

CITY OF HAPPY VALLEY

Parks & Recreation

SAMPLE ACTIVITIES GUIDE

Summer 2028

DRAFT

Your guide to summer fun in Happy Valley!



**CITY OF HAPPY VALLEY
PARKS & RECREATION**



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Join us for unforgettable community events—concerts, festivals, holiday celebrations, and more.



Sports



Kidokinetics

Kidokinetics sports enrichment programs play a pivotal role in this mission, offering children aged 1-10 a comprehensive platform for physical development, teamwork, and the acquisition of vital life skills.



Skyhawks Sports

Skyhawks and its subsidiaries aren't just about playing sports; they are about playing it forward – from one high-five, one goal, and one encouraging word to the next.



Soccer Shots

Soccer Shots offers three core programs to meet the developmental needs of children ages 18 months to 8 years old. We aim to build character, skills and confidence while also having a whole lot of FUN.



Jordan Kent's Just Kids Camps

At the Jordan Kent Skill Camps, we do everything we can to make sure your child leaves us feeling that they had their best camp experience ever. This begins with an inclusive, energetic atmosphere that is both positive and professional.



Sports



Youth & Adult Leagues

Build teamwork, sharpen your game, and enjoy friendly competition. Our leagues offer a fun and supportive environment for players of all skill levels. Sports may include: basketball, volleyball, soccer, softball, dodgeball & kickball.



Youth & Adult Open Gym Drop In

Stay active on your own schedule! Join us for open gym sessions where you can shoot hoops, play pickup games, or just get moving. Sports may include: basketball, volleyball, & soccer.



Swim Lessons

Make a splash with swim lessons for all ages and abilities. Our certified instructors focus on safety, confidence, and skill-building in the water. See more details in the Aquatics section.



Tennis Lessons

Serve up fun and learn the fundamentals of tennis through engaging lessons for beginners and experienced players alike.



Sports



Intro to Pickleball

Learn the rules and basic skills of pickleball in a fun, beginner-friendly setting—no experience required!



Family Pickleball

Bring the whole family for casual play and skill-building in one of the fastest-growing sports around.



Run Club

Stay motivated and meet fellow runners in a supportive club designed for all paces and experience levels.



Adaptive Sports NW

In partnership with Adaptive Sports Northwest, we offer inclusive programs that empower athletes of all abilities to stay active and connected.



Aquatics



American Red Cross Swim Lessons

Certified American Red Cross instructors teach water safety and swimming skills for every age and ability level.



Water Aerobics

Enjoy a low-impact workout in the pool that combines cardio, strength, and flexibility in a joint-friendly environment.

Adaptive Aquatics

Individualized swim programs designed to meet the needs of participants with disabilities, focusing on safety, confidence, and fun.



Lifeguard Training

Gain the skills and certification needed to become a lifeguard. Training covers water safety, rescue techniques, and first aid.



Health & Wellness



Yoga

Stretch, strengthen, and unwind. Our yoga classes promote flexibility, balance, and mindfulness for all experience levels.



Zumba

Get your heart pumping with high-energy dance fitness! Zumba combines great music with fun moves for a full-body workout.



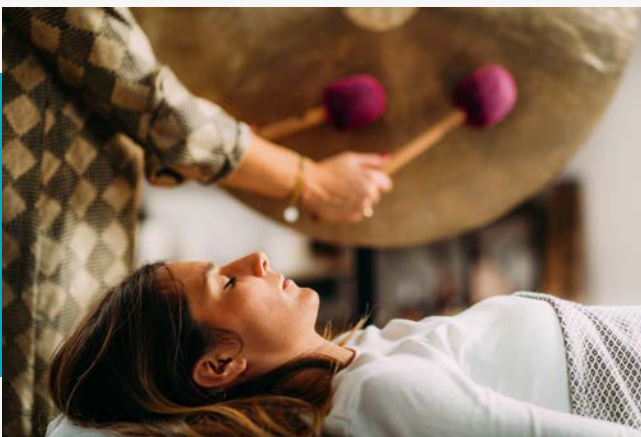
Spin Classes

From a beat-based workout with intervals, hills and jobs to a cycling class designed to increase aerobic capacity, we will be able to offer it all!



