tr>
<td>*Kitchen, additional:</td>
<td>$7.00/hour</td>
<td>$8.35/hour</td>
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<tr>
<td>1/2 Main Gym:</td>
<td>$34.30/hour</td>
<td>$41.15/hour</td>
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<tr>
<td>Small Gym:</td>
<td>$34.60/hour</td>
<td>$41.15/hour</td>
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<tr>
<td>Full Gym:</td>
<td>$67.30/hour</td>
<td>$80.85/hour</td>
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NEWPORT RECREATION CENTER

NEWPORT RECREATION CENTER

4 SEPTEMBER, OCTOBER, NOVEMBER - 2022

ADULT FITNESS CLASSES

CARDIO & MORE!
Free with Annual Pass
Without Annual Pass: $6.50 Resident/$7.50 Non-Resident per class
10 Class Pass: $53.50 Resident/ $62.00 Non-Resident
Instructor: Brenda Luntzel
Tuesday & Thursday, 8:00-9:00am - Friday, 11:30am – 12:30pm
Tuesday Class: Floor cardio (May use stability balls or gliders), body conditioning using a variety of equipment, and balance exercises. All exercises can be modified.
Thursday Class: Step cardio intervals and body conditioning using mats and a variety of equipment. Moderate intensity, all exercises can be modified.
Friday Class: Floor cardio for 30 minutes and standing and mat STRETCHING for 30 minutes. People are welcome to come at 12 noon for stretching only.

FLEX N’ STRETCH
Free with Annual Pass
Without Annual Pass: $6.50 Resident/$7.50 Non-Resident per class
10 Class Pass: $53.50 Resident/ $62.00 Non-Resident
Instructor: Brenda Luntzel
Tuesday & Thursday, 9:15-10:15am
Wednesday & Friday 10:00-11:00am
A fun, seated and standing fitness class that includes aerobic intervals, brain fitness, muscle conditioning, and balance, with nice stretching exercises in the last 15 minutes. This class is great for anyone wanting a fun multi-dimensional workout.

AQUA INTERVAL
(Drop-in fee required)
$6.50 Resident/$7.50 Non-Resident per class
10 Class Pass: $53.50 Resident/ $62.00 Non-Resident
Instructor: Brenda Luntzel
Tuesday & Thursday 1:00-2:00pm
(Pre-registration is recommended for every class)
Interval training using the current channel, deep water exercises, steps, balance and body conditioning. A wonderful warm water workout for any age or ability. Moderate intensity. No swimming skills necessary. Location: Activity Pool

DEEP WATER WORKOUT
(Drop-in fee required)
$6.50 Resident/$7.50 Non-Resident per class
10 Class Pass: $53.50 Resident/ $62.00 Non-Resident
Instructor: Brenda Luntzel
Wednesdays 8:30-9:30am
(Pre-registration is recommended for every class)
This class is a fun and vigorous workout that includes deep water cardio, core and balance exercises with some shallow water body conditioning and stretching. Swimming skills are encouraged. All exercises can be modified for your level of fitness. Location: Lap Pool

SPECIALTY FITNESS CLASSES

CARDIO KICK & STEP
(Drop-in fee required)
$6.50 Resident/$7.50 Non-Resident per class
Tuesdays, 6:00-7:00pm
Instructor: Jorge Glez
Build strength, balance and stamina without putting undue pressure on joints in this high intensity, low impact class designed to work the whole body in three simple sets:
• Feel your power and learn basic kickboxing exercises to tone arms and legs
• Strengthen your core to support your spine with abdominals
• Activate your muscles and boost heart and mood with a high energy step routine
You’ll have fun burning off stress and calories with fitness instructor Jorge, with 30 years’ experience
Try the first class for FREE!!

