Recreation

Activity Guide

Summer 2018

A Partnership Between City of St. Helens &
St. Helens School District

City of St. Helens
FOUNDED 1850
Oregon

ST. HELENS SCHOOL DISTRICT

Summer 2018 Catalog

Classes & Activities

Events Guide

Park Information

www.ci.st-helens.or.us/recreation

RECREATION COMING TO ST. HELENS

The City of St. Helens and St. Helens School District have partnered to bring a Recreation Program to St. Helens. The program, which launches at the end of April with the publication of a summer recreation calendar, will provide a central location where community members can find a wide range of recreational activities that are available in St. Helens.

For years, community members and local agencies have wanted to create a centralized program where people can more easily find and plug into the many recreational activities and groups that St. Helens citizens already enjoy. Both the City of St. Helens and St. Helens School District identify building a better community as one of their main agency goals and believe that a recreation program is one way to help support that goal.

In December 2017, staff from the City and School District began meeting to discuss what a St. Helens Recreation Program would look like. The School District has sports facilities, fields, classrooms, and other spaces that are not fully utilized after hours and both agencies felt that a partnership would help bring a much-needed, streamlined recreation program to the community. Serving the same families, the partnership will allow an expansion of recreational opportunities without requiring either organization to build extra facilities of its own to meet public demand. This will also help save taxpayer money. The two agencies started to inventory what recreation activities already existed in St. Helens, discussed how a centralized recreation program could help community members connect with existing activities, and brainstormed a few new programs to add to the list, including drop-in sports, arts and craft meet ups, and do-it-yourself classes.

In preparation for the next publication calendar, the City and School District have created a short online survey where people can provide feedback about the types of recreation activities that they already participate in and the programs that are most important to their household. The survey will remain open through Friday, May 4, and can be found at https://www.surveymonkey.com/r/sthelensrecsurvey.

Applications will be included in the Recreation Program calendar for any community member, business, or group that would like to list a recreational activity in the calendar.

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 AM – Walking Group 6 PM – Drop-in Bball	2 1030 AM – Ukulele Club 2 PM – Kids Group Play 7 PM – Park Movie Night
3 11 AM – Doggie Play	4 2 PM – Gaming Group 7 PM – DIY Class	5 10 AM – Walking Group 6 PM – Drop-in Vball	6 2 PM – Kids Group Play	7 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	8 10 AM – Walking Group 6 PM – Drop-in Bball	9 10 AM – Worldwide Knit in Public Day 1030 AM – Ukulele Club 12 PM – Writers' Guild 2 PM – Kids Group Play 6 PM – Parent Night Out
10 11 AM – Doggie Play	11 2 PM – Gaming Group	12 10 AM – Walking Group 6 PM – Drop-in Vball 630 PM – NewComers Club	13 2 PM – Kids Group Play 6 PM –Paint Night	14 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	15 10 AM – Walking Group 6 PM – Drop-in Bball	16 9-10 AM – Walk w/ Doc 1030 AM – Ukulele Club 2 PM – Kids Group Play
17 11 AM – Doggie Play	18 2 PM – Gaming Group 7 PM – Craft Night	19 10 AM – Walking Group 6 PM – Drop-in Vball	20 10 AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Lego)	21 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 11:15 AM – Story Time 4 PM – 13 Nights	22 10 AM – Walking Group 6 PM – Drop-in Bball	23 1030 AM – Ukulele Club 12 PM – Kick-off Party 2 PM – Kids Group Play
24 11 AM – Doggie Play	25 2 PM – Gaming Group	26 10 AM – Walking Group 6 PM – Drop-in Vball	27 10 AM – Family Yoga 2 PM – Kids Group Play 330 PM - Make It! (Bookmarks) 6 PM – Community Game Night	28 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 11:15 AM – Story Time 4 PM – 13 Nights	29 10 AM – Walking Group 3 PM – Super Hero Training 6 PM – Drop-in Bball	30 1030 AM – Ukulele Club 2 PM – Kids Group Play

