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Community Ed & Rec and Summer Playground Registration Now Open!

Summer School AND Summer Swim Registration opens April 18th at 6 pm.

Your Community Ed & Rec Staff

Welcome You!



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Aquatics & Summer School Secretary

EXPLORE THE ARTS!

String Painting ♦RCI♦ ♦NEW♦
Grades K-8

Let's paint with string! We'll use the pulled string method to create images that can be turned into cards or displayed as art! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Tue	April 30	3:30-5:00PM	RCI	\$20

Spirit Animals and Mythical Creatures
Grades K-4

Bring dragons, griffons and other magical creatures to life through story telling, creative writing and drawing. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu-Fri	May 2-3	3:15-4:30PM	NKE	\$20

Junior Van Goghs ♦RCI♦
Grades K-8

Come join this fun after school art class where you learn how to create amazing pictures step by step. We will use markers, colored pencils and glitter gel pens to color our designs! New designs every time! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Wed	May 1-15	3:30 - 4:30PM	RCI	\$32

Kaleidoscope Art ♦RCI♦
Grades K-8

Create beautiful patterns like the ones you see through a kaleidoscope! Discover how drawing may help you feel calm and centered while you create beautiful pieces of art! This class is for all ages and fun for the whole family! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu	April 25	3:30-4:45PM	RCI	\$15

DIY Zen Garden ♦RCI♦ ♦NEW♦
Grades 3-Adult

Let's make a Zen Garden! We'll use a variety of materials to create a mini garden to take home that you can use to help you feel calm and centered. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu	May 16	5:30-7:00PM	RCI	\$25

Pom Pom Pals Creations ♦RCI♦
Grades K-8 ♦NEW♦

We'll make pompoms and turn them into cute critters! It's as easy as wrap, cut and tie. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon	May 20	3:30-5:00PM	RCI	\$20

SUMMER ART
WORKSHOPS &
CAMPS!Summer Art Camp with Sara
Grades K-7

Four days of art! Each day we'll do an art project including an acrylic painting on canvas or a watercolor painting and a fun craft project! We'll have an Art Show on June 27th to display all our work! Taught by Sara Lenz.

DAY	DATES	TIME	LOCATION	FEE
Mon-Thu	June 24-27	9:00-11:30AM	NKE	\$130

Pom Pom Workshop ♦NEW♦
Grades K-8

We'll make cute pom pom pals and other creative projects! It's as easy as wrap, cut and decorate! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Wed	July 1-3	9:00-10:15AM	NKE	\$40

Perler Bead Workshop
Grades K-8

The sky's the limit when you work with perler beads! Use templates, freestyle or make a 3D creation! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Wed	July 1-3	10:30AM - Noon	NKE	\$40

Wonderful Wizardly Workshop
Grades K-8

Calling all Harry Potter Fans! Join this week-long adventure as we make wands, scrolls, potions and other wizardly props! Sibling/Multi Session discount available. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 15-19	1:30-3:00PM	NKE	\$110
Mon-Fri	Aug 5-9	1:00-3:00PM	NKE	\$110

All Things Dolls DIY Camp
Grades K-8

Create fun accessories for your 12" or 18" doll (like American Girl dolls)! We'll make furniture, food, school supplies and much more! New projects each session! Sibling/Multi Session discount available. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 8-12	1:30-3:00PM	NKE	\$90
Mon-Fri	Aug 5-9	10:00-11:30AM	NKE	\$90

WEEKLY SUMMER PLAYGROUND

Summer Playground is a perfect place to fill long summer afternoons with fun and excitement! Our playground staff will lead activities designed for ages 7-10 in sports, games, arts & crafts, and field trips. We will also swim every Wednesday at the Oregon Community Pool. Come join the fun! We will escort children from Summer School to Playground.

June 26- June 28 Try Playground for FREE!

July 1 - August 16th ♦ 1pm - 4pm ♦ Prairie View Elementary
Daily Monday through Friday (no program July 4 & 5)

- ♦ \$50 per week for all activities and a weekly field trip.
- ♦ Sign up for one week or multiple weeks. Enrollment does not need to be for consecutive weeks.
- ♦ Scholarships are available but you MUST be approved for financial aid BEFORE you register, or you will be responsible for the full payment. Questions, scholarship requests and registration, please contact Dave at 835-4097 or dtjameson@oregonsd.org
- ♦ Please contact us about registering children under 7.

Crazy 4 Crafting Workshop Grades K-8

Love to craft? Join us as we spend 5 days making a variety of fun craft projects to keep or give as gifts! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 22-26	1:30-3:00PM	NKE	\$75

Paint and Draw Dot Style **NEW** Grades K - 7

If you love to draw, you'll love this fun way to create amazing art using one simple shape- dots! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon-Wed	July 29-31	1:30-2:45PM	NKE	\$25

Summer Art Adventures Camp Grades K-6

Learn, create and explore the arts this summer! Days will include music, drawing, crafts and much more! Taught by Eliza Tyksinski.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	Aug 5-9	8:30-11:00AM	PVE	\$85
Mon-Fri	Aug 12-16	8:30-11:00AM	PVE	\$85

Project Runway **NEW** Grade 4-8

Get ready for your own Project Runway fashion show as you make a dress, satchel, sunglass case and more! We'll use basic hand and machine sewing techniques and more! Led by Youth Enrichment League staff.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	Aug 12-16	1:00-4:00PM	NKE	\$120

World Music, Drumming and More! **RCI**

Grades 5-8

Explore different cultures through music on drums, ukuleles, xylophones and more! Students will learn to play, sing and dance to songs from all over the world! Returning students welcome! Taught by Megan Wiemann.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	Jul 8-19	1:30-3:00PM	RCI	\$25

BE DRAMATIC!

Summer Musical Grades 1-6

Kids will engage in drama games, and create and learn song and dance routines with a seasonal theme! They will also use art materials to create simple costumes and props. Families and friends will be invited to watch the final show! Taught by Eliza Tyksinski.

DAY	DATES	TIME	LOCATION	FEE
Wed	July 10-Aug 14	6:30 - 8:00PM	PVE	\$80

Performance August 14, 7:30 pm.

Learn A New Skill!

Red Cross Baby Sitter Training Ages 10½+ and up

Gather the skills, knowledge and confidence to care for young children. Learn how to respond to emergencies and illness, basic first aid, how to make decisions under pressure and how to recognize safety and hygiene issues. Students will receive an American Red Cross Certificate upon completion of the course. Taught by Frank Mozer.

DAY	DATES	TIME	LOCATION	FEE
Sat	May 18	9:00AM -4:00PM	NKE	\$67
Sat	June 15	9:00AM -4:00PM	NKE	\$67
Sat	Aug 17	9:00AM -4:00PM	NKE	\$67

Home Alone Safety for Children Ages 8-11 AND Parent

Want to help you child get ready to stay home without you or a sitter? This class will help you and your child be ready for this big step! Parents and children will work together to develop a home alone plan that includes family rules, handling emergencies, getting along with siblings and structuring time following a curriculum developed by the University of Wisconsin Extension. Taught by Frank Mozer.

DAY	DATES	TIME	LOCATION	FEE
Sat	April 13	2:30-4:30PM	RCI	\$25
Sat	July 20	2:30-4:30PM	RCI	\$25

STEM AND MORE!

Aerospace Engineering: Academy of Space Explorers Grades 1-5

Future NASA Engineer? Your budding engineer will be introduced to basic engineering concepts as they design and construct rockets, parachutes and hot air balloons! A fun way to learn critical thinking and problem-solving skills! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 8-12	1:30-4:00PM	NKE	\$165

LEGO® WeDo™ Robotics **NEW** Grades K-2

Introduce your budding engineer to robotics! We'll design, build and program robots using LEGO advanced technology and a fun visual programming language! We'll make robots rotate, jump and more! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 15-19	1:30-4:00PM	NKE	\$165

Coding Web App Games with JavaScript **NEW** Grades 3-5

Make app games you can play on tablets or phones while you learn the text-based programming language JavaScript! Learn game design, object relations, and collision detection, too! At the end of the week you'll have a library of original web app games you can play at home! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Mon-Fri	July 22-26	1:30-4:00PM	NKE	\$165

Destination Mars: Rocketry Camp **NEW** Grades 2-5

Make and launch rockets while you investigate basic aeronautical concepts, think about space travel and more! You'll take home your rockets, too! Led by Youth Enrichment League staff

DAY	DATES	TIME	LOCATION	FEE
Mon-Thu	Aug 5-8	9:00AM -Noon	NKE	\$98

Kids Night Out Grades 1-6

Our Kids Night Out is a high-energy, creative and fun evening full of projects, games and more! The evening includes dinner and a movie, Led by Community Ed & Rec Staff.

DAY	DATES	TIME	LOCATION	FEE
Sat	April 27	5:30-8:30PM	RCI	\$25
Sat	May 18	5:30-8:30PM	RCI	\$25
Sat	June 29	5:30-8:30PM	RCI	\$25
Sat	July 20	5:30-8:30PM	RCI	\$25
Sat	Aug 10	5:30-8:30PM	RCI	\$25

ACTIVE YOUTH FUN!

Beginning Equestrian Skills Grades 3-7

Learn to care for and ride horses, horse nutrition, how to groom and saddle and much more! Classes will be held at Lindinhof Academy's indoor, riding facility, 4246 Schneider Dr, Oregon. Taught by Megan McIsaac and Liz Carey, Lindinhof Academy.