STRENGTH & FLOW
(Drop-in fee required)
$6.50 Resident/$7.50 Non-Resident per class
Tuesday & Thursday: 4:00-5:00pm
Instructor: Kacey Baxter
This class draws on the fundamental principles of Yoga and Pilates to create a unique blend of mat and standing exercises. The flow of exercises is a fun and creative way to improve your strength, flexibility and balance. Yoga mats are provided OR you can bring your own. Yoga blocks, straps and a ballet barre are available to use for modifications so any level of fitness and ability can be successful in this class.
Try your first class for FREE!!
JIN SHIN JYUTSU SELF-HELP WORKSHOP
Days and Times: TBD
There will be a fee for the class
Workshop will be 2 hours long.
Instructor: Susan Cooper
Defined in The Touch of Healing, “Jin Shin Jyutsu is an ancient Japanese practice that balances the body's energy by using the fingers and hands to eliminate stress, create emotional equilibrium, relieve pain, and alleviate acute or chronic conditions.”
The focus is on the healing power of our breath and our hands. There is a life energy that permeates everything, and we all have energy pathways traveling through the body in distinct patterns. Our hands act as jumper cables from one point on the body to another, ‘unsticking’ energy flows. It is a wonderful art to learn that can be done any time and place to help us keep as healthy as possible! In this workshop you will learn self-help patterns for:
• painful joints
• stiff joints
• hip & sciatic pain
• sore throat
• clogged sinus/stuffy nose
• headaches (rear, front, migraine)
• weight loss
Sign up for the Tai Chi class of your choice at https://secure.rec1.com/OR/newport-or/catalog OR you can call the front desk for assistance at 541-265-7783.

EQUIPMENT TRAINING AND EXERCISE PROGRAM DESIGN
A consult and/or equipment training is 60-90 minutes.
$30.00 fee for residents and $35.00 fee for non-residents
Schedule a training on fitness equipment and/or a consult on a new or existing exercise program design with Brenda Luntzel, Fitness Specialist at the Recreation Center. Ask for the sign-up form at the front desk or call her directly at 541-574-5863. Brenda is certified as a Personal Trainer and Medical Exercise Specialist from American Council on Exercise (ACE). She has 39 years of experience personal training, exercise program design, and teaching land and water group exercise classes. She has experience working with all age groups to support the needs and goals for fitness and health. Her specialty is working with older adults and lifelong fitness.

VIRTUAL PUMPKIN CARVING CONTEST
October
Watch Facebook for updates
Sharpen those knives and get creative with your pumpkin! Once you have your pumpkin carved, take it out to one of our city parks for a scenic fall photoshoot. Send us your picture and we’ll post them on Facebook for a community vote. This is an all ages event with different age categories. Watch our Facebook events page for more information about dates and prizes.

WAGONS AND WAVES VIRTUAL MILEAGE CHALLENGE
Going on Now!
Need inspiration to keep moving? Join us for a virtual mileage challenge like no other! Keep track of your miles and walk/run/bike/swim your way across Oregon on US Highway 30 from Ontario to Astoria. You choose what activity works best for you, and feel free to combine activities. You’ll get a medal for your efforts and we’ll be posting fun facts along the route. If 477 miles seems a little daunting, you can do it in teams (everyone who wants a medal must register).

KID’S PUMPKIN PATCH TRIP
October 14th
Spend the non-school day with our Out of School Camps program and head to a pumpkin patch. We’ll spend the day picking out pumpkins and checking out the farm. This trip is dependent on the number of sign ups. Watch our Facebook page for more information and specific times/price.

KEEP UP TO DATE WITH SPECIAL EVENTS ON OUR FACEBOOK PAGE!

AUTUMN FEST CRAFT SHOW & KIDS CORNER
November 12
Watch Facebook for updates
Get a head start on holiday shopping with the Autumn Fest Craft Show & Kids Corner, coming this fall. Drop the kids by our fall themed Kids Corner for activities while you shop for gifts and must-haves. Interested in exhibiting at the fair? Call 541 265 4859 or check out our online catalog for more information.
FIRST STEPS OPEN HOUSE
Sunday, Sept 25th; 2:30-5pm
Designed for people of all shapes, sizes, and abilities to feel comfortable and accepted in a fitness/recreation environment.