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11 AM – Doggie Play	2 2 PM – Gaming Group 330 PM – Make It! (Lego) 7 PM – DIY Class	3 6 PM – Drop-in Vball	4 10AM – Family Yoga 10 AM – Fun Run 2 PM – Kids Group Play 4 PM – 13 Nights Evening - Fireworks	5 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 1115 AM – Story Time	6 10 AM – Walking Group 3 PM – Sim City Snackville 6 PM – Drop-in Bball	7 1030 AM – Ukulele Club 2 PM – Kids Group Play 7 PM – Park Movie Night
8 11 AM – Doggie Play	9 2 PM – Gaming Group	10 10 AM – Walking Group 6 PM – Drop-in Vball 630 PM – NewComers Club	11 10AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Catapult Siege) 6 PM –Paint Night	12 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 1115 AM – Dance Party 4 PM – 13 Nights	13 10 AM – Walking Group 2 PM – Oregon Rocks! 6 PM – Drop-in Bball	14 1030 AM – Ukulele Club 12 PM – Writers' Guild 2 PM – Kids Group Play 6 PM – Parent Night Out
15 11 AM – Doggie Play	16 2 PM – Gaming Group 630 PM – Stuffed Animal Storytime & Sleepover 6 PM – Craft Night	17 10 AM – Walking Group 6 PM – Drop-in Vball	18 10AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Lego)	19 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	20 10 AM – Walking Group 6 PM – Drop-in Bball	21 9-10 AM – Walk w/ Doc 1030 AM – Ukulele Club 2 PM – Kids Group Play
22 11 AM – Doggie Play	23 2 PM – Gaming Group	24 10 AM – Walking Group 6 PM – Drop-in Vball	25 10AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Kites) 6 PM – Community Game Night	26 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 11:15 AM – Story Time 4 PM – 13 Nights	27 10 AM – Walking Group 6 PM – Drop-in Bball	28 1030 AM – Ukulele Club 12 PM – Spin, Boom Pop! 2 PM – Kids Group Play
29 11 AM – Doggie Play	30 2 PM – Gaming Group 3 PM – Pokémon Trainer Academy	31 10 AM – Walking Group 6 PM – Drop-in Vball				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Lego)	2 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 1115 AM – Storytime 4 PM – 13 Nights	3 10 AM – Walking Group 6 PM – Drop-in Bball	4 1030 AM – Ukulele Club 2 PM – Kids Group Play 7 PM – Park Movie Night
5 11 AM – Doggie Play	6 2 PM – Gaming Group 7 PM – DIY Class	7 10 AM – Walking Group 6 PM – Drop-in Vball	8 10 AM – Family Yoga 2 PM – Kids Group Play 330 PM – Make It! (Magic) 6 PM –Paint Night	9 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 1115 AM – Storytime 4 PM – 13 Nights	10 10 AM – Walking Group 6 PM – Drop-in Bball	11 1030 AM – Ukulele Club 12 PM – Writers' Guild 2 PM – Kids Group Play 6 PM – Parent Night Out PARTY IN THE PARK DAY
12 11 AM – Doggie Play	13 2 PM – Gaming Group 7 PM – Save & Swim	14 10 AM – Walking Group 6 PM – Drop-in Vball 630 PM – NewComers Club	15 10 AM – Family Yoga 2 PM – Kids Group Play	16 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	17 10 AM – Walking Group 6 PM – Drop-in Bball 7 PM – Rocky's Rd Stories	18 9-10 AM – Walk w/ Doc 1030 AM – Ukulele Club 2 PM – Kids Group Play
19 11 AM – Doggie Play	20 2 PM – Gaming Group 7 PM – Craft Night	21 10 AM – Walking Group 6 PM – Drop-in Vball	22 10 AM – Family Yoga 2 PM – Kids Group Play	23 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	24 10 AM – Walking Group 6 PM – Drop-in Bball	25 1030 AM – Ukulele Club 2 PM – Kids Group Play
26 11 AM – Doggie Play	27 2 PM – Gaming Group 7 PM - DIY	28 10 AM – Walking Group 6 PM – Drop-in Vball	29 10 AM – Family Yoga 2 PM – Kids Group Play 6 PM – Community Game Night	30 630 AM – Yoga in the Park 10 AM – Fiber Fanatics 10 AM – Columbia Arts Guild 4 PM – 13 Nights	31 10 AM – Walking Group 6 PM – Drop-in Bball	

St. Helens High School Football Youth Camp

July 30th – August 2nd

10:00 am – 12:00 pm

St. Helens High School

Applications can be found on the high school athletics website under the varsity football page.

St. Helens High School Volleyball Kids Camp

August 20th – August 22nd

1:00 pm – 3:00 pm

Open to kids ages 8 - 14

Cost is $10 a day or $25 for all three.

Applications can be found on the high school athletics website under the varsity volleyball page.