DAY	DATES	TIME	LOCATION	FEE
Mon	April 29-May 13	6:00-7:30PM	See Description	\$75
Mon	June 3-17	6:00-7:30PM	See Description	\$75
Mon	July 1-15	6:00-7:30PM	See Description	\$75

Ninja Warriors Grades 1-4

Obstacle courses that develop "Ninja" skills with climbing, jumping, spinning and more! Young "warriors" develop strength, coordination and confidence! Taught by Luke Palmer at Infinity Martial Arts, 787 N Main St, Oregon,

DAY	DATES	TIME	LOCATION	FEE
Tue	Aug 6-27	6:30-7:00PM	See Description	\$20

Tennis Camp Ages 3-Adult

Tennis lessons for all ages! In these group lessons you'll be introduced to basic tennis skills including serving, forehand, backhand and footwork. New players will also learn the rules and etiquette of tennis and how to keep score. Experienced players will work on advanced skills. Taught by Premier Tennis and Fitness professionals.

Classes meet once a week on Saturdays for 5 weeks

Session 1

AGE	DATES	TIME	LOCATION	FEE
3-6	June 15-July 13	9:00-9:45AM	OHS	\$25
7-8	June 15-July 13	9:45-10:30AM	OHS	\$25
9-12	June 15-July 13	10:30AM-Noon	OHS	\$50
13-18	June 15-July 13	Noon-1:30PM	OHS	\$50

Session 2

AGE	DATES	TIME	LOCATION	FEE
3-6	July 20-Aug 17	9:00-9:45AM	OHS	\$25
7-8	July 20-Aug 17	9:45-10:30AM	OHS	\$25
9-12	July 20-Aug 17	10:30AM-Noon	OHS	\$50
13-18	July 20-Aug 17	Noon-1:30PM	OHS	\$50

See page 9 for adult tennis lessons.

CHILDREN'S DANCE

Pre Ballet Ages 3-4

A great introduction to ballet and class structure! We'll combine basic techniques and terminology with coordination, rhythm, stretching and creativity. Mini-performance on the last day! Thursday classes taught by Dianna Johnson, Saturdays by Katie Monk.

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 25-May 23	5:30-6:00PM	NKE	\$25
Sat	Apr 27-June 8	9:00-9:30AM	NKE	\$25

No Class May 4 and 25

Beginning Ballet Ages 5-7

Come join us for some fun in ballet! We'll combine basic technique and terminology with balance, flexibility and coordination. The last class will include a short performance. Thursday classes taught by Dianna Johnson, Saturdays by Katie Monk.

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 25-May 23	6:05-6:35PM	NKE	\$25
Sat	Apr 27-June 8	9:35-10:05AM	NKE	\$25

No Class May 4 and 25

Tap I Ages 7-9

Learn basic steps, tap sounds and combinations while working in groups or individually to create your own combinations. For those with little or no tap dance experience. The last class will include a short performance. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 25-May 23	6:40-7:10PM	NKE	\$25

Tap II Ages 10 and up

For students who have completed the basic beginning tap class. Work on basic tap sounds through isolations, learn progressions and traveling tap steps, explore basic choreography. We will perform a short dance at the end of the session. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 25-May 23	7:15-7:45PM	NKE	\$25

Dance Class Attire

For Ballet and Pre Ballet: Tights, leggings or a leotard and ballet slippers or non-slip socks.

For Tap: Tap shoes must be worn.

To avoid distractions, we ask parents to wait outside the dance classroom during classes. Thank you!

Get your kids off the couch this summer!
Screen-Free Zone Adventure Field Trips
for Tweens and Teens
Watch for Details!

Programs for Young Learners

Play and Learn

Ages birth-4 with adult caregiver

Join us for free play, circle time, craft projects and more! Play and Learn sessions provide a fun, relaxed environment where children learn early math, literacy and social skills through play and caregivers learn about child development, the importance of play and parenting skills. Facilitated by Community Ed staff. Registration required.

Session I

DAY	DATES	TIME	LOCATION	FEE
Wed	June 19-17	8:30-10:30AM	NKE	\$15

Session II

DAY	DATES	TIME	LOCATION	FEE
Wed	July 24-Aug 11	8:30-10:30AM	NKE	\$15

Storytime Artists

Ages 3-5

Young learners will discover the world around them by playing, exploring and creating! We'll begin with a story, then do an art project related to the story. Children will build confidence, improve fine motor skills and make new friends! This is a child-only class. Taught by Sara Golden.

DAY	DATES	TIME	LOCATION	FEE
Fri	May 3-31	11:00AM-Noon	NKE	\$25

No Class May 24

Little Leonardos Camp

Ages 3-5

A step-by-step drawing class specifically designed for preschoolers! Drawing develops fine motor skills, patience, self esteem and artistry! A new design every class! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon -Thu	June 17-20	10:00-10:45AM	NKE	\$36

Preschool Art and Music

Ages 3-5

Young artists will have an opportunity to get hands-on with a variety of exciting art materials and engage in music and movement activities. Adult caregivers welcome! Taught by Eliza Tyksinski

DAY	DATES	TIME	LOCATION	FEE
Tue & Thu	July 9-25	10:00-11:00AM	NKE	\$65

Imagination Station

Netherwood Knoll Elementary

Go to OregonSD.org/Community for our current schedule!

A FREE playroom for parents and caregivers with children ages 0-5. Come meet others and explore fun (and educational) toys including a kitchen play area, train table, dramatic play/dress-up clothes and much more!

Please enter through the District Office - DOOR #8, 123 E Grove St. You will need to check in with a driver license at the front desk of the District Office.

ADD SOME TOOLS TO YOUR PARENTING TOOLBOX!

Love and Logic Early Childhood Parents of Children ages 0-6

Love and Logic strategies just for young children! Handle misbehavior, offer choices, set limits and more! Love and Logic has been offering solutions and resources to parents of kids of all ages since 1977. Childcare available. Taught by Joyce Gilmour.

DAY	DATES	TIME	LOCATION	FEE
Wed	May 1-29	6:00 - 7:30PM	NKE	\$20/family

Parenting the Love and Logic Way

Parents of children 0-12

Parenting with Love and Logic has been offering solutions and resources to parents of kids of all ages since 1977. Learn how to improve parenting skills and relationships, increase the odds of having more responsible kids and change the kind of responses you get from your children. Childcare available. Taught by Joyce Gilmour.

DAY	DATES	TIME	LOCATION	FEE
Wed	July 10-Aug 14	6:00 - 7:30PM	NKE	\$20/family

Love and Logic Supporting Youth with Special Needs

Parents, guardians and teachers are invited to join us as we explore how Love and Logic applies to kids with special needs. Topics include how to avoid becoming overwhelmed by a child's disabilities, how to maintain can-do expectations, strategies for reaching discouraged and resistant learners and more! Taught by Joyce Gilmour.

DAY	DATES	TIME	LOCATION	FEE
Wed	Aug 21-Sep 11	6:00 - 7:30PM	NKE	\$20/family

Scholarships are available for Love and Logic classes! Please call or email Cynthia at 835-4052 or cad@oregonsd.org BEFORE you register if you need financial aid.

Overcoming Anxiety: A Series for Parents AND children ages 6+

Stress and anxiety reduction techniques for the whole family! This 3 week group is designed to help parents and children use meditation, breath work and the power of thought can help to create better balance and harmony. Taught by Tina Mancusi, MSSW at Insight for Health and Healing, 898 Foxrun Ct, Oregon.

DAY	DATES	TIME	LOCATION	FEE
Mon	Apr 15, 29 and May 6	6:00 - 7:30PM	See Description	\$50/family

More classes with Tina on pages 2 and 3!

LIFELONG LEARNING FOR ADULTS STARTS HERE!

What About Color? ♦NEW♦

Adults and Older Teens

Have you ever looked at a colorful shawl or quilt and wondered how the crafter came up with the beautiful color combination? Learn about color theory and how colors evoke moods. Taught by Rae Vogeler.

DAY	DATES	TIME	FEE
Wed	May 15	6:30 - 8:30PM	\$20

Knitting a Spring Shawl ♦NEW♦

Adults and Older Teens

Take your knitting to the next level and create a beautiful spring shawl! Learn how to increase and decrease, double yarn over and more! *Students should know knitting basics.* Supply list provided when you register. Taught by Rae Vogeler.

DAY	DATES	TIME	FEE
Mon	Apr 22- May 6	6:30 - 8:30PM	\$49

Intermediate Crochet:

Make a Hat! ♦NEW♦

Adults and Older Teens

Once you know the basic crochet stitches, it's time to make something you can wear! This class will use basic crochet stitches to make a charming hat to keep or give as a gift. Taught by Shirley Duerst.

DAY	DATES	TIME	FEE
Tue	April 30	6:30-8:30PM	\$25

Beaded Sun Catcher ♦NEW♦

Adults and Older Teens

Create a lovely sun catcher for your spring window! We'll use wire and beads while we learn basic wire wrapping techniques. Taught by local artist Shirley Duerst.

DAY	DATES	TIME	FEE
Tue	May 21	6:30 - 8:30PM	\$25

Peyote Stitch Bracelet

Seed Bead Weaving

Adults and Older Teens

Learn the basics of seed bead weaving as you make a beautiful bracelet using the popular Peyote stitch! Taught by local artist Shirley Duerst.

DAY	DATES	TIME	FEE
Tue	July 23	6:00-9:00PM	\$30

3-D Pour Painting

Adults and Older Teens

Use the fun, creative Pour Painting technique to create a unique piece of abstract wall art! Taught by Shirley Duerst.

DAY	DATES	TIME	FEE
Tue	Aug 6	6:30-8:30PM	\$30

Traditional Dorset Buttons

Adults and Older Teens ♦NEW♦

Looking for a unique embellishment for your art work, weaving, quilt or sweater project? Add a Dorset button! Learn basic techniques, additional designs and go home with completed buttons and supplies to make more! Taught by Faye Antolec, owner Wyld and Wooly.

DAY	DATES	TIME	FEE
Wed	April 17	6:30-8:30PM	\$25

Cob Web Felted Fabric ♦NEW♦

Adults and Older Teens

This felting technique creates a wool felted fabric with a 'cobwebby' texture! Learn basic wet felting technique as you create a lovely piece of wearable fabric. Perfect for a summer shawl or wrap! Taught by Faye Antolec, owner Wyld and Wooly.

