

# ACTIVITY GUIDE

NEWPORT PARKS AND RECREATION • MARCH, APRIL, MAY • 2025



Find us on Instagram!  
@NewportParksandRec

**Activities, Schedules, Events**

and much more for

The Newport Recreation Center • Aquatic Center • 60 + Center • Newport Public Library • PAC/VAC



## WELCOME TO NEWPORT PARKS AND RECREATION!



As the days grow longer and spring breathes life into our beautiful coastal town, we are excited to share all the opportunities awaiting you at Newport Parks & Recreation. Whether you are looking to explore the great outdoors, stay active, or connect with friends and neighbors, our spring programs and great facilities offer something for everyone.

From youth sports and fitness classes to special events and community programs, we're dedicated to providing engaging and enriching experiences for all ages. Our parks, trails, and recreational facilities are here to inspire adventure, wellness, and connection.

The Department manages the Recreation and Aquatic Center, 60+ Activity Center, 13 parks, which includes shelters, playgrounds, skate park, ball fields, tennis/pickleball courts, recreational trails, as well as public parking lots and restrooms, and the Bayfront boardwalk and piers. I invite you to enjoy any one of our great facilities with your friends and families.

We'd love to hear from you! We are always looking for new programming ideas and vendor suggestions. If you have an idea for a new program, or have ideas/ input on how we could improve existing programs, please e-mail or contact the appropriate facility or staff member.

Interested in enhancing and preserving our parks and recreation facilities? You will want to learn about the Friends of Newport Parks and Recreation! The Friends are a non-profit that serves as a financial sponsor for the department, helping to manage funds from donators and private foundations for parks and recreation projects and services that benefit our community. To learn more, please contact [friendofnpari@yahoo.com](mailto:friendofnpari@yahoo.com).

Thank you for being a part of our vibrant Newport community. We look forward to seeing you out and about this season!

Mike Cavanaugh  
Director of Parks and Recreation  
Newport, Oregon Parks & Recreation

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PARA INFORMACION EN ESPANOL  
Para mayor información usted puede visitar nuestra página del internét en [newportoregon.gov/dept/par](http://newportoregon.gov/dept/par).  
En la esquina inferior del lado izquierdo de la página, seleccione el language que usted prefiere, luego haga clic en el botón TRANSLATE y el language se ajustará a su preferencia.  
La mayoría de la formas que usted necesitará estan disponibles en español en el Centro de Receación.

### THE BIG CREEK RD BRIDGE CLOSED

The Big Creek Rd bridge has closed to vehicular traffic until further notice to prioritize the safety of motorists after an inspection report classified the substructure of the bridge to be in serious condition. The bridge is located between NE Harney St. and the main entrance to Big Creek Park. Due to this closure, Big Creek Park is also closed as there is no access to the park. City of Newport officials will provide updates on these impacted areas as they become available.



## Member Appreciation Week

April 14-20

## ADULT FITNESS PROGRAMS

### CARDIO & MORE!

#### Tuesday Class:

An interactive upbeat class that challenges the body and the brain! Body conditioning and balance exercises using a variety of equipment.

#### Thursday Class:

Fun and simple Step & Floor cardio intervals. Core conditioning using a variety of equipment to keep you entertained!

#### Friday Class:

30 minutes calorie burning cardio and 30 minutes stress-reducing stretching.

**Tuesday & Thursday, 8:00-9:00 am - Friday, 11:30 am – 12:30 pm**

**Instructor: T/TH/F: Brenda Luntzel**

**Free with Annual Pass. Drop-ins: \$9.50 or \$8.00 with Resident Discount.**

**10-Class Card: \$85.50 or \$72.00 with Resident Discount**

### FLEX N' STRETCH

A fun seated and standing class that includes cardio bursts, brain fitness activities, muscle conditioning, and balance followed by 15 minutes of stretching. This class is great for anyone wanting a fun multi-dimensional workout.

**Tuesday & Thursday, 9:20-10:20 am**

**Wednesday & Friday, 10:00-11:00 am**

**Instructor: Brenda Luntzel**

**Free with Annual Pass. Drop-ins: \$9.50 or \$8.00 with Resident Discount.**

**10-Class Card: \$85.50 or \$72.00 with Resident Discount**

## DISCOUNTED FITNESS CLASS CARD

There are two different 10-class cards; a Recreation Center card for LAND classes only and an Aquatic Center card for WATER classes only. This is an economical, convenient and easier way to pay for your fitness classes.

### KICKBOX

An invigorating workout using “kickbox-inspired” movements. Get your heartrate up, break a sweat, and have fun doing it! Class is designed for all levels.

**Tuesdays, 6:00-7:00 pm**

**Instructor: Jorge Glez**

**(Drop-in fee required) Drop-ins: \$9.50 or \$8.00 with Resident Discount.**

**10-Class Card: \$85.50 or \$72.00 with Resident Discount**

### YOGA FLOW

Yoga is a fun and creative way to improve your strength, flexibility and balance, decrease stress, and calm your mind. This class is a blend of mat and standing exercises using the principles of Yoga.

**Tuesday 4:15-5:15 pm**

**Instructor: Kacey Baxter**

**(Drop-in fee required) Drop-ins: \$9.50 or \$8.00 with Resident Discount.**

**10-Class Card: \$85.50 or \$72.00 with Resident Discount**

### BEYOND ZUMBA

A fun dance fitness class teaching a variety of styles including Zumba, jazz, swing, Hip-hop, pop, house and more. The class is an interval workout using fast and slow songs. Jenny shows you how to increase and decrease the level of difficulty and impact with each song. Instructor modifies and choreographs her routines to keep them simple and fun. A great class for toning, balance, cardio, and stress relief AND is guaranteed to make you sweat!

**Saturday 10:30-11:30am**

**Instructor: Jenny Voisard**

**(Drop-in fee required) Drop-ins: \$9.50 or \$8.00 with Resident Discount.**

**10-Class Card: \$85.50 or \$72.00 with Resident Discount**

## SPECIALTY FITNESS PROGRAMS

### FIT FOR LIFE WORKSHOPS

Two great life changing learning workshops! Stretching and Strengthening Your Core. Pre-registration of \$5.00 drop-in fee for everyone. These workshops qualify for the two free workshops for the new members who signed up during the 2024/25 membership drive special.