First Steps is a new program we are working on. It is designed to provide opportunities and encourage fellowship for those who need a helping hand getting into movement and gym use. The open house will provide an opportunity to learn about the program, provide us with feedback on what you need in a beginner's program, meet others, tour the Recreation Center facilities, and get to know our fitness instructor and equipment. It will be held on a Sunday when the Rec Center is closed to the public. There will be tours of the Recreation Center facilities, 15-minute gentle group exercise classes, informative wellness talks and prizes for participation. Keep an eye on our Facebook events page for more information or email j.remillard@newportoregon.gov to get on our First Steps email list. Preregistration for this FREE event is encouraged.
YOUTH ACTIVITIES

TEEN FITNESS TRAINING
Ages 12 – 14 years
$30.00 fee for residents and $35.00 for non-residents
Call Brenda Luntzel at 541-574-5863 to schedule the training
or ask for a sign-up form at the front desk.
This is a required training for anyone 12-14 years old who wishes to use the fitness center without parent supervision.
Pre-registration required by parent.
1.5-hour one-on-one session
• Understanding the FIIT principle, knowledge of basic muscle groups and types of strength training and other recommended guidelines for young adults.
• Fitness Center etiquette and appropriate use of exercise equipment for a safe workout.
• Specific training of cardio and strength machines in the fitness center.
• Upon completion you will receive a teen training card.

“SCHOOL’S OUT” AFTER SCHOOL PROGRAM
Ages: 5-12 years
Afterschool-5:30pm Mon – Fri
Contact your school about bussing to the Rec Center
Pre-registration is required
Mon/Tue/Thu/Fri Daily Price
Residents – $13, non-residents – $15.50
Wednesdays
Residents – $18.25, non-residents – $20.75
Bring your swimsuit for swim Wednesdays!
USDA and this institution are equal opportunity providers and employers.

OUT OF SCHOOL CAMPS
Ages: 5-12 years
7:45 am-5:30 pm
Pre-registration is required
Per day fee, residents – $40, non-residents – $45
Introducing Out of School Camps! We are revamping our non-school days to themed camp days. These structured camps will feature more learning activities and games as well as themed active games, arts and crafts, and more. Some camps may include a field trip such as our pumpkin patch trip on Oct 14. Please refer to our online catalog for specific camp descriptions and to sign up.

INDOOR PARK
Wednesday & Fridays
9:30am – 11:30am
Ages 4 and under
Residents $3.20 drop-in per child  10-Pass $28.80
Non-residents $3.45 drop-in fee per child  10-Pass $31.05
Join a parent/child play group atmosphere which provides a place for young children to play and be active inside. We have lots of play equipment available.
SPORTS ACTIVITIES

COACHES NEEDED!
We are always in need of volunteer coaches for our middle school and youth programs. Coaches get to enroll one child for free. You must be able to pass a criminal background check. Experience is not required. We will give you everything you need to successfully manage a team.

FALL YOUTH SPORTS

MIDDLE SCHOOL CROSS COUNTRY TEAM (6TH-8TH GRADE)
This cross country program is a great way for kids to enjoy competitive running or get in shape for winter sports. Practices include trail runs at various locations around the Newport area. Meets will take place in the valley area and on the coast. Practices will take place on Mondays, Wednesdays and Fridays.
• Fee: $106.50 (scholarships are available)
• Registration Deadline: September 11, 2022
• Late Registration is an additional $15

YOUTH VOLLEYBALL (3RD-6TH GRADE)
Practices will be mostly on weeknights and games will be on Saturdays at various locations around the county. All teams will focus on learning the fundamentals of volleyball, reaching personal and team goals while having fun in the process.
• Fee: $53.25 (scholarships are available)
• Registration Deadline: September 11, 2022
• Late Registration is an additional $15