DAY	DATES	TIME	FEE
Wed	July 17	6:00-9:00PM	\$65

Wet Felted Vessel ♦NEW♦

Adults and Older Teens

Take the next step in wet felting! Learn about 'resists' to create a one of a kind vessel out of 100% wool! Taught by Faye Antolec, owner Wyld and Wooly.

DAY	DATES	TIME	FEE
Wed	August 14	6:00-9:00PM	\$45

Intro to Drawing and Painting

Adults and Older Teens

Learn the fundamentals of drawing, composition and more as we explore value, toning, lighting and shading. Taught by Greg Marshall.

DAY	DATES	TIME	FEE
Wed	May 1-June 5	6:00-9:00PM	\$60

Fused Glass Flower Garden

Adults and Older Teens

Make a beautiful 5" fused glass flower garden suncatcher for yourself or to give on Mother's Day! Learn basic glass handling techniques, use of glass frit and more! Taught by local artist Ann Kleckner at her studio Art Glass Delights, 5545 County Road A, Oregon.

DAY	DATES	TIME	FEE
Thu	May 2	6:30-8:30PM	\$30

Glass Dragonflies or Butterflies

Adults and Older Teens

Use fused glass to create a friendly critter to hang in your window or give as a gift! Learn basic glass handling techniques and more! Taught by local artist Ann Kleckner at her studio Art Glass Delights, 5545 County Road A, Oregon.

DAY	DATES	TIME	FEE
Thu	July 11	6:30-8:30PM	\$30

Signs by Caitlin Workshop

Adults and Older Teens ♦NEW♦

Come and create custom sign decor for your home or for a unique Mother's Day gift! We'll have everything you need to complete your project! After you register we'll send you a link so you can pick your design and reserve your space. Bring a friend! Led by SBC staff.

DAY	DATES	TIME	FEE
Wed	May 8	6:30-8:30PM	\$65

Independence Basics

Adults (18+)

Adults with developmental or cognitive disabilities are invited to join us for a lively evening of discussions, crafts and more. We'll do some cooking, talk about life skills like shopping and money and socialize. We may also plan some weekend trips to the movies, shopping or other adventures! Led by Elisa Ried.

DAY	DATES	TIME	FEE
Thu	April 25, May 9 & 23, June 6 & 20, July 11, August 8	6:00-8:00PM	\$15

Class fee waivers available. Please contact Cynthia at cad@oregonsd.net.

WE MAKE ADULT WELLNESS FUN!

Mindful Yoga All Levels

Adults and Older Teens

Blends the wisdom of Alignment Yoga with qualities of mindful awareness to discover a renewed connection and gentle release of tension patterns. Students develop strength, flexibility and balance in body and mind through this timeless practice.

All levels welcome. Taught by Kelly Petrie.

DAY	DATES	TIME	FEE
Mon	April 1- May 6 (6 classes)	4:45-6:00PM	\$52

Intermediate Mindful Yoga

Adults and Older Teens

Build on your previous mindful yoga experience while you discover renewed connection and gentle release of tension patterns through an expanded repertoire of yoga postures, deep breathing exercises and subtle body awareness. For experienced yoga students or beginners with significant experience in the movement arts Taught by Kelly Petrie.

DAY	DATES	TIME	FEE
Mon	April 1- May 6 (6 classes)	6:30- 7:45PM	\$52

Yoga for Stiff People

Adults and older teens **NEW**

Bring easy, pleasant movement back, increase flexibility and decrease pain and stiffness. No yoga experience required AND you do not need to be in shape, thin, or own stretch pants! Taught by Jamie Frisch.

DAY	DATES	TIME	FEE
Sat	April 6 & 13	8:30-9:30AM	\$20

Introduction to Tennis for Adults

In these group lessons you'll be introduced to basic tennis skills including serving, forehand, backhand and footwork. Experienced player will work on advanced skills. Taught by Premier Tennis and Fitness professionals.

DAY	DATES	TIME	FEE
Sat	June 15- July 13	8:00 - 9:00AM	\$35
Sat	July 20- Aug 17	8:00 - 9:00AM	\$35

Paddle Badfish Creek:

A Southern Wisconsin Gem

Adults and Older Teens **NEW**

Join Friends of the Badfish Creek Watershed for a 4.7 mile paddle while you learn about river ecology, spot wildlife and marvel at the beauty! Led by Andy Hoernemann. Bring your own kayak/canoe (12' or less) and personal flotation device or contact Community Ed if you need equipment.

DAY	DATES	TIME	FEE
Sat	June 15	9:00AM- Noon	\$20

Pi-Yo **ONGOING**

Adults and Older Teens

Strengthen your core with a great workout that combines the mind/body practices of Pilates and Yoga, as well as strength training, conditioning, and dynamic movement. Modifications challenge all skill levels. Taught by Deborah Giltzer. Each session is 6 class meetings.

DAY	DATES	TIME	FEE
Tue	May 21- June 25	4:15- 5:05PM	\$56
Tue	July 9- Aug 13	4:15- 5:05PM	\$56

Zumba **ONGOING**

Adults and Older Teens

Dance and fitness, energy and fun for all levels! Zumba is a mixture of body sculpting movements with fun steps, high energy and motivating music. Taught by Deborah Giltzer. Each session is 6 class meetings.

DAY	DATES	TIME	FEE
Tue	May 21- June 25	5:15- 6:15PM	\$56
Tue	July 9- Aug 13	5:15- 6:15PM	\$56

More Adult Recreation opportunities on Page 17!

55+ Fitness Classes at the Senior Center

Call 835-5801 for more information and to register for these classes!

Zumba Gold

Modified for the active older participant! Fun, friendly and invigorating! Taught by Anne Stone. Try your first class FREE!

DAY	DATES	TIME	FEE
Tue & Thu	On-going	9:45-10:30 AM	\$3/class

Zumba Gold Advanced

Take the moves you learn in Zumba Gold to the next level. For this class, the steps are a little faster and more complex, but even more fun! Taught by Anne Stone.

DAY	DATES	TIME	FEE
Tue & Thu	On-going	8:30-9:30AM	\$3/class

Gentle Yoga

Designed for older adults or those who wish to explore yoga at a slower pace. Yoga postures and pre-yoga exercises help develop strength and balance. Taught by Kelly Petrie.

DAY	DATES	TIME	FEE
Fri	On-going	9:00 10:00 AM	\$6/class

Strong Women

Increase your flexibility and balance while you strengthen your muscles and bones! This program was created for mid-life and older women. Taught by Vickie Carroll.

DAY	DATES	TIME	FEE
Mon & Thu	On- going	10:30-11:30AM	\$3/class
Tue & Thu	On going	5:30-6:30PM	\$3/class

Parkinson's Exercise

Specifically designed for anyone diagnosed with Parkinson's Disease. Targets Parkinsons-specific movement deficits, improving function, mobility, mood and quality of life while reducing falls, all in a fun atmosphere! PLEASE ENROLL THROUGH STOUGHTON HOSPITAL BY CALLING 835-5373.

Taught by Rachel Peerenboom.

DAY	DATES	TIME	FEE
Tue	On-going	10:30-11:30AM	\$5/class

IMPROVE YOUR SKILLS FOR WORK AND HOME!

Computers and Technology with Milly McCartney

ALL AGES WELCOME!

Classes with Milly are offered at the Oregon Senior Center, 219 Park St, Oregon
All Classes are \$20 per class All classes are 4pm-6pm

Computer Help & Learn: One on One with Milly

1 hour appointments for help navigating your computer and peripherals (printer, scanner etc), or specialized software. \$25.

For just \$5 more, Milly will come to your home!

Call Anne at 835-5801 to schedule an appointment.

Online Selling

Learn simple techniques and keywords to selling your stuff online. Learn how to upload pictures, write a good description of your item and be safe exchanging goods and taking payments. Find social media sites, free classifieds, and business sites to sell your goods.
May 15

LibreOffice and Apache OpenOffice

Why pay for Microsoft Office Suite when you can have it all for free. Explore the open source programs of LibreOffice and Apache OpenOffice. Text document, spreadsheet, & presentation programs similar to Word, Excel, & Power Point at the perfect price!
June 19

Exploring your iPad and iPhone

Learn how to download apps, explore settings & privacy options, organize your home page, personalize your ringtones & wallpaper, manage pictures & videos, and use your calendar so you never forget an appointment or birthday again. Remember your power cord!
July 24

Protecting You and Your PC

Is your computer protected from viruses and worms? Learn how to remove cookies, add-ons, and temporary files. Leave knowing how to keep your software up-to-date, remove unwanted and outdated programs, make strong and easy to remember passwords. Bring your laptop or tablet. Remember your charger!
August 28



900 Ridge St, Stoughton stoughtonhospital.com
608-873-6611
Find classes and events, health and wellness resources and more
at stoughtonhospital.com

Stoughton Hospital Ongoing Support Groups

Crohn's, Colitis & IBD Support

3rd Wednesday of the month at 5:30pm in Hospital Board Room.

Dementia Caregiver Support

2nd Thursday from 2:00 to 3:30pm at the Stoughton Area Senior Center

Diabetes Support Group

2nd Monday of month at 6:00pm in Hospital Board Room and 4th Thursday at 1:30pm at the Oregon Area Senior Center.

Grief Support Group

Meets 3rd Wednesday at 2:00pm at the Stoughton Area Senior Center. Facilitation provided by Heartland Hospice.

Low Vision Support Group

Meets 3rd Thursday from 1:00 - 2:30pm Stoughton Area Senior Center.

Multiple Sclerosis Support Group

Meets 2nd Tuesday from 10:00-11:30am Stoughton Area Senior Center.

Parkinson Support Group

Meets 4th Wednesday from 1:30-3:00pm at the Stoughton Area Senior Center.