#### STRETCHING:

Flexibility and mobility are critical aspects of movement and function. It is so important to take the time in your fitness program every week to stretch. Come and learn how to stretch correctly and what stretches to do for specific muscle groups. Seated and mat/floor exercises

**Tuesday: March 18th 2:30-3:30pm and Friday: April 18th 1:00-2:00pm**

#### STRENGTHENING YOUR CORE:

Each part of your core serves a unique purpose. There are many functional benefits to strengthening your CORE. These exercise will help keep your body stable and improve how your body moves. Learn 10 exercises that will benefit all ages. Standing and mat/floor exercises

**Friday: March 21st 1:00-2:00pm and Tuesday: April 15th 2:30-3:30pm**

### FIRST STEPS

Need some encouragement to get started on your fitness journey? This program is designed for people of all shapes, sizes, and abilities to feel more comfortable and accepted in a fitness/recreation environment. This program is designed to provide opportunities and encourage fellowship for those who need a helping hand getting into movement.

**For questions, please call Brenda Luntzel, Fitness Specialist at 541-574-5863.**

**\$150.00 or \$140.00 with Resident Discount**





## TAI CHI FOR HEALTH

Classes are based on the Tai Chi for Arthritis Program from the Sun style form, emphasizing joint-safe moves and Qigong breathing. This is sequential learning and you will learn and memorize several movements. Practice will improve balance to minimize a fall, improve muscle strength, stress reduction, immune function, and mental focus.

**Wednesdays 11:30-12:30pm**  
**(4 class sessions)**

**A FOUR class SESSION is \$32.00**

**Session I: March 5, 12, 19, 26**

**Session II: April 2, 9, 16, 23**

**Session III: May 7, 14, 21, 28**

**Instructor: Susan Cooper,**  
**Senior Trainer - Tai Chi for**  
**Health Institute, Dr. Paul Lam**

**Location: Recreation Center,**  
**Aerobics/Dance Room**

## EQUIPMENT TRAINING AND EXERCISE PROGRAM DESIGN

Set yourself up for success! Whether you are new to exercise or need some inspiration for a new and more challenging routine, we can help. Wherever you are in your journey to better health and fitness, you will benefit greatly from this program. You will get a comprehensive personal consult, training on the equipment, and a plan of action that has purpose and a positive outcome. To schedule a training 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 42 years of experience of personal training, exercise program design, and teaching land and water group exercise classes.

**A consult and/or equipment training is approximately one hour.**

**\$50.00 or \$47.00 with Resident Discount**

## TEEN FITNESS TRAINING

This is a 2-hour small group session required training for anyone 12-14 years old who wishes to use the Fitness Center without parent supervision.

- Understanding the FIIT principle, knowledge of basic muscle groups, 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.

**Call 541-574-5863 to schedule the training or get**  
**a registration form at the front desk.**

**Trainings will be offered 2x per month.**

**\$40.00 or \$35 with Resident Discount**

**Pre-registration required by parent.**

## TEEN FRIDAYS

At the Recreation Center

The 1st and 3rd Fridays of the month (no program on March 21 or April 18)  
4-7pm. Food and refreshments will be provided.

**March 7: Neon Glow Party**

**April 4: Roller Skate Night**

**May 2: Games Night & DIY Pizza/Cupcake Decorating**

**May 16: Craft Night**

**Ages 12-18, \$3 or free with rec pass**

## DISCOVERY AFTER SCHOOL PROGRAM

The City has transitioned to an outside provider for childcare. The Youth Development Coalition of Lincoln County is now providing childcare at the Recreation Center.

**Ages: 5-11 years**

**Afterschool-5:30 pm Mon – Fri**

**Contact your school about bussing to the Rec Center**

**Pre-registration is required. Please contact 541 961 6123**

**or visit their website at <https://ydclc.org/> to register.**

**USDA and this institution are equal opportunity providers and employers.**

## INDOOR PARK

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.

**Fridays 9:30-11:30 am**

**Sundays 11 am-12:30 pm**

**Ages 4 and under**

**\$3.75 drop-in fee per child or \$3.25 with Resident Discount**

**10-Pass \$35.00 or \$29.00 with Resident Discount**

Newport Recreation Center

Bundle Deals

Sensory Gym & Sensory Swim

Sensory Gym & Indoor Park

\$8.50 standard

\$7 resident discount

## ENRICHMENT PROGRAMS

### THE FRIEND ZONE SENSORY GYM

**Thursdays 10:00 am – 2:00 pm, Fridays 10:00 – 5:00 pm**

**Saturdays 10:00 am - 5:00 pm, Sundays by appointment**

Regulate your senses with our brand-new sensory gym, brought to you by The Friend Zone. Swing, spin, climb, jump, and balance with our equipment that is designed with inclusion and accessibility in mind. Sessions are 90 minutes long.

**Standard fee: \$8.50/ 90-minute session, \$76.50/10 session pass**

**With Resident discount \$7.00/ 90-minute session, \$63.00/10 session pass**

## LOW TIDE LEARNING; FORAGER FOODS

Are you curious about what lives below the tides? Want to know what's safe to eat in an emergency situation (or a fun dinner party)? We will explore how to identify and safely and respectfully harvest seaweeds and animals.

### Available dates:

**Friday, May 16th, 8:30 am – 10:30 am**

**Friday, May 30th, 9:30 am – 11:30 am**

**Saturday, June 28th, 8 am – 10 am**

**Location:** Seal Rock State Park

**Please note, parking is limited.**

**There will be 9 spaces available**

**in a shuttle to the park. The**

**shuttle leaves the Rec Center 30**

**minutes before class start time.**

**Cost per person: \$14.50 plus \$5**

**for shuttle or \$12.50 plus \$5 for**

**shuttle with Resident Discount**

**(pre-registration is required, register**

**by Friday the week before)**

**Ages 8 and up. Children must**

**be accompanied by an adult.**

### Accessibility information:

Steep paved trail and cobbles

before beach, some walking on

slippery rocks. See registration

for full information and photos

## TIDEPOL EXCURSION

It's a negative tide and we are going exploring! Join our knowledgeable guide as we visit areas only exposed during negative tides and learn about the animals and seaweeds we find. We will touch on foraging as well as animal biology.

### Locations and dates:

**Otter Crest; Tuesday, April 29th,**

**7 am – 9:30 am (-2.3 tide)**

**Neptune State Park; Wednesday,**

**April 30th, 8 am – 10:30 am (-2.2 tide)**

**Curtis St/Seal Rock; Friday, May**

**1st, 9am – 11:30 am (-1.6 tide)**

**TBA; Wednesday, May 28th,**

**7 am – 9:30 am (-2.6 tide)**

**Ages 8 and up, all children must**

**be accompanied by an adult.**

### Accessibility information:

**Otter Crest;** multiple flights of stairs

and walking on slippery rocks.

**Neptune State Park:** a few

steps down and over rocks to the

beach from a paved trail. Minimal

walking on slippery rocks.