1ST-6TH GRADE BASKETBALL
The emphasis of this league is to have fun, improve skills, learn team play and develop a passion for the game. Practices are held one to two times weekly, dependent upon coach and facility availability. Games are played on Saturday at various locations across Lincoln County. Player evaluations are held prior to the first practice. 1st-2nd graders play on coed teams. 3rd graders and up are split into boy and girl leagues.
• Fee: $53.25 (Scholarships are available as funds allow)
• Registration Deadline: November 2022
• Late Registration is an additional $15
• Player Evaluation: Mid November 2022

ADULT 5-ON-5 BASKETBALL LEAGUE
Games are played on Monday or Wednesday evenings. The league consists of an 8-game regular season, plus an end-of-season tournament.
• Fee: $505.85 per team
• Registration Deadline: January 2023

UPCOMING WINTER SPORTS
Keep an eye on our Facebook/Instagram pages for updates on youth sports!
DROP-IN SPORTS

ADULT DROP-IN NOON BASKETBALL
These games are a light hearted, call your own fouls affair, and usually feature a wide range of ages and skill levels. Everyone 16 and older is welcome.

- Wednesday, Friday: 12:00pm - 2:00pm

ADULT DROP-IN VOLLEYBALL
Enjoy a low-pressure way to practice skills, meet others, and stay in the game of volleyball!
- Open Skill Level: Thursday, 6:00pm-7:50pm

ADULT DROP-IN INDOOR SOCCER
These are low-pressure pickup games for those who want to play for the enjoyment. This program is for those who want to continue playing through the rainy months. Play usually features a wide range of ages and skill levels.
- Men’s Drop-In Soccer: Tuesday’s 6:00pm – 7:50pm
- Women’s Drop-In Soccer: Friday, 6:00pm – 7:50pm

OPEN GYM
A schedule of gym availability is posted on calendars at the control desk of the Recreation Center. You may call during building open hours to check on the schedules. Schedules are subject to change, but every effort will be made to adjust the schedules well in advance so that notice can be given to frequent users.

For up-to-date information about all of our current sports programs, please visit www.newportoregon.gov/sports or contact Zach Koprowski at z.koprowski@newportoregon.gov

PICKLEBALL
Pickleball is a combination of tennis, badminton, ping-pong, and racquetball. Fast paced, easy to learn and lots of fun. To provide a better experience for all, please play on the appropriate skill level court to allow equal playing time for others.

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<thead>
<tr>
<th>Tuesday/Thursday</th>
<th>Wednesday/Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Skill Level 1-3: 8 am-11:30 am</td>
<td>Skill Level 1-3: 12 pm-1:30 pm</td>
<td>Skill Level 1-3: 9 am-11:30 am</td>
</tr>
<tr>
<td>Skill Level 3.5-5: 11:30 am-3 pm</td>
<td>Skill Level 3.5-5: 1:30 pm-3 pm</td>
<td>Skill Level 3.5-5: 11:30 am-3 pm</td>
</tr>
<tr>
<td>All Skill Levels: 6pm-7:50 pm</td>
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</table>
WATER EXERCISE CLASSES

BOOT CAMP- A fun, exciting, and challenging water exercise program that is for all ages and fitness levels. New workouts at every class. Tues/Thurs 5:30-7 pm; Sat 8:00-9:30 am. Instructor: Rebecka Lakeman.

AEROBICS- A water exercise class that is led by an instructor. A variety of exercises for strength, balance, and aerobic conditioning. Fridays 9-10 am. Instructor: Rebecka Lakeman.

DEEP WATER WORKOUT- This class is a fun and vigorous workout that includes deep water cardio, core and balance exercises with some shallow water body conditioning and stretching. Wednesdays 8:30-9:30 am. Instructor: Brenda Luntzel.

AQUA INTERVAL- Interval training using the current channel, deep water exercise, steps, balance, and body conditioning. A wonderful warm water workout for any age or ability. Tues/Thurs 1-2 pm. Instructor: Brenda Luntzel.

SWIM LESSONS

FOR MORE INFORMATION ON FALL SWIM LESSONS, VISIT HTTPS://SECURE.REC1.COM/OR/NEWPORT-OR/CATALOG AND CLICK ON THE AQUATIC PROGRAMS TAB.
SPECIAL CLASSES/EVENTS

Keep an eye out on our website and Facebook page for more specialty swims and special events!