OREGON AREA SENIOR CENTER

219 Park Street / 835-5801

oregonareaseniorcenterwisconsin.com
Mon - Fri, 8:00AM - 4:00PM



Support Groups:

Weight Loss Support
Mondays. 1:00PM Weigh-in at 12:30

Veterans Group
4th Tuesday. 9:00AM

Weekly Game Groups:

Bridge: Mon. 1:30PM
Sheepshead: Tue. 12:30PM
Cribbage: Thur. 1:00PM
Euchre: Wed. 1:00PM

Wellness Activities:

Regular Drop-In Exercise

Reflexology with Beth Hilgendorf
Call 608-279-1656 for appointment
\$25 / 30 min. or \$45 / 60 min.

Chair Massage with
Gary Kuzynski, 2nd & 4th Thur
\$10/15 min. or \$20/30 min.

Foot Care for Diabetics
1st Mon. morning \$30 Provided by
Home Health United.

Foot Care 1st & 4th Wed. \$25
Provided by Stoughton Hospital.

Blood Pressure Screening
Fri. 9:30 - 10:30AM FREE

Eyeglass Adjustments by Vision
Source staff 2nd Monday 11:45am-
12:15pm.

Recreation:

Bingo: 4th Tue. 9:30AM

Pool Players: Thur. 9 AM

Rubber stamps: 3rd Thur. 9AM

Sing Along: 4th Wed. 10:30AM

Silver Threads Senior Club Card
Parties, Movies, Events monthly!

Senior Services:

Adult Day Program: Mon/Wed/Fri
9AM-1PM

Home delivered meals weekdays
11am-noon; **Congregate meals**
M/T/W/F 11:45 at Sr Center and
Thursdays at Ziggy's. All meals sug-
gested donation \$4, if possible.

Transportation: Call 835-5801 to
reserve a ride. Donation of \$1 - \$3

Outreach/Case Management

Legal Help By appointment

Volunteer Opportunities

Request the Monthly Newsletter: Call 835-5801 or email oasc1980@gmail.com

www.city.fitchburg.wi.us
Monday - Friday, 8:00AM - 4:00PM

FITCHBURG SENIOR CENTER
5510 E. Lacy Road / 270-4290

Classes offered include

Driver Safety, Spanish, Computers/Technology, Oil Pastels, Acrylic Art, Nutrition Education, Tai Chi, Yoga, Fit Ball, Pickle Ball, Aerobics, Zumba, Knitting, Computers, Art, Line Dancing, Writing

Recreation Opportunities

Card Games: Bridge, Euchre, "500", Mahjong, Sheepshead
Day trips and extended trips (call for information!), Social Groups

Health and Wellness Activities

Blood Pressure Screening, Footcare, Acupuncture, Massage Therapy, Caregiver Support Group
Blood Pressure Screening: 2nd Thur. 10:30a.m. No appts necessary.
Foot Care: Regular and diabetic foot care offered
Massage & Reflexology: Please call for information

Senior Services

Congregate Meals: Mon.-Fri. 12:00. Please call 270-4290
by 1:00 pm the day before to reserve meal.
Home Delivered Meals: Mon.-Fri. on request to
homebound or those unable to prepare meals
Transportation: Available daily to meal site. Also for shopping.
RSVP Driver Escort: Rides to doctor/dental appts. Call 5 days ahead.
Outreach/Case Management: Connection to services and caregivers



Monthly Newsletter: Call 270-4290 to be added. Fee \$10/year



OREGON PUBLIC LIBRARY

256 Brook Street, Oregon / 835-3656

oregonlibrary.org

Mon.-Thur. 9:00am-8:00pm

Fri. 9:00am-6:00pm

Sat. 9:00am-3:00pm

Events for all Ages!

Please check the library events calendar for details of these and many more events! www.oregonpubliclibrary.org/calendar/month

Storytimes for baby to preschool age children
(mornings, evenings and Saturdays)
STEAM programs for elementary age children
Teen Advisory Board - Teens have a voice at the library!
Sewing and craft clubs for teens and adults
Book Clubs for teens and adults on site and online
Tech Classes
Trivia Night
Reading programs
Friends Of the Library Used Book Sales in April and October

Collections & Services

Special Collections: seeds, cake pans, nature explorer backpacks,
maker kits, and early learning backpacks
Free Wi-Fi and Internet.
Computers and laptops available by reservation
Wi-Fi printing
Scanning, printing, and copying
One-on-one tech help
Proctoring

Fitchburg Public Library

5530 Lacy Road, Fitchburg
729-1760

Mon- Thurs 9am-9pm

Fri & Sat 10am-6pm Sun 1-5pm

The Fitchburg Library offers programs for children, teens and adults! Check the on-line calendar each month for exciting classes, fun story-time activities and special opportunities just for teens!

Please visit the library web site for dates and times of programs and activities at <http://fitchburgwi.gov/822/Library>



Village of Brooklyn Recreation

recreation@brooklynwi.gov

brooklynrecreation.org

Get Fit Classes

Country Heat Mondays 6:00pm
Yoga Slow Flow Wednesdays, 6:00pm
10 punches for \$45; 6 punches for \$30;
Drop in for \$7

Summer Youth Recreation Program

Mon-Thu 1:00-4:00pm June 25- Aug 2
Ages 5-12



Find us on Facebook: [BrooklynRecWi](https://www.facebook.com/BrooklynRecWi)

Pre-Ballet and Ballet classes

Check the web site for the next classes!

Family Movie Night

First Saturday of the month
Doors open at 6pm, Movie begins at 6:30
Free!

Fitchburg Parks & Recreation

608-270-4285 <http://www.fitchburgwi.gov/recreation>

Fitchburg Parks and Recreation offers classes, sports and more for learners of all ages! Non-residents are welcome!

Programs include Soccer, Spanish for Pre-Schoolers, Piano, Dance, Flag Football, Painting and many more.

Visit <http://www.fitchburgwi.gov/Recreation> to see current class offerings, schedules and registration information.

Oregon School District Community Pool

249 Brook Street/www.oregonsd.org/pool/835-8617

25-Meter, 6-Lane Pool• 12' Deep Diving Well•Hot Tub
Daily, Monthly, Semester and Yearly Passes•Group Lessons
Lap, Open and Family Swim• Scuba Diving Classes
Deep and Shallow Water Exercise•Private Lessons
Red Cross Certified Program



GENERAL PROGRAMS

Deep Water Exercise & Shallow Water Exercise:
Older teens and adults, non-swimmers and swimmers. Includes warm-up, stretching and toning, aerobics, and cool-down.

Lap Swim:

Open to all ages. You may swim at your own pace but you must swim laps for recreation and/or conditioning. A minimum of two lanes will be available.

Private Lessons:

Private lessons are for adults and children that would like a one-on-one learning environment.

Family Swim:

Open to all ages. Responsible teen or adult must be in water with a child who cannot touch bottom at the 3 foot end.

Preschool Swim:

For children not yet in kindergarten. Responsible teen or adult must be in water at all times.

Open Swim:

Open to all ages. Responsible teen or adult must be in water with a child who cannot touch bottom at the 3 foot end.

Pool Rental available on a limited basis.
See our website for details or call 835-8617

Special Olympics Swim Team

Open to anyone age 8 and up who has a developmental disability and is able to swim

The Special Olympics Swim Season runs from February to May, ending with the State Meet at the beginning of June.

**For more information, contact
Amy at 608-692-1458**

**or look for Oregon Area Special Olympics on Facebook
Special Olympics has sports for all seasons including basketball, track, bocce and more!**

MEMBERSHIP FEES

Pool passes may be used for open, lap, preschool and family swims and for the use of the whirlpool. Classes for children and adults have additional fees. The cost for Oregon School District Residents is listed first, followed by the non-resident fee. Seniors (65+) qualify for discounts on some passes. There is no charge for children under 2. **Published fees are subject to change by the Board of Education. Sorry, No Refunds on Pool Passes!**

Daily Fee

For recreational swimming and/or use of the whirlpool

Youth	\$1.50
Adult	\$3.00
Youth 20 Punch Card	\$26; \$30
Adult 20 Punch Card	\$52.50; \$60
Family Swim	\$3; \$6

Water Exercise

Listed fees are per class

Teens/Adults	\$2.00
Teen/Adult 20 Punch Card	\$32; \$40
Senior (65+)	\$1.35
Senior 20 Punch Card	\$20; \$27

Yearly Pass

Single	\$75; \$150
Family	\$115; \$230
Senior (65+)	10% discount

School Year Pass (Sept 1, 2019 - June 10, 2020)

Single	\$60; \$120
Family	\$90; \$180
Senior (65+)	10% discount

Semester Pass (Sept 1-Dec 31 2019 or Jan 1- June 10, 2020)

Single	\$40; \$80
Family	\$55; \$110
Senior (65+)	10% discount

Winter Pass (October 12, 2019 -March 21, 2020)

Single	\$40; \$80
Family	\$55; \$110
Senior (65+)	10% discount

Summer Pass (June 16- September 1, 2019)

Single	\$35; \$70
Family	\$45; \$90
Senior (65+)	10% discount

Monthly Pass

Single	\$18; \$36
Family	\$25; \$50

Families who qualify for free or reduced school meals are eligible for a free or reduced fee pool family membership and group swim lesson fees. Sorry, no scholarships are available for private lessons, or Scuba or Lifeguard classes. Apply at the Pool Front Desk. Please bring your OSD Eligibility letter.