**Curtis St;** easiest to access, minimal to no walking on slippery rocks.

**See registrations for full access information and photos.**

**Neptune (40 min away) and Curtis St (15 min away) trips will have a shuttle available from the Recreation Center or meet at the site.**

**Otter Crest and Curtis St trips: \$16 or \$14 with Resident Discount**

**Neptune trip: \$21.50 or \$19.50**

**with Resident Discount**

**\$5 per person for shuttle**

**(pre-registration is required, register by Wed the week before)**

## WOODS WALK

Join us for a stroll along the Ocean to Bay Trail and learn about plant identification, edibles, and plant uses by people past and present. The trail offers a look at this unique wetland rainforest on elevated boardwalks. Look for wildlife as we walk on this flat unpaved trail. The walk is at most 3/4 mile one way. Content will change with the season.

**Dates: Saturday, April 19th – 12-2pm**

**Saturday, May 17th, - 12-2pm**

**Children 15 and under must be**

**accompanied by an adult.**

**(pre-registration is required, register by Wed the week before)**

**\$14.50 or \$12.50 with**

**resident discount**

## FLUTE LESSONS

Now offering flute lessons for beginners and intermediate with experienced flute teacher LeeAnn McKenna. Learn how to make sounds, read music, or hone the skills you already have. Don't have a flute? We have flutes available to borrow! Group and private lessons available.

### Group lessons

**8 week session, 1 hour lessons -**

**\$120 or \$90 with resident discount**

**Private lessons, 1 hour**

**\$65 or \$50 with resident**

**discount per lesson**

**Returnable deposit for flute**

**- \$30 with option to apply to**

**purchase of flute at later date**

**\$9 book fee (yours to keep)**

## INTRO TO CANVA

This class will cover the basics of how to use Canva, a powerful design software with free and paid accounts. Learn how

to create beautiful social media graphics, flyers, and more. We will also touch on how to create videos with Canva. Bring your laptop so you can follow along in your own account if you want.

**March 13th, 6-7pm**

**May 8th, 6-7pm**

**\$10 or \$7.50 with resident discount**

## COOKING CLASSES

### IN THE KITCHEN – HAWAIIAN LUNCH PLATE

**March 8, 1-3 pm**

**with Deanna Krohlow**

Come learn how to prepare an iconic Hawaiian plate lunch of mac salad, rice, Kaluha pork, and Huli Huli chicken. Perfect for all skill levels.

**Pre-registration is required.**

**Class size is limited.**

**\$45.00 or \$40.00 with**

**resident discount**

### IN THE KITCHEN – EASY ITALIAN BREAD LOAF

**April 26, 1-3 pm**

**with Deanna Krohlow**

Learn how to make a yummy loaf of Italian bread (hands on) and three compound butters you will love.

**Pre-registration is required.**

**Class size is limited.**

**\$40.00 or \$35.00 with resident discount**

## ART WORKSHOPS

**with Lara from Artsea Craftsea**

### FAUX STAINED GLASS SUNCATCHER

**Saturday, April 5 11:00**

**am – 1:00 pm**

Design a faux stained glass suncatcher using broken glass and resin. Three – five designs to choose from. Resin is a 2-part resin that can bother some people who are sensitive to smells. The resin needs 24 hours to set up, so you will carefully take your piece home in a box.

**Pre-registration is required. Class**

**size is limited. Ages 12+**

**\$50.00 or \$45.00 with**

**resident discount**

## MINI SUCCULENT GARDEN

**Saturday, April 26, 11:00**

**am – 12:30 pm**

Choose from a variety of planters and learn to design and care for a mini succulent garden. Participants will receive 2-3 plants per person, the container, decorative items, and layers that are needed to help the plants thrive, along with plant care instructions. These make great gifts.

**Pre-registration is required.**

**Class size is limited. Ages 7+**

**\$50.00 or \$45.00 with**

**resident discount**

## DECOUPAGE TREASURE BOX

**Thursday, May 1 5:30 – 7:30 pm**

Learn how to create a unique treasure box using a wooden box, paint, decorative paper, lace, and other materials. This class will guide you through the steps to make a box perfect for storing jewelry, trinkets, and treasures.

**Pre-registration is required. Class**

**size is limited. Ages 12+**

**\$45.00 or \$40.00 with**

**resident discount**

## DESIGNS WITH D – PAINTED DOOR MAT

**March 29, 1-3 pm**

**with Deanna Krohlow**

Give your front porch a bright touch of spring with a fun, painted front door rug!

**Pre-registration is required.**

**Class size is limited.**

**\$57.00 or \$52.00 with**

**resident discount**

## DESIGNS WITH D – CHICKEN WIRE SUNCATCHER

**April 19, 1-3 pm**

**with Deanna Krohlow**

Enjoy your sunny window even more with a beautiful beaded suncatcher.

**Pre-registration is required.**

**Class size is limited.**

**\$37.00 or \$32.00 with**

**resident discount**



To view the current Aquatic Center schedule, visit [www.newportoregon.gov/pool](http://www.newportoregon.gov/pool) and click on the Schedule tab.

## 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. Pre-registration required.

### DEEP WATER WORKOUT

A fun and vigorous workout that includes deep water cardio, core and balance exercises with some shallow water body conditioning, and stretching.

**Wednesdays & Fridays 8:30-9:30 am. Instructor:**  
Brenda Luntzel. Pre-registration required.

### 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 11 am-12 pm. Instructor:** Rebecca Sinnhuber. Pre-registration required.

### AQUA BODY

A dynamic and fun combination of cardio and muscle work, utilizing shallow and deep water, and a variety of equipment to build full body and core strength and endurance.

**Tues/Thurs 8:30-9:30 am. Instructor:** Deanna Krohlow. Pre-registration required.

### MOVE FOR LIFE

Focus on functional fitness, arthritis-friendly range of motion, stretching, and balance in the warm and body supportive environment of the therapy pool.

**Tues/Thurs 9:45-10:45 pm. Instructor:** Deanna Krohlow. Pre-registration required.

**All water exercise classes are \$9.50/ with Resident Discount \$8.  
10-class pass: \$85.50/ with Resident Discount \$72.**



**SIGN UP FOR THE  
AQUATIC CENTER  
EMAIL NOTIFICATION  
GROUP!**



**SCAN HERE TO SIGN UP!**

**This group will be  
notified of schedule  
changes, pool  
closures, etc.**



## SWIM LESSONS

### GET READY FOR A WHOLE NEW SWIM LESSONS PROGRAM!

With new levels, new age groups, and even new prices, we're shaking up swim lessons to help ensure that everyone can become a strong swimmer and stay water safe. We're also offering Private and Semi-Private Swim Lesson Packages. Check below for more details!