Meditation / Sound Bath

Relax and recharge with guided meditation and soothing sound therapy designed to calm the mind and restore balance.



Health & Wellness



Barre

Blend ballet-inspired movement with Pilates and strength training for a low-impact, high-results workout that tones and sculpts.



Tai Chi

Focus your mind and body through gentle, flowing movements. Tai Chi promotes balance, relaxation, and inner calm for all ages.



Self Defense

Build confidence and learn practical techniques to stay safe. Our self defense classes empower participants with real-world skills.



Kickboxing

Punch, kick, and sweat your way through this high-energy workout that combines cardio, strength, and stress relief.



Health & Wellness



High Intensive Interval Training (HIIT)

Get a fast, effective workout with High Intensity Interval Training. Short bursts of effort paired with recovery deliver big results in less time.



Foam Rolling & Recovery

Learn techniques to release tension, improve mobility, and speed up recovery using foam rollers and other tools.



Desk Detox

Shake off the stiffness of sitting! This class focuses on stretches and movements to improve posture, flexibility, and energy throughout the day.



Wellness Challenges

Stay motivated with fun, goal-based challenges that encourage healthy habits, friendly competition, and community support.



Arts



Pottery

Experience the joy and fun of playing in the mud! Either try out shaping bowls and mugs on the pottery wheel with Bryan or hand-building projects with Chris. All you need is to show up! We provide the clay, tools, textures, stamps, and designs.



Sweet Lomy Art - Fused Glass

Learn the fundamentals of glass cutting and layering to make beautiful, whimsical glass art pieces! No experience needed in these fun workshops.



Tippi Toes Dance

Explore our dance class options for girls and boys age 18 months – 11 years. Students are encouraged and celebrated while being taught the fundamentals of dance!



Venvino Art Classes

Venvino Art Studios is a creative hub where art meets community. Offering painting, pottery, and hands-on workshops, the studio provides a welcoming space for all ages to explore their creativity, learn new skills, and connect through the joy of making art.



Arts



Scrapbooking

Preserve memories and get creative with layouts, stickers, and personal touches. Scrapbooking is a fun, hands-on way to tell your story.



Painting

Explore your artistic side through guided painting classes that cover technique, color, and creativity—no experience necessary.



Calligraphy

Discover the beauty of hand lettering. Our calligraphy classes teach the basics of strokes, spacing, and style for cards, art, and more.



Theater

Take the stage! Theater programs help participants build confidence, expression, and performance skills in a fun, supportive setting.



Special Interest



Intro to Fly Fishing

This class is designed to introduce participants to the fundamentals of fly-fishing, providing them with a solid foundation to enjoy and excel in this rewarding sport.



Green Thumb Basics

Discover the joy of gardening in a fun, beginner-friendly class. Learn tips for planting, growing, and caring for your garden—whether it's a backyard, balcony, or windowsill. Perfect for all ages and skill levels!



Music Lessons

Whether you're picking up an instrument or honing your voice, our music lessons help students of all ages grow their skills and love for music.



Bridge / Canasta

Meet up, shuffle the deck, and enjoy friendly card play. These social gatherings are perfect for both seasoned players and beginners.



Special Interest



Cooking Around the World

Travel the globe without leaving the kitchen! Learn to prepare flavorful dishes from different cultures and expand your culinary horizons.



Bread Baking Basics

From crusty loaves to fluffy rolls, discover the art of bread making. Learn how to start and care for your own sourdough starter, too!



Knife Skills & Kitchen Safety

Slice, dice, and chop with confidence. This class teaches essential knife techniques and safety tips every cook should know.