NEWPORT AQUATIC CENTER'S

SPooky SwiM

Saturday, October 15
3:30-6 PM

SPLish SPLaSH
Story Time
with Teacher RebeccA

1st and 3rd Fridays of the month
11:30 am-1 pm

Storytime with Teacher RebeccA, followed by
parent/tot swim.

Tiempo de cuentos con la profesora RebeccA,
seguido de la natación para padres y bebés.

CPR & BASIC FIRST AID CLASS

SEPTEMBER 24, 2022
10:30 AM-2:30 PM
NEWPORT REC CENTER

NEWPORT SWIM TEAM

The Newport Swim Team provides a terrific year-round opportunity for young athletes in our community. The Newport Swim Team swim program offers an experienced and professional coaching staff. The goal of our team is to provide every member of the team the opportunity to improve swimming skills and to achieve success at his or her level of ability. The Newport Swim Team is dedicated to providing a swim program that emphasizes competitive training and physical fitness. We focus on team unity in a directed positive atmosphere. The organization, in partnership with its families, strives to produce successful members of the community. The Newport Swim Team Head Coach is John Wray. Please contact Coach Wray at (907)957-3913 for any inquiries about joining the Newport Swim Team or visit newportswimteam.net.
CLOSURES:
Labor Day, Monday, September 5, 2022
Veterans’ Day, Friday, November 11, 2022
Thanksgiving, Thursday and Friday, November 24 and 25, 2022

MEMBERSHIP FEES
Resident Non-Resident
Annual Pass $27.00 Annual $32.40
3 month Pass $16.20 3 month $21.60
1 Month Pass $6.00 1 Month Pass $7.50
Daily Fee $2.15 Daily Fee $3.25

ROOM RENTALS
The 60+ Activity Center has a variety of facility rentals to meet your needs.

RENTAL FEES
Health and Wellness Studio $22.15/hour
Education Center $22.15/hour
Lounge $22.15/hour
Multi-purpose/Prep Kitchen $35.70/hour

CRAFTER’S CORNER
Shop hours: Monday - Friday, 10:00 - 3:30 pm.
Come browse at our gift shop!
This is a coastal consignment shop with a wide variety of gifts and more. Wonderful walking sticks, beautiful jewelry, handcrafted baby blankets and booties, fashionable scarves, adorable kitchen aprons and unique hot pads.

DURABLE MEDICAL EQUIPMENT
Wheelchairs, walkers, crutches, shower chairs, and toilet lifts are available for no cost to seniors who need them. Call to ask about adult sanitary pad availability.

MEALS ON WHEELS
On-site dining Mondays, Wednesdays and Fridays at noon. Come and enjoy a fresh hot meal. Reservations required.

HOMEBOUND LUNCH PROGRAM
Hot lunches are served to the homebound. Please call (541) 574-0669 for prices and meals to be delivered to your home.

GET INVOLVED WITH THE 60+ ACTIVITY CENTER THROUGH THESE GROUPS:
60+ ACTIVITY CENTER ADVISORY COMMITTEE
THE FRIENDS OF THE NEWPORT 60+ ACTIVITY CENTER
NEWPORT SENIOR CITIZENS ACTIVITY ASSOCIATION

VOLUNTEER OPPORTUNITIES: Check in with the office to find a fit for you.

A SIMPLE WAY THAT YOU CAN SUPPORT THE 60+ ACTIVITY CENTER WITH CHARITABLE CONTRIBUTIONS, AT NO COST TO YOU!

FRED MEYERS REWARDS CARD – link your card to the Newport 60+ Center under account code CU972, The Friends of the Newport Senior Activity Center. Visit www.fredmeyer.com/communityrewards to link your account or call 1-866-518-2686.

AMAZON SMILE - Computer shoppers, please register at smile.amazon.com. Each time you shop from this Amazon site, the center will receive benefits. We are listed as “Friends of the Newport Senior Activity Center.” A BIG THANK YOU FOR YOUR SUPPORT!