### GROUP LESSONS

\$75 or \$60 with Resident Discount for a session of eight 30-minute lessons

### PRIVATE LESSON PACKAGES:

\$23.75 or \$20 with Resident Discount per 30-minute lesson.

Packages include 1, 4, or 8 swim lessons

### SEMI-PRIVATE LESSON PACKAGES:

\$20 or \$18 with Resident Discount per 30-minute lesson.

Packages include 1, 4, or 8 swim lessons. Price is per participant

Spring Session 1: April 1-24, Tuesday/Thursday

Spring Session 2: May 6-29, Tuesday/Thursday

Spring Session 3: April 5-June 7, Saturdays (No class 4/19 or 5/10)

*\*Swim lesson sessions are dependent on staffing levels and are subject to cancellation. To stay up to date with current swim lesson sessions and registration dates, join our email notification group. Email W.McCray@NewportOregon.gov to be added to the notification group.*

**We offer swim lesson scholarships! If you are interested in applying for a swim lesson scholarship, please contact Whitney (541-574-5860 or W.McCray@NewportOregon.gov)**

## 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.

**Please contact Shayna Swanson at shaynaswanson@gmail.com for any inquiries about joining the Newport Swim Team or visit newportswimteam.net**

## Which level should I sign my child up for?



My child is between the ages of 7 months and 3 years old and I would like to begin introducing them to the water.

Enroll in our Sing & Swim class! This is an instructor led class in which the parent gets in the water with the child. We sing, play games, and have fun while getting your child comfortable in the water.



My child is at least 4 years old and cannot comfortably go underwater and hold their breath and cannot front and back float.

Enroll in our Guppies (level 1) class! This is our introduction to swim lessons class and will work on skills such as blowing bubbles, jumping in and going underwater, back/front float, and holding breath underwater.



My child is at least 4 years old and can comfortably hold their breath underwater for 5 seconds, can front and back float, and can jump in and go underwater.

Enroll in our Goldfish (level 2) class! This class will work on the fundamentals of swimming, including front/back streamline, bobbing, kicking with a kickboard, and retrieving a ring from the bottom of the pool.



My child is at least 4 years old and can front/back streamline, jump in and recover to back float, and kick with a kickboard.

Enroll in our Piranhas (level 3) class! This class will work on stroke development, including front/back streamline with kick, backstroke, side glide, and elementary backstroke.



My child is at least 4 years old and can front and back streamline with kick, backstroke, elementary backstroke, and side glide 10 feet.

Enroll in our Seahorses (level 4) class! This class will continue to work on stroke development, including treading water, diving off the side, freestyle, and side glide into freestyle.



My child is at least 4 years old and can tread water, dive off the side, and swim freestyle, side glide, and backstroke 30 feet.

Enroll in our Sharks (level 5) class! This class will work on stroke technique and endurance. It will focus on freestyle/backstroke endurance and stroke development through drills, as well as diving off the starting blocks.



AQUATIC PROGRAMS

# MILE SWIM CLUB

NEWPORT AQUATIC CENTER

ANNUAL FITNESS CHALLENGE

KICK OR SWIM YOUR WAY TO 100 MILES!

1 LENGTH = 25 YARDS  
1 MILE = 1,760 YARDS = 70 LENGTHS  
GOAL: 100 MILES = 176,000 YARDS = 7,040 LENGTHS



# Sensory Friendly Swim

4th Saturday of the month  
5-6 pm

- No hair dryers in locker rooms
- Staff use whistles only in case of emergency
- Lazy river and fountain turned off to reduce noise
- Number of participants limited
- No announcements or music



Newport Aquatic Center

# KAYAK ROLLING

7:00-8:00 pm

Tuesdays and Thursdays

Price is the daily drop-in. Free with membership.

Takes place in the lap pool



NEWPORT AQUATIC CENTER

# OUT TO SWIM

This time is dedicated to members of our community looking to swim and build connections with others.

Take pride in yourself and come out to swim!

FIRST SATURDAY OF THE MONTH, 5-6 PM

Register your spot online! Price is the daily drop-in fee.



## AQUATIC PROGRAMS

Newport Aquatic Center

## EGG DIVE

April 12

12:30–2:00 pm 2:30–4:00 pm

\$9 Residents / \$11 Non-residents \* Bring your own basket!



Newport Aquatic Center

## SWIM INSTRUCTOR VOLUNTEERS



Are you at least 16 years of age and have basic swimming and water safety knowledge?

**YOU CAN BE A SWIM INSTRUCTOR!**



## HELP US:

## KEEP NEWPORT WATER SAFE

Learn from experienced instructors about teaching swimming and safety techniques to people of all ages.

## OFFER MORE SWIM LESSONS

With your help, we can bring even more swim lesson opportunities to Newport so that everyone learns how to be comfortable, confident, and safe in the water!



## Interested in volunteering?

Contact Chloe Hubbard at: [C.Hubbard@NewportOregon.gov](mailto:C.Hubbard@NewportOregon.gov) or  
pick up a volunteer packet at the front desk of the Rec Center

Newport Aquatic Center

## WE'RE HIRING LIFEGUARDS



Are you at least 16 years of age and have basic swimming and water safety knowledge?

**YOU CAN BE A LIFEGUARD!**



## BENEFITS:

## IN-HOUSE TRAINING

Lifeguard, CPR, First Aid, AED, and Bloodborne Pathogen training and certification are done right here at the Newport Rec Center!

## FREE MEMBERSHIP

All employees and dependents are eligible for free membership at the Newport Rec Center (includes gyms and pools!)



**APPLY  
HERE:**



<https://newportoregon.gov/dept/adm/hr/currentjobs.asp>





### 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.

*Beyond Fantastic!*

Accredited by   
National Institute of  
Senior Centers

20 SE 2nd Street  
Phone: (541) 265-9617  
[www.newportoregon.gov/sc](http://www.newportoregon.gov/sc)



### DURABLE MEDICAL EQUIPMENT

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

### CRAFTER'S CORNER GIFT SHOP

All are welcome to browse this coastal consignment gift shop with a wide variety of handmade crafts, wonderful walking sticks, beautiful jewelry, handcrafted baby blankets and booties, fashionable scarves, adorable kitchen aprons, unique hot pads, and more. Do you have something you would like to offer for sale? Inquire in the shop about our consignment opportunities.

### MEALS ON WHEELS – CONGREGATE DINING

Come and enjoy a fresh, hot, nutritious meal served in a social setting.