Oregon Pool Summer 2018 Schedule 6/16/19- 9/1/19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-7:45am	Lap 5:30am-7:45am	OCSC 6:00am-8:00am	Lap 5:30am-7:45am	OCSC 6:00am-8:00am	Lap 5:30am-7:45am	Oregon Kid's Triathlon AUGUST 10 th Go to : www.oregonkidstri.com	
8am - 12pm	Session 1 - June 17th - June 28th Session 2 - July 8th - July 19th Summer School Swim Lessons Session 3 - July 22nd - August 2nd Session 4 - August 5 th - August 16 th POOL IS CLOSED ON THE 4TH OF JULY						
12:00pm - 1:00pm	Water Exercise 12:00 - 12:45pm	Lap/Preschool 12:00pm - 1:00pm	Water Exercise 12:00 - 12:45pm	Lap/Preschool 12:00pm - 1:00pm	Water Exercise 12:00 - 12:45pm	Lap/Preschool 12:00-1:00pm	
1:00pm - 3:00pm	Open Swim 1-4pm						Open 1:00-4:00pm
3:00 - 3:30pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 8pm	OCSC 4pm - 8pm	Family 4:00-5:30pm
3:30 - 4:00pm							
4:00 - 4:30pm							
4:30 - 5:00pm							
5:00 - 5:30pm							
5:30 - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 8pm	OCSC 4pm - 8pm	Available for Rental
6:00 - 6:30pm							
6:30 - 7:00pm							
7:00 - 7:30pm							
7:30 - 8:00pm							
8:00 - 8:30pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 6:00pm	OCSC 4pm - 8pm	OCSC 4pm - 8pm	Available for Rental
8:30 - 9:00pm							
9:00 - 9:30pm							
9:30 - 10:30pm							

OREGON POOL SWIM DESCRIPTIONS SUMMER 2019

Open to residents and non-residents.

Family Swim: Children must be accompanied in the water by 18 year old or older member of own family. At all times responsible teen or adult must be in water with a child who cannot touch bottom at 3' end (recommended height is 4'). **Lap Swim:** Open to all ages. You may swim at your own pace but you must swim laps for recreation and/or conditioning. A minimum of two lanes will be available. Mask, fins, and snorkel allowed in lap swim. **Open Swim:** Open to all ages. Children under age of 7 must be accompanied by a responsible teen or adult; this teen or adult must be in the water at all times with a child who cannot touch bottom at 3' end (recommended height is 4'). **Preschool Swim:** For children not yet in kindergarten and responsible teen or adult; this teen or adult must be in the water with child. **Special Afternoon Open Swims:** Same as all other open swims. Held only on those dates listed under special open swims on the schedule. No registration required. **Water Exercise:** For older teens and adults of all ages; non-swimmers and swimmers. Includes warm-up, stretching and toning, aerobics, and cool-down. Adapt workout to your own level. Some deep water exercise with flotation devices may be included. **Whirlpool:** May be used during all regularly scheduled recreational swims. It may not be used during lessons or water exercise. Minimum age of 18 years. Please follow guidelines posted on door and wall of whirlpool room.

PLEASE NOTE:

**POOL SCHEDULES WERE CORRECT AS OF OUR PUBLICATION DATE, BUT MAY CHANGE TO ACCOMMODATE
SCHOOL CALENDAR ADJUSTMENTS, MAINTENANCE AND STAFF TRAINING**

SCUBA DIVING LESSONS AT THE OREGON POOL!

Details and registration information on at oregonsd.net/pool

Classes taught by Breezeway Bubbles Scuba LLC

Bubblemaker for Kids

Ages 8 and Up

\$65

Sunday May 5, June 16, OR July 7

1:00 - 3:00PM

No pre-training is required for this course! Swimmers should be comfortable in the water.

Discover Scuba

Ages 10 and Up

\$40

Sunday May 5, June 16, OR July 7

1:00-3:00PM

No pre-training required! Swimmers should be comfortable in the water.

Scuba Review

Certified divers only

\$85

Saturday, May 4, June 15, OR July 6

11:00AM - 4:00PM

Before you head off on your next dive trip, practice your dive skills! Fee includes use of gear if needed. Divers should be certified Open Water or higher.

Scuba (Open Water)

Certification Class

Ages 10 and up

\$325

Saturday AND Sunday, May 4-5, June

15-16, OR July 6-7

Sat: 8:30AM - 4:30PM and

Sun. 1:00 - 5:00PM

Students should be able to swim and tread water. Complete this course and get a lifetime PADI Open Water card! Fee includes use of all gear. Preregistration and pre-class homework required. Saturday class takes place at the pool (one day fee \$225). Sunday class take place at an area lake.

**Classes planned for
August 24-25 and
September 28-29, too!**

Lifeguard Certification: Instruction includes advanced lifesaving techniques and will also certify you in CPR for the Professional Rescuer, AED, First Aid as well as Lifeguarding. Monday, June 24- Friday, June 28 8 am -4pm daily (35 instruction hours). This course is open to anyone ages 15 - adult, but participants **MUST** pass a swimming pre-test before beginning the class. Registration and detailed information at OregonSD.org/pool. **\$190 includes downloadable required manual.**

WATCH FOR MORE GREAT WAYS TO LEARN - AND EARN - AT THE POOL!

Water Safety Instructor (WSI) Trainings: This 40-hour class teaches the instructional background of the American Red Cross "Learn to Swim" Program. Once you have completed this course you will be certified to teach the American Red Cross "Learn to Swim" program in any American Red Cross Pool.

Lifeguard Review Class: American Red Cross Lifeguard Certification review and recertification. Includes CPR, AED and First Aid certification. Pre-test of swimming skills required.

Check the pool website at OregonSD.org/pool for upcoming classes or call 835-8617 for more information!



**OREGON WI
SUMMER
FEST**
FESTIVAL FUN FOR ALL AGES

CARNIVAL - LIVE MUSIC - FIREWORKS - RUN/WALK
VOLLEYBALL - PARADE - CAR SHOW - MARKET & MORE!

WWW.OREGONWI.COM

JUNE 20-23, 2019

Discounted Tickets
to Local Attractions
Available at
the Oregon Pool!

Milwaukee Zoo,
Mt Olympus,
Noah's Ark and many
more!

Tickets on sale
May 19- September 1.

More information at
OregonSD.org/pool

REGISTRATION INFORMATION

There are no make-up classes. If the school district closes due to bad weather, the pool will also close.

Refunds are given if cancellation is made at least 1 week prior to the start of the swim class. If payment is not made by the due dates, your child will be removed from the class list. Cancel 1 week prior to start date required for refunds.

For pool questions and swim levels, call 835-8617

PARENT/CHILD AQUATICS PROGRAM - Course Descriptions

Parent/Child lessons familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children in the water.

Parent/Child 1 (Ages 6 months - 2 years)

Holding and support techniques
Water adjustment
Safe water entry and exit
Exploring the pool
Buoyancy on front and back
Swim on front and back
Water Safety skills

Parent/Child 2 (Ages 2 and 3)

Holding and support techniques
Water adjustment
Safe water entry and exit
Breath control
Buoyancy on front and back
Swim on front and back
Water Safety skills

PRESCHOOL PROGRAM - Course Descriptions

For children 4-5 years without an adult. All preschool classes will be based in water safety activities. This is an age appropriate class with some skill grouping within the class. Children remain in these classes until they are 6 years old.

Preschool Level 1 - Beginner

Safe water entry/exit
Blowing bubbles
Submerge mouth, nose & eyes
Front and back glide with support
Change directions in water
Swimming on front and back (assisted)
Water Safety skills

Preschool Level 2 - Intermediate

Safe water entry/exit
Open eyes underwater/retrieve object
Front/back glides and floats
Swim on front (assistance)
Swim on back (assistance)
Treading water
Water Safety skills

Preschool Level 3 - Advanced

Fully submerge, hold breath-5 sec
Front/back glides/floats (independent)
Change directions in water
Swim on front (independently)
Swim on back (independently)
Treading water
Water Safety skills

LEARN TO SWIM PROGRAM - Course Descriptions

For children ages 6 years and up. Throughout this program, participants build on their skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance.

Learn to Swim Level 1

Entry/exit
Open eyes/retrieve object
Front/Back glides and floats
Swim on front
Swim on back
Change directions in water
Water Safety skills

Learn to Swim Level 2

Hold breath-10 sec
Front glide and Jellyfish float
Back glide and Back float, 15 sec
Change directions in water
Swim on front/back
Rotary breathing and Tread water - 15 sec
Water Safety skills

Learn to Swim Level 3A Safe water

Headfirst water entry, sitting/kneeling
Streamlined flutter kick
Survival float-30 sec
Back float-1 min (deep water)
Tread water- 1 min (deep water)
Front crawl - 15 yds
Water Safety skills

Learn to Swim Level 3B

Breaststroke kick
Tread water 1 min, deep water
Elementary backstroke-15 yds
Scissor kick-15 yds
Front crawl-15 yds
Rotary breathing 15 times
Water Safety skills

Learn to Swim Level 4A

Headfirst entry from side -stride position
Swim underwater 3-5 bodylength
Survival float 1 min. in deep water
Backstroke, 25 yds/Back crawl, 15 yds
Tread water, 2 kicks, 2 minutes
Front crawl-25 yds
Water Safety skills

Learn to Swim Level 4B

Backstroke open turn
Breaststroke-15 yds
Sidestroke-15 yds
Front crawl, 25 yds
Butterfly-15 yds
Elem. Backstroke-25 yds
Water Safety skills

Learn to Swim Level 5

Shallow-angle diving
Tread water, 5 min.
Open front flip turn
Front crawl-50 yds
Elem. Backstroke-50 yds
Breaststroke-25 yds
Water Safety skills

Learn to Swim Level 6

Front crawl/Elem. Backstroke-100 yds
Sidestroke/Breaststroke-50 yds
Butterfly/Back Crawl-50 yds
Backstroke flip turn
Swim 500 continuously
Review skills and dives
Water Safety skills

Teen/Adult 1

Fearful of water
Know very few swim skills

Teen/Adult 2

Must know basic strokes
Refine skills

OREGON COMMUNITY POOL SUMMER SWIM LESSON SCHEDULE

Registration opens Thursday, April 18th 6:00PM at <https://www.registrationcenter.net:8443/oregon/index.php>