Register online at www.newportoregon.gov/sc
THE 60+ ACTIVITY CENTER VISION
To make accessible a humane and meaningful center for continued growth and joyful opportunities where everyone is visible.

THE 60+ ACTIVITY CENTER MISSION
To preserve the dignity and value of all older adults in our community by providing equitable and accessible opportunities for social interaction, recreation, support services, education, volunteerism and community action.

Register online at www.newportoregon.gov/sc

EDUCATIONAL OPPORTUNITIES

PREVENT T2 DIABETES
January through December, 2022
Darcy de la Rosa, trained lifestyle coach, offers a nationally recognized, year-long program that has been proven to stop people with prediabetes from progressing to type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers.

MUSIC APPRECIATION 101
Thursday, September 15 – October 13
2:30 – 3:30 pm
Understand music through the ages, how it transforms and adapts. Learn about the different instruments and their role in musical composition. This 5-week course is taught by Bob Taylor.

MUSIC APPRECIATION 201: JAZZ AND POPULAR MUSIC IN AMERICA
Thursday, October 20 – November 17
2:30 – 3:30 pm
This 5-week class covers the music styles of blues, jazz, rock, fusion, and pop, including video and listening examples. The history and cultural significance of each style will also be discussed. Course taught by Bob Taylor.

COMPUTER 101
Wednesday, 11:00 – 12:00 pm
Learn basic computer, Windows, and Microsoft Office skills. This class is geared toward what you want to learn at the pace you want to learn it. Instructor is Ron King.

FAMILY HISTORY RESEARCH
Thursday, 1:00 – 2:00 pm
Jump-start your genealogy! Learn about and use the complementary Family History Guide to find and organize your family records. Course taught by Bob Taylor.

WILLS, TRUSTS, & ESTATES PREPARED BY STACEY MEALER
Days and times TBD.
Please call the 60+ Activity Center for an appointment.
NEWPORT 60+ ACTIVITY CENTER

HEALTH & WELLNESS CLASSES
What Matters Most: Your Health!

FITNESS OPPORTUNITIES
You deserve to take care of yourself! The 60+ Center offers many evidence-based programs, which means they have been proven to work! These designed programs can increase your strength, balance, mobility, flexibility, and overall health. Let us help you reach your goals. Classes have different fitness levels from beginner to advanced. Please check with the class leader or instructor to find out if the class is a match for you.

ARTHITIS EXERCISE PROGRAM
Wednesday & Friday, 9:30 – 10:30 am
This class was designed specifically for people with arthritis and related diseases. The program’s multiple components will help reduce pain and stiffness, and help maintain or improve mobility, muscle strength, and functional ability. Class leader is Rose Ebel.

FIT & STRONG!
Day and Time TBA
The 8-week evidence-based physical activity program is designed for people who have lower-extremity joint pain and stiffness related to osteoarthritis. The class meets three times a week. Fit & Strong blends exercise programming with group problem solving/education components using a specific curriculum. Class leader is Bryn McCornack.

LINE DANCING
Beginning
Wednesday, 1:00 – 2:00 pm
This class is designed for people who have never line danced as well as those who want to review basic line dance steps or just enjoy doing easier dances to slower music.

Improvers
Wednesday, 2:00 – 3:00 pm
This class is for those dancers who are already familiar with line dance steps and dances.

Intermediate
Wednesday, 3:00 – 4:00 pm
The Intermediate Class is for more experienced dancers. In this class you will be doing a variety of dances, some quite complicated, and some quite fast, but still fun.

Class leader for all line dance classes is Mary Peterson.

MEDITATION CLASS
Tuesday, 9:00 – 10:00 am
Meditation is now mainstream and is being practiced in many different ways. The meditation that will be taught has its roots in Zen practice. Class leader is Joseph Armenio.