**Meals are served every Monday, Wednesday, and Friday at noon.**

**Donations are encouraged. Reservations required. 541-574-0669.**

### MEALS ON WHEELS – HOMEBOUND LUNCH PROGRAM

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

### HOW YOU CAN ASSIST YOUR 60+ ACTIVITY CENTER:

#### VOLUNTEER OPPORTUNITIES

Come chat with us to find the right fit for you.

**The Friends of the Newport 60+ Activity Center**

**Newport Senior Citizens Activity Association**

**60+ Activity Center Advisory Committee**



#### DO YOU BUY GROCERIES?

Support your 60+ Activity Center with charitable contributions, at no cost to YOU! Link your Fred Meyers rewards card to the Newport 60+ Center under account code CU972, The Friends of the Newport Senior Activity Center. Visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) to link your account or call 1-866-518-2686.

#### A BIG THANK YOU FOR YOUR SUPPORT!

#### PARA INFORMACION EN ESPANOL

Para mayor información usted puede visitar nuestra página del internet en [newportoregon.gov/dept/par](http://newportoregon.gov/dept/par). En la esquina inferior del lado izquierdo de la página, seleccione el language que usted prefiere, luego haga clic en el botón TRANSLATE y el language se ajustará a su preferencia. La mayoría de la formas que usted necesitará están disponibles en español en el Centro de Receación.

### EDUCATIONAL OPPORTUNITIES

#### REGISTER FOR CLASSES ONLINE AT

**[WWW.NEWPORTOREGON.GOV/SC](http://WWW.NEWPORTOREGON.GOV/SC)**



#### AARP TAXAIDE INFORMATION

Use the AARP TaxAide Locator for locations, open days/times and instructions on how to find free tax service in Lincoln County. Make your appointment online at [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations](https://www.aarp.org/money/taxes/aarp_taxaide/locations)

#### DRIFTWOOD LIBRARY, SW HWY. 101 STE 201 LINCOLN CITY.

**(541) 669-0006 Appointments necessary. You may call them directly to be placed on the waiting list. Pick up packets at either the Driftwood Library or at the Newport 60+ Center at 20 SE 2nd St. Complete the forms BEFORE your appointment.**

#### WALDPOR COMMUNITY CENTER, 265 NW HEMLOCK ST.

**No appointment necessary. Walk-In every Wednesday, Thursday, Saturday 1pm-4pm from February 1st to April 12th Waldport (541) 669-0079. Leave a message.**

#### THE BENEFITS OF PHYSICAL THERAPY

Presentation by Steven Neptink with Samaritan Physical Therapy Services.  
**Friday, April 18, 1:30 – 2:30 pm**

**Various classes, activities, and presentations added often. Please visit [www.newportoregon.gov/sc](http://www.newportoregon.gov/sc) to learn about upcoming events. Or use the QR code.**





## HEALTH & WELLNESS CLASSES

### WHAT MATTERS MOST: YOUR HEALTH!

You deserve to take care of yourself! Your 60+ Activity 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 beginning to advanced. Please check with the class leader or instructor to find out if the class is a match for you.

### ARTHRITIS EXERCISE PROGRAM

Whether you have arthritis or related diseases, or you just want to prevent it, this program's multiple components will help reduce pain and stiffness, and help you maintain or improve your mobility, muscle strength, and functional ability. Class leader is Rose Ebel.

**Wednesday & Friday, 9:30 – 10:30 am**

### STRENGTH & BALANCE

Designed to gradually improve balance and strength, this class will help you to avoid falls and to maintain independence. This is a video-led class.

**Friday, 1:00 – 2:00 pm**

### JIN SHIN SELF-HELP

Based on the book, The Touch of Healing: Energizing Body, Mind and Spirit with the Art of Jin Shin Jyutsu," this class will "restore you to a knowledge of yourself and your innate ability to improve the quality of your life."

**Led by volunteer Susan Cooper.**

**Second Thursday of each month, 10:30 – 11:30 am**

### LINE DANCING

• **Introduction to Line Dancing:** Learn the steps for the dances we will do. Come have fun, move a little, laugh a little. **Class leader is Vicki Berchou.** **Tuesday, 11:45 am – 12:45 pm, through March 18**

• **Easy Line Dance:** This class is designed for people familiar with line dancing who want to review basic line dance steps or just enjoy doing easier dances to slower music. **Wednesday, 1:00 – 2:00 pm**

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

• **Intermediate:** 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. **Wednesday, 3:00 – 4:00 pm**

**Class leader for all line dance classes unless noted, is Mary Peterson.**

### SOCIAL BALLROOM DANCING

Learn the Foxtrot, Waltz, and Rumba in this easy-to-learn, social ballroom dance class. Come alone or bring a partner.

**Class is taught by Bonnie Prater.**

**Monday, 1:30 – 2:30 pm**

### MEDITATION

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.**

**Tuesday, 9:00 – 10:00 am**

### CHAIR YOGA

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.**

**Tuesday & Thursday, 11:45 – 12:40 pm**

### GENTLE YOGA

Gentle yoga available for all levels. Enjoy a relaxing stretch-type class, modifications available. Must be able to get up and down off the floor.

**Class leader is Deborah Marsh.**

**Tuesdays, 1:00 – 2:00 pm, Thursdays, 2:30 – 3:30 pm**

### LET'S GET MOVING! HYBRID WALK WITH EASE

Build confidence, get moving, improve your health. This class helps people improve their balance, reduce chronic pain, and increase flexibility and comfort moving. Join live or via Zoom. If you do not have the technology or know how, we can help. Call the office to learn more.

**Class leader is Bryn McCornack.**

**Date and Time TBD**

### TAI CHI FOR ARTHRITIS AND FALL PREVENTION

This 6-week course, meets twice each week. You will learn a series of slow, smooth movements to be practiced in a safe and comfortable manner. We will begin with a warm-up, and will proceed, slowly, one movement at a time, until you have mastered each form of a series. This Sun style program is for people with mild, moderate, and severe joint and back pain. It is especially appropriate for adults who have a higher risk of falling. All movements are adaptive to accommodate mobility issues.

**This hybrid class is available both online and in-person.**

**Date and Time TBD**

### SILVER SNEAKERS CLASSIC

This fun fitness program will help maintain and improve cardiovascular conditioning, circulation, flexibility, and muscle tone.

**Class leader is Pam Gardner.**

**Tuesday, & Thursday, 10:30 – 11:30 am, through March 27**

### MOVE WITH MARY

You will start this fun class with a warm-up and transition into exercises, using weights, a ball, or band all done while standing or sitting. All abilities are welcome! Come and get moving!