Nutrition Classes/Lectures

Explore the building blocks of healthy eating through engaging talks and practical tips designed to make nutrition simple and approachable.



Special Interest



Technology

Stay up to speed with user-friendly tech classes covering everything from smartphones to email, social media, and basic computer skills.



Dog Training

Build a stronger bond with your pup through positive training methods that focus on obedience, behavior, and communication.



Partner Dancing

Step in sync and have fun learning classic dance styles—from ballroom to swing—in a welcoming, social atmosphere.



Lecture Based Workshops

Engage your mind with workshops led by guest speakers and local experts on topics that inform, inspire, and spark discussion.



Special Interest



Language Learning

Expand your world through language. Whether you're starting fresh or brushing up, our classes make learning a new language fun and practical.



Holiday Hosting

Learn tips and tricks to take the stress out of entertaining. From menu planning and table décor to time-saving strategies, these classes help you host gatherings with ease and confidence.



Parenting Classes

Gain tools, tips, and support for every stage of parenthood. Our classes cover communication, routines, and raising resilient kids.



Life Skills

Build everyday confidence with classes in time management, budgeting, communication, and more—skills that last a lifetime.



Youth - STEM



Engineering for Kids

If you're searching for a fun after-school program to register your child for in the local or surrounding areas, look no further than Engineering For Kids®.



Journey to STEAM

Welcome to Journey to STEAM, where imagination meets innovation! Our dynamic after-school programs, camps, and events blend art, STEM, and the engaging world of LEGO® to provide a transformative learning experience for students.



Science Lab

Spark curiosity with hands-on experiments and discoveries. Our science labs encourage young minds to explore the world around them.



Girls Who Code - club

Girls Who Code is a nonprofit organization dedicated to closing the gender gap in technology by teaching girls computer science skills and fostering a supportive community. Through clubs, summer programs, and online resources, it empowers young women to pursue careers in tech and become future leaders in the field.



Youth - Enrichment



The Y

The YMCA of Columbia-Willamette strengthens community through programs that support youth development, healthy living, and social responsibility for all. Programs may include: Art, drama, and/or cooking and more!



Before & After School Club

Before and after school, kids can drop in to our Open Activity Club to enjoy games, crafts, STEM projects, and a quiet space to work on homework—all in a fun, supervised environment.



Technology & Online Safety

Stay informed and confident in the digital world. These classes teach essential tech skills and how to stay safe online—for all ages.



Music Lessons

Whether you're picking up an instrument or honing your voice, our music lessons help students of all ages grow their skills and love for music.



Youth - Happy Zone



No School Days

Turn a day off into a day of fun! Kids can enjoy games, crafts, and active play in a safe, engaging environment while parents have peace of mind.



Open Play Gym / Indoor Gym

Bring the kids to explore, play, and create! Modeled after our popular RecMobile, the Open Play Gym offers self-led crafts, games, and activities for fun, available September–May with a Play Pass; an adult or caregiver must be present—but joins for free!



Teen Lounge

A space just for teens to hang out, play games, create, and connect. The lounge is a safe, social hub designed with youth in mind.



Safety Town

The Safety Town Program and its lesson plans can be a valuable addition to any Safe Routes to School Program. The lessons offered through Safety Town benefit children in the prime age groups for Safe Routes to School and can be integrated into Safety Fairs, Walk to School Days, classroom exercises and other education and encouragement events.



Special Events



Themed Parties

Celebrate in style a few times a year! Join us for fun-filled events with seasonal themes, music, games, and activities for the whole family.



Battle of the Bands

Show off your sound or cheer from the crowd. Local bands compete for bragging rights in this high-energy community showcase.



Family Olympics

Team up and take on fun, silly challenges in our Family Olympics—a playful day of teamwork, games, and memory-making.



Parent/Child Dances

Dress up and dance the night away! These special evenings are all about fun, connection, and creating lasting memories together.