SILVER SNEAKERS CLASSIC
Tuesday & Thursday, 10:00 – 10:55 am
This fun fitness program will help maintain and improve cardiovascular conditioning, circulation, flexibility, and muscle tone. Class leader is Pam Gardner.

CHAIR YOGA
Tuesday & Thursday, 11:05 – 12:00 pm
Chair Yoga accommodates people who cannot get up and down easily from the floor. This style of yoga can be a very complete workout that increases flexibility and strength, while incorporating breathing techniques that are both energizing and calming. Class leader is Michelle Annette.
MOVE WITH MARY  
Monday, 10:00 – 11:00 am
This is a 50-minute exercise class that starts with a warm-up and transitions into exercises, using weights, a ball, or band and will be done while standing or sitting. All abilities are welcome! Come and get moving! Class leader is Mary Peterson.

DANCE WITH MARY  
Monday, 11:00 – 12:00 pm
Come check out the variety of dance moves we can have fun with to our collection of music CD’s. It’s not just a workout. It’s FUN! Class leader is Mary Peterson.

VIRTUAL/IN-PERSON HYBRID WALK WITH EASE  
Hybrid (In-person & Zoom) Nov 8 – Dec 20, 11:00 – noon, Tuesday and Thursday
Class leader is Bryn McCornack
Walk with Ease is a six-week fitness program shown to reduce pain and improve your health. Experts you trust at the Arthritis Foundation bring this evidence-based program to you. This program provides techniques to build and maintain a successful walking program.

SOCIAL GROUPS  
MEETING PEOPLE & HAVING FUN
The City of Newport is “The Friendliest”. The 60+ Activity Center offers the chance to join existing social groups.

WII BOWLING  
Tuesday, 9:30 – 11:00 am
This fun game turns the 60+ Multi-Purpose room into a three-lane bowling alley!

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BINGO  
Monday, Wednesday, and Friday, 11:00 – 11:45 am - Donation to play.

PARTY CONTRACT LUNCH BRIDGE  
Monday, 11:00 – 1:00 pm
Bring your lunch, play and learn with this casual, non-competitive, bridge game. Games hosted by Bruce Howard.

DUPLICATE BRIDGE CLUB  
Thursday, 12:30 – 4:30 pm
Duplicate Bridge is the most widely used variation of contract bridge in club and tournament play.
ART CLASSES

WATERCOLOR
Thursday, September 1 – October 6
9:00 am and 1:00 pm
Draw into that inner beauty and hidden talent! With Shirley Steinhauer's experience and expertise, you will surely discover the artist in you! For those who do have supplies, you are encouraged to bring them to class.

PHOTOGRAPHY – THE BASICS
Start Date TBA
Monday, 10:00 – 12:00 pm
Learn about the use of the dial mode and the different menus. Learn the meaning of the camera icons and how to use them properly to take different types of photos. Instructor is Paul Calkins.

PHOTOGRAPHY – BEYOND THE BASICS
Start Date TBA
Monday, 10:00 – 12:00 pm
This class is for those who wish to learn more about creative uses of their digital camera, exploring the use of program, aperture, shutter priority, and manual modes. Instructor is Paul Calkins.

ANCIENT MIRROR MOSAIC
The 2nd Wednesday of the month
1:30 – 4:30 p.m.
Eugene Sterud will be teaching a class on how to make your own 9” x 9” mirror mosaic using vitreous glass, beach glass, pebbles, shells, half marbles, buttons and beads. Everyone goes home with a completed project.

More classes, presentations to be added – please visit our website at www.newportoregon.gov/sc or call 541-265-9617 for the upcoming schedule and to learn what is new.

TRAVEL ADVENTURES
Join us for wild and wacky adventures with the 60+ Activity Center...who knows where it might lead...Contact the 60+ Activity Center to register and for more information.

SEPTEMBER
Shrewsbury Renaissance Faire
Mount Angel Oktoberfest

OCTOBER
Fall Splendor Excursion
French Prairie Pumpkin Patch & Pig Races

NOVEMBER
Salem Shopping Trip

DECEMBER
Silverton Christmas Market
- Oregon Garden