**Class leader is Mary Peterson.**

**Monday, 10:00 – 11:00 am**

### DANCE WITH MARY

Come check out the variety of dance moves we have fun with to our collection of music CD's. It's not just a workout, it's FUN!

**Class leader is Mary Peterson.**

**Date TBD**

### TAI CHI 8 FORM

With just one hour a week, gain the tools for self-revitalization with a time-tested practice that will promote healing, relaxation, fitness, immunity, balance, and mental calm and clarity. Tai Chi Health Institute certified instructor Craig Shafer guides you through easy, safe, and effective movements that promote mental and physical health. Positive change begins with just one small step at

a time. Beginners always welcome.

**No additional fees.**

**Visit [taichiserenity.com](http://taichiserenity.com)**

**Thursday, 1:00 – 2:00 pm**

## 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.

### BIRTHDAY CELEBRATION LUNCH

A time to celebrate with those who have a birthday during the month. Veterans of all ages, and everyone 60+ with a birthday in that month is invited to join us for a complimentary, celebratory lunch and Bingo for themselves, and a plus one!

**3rd Wednesday of every month, 12:00 pm (Bingo at 11:00 am)**

### THE MEMORY THREAD

Hosted by South Beach Manor Memory Care, this is a chance for those with memory issues and their loved ones to discuss challenges, solutions, latest research, self-care, and other topics of interest.

**1st Tuesday 10:30 – 11:30 a.m.**

### INTERMEDIATE GUITAR LESSONS

This class is designed to help experienced guitar players hone their skills.

**Led by musician instructor Don Sansone.**

**Every other Wednesday 2:00 – 3:00 p.m.**

### NEWPORT UKULELE COLLECTIVE (NUCS)

Join our Ukulele Jam for a fun and welcoming musical experience, open to players of all levels! Whether you're a beginner learning your first chords or an experienced strummer, you'll find a supportive community ready to make music together. Our sessions feature a mix of easy-to-follow songs and more challenging tunes, ensuring everyone can participate and improve. Bring your ukulele and enthusiasm, and let's create beautiful harmonies while having a great time with fellow music lovers!

**Thursday, 2:00 – 3:30 pm**



## WII BOWLING

You can enjoy the fun of bowling, without the weight of a bowling ball. Stop by and experience for yourself while you make new friends.

**Tuesday & Thursday, 9:30 – 11:00 am**

## KNITTING GROUP

Crafty fun for all ages. Knitting is a great tool to keep your fingers limber and your mind sharp while enjoying the company of other knitters. Supplies abound, so come and join in on any Tuesday afternoon.

**Tuesday, 1:30 - 3:00 pm**

## BINGO

Bingo fun with prizes and socialization.

**Monday, Wednesday, and Friday, 11:45 am - \$0.25 donation to play.**

## PARTY CONTRACT LUNCH BRIDGE

Bring your lunch, play and learn with this casual, non-competitive, bridge game.

**Games hosted by Bruce Howard.**

**Monday, 11:00 – 1:00 pm**

## DUPLICATE BRIDGE CLUB

Duplicate Bridge is the most widely used variation of contract bridge in club and tournament play.

**Thursday, 11:30 – 4:00 pm**

## MAH JONGG

Master the art of this mysterious Chinese tile game. Instructions are available.

**Friday, 1:00 – 3:00 pm**

## MAH JONGG 101

An exciting tile game that came to the U.S.A. in the 1920's, Mah Jongg is played by four players, each striving independently to create a successful hand from 152 tiles. The class will be taught to National Mah Jongg League (bet you didn't know there was one!) standards. After a couple of classes, we will be learning as we play. Class size is limited to 8.

**Instructor is Barbara Bush.**

**Cost: \$10.00 for player cards, payable to the instructor.**

**Monday, March 10 – April 14, 2025, 1:00 – 3:00 p.m**

## CRIBBAGE

Cribbage involves playing and grouping

cards in combinations which gain points. Cribbage uses a board for score keeping.

**Monday, 1:30 – 3:30 pm**

## DOMINOES, MEXICAN TRAIN

The object of the game is for a player to play all of the dominoes from their hand onto one or more chains.

**Wednesday & Friday, 11:30 am – 4:00 pm**

## OPEN BOARD GAMES

**Tuesday, 10:00 am – 1:00 pm**

Bring your favorite board game and come play with others.

## SCRABBLE

**Tuesday, 1:00 – 3:00 pm**

Scrabble is a board game in which words are formed from letters in patterns similar to a crossword puzzle.

## PINOCHLE

Pinochle is a trick-taking Ace-Ten card game typically for two to four players and is played with a 48-card deck.

**Friday, 11:00 – 2:00 pm**

## SENIOR DISCUSSION GROUP

Drop in to chat about anything and everything from Artificial Intelligence to cataract surgery; from the best restaurant in Newport to Wordle or crabbing season. Except for no politics or religion, come talk with others about whatever you think is interesting.

**Led by volunteer Marvin Straus.**

**2nd Tuesday of the month, 11:00 am – 12:30 pm**

## OPEN POOL GAMES

Come and shoot pool with your friends!

**Monday – Friday, 8:00 – 4:00 pm**

## CALL SHOT POOL

This pool game invites bank, combination, and carom shots. Chalk your cue!

**Monday and Wednesday, 2:00 – 4:00 pm**

## OPEN PING PONG

Bring a friend for fun, socialization, and exercise with our ping pong table.

**Monday – Friday, when Multi-Purpose Room or Education Room is available**

## OPEN MIC AND MUSIC JAM

Acoustic instrument jam and open mic, hosted by Morgen Silverhorn. Musicians should bring their acoustic instruments,

check in, and " we will see what happens". This is open to musicians of all abilities, and everyone is invited to attend even without an instrument.

**First, third, and fifth Mondays of the month, 1:30 – 3:30 pm**

## QUILTING SOCIAL

Bring your projects to work on. Come share your questions, thoughts and ideas with this social quilting group.

**Tuesday, 9:00 am – 1:00 pm**

## FIBER ARTS DEMONSTRATION

Members the local Fiberarts Guild will provide demonstrations working with fiber.

**Tuesday following the 3rd Saturday of the month, 11:00 am – 2:00 pm Art Classes**

## WATERCOLOR

Draw into that inner beauty and hidden talent! Our new instructor, Sherilyn Medin, will help you discover the artist in you! For those who do have supplies, you are encouraged to bring them to class.

**Thursday, 1:00 - 3:00 pm**

## BEGINNING DRAWING

Karen Robnett will be offering a beginning drawing class using a variety of mediums. Create your own masterpiece! All materials are provided, but people who do have their own supplies are encouraged to bring the supplies to class.