KINDER camp

Monday – Friday
August 6th – August 17th
7:30 am – 12:00 pm

Help jump start your child's kindergarten year by enrolling him/her to attend Kinder Camp at:

Lewis & Clark Elementary
503-366-7603

McBride Elementary
503-366-7702

Columbia City Elementary
503-366-7550

All incoming kindergarten students who will be attending in the St. Helens School District are welcome to apply.

You may receive additional information at each school before June 15th. After June 15th, please contact the district office at: 503-397-3085.

St. Helens High School Summer School 2018

June 20th – July 13 (M - F)
9:00 am – 12:00 pm

LA 9 - Semester 1
LA 9 - Semester 2
LA 11- Semester 1
Geometry - Semester 1
Geometry - Semester 2
Health 1

June 20th – July 13th (M - F)
12:30 pm- 3:30 pm

LA 10 - Semester 1
LA 10 - Semester 2
LA 11- Semester 2
Algebra 1- Semester 1
Algebra 1- Semester 2
Health 2

Applications may be picked up at St. Helens High School.

St. Helens School District
Important Dates

August 29, 2018	**New Year Launch** Lewis & Clark, McBride and Columbia City Elementary Schools	5:30 pm - 6:30 pm
September 4, 2018	**First Day of School** Lewis & Clark, McBride and Columbia City Elementary Schools St. Helens Middle School ***7th grade students ONLY*** St. Helens High School ***9th grade students ONLY***	
September 5, 2018	**First Day of School** St. Helens Middle School ***ALL middle school students in attendance*** St. Helens High School ***ALL high school students in attendance***	
September 11, 2018	**Back to School Night** McBride Elementary	5:30 pm - 7:00 pm
September 13, 2018	**Back to School Night** Lewis & Clark Elementary	5:30 pm - 7:00 pm
September 18, 2018	**Back to School Night** Columbia City Elementary	5:30 pm - 7:00 pm
September 19, 2018	**Back to School Night** St. Helens High School CCEC	TBD
September 20, 2018	**Back to School Night** St. Helens Middle School	TBD

EXCITING NEWS!

The St. Helens School District is prepared to offer its first ever Summer Academy series for elementary students this summer.
Please check in with us later this spring for more information.
Please contact Jennifer Bartocci at: jenniferb@sthelens.k12.or.us

City of St. Helens
presents

Citizens Day In The Park

Saturday, August 11
McCormick Park

Park Games and More

An opportunity to disconnect from technology and reconnect with community.

Check the City's website or follow us on Facebook (@cityofsthelens) for more information as events and times are finalized.

City of St. Helens
FOUNDED 1850

www.ci.st-helens.or.us

Event Descriptions & Information

DROP-IN SPORTS

Drop-in programs allow visitors to enjoy fitness on their own schedule. Most of these programs are offered weekly, year-round.

Volleyball Drop-in

Coed Volleyball for individuals age 16 years and older. Parents/ guardians (18 Yrs.+) are responsible for having supervision for their children during drop-in.

Fee: $4
Location: St. Helens Middle School Gym
Date/Time: Tuesdays 6-9P
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Basketball Drop-in

Coed Basketball for individuals age 16 years and older. Parents/ guardians (18 Yrs.+) are responsible for having supervision for their children during drop-in.

Fee: $4
Location: St. Helens Middle School Gym
Date/Time: Fridays 6-9P
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

REGULAR ACTIVITIES

These events are regularly scheduled throughout the months and are open to the public to attend.

Ukulele Club

Members of the St. Helens Public Library Ukulele Orchestra welcome new and continuing members at the St. Helens Public Library.

Fee: FREE
Location: St. Helens Public Library
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Kids Group Play

Want to play? Come out and play with others and a new friend is always just a “Hello” away. Kids of all ages and adults are welcome to join and play together at one of the City’s parks for group play and activities. This is a group activity scheduled, but not supervised by City or School staff.

Fee: FREE
Location: McCormick Park
Host: Non-Hosted Event
More Info: City Website - Recreation Department

Doggie Play

It’s like a play date but for dogs. Come visit the St. Helens designated Dog Park to meet other canine friends and families in the community. This is a group activity scheduled, but not supervised by City or School staff.

Fee: FREE
Location: Heinie Heumann Park
Host: Non-Hosted Event
More Info: City Website - Recreation Department

Walk with a Doc

Third Saturday every month at McCormick Park. Free walking group on Saturday from 9-10 am which will give you an opportunity to meet friends and also walk with a doctor.