Morning Lessons Monday - Friday	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B	Level 4A	Level 4B	Level 5	Level 6	Logrolling
M-F June 17 - June 28														
8:00-8:50am										X	X			
8:10-8:40am				X	X									
8:40-9:20am						X	X							
8:50-9:20am			X	X										
9:30-10:10am					X	X	X	X						
10:10-10:50am					X	X	X	X						
11:00-11:30am			X	X										
11:00-11:50am										X				X
11:30-12:00pm			X	X										
M-F July 8- July 19														
8:00-8:30am				X										
8:00-8:50am										X				
8:10-8:40am			X											
8:10-8:50am								X						
8:30-9:20am													X	
8:40-9:20am						X								
8:50-9:20am			X	X										
9:30-10:10am					X	X	X	X						
10:10-10:50am					X	X	X	X						
11:00-11:30am				X	X									
11:00-11:50am										X				X
11:30-12:00pm			X	X										
M-F July 22 - Aug 2														
8:00-8:50am										X	X			
8:10-8:40am				X	X									
8:40-9:20am						X	X							
8:50-9:20am			X	X										
9:30-10:10am					X	X	X	X						
10:10-10:50am					X	X	X	X						
11:00-11:30am			X	X										
11:00-11:50am										X				X
11:30-12:00pm			X	X										
M-F August 5 - August 16														
8:00-8:30am				X										
8:00-8:50am										X				
8:10-8:40am			X											
8:10-8:50am								X						
8:30-9:20am													X	
8:40-9:20am						X								
8:50-9:20am			X	X										
9:30-10:10am					X	X	X	X						
10:10-10:50am					X	X	X	X						
11:00-11:30am			X	X										
11:00-11:50am										X				X
11:30-12:00pm			X	X										

Evening Lessons Mon & Wed (M&W) Tues & Thurs (T&T)	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B	Level 4A	Level 4B	Level 5	Level 6	Teen/Adult 1	Teen/Adult 2
M&W June 17 - July 17															
5:30-6:00pm			X	X											
6:00-6:30pm	X			X											
6:30-7:00pm					X										
6:30-7:10pm						X	X								
7:00-7:40pm								X	X						
7:10-7:50pm															
7:40-8:30pm															
7:50-8:40pm										X	X				
T&T June 18 - July 18															
5:30-6:00pm			X	X											
6:00-6:30pm			X	X											
6:30-7:00pm	X														
6:30-7:10pm					X										
7:00-7:40pm						X									
7:10-7:50pm								X							
7:40-8:30pm										X					
7:50-8:40pm											X			X	
M&W July 22 - Aug 21															
5:30-6:00pm			X	X											
6:00-6:30pm			X	X											
6:30-7:00pm	X														
6:30-7:10pm					X										
7:00-7:40pm						X									
7:10-7:50pm								X							
7:40-8:30pm										X					X
7:50-8:40pm											X				
T&T July 23 - Aug 22															
5:30-6:00pm			X	X											
6:00-6:30pm	X			X											
6:30-7:00pm															
6:30-7:10pm					X	X									
7:00-7:40pm															
7:10-7:50pm						X	X								
7:40-8:30pm															
7:50-8:40pm										X		X			

PRIVATE SWIM LESSONS

The morning private lessons run Monday through Friday for 2 weeks. The evening private lessons run either Monday and Wednesday evenings for 5 weeks or Tuesday & Thursday evenings weeks for 5 weeks. These run the same weeks as the regular daytime and evening swim lessons. (For age 5+)

MORNING LESSONS

8:00-8:30am
8:30-9:00am
9:00-9:30am
9:45-10:15am
10:15-10:45am
10:45-11:15am
11:15-11:45am

EVENING LESSONS

5:30-6:00pm
6:00-6:30pm
6:30-7:00pm
7:00-7:30pm
7:30-8:00pm
8:00-8:30pm

FEES	RESIDENT	NON-RESIDENT
Parent/Child & Teen/Adult	\$30	\$60
Preschool	\$15	\$30
Levels 1 to 6 & Logrolling	\$15	\$30
Private Lessons	\$200	\$250

Oregon Area Youth Sports

Groups are independently run by volunteers.

Scholarships are available for some sports. Check activity website or contact Cynthia Di Camelli, Family Resource Coordinator, at 835-4052 or cad@oregonsd.net

OREGON YOUTH BASEBALL

Website: oregonyouthbaseball.org

Grades: 4K - 8

Registration: Feb. - March 1;

Fees: \$50 to \$150

OREGON YOUTH BASKETBALL

Website: oregonbasketball.org

Grades 1-8

Registration: Opens July, ends in Sept. or early Oct. Fees: \$50-\$200

YOUTH CHEER CLINICS

Grades K-8

Contact: klpierce@oregonsd.net

OREGON YOUTH FOOTBALL

Website: oregonyouthfootball.com

Grades: K-4 (flag) 5-8 (tackle)

Registration: Mid-April - July 15

Fees: \$35 - \$150

OREGON YOUTH HOCKEY

Website: oregon.pucksystems2.com

Ages: 4-18 yrs old

Registration: Early Sept.-Oct. for Learn to Play and Dec. for Rec. League.

Fees vary by age.

GIRLS ON THE RUN

Website: girlsontherunscwi.org

Grades: Girls in grades 3-5

Registration: Feb for Spring and July for Fall events Fees: \$160 sliding scale. Contact GOTR for financial aid.

OREGON LACROSSE CLUB

Website: oregonlacrosseclub.org

Grades: 3-5, 6-8, High School

Registration: Winter for spring play.

Fees Vary.

OREGON RUGBY CLUB

Website: ohsrubgy.com

Grades: 5- 6 (Flag) 7-8 and 9-12

Registration: February for March-April Season- Fees: Approx. \$125

OREGON SPECIAL OLYMPICS

Contact: averheyden@sacofoods.com

Website: <http://bit.do/OregonSO>

Grades: Ages 8 to adult

Registration: On going; please call or email for details.

MADISON SPEED SKATING CLUB

Website: madcityspeedskate.com

Grades: Elementary and up

Registration: Fall and winter sessions;

Fees: approx. \$115

OREGON YOUTH SOCCER

Website: oregonsc.com

Grades: Kindergarten - 12

Registration: Feb. - March (4K and Kind.) May - July (Gr. 1-12);

Fees: \$70-110

OREGON-BROOKLYN YOUTH SOFTBALL

Website: oregonyouthsoftball.com

Grades: Kindergarten - 11

Competitive leagues April - Aug.; Tournament teams Jan. - Aug.

Registration: Jan. - March 1

Fees: \$50-150

OREGON COMMUNITY SWIM CLUB

Website: oregonswimclub.com

Grades: K-12 (passed 4/5 lessons)

Registration: Nov., April, June & Sept.

Fees: Vary by Age

OREGON KIDS TRIATHLON

Website: oregonkidstri.com

Grades: 5 - 17 years

Registration: Feb. - Aug. 1, Event is the 2nd Saturday in August.

Fees: \$35

OREGON YOUTH TRACK

Website: oregonwithrack.com

Grades: Ages 7-18

Fees: \$60- \$100

OREGON YOUTH WRESTLING

Website: <https://goo.gl/tu4pLd>

Grades: Gr. Pre-K-8

Registration: Oct.; Season Nov.-March;

Fees: \$150

ACERS VOLLEYBALL CLUB

Contact: acersvbc@gmail.com

Website: Acersvbc.com

Grades: 5-10

Classes and try outs Sept-Oct, Season Dec-March. See web page for details.

Fees Vary.

TOPSoccer of Wisconsin

TOPSoccer is a training and team placement program for athletes ages 5 and up with disabilities.

For more information email topsoccer.madison@gmail.com or look for MadisonTOPSoccer on Facebook!



Oregon Booster Club

This parent-volunteer organization supports Oregon athletes both on and off the field.

Boosters raise money through memberships, concessions, sponsorships and special events to provide our students what they need to succeed!

You can become a booster today! Membership information and forms are available on the OABC web page:

oregonboosters.com



Adult Sports and Recreation in the Oregon School District Community

Adult Open Basketball

Oregon Middle School Gym
601 Pleasant Oak Dr, Oregon
Sundays 5:00-7:00pm
Wednesdays 5:30-7:30pm
Free
More information:
dtjameson@oregonsd.net

Adult Open Skate

Oregon Ice Arena
100 N Perry Parkway, Oregon
Sundays, 4:30-6:00pm
\$6 per night ice fee, does not include equipment rental.
More information at :
onicepromotions.com/oregonicearena

Pickleball Open Play

Outdoor Play Late Spring- Fall
Tuesdays and Thursdays
6:00-8:30pm
Oak St Courts in Oregon
Free

Indoor Play Late Fall- Spring

Sundays Through March
10 am - Noon
Oregon High School
456 N Perry Parkway, Oregon
Enter through Main Entrance.
Bring your own paddle or use one of ours! \$2

More information: alm@oregonsd.org

Oregon Soccer Coed Adults Recreation (OSCAR)

Outdoor Play- Late Spring- Fall
Wednesdays 6pm - 8pm
Oregon Jaycee Park Field 13,
200 Block N Perry Parkway, Oregon.

Pickup Games for Adults

Indoor Play- Fall- Spring
Wednesdays 7:30-9:00pm
Netherwood Knoll Small Gym
276 Soden Dr.

More information: phocksi@mac.com

Oregon Area Softball Association

Summer Season - May - Aug
Fall ball September - October
7pm-10pm
Monday Night - Women
Tuesday Night - Men
Wednesday Night - Men over 35
Thursday Night - Men
Contact: Robert Klein 608-217-9186
Website: oregonadultsoftball.com
Email: oregonsoftball@yahoo.com

Summer Tennis League

Play at tennis courts throughout the community during June, July and August.
Website: http://www.wisconsin.usta.com/USTA_League_Tennis/Madison_Area_League_Tennis_MALT/
Contact Jan Westemeire at madmix-miss@gmail.com

Tai Chi

Meets Wednesdays 8am-9am
State Bank of Cross Plains Community Room (enter through rear lower level)
744 N Main St, Oregon.
Drop in for no charge
More information: tauping@charter.net

Oregon Tuggers Tug of War Club

Season January- September
Contact- Shelby Richardson:
shelbytow@msn.com

Adult Lap Swim and Water Exercise at Oregon Pool.