**Wednesday, Starting January 8, 9:00 – 11:00 am**

## DRAWING WITH COLORED PENCILS

Karen Robnett will be offering a free colored pencil class for those people interested in learning how to create their own masterpiece! All materials are provided, but people who do have their own supplies are encouraged to bring the supplies to class. Class size is limited, so sign up now!

**Wednesday, Starting January 8, 1:00 – 3:00 pm**

## SPECIAL EVENTS JOIN THE 60+ ACTIVITIES ASSOCIATION FOR THEIR MANY ANNUAL FESTIVITIES

## WII BOWLING TOURNAMENT

Teams participate in a bit of blarney by wearing a bit o' green and dressing in fun team outfits to celebrate St. Patrick's Day. This fun event turns the dining room into a four-lane bowling alley. Teams of four players compete for the top prize and bragging rights FOR AN ENTIRE YEAR! Sign up now!

**Tuesday, March 18, 2025, 9:30 am – 1:00 pm**

More classes, presentations, and activities to be added – please visit our website at [www.newportoregon.gov/sc](http://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

### MARCH

**Benton County Museum/ Shopping @ Heritage Mall**

**Tillamook Air Museum**

**McMinnville Shopping Trip**

### APRIL

**Evergreen Aviation & Space Museum**

**Wooden Shoe Tulip Festival**

**Adelman Peony Garden**

**Lincoln City Outlet**

**Mall Shopping Trip**

### MAY

**Three Capes Scenic Loop**

**McMinnville Farm Fest**

**Schreiners Iris Gardens**

**Fishing Olalla Lake**

**Strawberry Festival**

**Tillamook Forest Center/**

**Cheese Factory**



**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.

## SPRING SPORTS

### 6TH-8TH GRADE TRACK & FIELD

Run. Jump. Throw. The Middle School Track and Field program allows athletes to practice and compete in various athletic contests. Athletes can register at the recreation center and practices will occur at Newport High School Track. **Volunteer coaches are needed!**

- **\$159.00 or \$135.00 with Resident Discount**
- **Scholarships are available as funds allow**
- **Registration Deadline: March 5th, 2025**

**ADULT 5-ON-5 BASKETBALL LEAGUE**

Games are played on Tuesday or Thursday evenings. The league consists of an 8-game regular season, plus an end-of-season tournament.

- **Fee: \$575.00 per team**
- **Registration Deadline: April 18th**

**YOUTH BASEBALL & SOFTBALL**

The Newport Baseball & Softball Association runs youth baseball and softball programs. Registration and season information can be found by going to [www.facebook.com/nbasa](http://www.facebook.com/nbasa) or [www.quickscores.com/nbasa](http://www.quickscores.com/nbasa).

**YOUTH OUTDOOR SOCCER**

The Central Coast Soccer Association runs youth outdoor soccer programs. Registration and season information can be found by going to [www.centralcoastsoccer.org](http://www.centralcoastsoccer.org).

**DROP-IN SPORTS****ADULT NOON BASKETBALL LARGE GYM**

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: 12:00 pm – 2:00 pm**

**ROLLER-SKATING SMALL GYM**

Grab your rollerblades or skates and drop in for a family friendly roller-skating session.

- **Wednesday: 4:30 pm – 6:00 pm**
- **Sunday: 1:00 pm – 4:00 pm**

**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.

- **Drop-In Soccer: Sunday 4:00 pm – 7:00 pm**

**BADMINTON LARGE GYM**

Badminton is a fast-paced racquet sport. Players use a shuttlecock, a lightweight projectile, aiming to hit it over the net into the opponent's court. The game requires agility, precision, and strategic thinking to outmaneuver opponents and score points.

- **Sunday 5:00 pm – 6:00 pm**

**VOLLEYBALL LARGE GYM**

Join us for casual and fun drop-in volleyball sessions, where players of all levels come together for friendly matches and a great time on the court. Whether you're a seasoned pro or new to the game, our drop-in volleyball is the perfect opportunity to spike, set, and score in a relaxed and inclusive environment.

- **Youth: Wednesday & Friday 5:00 pm – 6:00 pm**
- **Adult: Wednesday & Friday 6:00 pm – 8:00 pm**

**PICKLEBALL SMALL GYM**

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.

**Tuesday/Thursday**

- **Skill Level 4 – 5: 8:00 am – 9:30 am**
- **Skill Level 3.5 – 4: 9:30 am – 11:30 am**
- **Skill Level 1 – 3: 11:30 am – 3:00 pm**
- **All Skill Levels: 6:00 pm – 7:50 pm (Tuesday Only)**

**Wednesday/Friday**

- **Skill Level 3.5 – 5: 12:00 pm – 1:30 pm**
- **Skill Level 1 – 3: 1:30 pm – 3:00 pm**

**Saturday**

- **Skill Level 1 – 3: 7:00 am – 8:30 am**
- **Skill Level 3.5 – 4: 8:30 am – 10:30 am**
- **Skill Level 4 – 5: 10:30 am – 1:30 pm**

**Sunday (Large Gym)**

- **Skill Level 4 – 5: 11:00 am – 1:30 pm**
- **Skill Level 3.5 – 4: 1:30 pm – 3:00 pm**
- **Skill Level 1 – 3: 3:00 pm – 4:30 pm**

**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](http://www.newportoregon.gov/sports) or contact Zach Koprowski at [z.koprowski@newportoregon.gov](mailto:z.koprowski@newportoregon.gov)

**NEW PROGRAMS:****ADULT 3-ON-3 BASKETBALL LEAGUE**

Games are played on Tuesday or Thursday evenings. The league consists of a 6-game regular season, plus an end-of-season tournament. This is a self-officiated league (call your own foul)

- **\$80.00 per team**
- **Registration Deadline: March 11th**

**GOLF SIMULATOR**

The golf simulator offers a realistic indoor golfing experience with advanced swing analysis, virtual courses, and immersive technology, allowing players to practice and compete year-round.

- **\$40.00 per hour**
- **Hours:**
- **Tuesday: 7:00AM - 9:00PM**
- **Wednesday: 7:00AM - 5:00PM**
- **Thursday: 7:00AM - 9:00AM & 3:00PM - 9:00PM**
- **Friday: 6:00PM - 9:00PM**
- **Saturday: 6:00PM - 7:00PM**
- **Sunday: See Front Desk for Availability**

**REGISTER NOW!**



# SPECIAL ACTIVITIES & EVENTS

14 MARCH, APRIL, MAY - 2025

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

## ART IN APRIL

Our artists have been busy creating beautiful pieces. Come see what they've been up to at our Art in April art show! With over 70 artists, you're sure to find that perfect something.