Fee: FREE
Location: McCormick Park
Host: Non-Hosted Event
More Info: City Website - Recreation Department

Event Descriptions & Information

REGULAR ACTIVITIES

These events are regularly scheduled and are open to the public to attend.

Gaming Group

Hosted by Columbia Community Mental Health Developmental Disabilities Program. Do you love playing board games and card games? Excited to meet some new friends? Round Table Gamers would like to invite members of the community who experience developmental disabilities to join them weekly for gaming fun. Work on socialization skills, meet new friends, and enjoy trying out new and old favorite games of all kinds. From Candy Land to Jenga, many games are available at the group. Non-disabled gamers are very welcome also!

Fee: FREE
Location: St. Helens Public Library
Host: CCMH
More Info: CCMH Website

Walking Group

Group walking for beginners and advanced. Includes all ages. Group will meet at a designated park to begin a 30-60 minute walking group that meets regularly during the week.

Fee: FREE
Location: McCormick Park
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Community Game Night

Outdoor Games. Grab your family and let's play outside. Your family will be playing all sorts of lawn and group games. Please bring a water bottle, towel and wear tennis shoes. This event is held on the last Wednesday of every month. Rain or shine!

Fee: FREE
Location: Rotating parks within St. Helens (Check Website)
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Fiber Fanatics

Are you a knitter, crocheter, spinner, weaver, needle pointer, cross-stitcher, rug-hooker and/or embroiderer? Join other like-minded lovers of fiber art and enjoy conversation while you work on your projects in a relaxed setting. Feel free to bring a snack.

Fee: FREE
Location: St. Helens Public Library
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Columbia Arts Guild

The Columbia Arts Guild meets weekly in the Columbia Center Auditorium to work on art projects and share ideas. A group of artists leave from there to do Urban Sketching and Plein Air painting locally. Everyone is welcome to bring their artwork and join in the discussion!

Fee: FREE
Location: St. Helens Public Library
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Family Story Time

Join other families for stories, songs, movement, fingerplays, puppets, and more. This is geared toward children ages 0-6, but children of all ages are welcome with a parent or caregiver.

Fee: FREE
Location: St. Helens Public Library
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Writers' Guild

The St. Helens Public Library hosts the St. Helens Writers' Guild meeting each month. This is open to all interested writers. This group meets on the second Saturday of each month from 12-2 PM in the Armstrong Room.

Fee: FREE
Location: St. Helens Public Library
Host: St. Helens Public Library
More Info: City Website - Public Library Department

JUN 20 - AUG 17, 2018

ST. HELENS SD SUMMER MEALS PROGRAM

Meal Service Location & Times:
Monday – Friday

Breakfast:	**Lewis & Clark School**	**7:30 AM - 9:30 AM**
Lunch:	**Lewis & Clark School**	**11:30 AM - 12:30 PM**
	Campbell Park	**11:30 AM - 12:30 PM**

This Institution is an Equal Opportunity Provider.

St. Helens SD Summer Meals Program

All Kids Age 18 & Younger Eat Free

Adults:
Breakfast $1.50
Lunch $2.50

Fun Activities
Healthy Meals

Thank you: Hudson Garbage, St. Helens Parks & Rec, Columbia Fire & Rescue, Kiwanis, St. Helens Police Department, KOHI, The Chronicle, Columbia Pacific Food Bank, the Library, Mike's Automotive, Our Community, Amazing Volunteers & More....

ST. HELENS SD
474 N 16th St.
St. Helens, OR 97051
503-397-3085

www.sthelens.k12.or.us

Misty Crawford
503-366-7234

YOUR OPINION MATTERS

Please take the online survey about the St. Helens Recreation Department to let us know how we are doing and what you want to see more of...

https://www.surveymonkey.com/r/sthelensrecsurvey

COLUMBIA COUNTY NEWCOMERS CLUB

2ND TUESDAY 6:30- 7:30 PM

OSU, COLUMBIA COUNTY EXTENSION,
505 N. COLUMBIA RIVER HWY
ST HELENS, OR 97051

CONTACT VOLUNTEER COORDINATOR
MAUREEN ROUTT, LOAN OFFICER, NMLS #297528,
CASCADIA HOME LOANS NMLS #673693 (503)-396-6967

"PLUG INTO YOUR COMMUNITY"
BEEN HERE FOR 3 YEARS OR LESS?
THIS IS FOR YOU!
COOKIES & CONVERSATION

KEEPITLOCALCC.COM

KEEP IT Local COLUMBIA COUNTY
South Columbia County Chamber of Commerce
RAINIER CHAMBER OF COMMERCE
Community & Business working together
CHAMBER of COMMERCE
CASCADIA HOME LOANS

Event Descriptions & Information

SPECIAL JUNE EVENTS

Special events held in June 2018

Movie Night in the Park

Enjoy a night at the park with a Movie Night. Light refreshments will be sold.