See Page 16

Sunday Adult Power Coed Volleyball League

OHS Field House
456 N Perry Pkwy, Oregon
Sundays 6:30-9:30pm
Season: Sep- Dec and Feb- May
Contact: Sean Kirwan kirwansj@gmail.com or 608-293-3522

Headquarters Volleyball League

Season - May - Aug
Contact: (608) 291-0750
Website: oregonhq.com/volleyball-leagues/
Email: info@oregonhq.com

Random Acts of Kindness
Encouraged
All Year Long!

Join us on Facebook
and Share Your Story
PayItForwardOregon53575



Sunday, April 28, 2019
International
Pay It Forward Day

Want your group included on this page? Send information to Cynthia at cad@oregonsd.org

Oregon Community Sports Arena 100 N Perry Parkway

www.onicepromotions.com/oregonicearena 835-9650

Open Skate:

\$6 admission/\$3 skate rental

Family Skate:

\$20/family of four Skate rental included

Check the website for current dates and times

Learn to Skate!

6 week sessions
for all ages

COMMUNITY ORGANIZATIONS

14 South Artists

14southartists.com

14 South Artists is a group of artists of diverse media from diverse backgrounds. They promote the visual arts in the communities and rural areas of South Central Wisconsin by providing opportunities for exhibitions and events, artist-to-artist interactions and educational programs.

Anderson Park Friends

andersonparkfriends.org

APF works with the Dane County Parks Department to develop, protect, preserve and enhance Anderson Farm County Park. Meetings are posted on Facebook or call Roe at 835-3580.

Brooklyn-Oregon

American Legion Post 160

PO Box 262, Brooklyn, WI 53521

A veterans support and community service organization open to veterans of all branches of the service. Meets monthly on the 2nd Wednesday of the month at 7pm.

Friends of Badfish Creek Watershed

rockrivercoalition.org/chapters/badfish/

FBCW works to identify and eradicate invasive riverbank plants, clean up the stream bed and sponsors an annual canoe tour. All events are open to the public. To get involved, contact Lynne Diebel at lsdiebel@gmail.com

Friends of the Oregon Library

PO Box 173, Oregon WI 53575

oregonpubliclibrary.org/support-your-library/friends

Community volunteers supporting the library and providing programs for children and library patrons. Donations of used books accepted for Used Book Sale April 13-14 and October 19-20, 2018. For more information call 835-9027 or ask at the Circulation Desk of the library.

Friends of the Oregon School District

friendsofosd.com

Provides resources so that all children have a healthy, positive environment in which to learn.

Joy of Living Meditation Group

State Bank of Cross Plains Community Room, 744 N Main St

contemplative.ed@gmail.com

Monthly meditation group that provides an opportunity to practice in a community setting. Group meets 2nd Thursday of every month, 6:30-8:00PM. All are welcome. No charge. Led by Kelly Petrie.

Knights of Columbus Council 13480

Holy Mother of Consolation Catholic Church

651 N. Main Street. Oregon, WI 53575

608-835-5763

The Knights of Columbus promotes and conducts programs in a variety of areas including youth, community church, school and council. Meetings 3rd Thursday of the Month at Holy Mother of Consolation. For more information contact Brian Peterson 225-7761

MOPS: Mothers Of Preschoolers

mops.org

A Christian based support group for mothers of young children. Hillcrest MOPS meets at 752 E Netherwood St Oregon, WI 53575 on the First and Third Thursday of the month at 8:45 AM - 11:00 AM. Groups also meet in Fitchburg (2nd Monday, 9:30-11:30am) and Stoughton.

Oregon Area Historical Society

159 W Lincoln St Oregon WI 53575

oregonareahistoricalsociety.org

Dedicated to preserving Oregon's unique history, OAHS operates a museum, provides clothing for elementary school Pioneer Days and houses archives and local family histories. Open every Tuesday and the first Saturday (Sept-May) 10am-4pm. Open every Saturday June- August.

Optimist Club of Oregon-Brooklyn

PO Box 143, Oregon, WI 53575

A service club that supports youth with school recognition programs and scholarships, encouraging optimism as a philosophy of life, respect for the law and interest in government and civic affairs through volunteerism. Meets 1st Thursday of the month, 6:30pm, Sate Bank of Cross Plains, 774 N Main

Oregon Booster Club

oregonboosters.com

The Oregon Booster Club is a parent/volunteer run organization which provides support to student athletes both on and off the field. They raise money through our memberships, concessions, partnerships, sponsorships and special events to provide our students what they need to succeed.

Oregon Band Boosters

P.O. Box 283 Oregon, WI 53575

oregonbandbooster.org

The Oregon Band Boosters support student band programs including the Shadow Drum and Bugle Corps through volunteering and fundraising.

Oregon Community Gardens

103 N Alpine Parkway

Plots are 18' x 18'. Half plots and raised beds are also available. Plots going to new gardeners will be tilled. Returning gardeners can choose to have their plot tilled each Spring. Organic overall although Roundup occasionally used to control thistles. Contact: Barbara Feeney, bafeeney@gmail.com or 608.843.2272.

Oregon Area Education Foundation

Oregon Community Bank

c/o Daniel Behrend

733 Main Street, Oregon, WI 53575

The Oregon Area Education Foundation (OAEF) support education initiatives in the Oregon School District. The Foundation is the fiscal agent for the Friends of The Oregon School District (FOSD) and for "Sing Out Louise", an annual musical event honoring the late Louise Uphoff.

Oregon Area Food Pantry

107 N Alpine Pkwy, Oregon 53575

obfp.org

The pantry is available to anyone who lives in the Oregon School District who needs help with food. Distribution is every Tuesday 9am-11am and the 2nd and last Thursday, 4pm-7pm. Please bring a large basket or box. New guests should bring a photo ID and a current utility bill.

Oregon Horse Association

5676 Alpine Rd, Brooklyn, WI 53521

oregonhorseassociation.org

Non-profit organization dedicated to promoting all breeds of horses and styles of riding, for all ages. Horse shows, parades and educational programs.

Oregon- Brooklyn Lions Club

PO Box 215 Oregon WI 53575

e-clubhouse.org/sites/oregonb

This service club sponsors Stuff the Bus, raises money for the Lions' Camp for the Disabled, Wisconsin Lions Eyeglass Bank and many community service projects.

Would you like your organization included here? Send your information to cad@oregonsd.org or call 835-4052

Oregon Masonic Lodge and Order of the Eastern Star

201 Park St, Oregon, WI 53575
220-1924

Fraternal organization provides support for community projects, scouting events, AED donations and an annual scholarship. Masonic Lodge meets 2nd and 4th Thursdays, Eastern Star chapter meets 1st & 3rd Mondays except May, Aug and Dec. (1st Mon Only - May, Aug, 3rd Mon Only, Dec)

Oregon Straw Hat Players

201 Market St Oregon, WI 53575

oshponline.org

Amateur theater offering opportunities for volunteers to participate in all production areas. Striving for excellence while stressing enjoyment and entertainment in the Oregon area.

Rotary Club of Oregon

PO Box 145 Oregon WI 53575

oregonrotary.org

A service club dedicated to working both locally and globally through community projects. Supports prairie restoration at Lerner Park, awards college scholarships, facilitates bike safety rodeos and more. Visitors and new members welcome! Meets Tuesdays 6:45am at Headquarters Restaurant, 101 Concord Dr, Oregon.

Three Gaits, Inc

3741 Highway 138 West,

Stoughton, WI 53589

3gaits.org

Therapeutic horsemanship center that provides equine assisted activities and therapies that enhance the lives of people with physical, emotional or intellectual challenges. Volunteers welcome!

Oregon-Brooklyn VFW Post 10272

PO Box 206

Oregon, WI 53575

217-7198

The VFW honors the dead by serving the living through community service. Call 217-7198 for meeting dates and times.

HELPING KIDS EXPLORE THEIR INTERESTS AND DISCOVER NEW ONES

4-H Clubs

Grades 1 and up

Brooklyn Mighty Mites brooklynmightymites.org

Fitchburg Fireflies 332-4434

Oregon Headliners 669-0516

Cub Scouts

Ages 6 to 11

Pack 3350 (Oregon) www.facebook.com/oregoncubscoutpack350

Pack 3352 (Brooklyn) twoharms@gmail.com

Boy Scouts

Ages 12-18

Troop 168 www.troopwebhost.org/Troop168Oregon

Troop 50 www.oregontroop50.org

Girl Scouts

Grades K-12

gsbadgerland.org

OREGON AREA FOOD PANTRY

107 N Alpine Parkway

Oregon WI 53575

www.obfp.org

☆NEW DAYS
AND TIMES!☆

Open EVERY Tuesday

9 am - 11 am

and

4-7 pm on these Thursdays

April 11 and 25

May 9 and 30

June 13 and 27

July 12 and 26

August 8 and 29



Pantry guests, please bring large laundry basket or large box. First time guests, please bring a photo ID or a utility bill showing an Oregon School District address.

Making a Donation?

The Oregon/Brooklyn Food Pantry accepts donations during all distribution hours on Tuesdays and Thursdays AND on the Second Saturday of every month from 10-11am!

Saturday Donation Drop Off Dates

April 13 May 11 June 8 July 14 August 10



VILLAGE OF OREGON

INCORPORATED 1883 *Wisconsin*

**Brush collection Second Monday of the Month
begins April 9 and continues through October**

Yard Waste Drop Off Site is located at the end of N Perry Pkwy

Plan for fall! Leaf Collection begins October 22.