**April 12th, 10 am – 4 pm**

**Free admission**

## EARTHFEST

**Saturday, April 26th in the Small Gym**

This year we are combining Arbor Day with Earth Day into one big celebration of this beautiful place we call home! We'll have activities and information from partner organizations, kids' activities, and more, including a tree seedling giveaway. Keep an eye on our Facebook event page for more information.

## FESTIVAL OF FLAVORS

**Saturday, March 22**

**10 am-4 pm**

Celebrate all of the flavors of Newport (and beyond) at our Festival of Flavors event! Join us for food, drink, live music, and craft vendors. All proceeds will benefit Coastbusters.

## SPRING INTO ACTION (OUR 2ND FUN SEASONAL SATURDAY WORKOUT)

**Saturday, March 15th**

**9:00-10:30am**

Join our specialty fitness instructors for a fun, diverse workout. Three 25 minute workouts in order of Zumba, Kickbox and Yoga! This is a great opportunity to try out a new classes and meet new people. This will be a morning of fitness, fun, and healthy snacks.

**Pre-registration is recommended. Drop-ins are welcome if space allows.**

**\$5 per person**

## HISPANIC COMMUNITY RESOURCE FAIR

**Monday, April 14th, 5-7:30 pm**

Join us for a community resource fair, brought to you by Newport Parks and Recreation and the Lincoln County School District. There will be informational resource booths, a community dance group performance, kids activities, and more.

**Free admission.**

**January 17: Movie and pizza**

**February 7: Roller Pride**

**February 21: Ice Cream Social, \$3**

# FRIENDS OF NEWPORT PARKS & RECREATION

The Friends are a non-profit group that supports the development and enhancement of parks and recreation for the benefit of the citizens and businesses of Newport.

### Get Involved

- **Volunteer**
- **Donate**

### Typical Projects Include:

- Fundraising events
- Support programs & activities
- Advocate for park improvements



Donations can be made by scanning the QR code or at [www.paypal.com/donate/?hosted\\_button\\_id=6MNHRZKE9KP4C](http://www.paypal.com/donate/?hosted_button_id=6MNHRZKE9KP4C)

## QUESTIONS?

• • • •  
• • • •

[friendsofnpari@yahoo.com](mailto:friendsofnpari@yahoo.com)

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**26 May – Memorial Day**



MEMBERSHIP PASSES (Effective July 1st 2023)

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.

NEWPORT RECREATION & AQUATIC CENTER

		STANDARD	RESIDENT DISCOUNT
Infant: 0-2 yrs. (pool only)	DAILY FEES	\$ 3.75	\$ 3.25
	10-Pass	\$ 35.00	\$ 29.00
Infant – 4 yrs. Indoor Park	DAILY FEES	\$ 3.75	\$ 3.25
	10-Pass	\$ 35.00	\$ 29.00
Youth: 3-17 yrs.	DAILY FEES	\$ 6.25	\$ 5.25
	Fridays	\$ 3.00	\$ 3.00
	10-Pass Card	\$ 45.00	\$ 39.00
	3-Month Pass	\$ 92.00	\$ 76.50
	Annual Pass	\$ 282.50	\$ 235.50
Adult: 18-59 yrs.	DAILY FEES	\$ 8.25	\$ 7.00
	10-Pass Card	\$ 66.00	\$ 55.00
	3-Month Pass	\$ 225.00	\$ 188.00
	Annual Pass	\$ 614.25	\$ 512.00
Senior: 60+ yrs.	Daily Fees	\$ 7.75	\$ 6.25
	Tues/Thurs	\$ 3.00	\$ 3.00
	10-PASS CARD	\$ 54.00	\$ 45.00
	3-MONTH PASS	\$ 150.50	\$ 125.50
	ANNUAL PASS	\$ 451.00	\$ 376.00

ANNUAL PASS DISCOUNT 3 MONTH DISCOUNT

Any 2= 10%	Any 2= 5%
Any 3= 15%	Any 3= 10%
Any 4= 30%	Any 4= 15%
Any additional youth above 2 children = \$ 75 each (must all be in the same family)	Any 5= 20%

**NON-RESIDENT DISCOUNT CARD** (12-MONTH PERIOD, NON-RETRO-ACTIVE)  
\$53.25 per family of 3 or less  
\$106.50 per family of 4 or more  
(With this discount card, pay resident prices on all membership passes, activities, reservations, and more.)

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.

GROUP RATES:

Discounted rates for businesses, organizations, or groups of 10 or more are available on annual passes. Contact the Recreation Center at 541-265-7783.

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.

60+ CENTER

	Standard	Resident Discount
Annual All-Inclusive Pass	\$45.00	\$39.00
Annual Social Pass	\$15.00	\$10.50
3-Month Pass	\$25.00	\$19.00
1-Month Pass	\$ 9.00	\$ 7.50
Single-Day Pass	\$ 3.50	\$ 2.75

RENTAL FEES (Effective July 1st, 2024)

\*Discounted rates apply for public, civic, and non-profit organizations

60+ ACTIVITY CENTER

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

Room Rental Fees	Prices Up To*
Health and Wellness Studio	\$24.00/hour
Education Center	\$24.00/hour
Lounge	\$24.00/hour
Multi-purpose /Prep kitchen	\$39.00/hour

NEWPORT RECREATION CENTER RENTAL

	Standard	Resident Discount
Full Classroom/Meeting room		
Aerobics/Dance Room	\$28.00/hour	\$24.00/hour
1/2 Multi-Purpose room	\$35.00/hour	\$29.00/hour
Full Multi-Purpose room	\$45.00/hour	\$38.00/hour
*Kitchen, additional	\$90.00/hour	\$75.00/hour
1/2 Main Gym	\$10.00/hour	\$8.00/hour
Small Gym	\$46.00/hour	\$39.00/hour
Full Gym	\$47.00/hour	\$39.00/hour
	\$90.00/hour	\$76.00/hour

AQUATIC CENTER

Per Pool Per Hour	Standard	Resident Discount
1-20 people	\$139.00	\$115.00
21-40 people	\$165.50	\$135.00
41-60 people	\$188.00	\$155.00
61-80 people	\$2155.00	\$179.00
81-100 people	\$239.00	\$199.00

LANE RENTALPER HOUR

1 Lane	\$25.00
2 Lanes	\$50.00
3 Lanes	\$75.00
4 Lanes	\$100.00
5+ Lanes	Full pool rental

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

Now offering

# Birthday Party Packages

Inquire at the front desk of the Recreation Center