Visit the Village Web Page for information and announcements!

<http://www.vil.oregon.wi.us/>



The Neighbors in Need of Assistance (NINA) fund provides funds to families with minor children to help cover the necessities of life including rent and utilities. Each year over \$20,000 is distributed in our community. All NINA funds are donations from churches, organizations and individuals!

Need help? Want to support the NINA Fund?
Have questions?

Contact

Joe Sullivan

Dane County Community Social Worker
at 835-4188 or sullivan.a@countyofdane.com

Welcome



- Live or work in the Oregon Area?
- Let's sit down and officially welcome you!
- This visit is a free service!
- Free gift certificates and coupons to local businesses and much more!

Contact **Cathy Grender** to receive your **free visit** today!

cathy@welcomeneighbororegon.com

(608) 220-1468

Visit our website: www.welcomeneighbororegon.com

Oregon is a Dementia Friendly Community!

We're working to make sure individuals with dementia

- are able to live good and comfortable lives
- live as independently as possible
- continue to be a functional part of our community
- are met with patience and understanding
- are given support where necessary

Learn more about
Dementia Friendly Communities at
daneadrc.org/dementia_friendly



Brooklyn's Grill for a Cause & Family Fun Day 2019

May 18, 2019

11 am- 5 pm

Brooklyn Legion Park

2019 Featured Charity: Brooklyn PTO



Show off your grilling technique at this fun-filled, low-keyed event. Win and you will choose the featured charity for 2020. You also choose what the competition food theme will be and take possession of the traveling trophy.

**Join the competition for just \$20
and receive a one of a kind Grill for a Cause apron.**

**Get your registration packet from Milly
at Grill4Cause@gmail.com or call 608-212-1653**

Not a cook? There is plenty of FUN for all!

- * Chicken Bingo
- * Kids Activities & Games
- * Vendor Row
- * Silent Auction
- * Raffles
- * Live Music
- * Lots of Food

**Visit our Facebook page for info and updates
[Facebook.com/Grill4Cause](https://www.facebook.com/Grill4Cause)**

Oregon Area Wellness Coalition Events

Oregon/Brooklyn Community Clean Up Throughout April

Join in and help get your neighborhood park ready for summer!

Email dab@oregonsd.org for more information.

Pay It Forward Throughout April International Pay It Forward Day April 28

Random Acts of Kindness Encouraged! Share your story on our Facebook page!

Comming this summer: Community Walking Events!

Don't miss any of the fun!

Like OAWC on Facebook: <https://www.facebook.com/OAWCWI>



Explore Oregon! Oregon Historic Districts Walking Tours & Oregon Bike Trails

Pick up a a trail guide at the
Oregon Welcome Center
Oregon Chamber of Commerce
Oregon Area Historical Society
or download a copy:
<http://bit.do/OregonHistory>



TAKE A WALK IN A PARK!

These local parks have walking paths

Village of Oregon Parks:

Alpine Park 460 W Netherwood
Jaycee Park 257 N Perry Pkwy
Lerner Park 400 W Netherwood
<http://www.vil.oregon.wi.us>

Town of Oregon Parks:

Bicentennial Park 845 Highway MM
Town Park 901 Glenway Rd
<http://www.town.oregon.wi.us/parks>

County Parks

Anderson Farm County Park 914 Union Rd
<https://parks-lwr.dane.countyofdane.com/park/AndersonFarm>

PREVENT "GARAGING" WITH REFRIGERATOR LOCKS!

Garaging: taking alcoholic beverages from open garages by underage drinkers.

Protect yourself and the kids in your neighborhood with free, easy to install refrigerator door locks.

Locks are available from the Oregon Police Department

Monday- Friday

8 am to 5 pm

or call 835-3111

Refrigerator Locks Sponsored by OregonCARES

Gun locks are also available at the Oregon Police Department.



PREVENT PRESCRIPTION DRUG ABUSE

2000 kids between the ages of 12 and 17 abuse prescription drugs for the first time every day.

Commonly abused drugs include Oxycontin, Vicodin, Codeine, Xanax and Valium. Teens also misuse stimulants prescribed for ADHD (Ritalin, Dexedrine and similar drugs)

12 year olds are more likely to use prescription medications than marijuana.



YOU CAN HELP!
LOCK UP YOUR MEDS
DISPOSE OF EXPIRED AND UNUSED MEDICATIONS SAFELY

FREE Prescription Drug Disposal Drop Box
Oregon Police Department Lobby Monday-Friday 8am to 9pm

FREE Drug Storage Lock Boxes and Bags & Drug Disposal Bags
Available at the Oregon Area Senior Center, Oregon, and Oregon Police Station

Lock Boxes, Lock Bags and Disposal Bags are provided by OregonCARES through a grant from the Wisconsin Department of Health Services State Targeted Response to the Opioid Crisis Prevention Services.



**A free, safe, supervised, drop-in program
for youth in fifth through ninth grades.**

**School year hours Monday through Friday
3pm to 6pm**

Summer Hours Noon-5pm

Monday - Thursday and 1-4pm on Fridays

**Visit facebook.com/oregonyouthcenter
for construction updates and information!**



Oregon School District Performances

All student group performances are free

Times and Locations subject to change. Please check the OSD website calendar.

Date	Time	Concert / Event	Location
April 25	6:00pm	Brooklyn Orchestras	Brooklyn Elementary
April 26	1:00pm & 7:00pm	Netherwood Knoll Musical	OHS PAC
April 27	8:00am - 4:00pm	WSMA State Solo & Ensemble Festival	UW Plattville
April 30	6:00pm	RCI 5th Grade Band	OHS PAC
April 30	7:00pm	RCI 6th Grade Band	OHS PAC
May 2	6:30pm	BKE & NKE Choirs	OHS PAC
May 6	7:00pm	OMS Orchestras	OHS PAC
May 7	6:00pm	RCI 5th Grade Orchestra	OHS PAC
May 7	7:00pm	RCI 6th Grade Orchestra	OHS PAC
May 9	7:00pm	OHS Choir Variety Show	OHS PAC
May 13	7:00pm	OHS Orchestras	OHSPAC
May 14	6:00pm	PVE Orchestra and Choir	PVE Gym
May 16	7:00pm	OMS Choirs Concert	OMS Commons
May 20	7:00pm	NKE Orchestra	OHS PAC
May 21	6:30pm	RCI Choirs Concert	RCI Commons
May 23	7:00pm	OMS Bands	OHS PAC
May 28	7:30pm	OHS Jazz and Percussion Ensemble	OHS PAC
May 30	7:30pm	OHS Bands	OHS PAC

Coming this fall: Oregon Performing Arts Center Concert Series
Visit <http://oregonperformingartscenter.com/concert-series.html>

Oregon Community Band
Musicians of all ages and experience levels
are welcome!

Summer Concerts in Triange Park
June and July starting at 7:00pm.

Free! Food Pantry Donations welcome

Find out more at oregoncommunityband.org



Oregon's Local Charter Cable Access Station

On-Demand videos of sports and community events

Live Streaming
Web videos Copies of programs
ocamedia.com

Oregon Area Historical Society Museum
159 W. Lincoln Street Oregon

Open Every Tuesday 10:00 AM - 4:00 PM

First Saturday of Every Month Noon to 4pm

OAHS provides displays and historically accurate clothing for 4th Grade Pioneer Days and other historically related events!

Learn more at oregonareahistoricalociety.org

OREGON'S
AMATEUR THEATER COMPANY SINCE 1982!

Visit oshponline.org

for upcoming auditions,
performances and tickets



Summer Production:
Titanic The Musical

COMMUNITY AND SCHOOLS WORKING TOGETHER

Work permits

Workers aged 14-15 years can apply for work permits at OHS Student Services office at 456 N. Perry Parkway during school hours or the District Office at 123 E. Grove Street between 7:30 and 4:30 Monday-Friday. Please bring: minor's birth certificate or other proof of age; minor's social security card; letter from the employer, on employer's letterhead, describing: job duties, hours of work; written parents consent; and \$10 check or cash for the permit fee. Children 16 and older are no longer are required to get a work permit. Check with your employer for their policy. Questions? 835-4091

Volunteer in the schools and share your time with children

Make an impact by working with children, supporting teachers, assisting in the library or tutoring a student. A background check is required. Please apply online at oregonsd.org/volunteer or visit any school office in the district. Questions? Call 835-4091.

Reserve indoor and outdoor facilities

Visit oregonsd.org/reservations to reserve district facilities and Village of Oregon parks and shelters. Questions about school reservations: Gyms contact Mike at macarr@oregonsd.org or 835-4335 Other school facilities contact Sherri at skt@oregonsd.org or 835-4016; Village Parks and shelters contact Deb at dab@oregonsd.org or 835-4086;

Display or distribute information in our buildings

To share information on bulletin boards or through fliers distributed to students, you must have approval from Community Ed & Rec. Please read the District Policy at <http://bit.do/OSDdisplay> before requesting approval. Drop off flyers at 123 E Grove St or email dtjameson@oregonsd.org. Please allow 5 school days for distribution. Please note we do not make copies of flyers for distribution.

**FALL
COMMUNITY ED & REC
classes and programs
begin in September**

**Watch your mailbox for
our new guide in August!**

THANK YOU OREGON HIGH SCHOOL!

Our district strives to focus on 21st Century Standards which incorporate real world opportunities into the classroom. The artwork in this booklet is designed by the Advanced Desktop Publishing class at Oregon High School under the direction of Adam Wamsley.

**Cover Design by
Grace Tiedt**



**Interested in working for Community Ed & Rec?
We Need**

- * Instructors
- *Child Care Staff
- *Summer Playground Staff
- *Gym Supervisors

Do you have a hobby, passion or profession you'd like to share?

We'll help you create a class to teach!

Call 835-4052 or email cad@oregonsd.org