Fee: FREE
Location: Columbia View Park
Date: Saturday June 2 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

DIY - TERRARIUMS

BYO (Bring your own) glass container that is lidded to build your own terrarium. We will provide everything else you will need to create a beautiful closed terrarium. We will review maintenance and care. Terrariums are an easy way to bring the outside in.

Fee: $25 (Registration required - visit City website)
Location: McBride Elementary School Cafeteria
Date: Monday June 4 @ 7 PM
Host: Joan Youngberg
More Info: City Website

Worldwide Knit in Public Day

The Library is calling all knitters (and crocheters and spinners and weavers and textile artisans) to come to the lobby to enjoy "Better Living Through Stitching Together" (https://wwkipday.com). Bring your yarn-based project to work on, water and a snack. We will provide lots of chairs, but if you would like to bring a portable chair or even a rocking chair from home – please do!

Fee: FREE
Location: St. Helens Public Library
Date: Saturday June 9 @ 10 AM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Make It! LEGO

Visit the Library for unstructured, drop-in LEGO play time with our growing collection of donated LEGO sets. Duplo sets are available for younger children. Come create with us! All ages.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday June 20 @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Make It! Bookmarks

Step up your bookmark game! Move beyond scraps of paper or (heaven forbid!) dog-eared pages to clever, creative bookmarks. We'll have materials and instructions for several different types -- stop by to get equipped for all of your summer reading! Ages 4+ (solid scissor skills recommended).

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday June 27 @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Super Hero Training

It takes more than a cape to be a super hero! Enroll in our Super Hero Training to develop your secret identity, identify your super powers, and take down supervillains! Ages 5-14.

Fee: FREE
Location: St. Helens Public Library
Date: Friday June 29 @ 3 PM – 4 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Event Descriptions & Information

SPECIAL JUNE EVENTS

Special events held in June 2018

Kick-Off Party – Summer Library Challenge Featuring Red Yarn

Sign up for our Summer Library Challenge if you haven't already and enjoy a performance by Red Yarn that weaves together folk-songs, puppetry, and storytelling. Expect audience participation, movement, and lots of energy! All ages; especially fun for children ages 2-9 and their caregivers.

Fee: FREE
Location: St. Helens Public Library
Date: Saturday June 23 @ 12 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Parents' Night Out

Need a night to yourself? Drop the kiddos off for a few hours of group play and enjoy a night out. Just don't forget to pick up your kid. Group play games of sports, board games and crafts will be available to play. Your child must be fully potty-trained. Ages 5-13.

Fee: $15, $5 discount for additional children
Location: McBride Elementary School Cafeteria
Date: Saturday June 9 @ 6 PM - 9 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Paint Night

Paint night for yourself or your entire family. This is a monthly event hosted by a professional Paint Night teacher. Paint and canvases are included with your registration fee.

Fee: $35
Location: McBride Elementary School Cafeteria
Date: Tuesday June 12 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Family Yoga in the Park

Try yoga as a family on Wednesday afternoons with registered yoga instructor Meredith Reading! Studies show children today are more stressed than ever. Yoga's uplifting power and numerous health benefits will help give your family a "leg up" on this statistic and even bring you closer together. Sign up for whole sessions for a discounted price or simply drop-in when you can. Beginners welcome. Please bring your own yoga mats if you have them, water and layered clothing.

Fee: $5 per session (up to 4 participants per family
Location: McBride Elementary School Cafeteria
Date: Saturday June 9 @ 6 PM - 9 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Craft Night - Scrape Painting

Scrape painting is an art process for color mixing! Using paints to create a bold and colorful work of art with an amazing range of new colors. We will make three paintings and attach them to an art board to take home and display. All supplies and a snack will be provided. Ages 10+

Fee: $20
Location: McBride Elementary School Cafeteria
Date: Monday June 18 @ 7 PM
Host: Kristal Freeman, owner of Tin Can Daisy
More Info: City Website - Recreation Department

Deep Water Aerobics

Mornings			Evenings	
M-F	5:45a-6:45a		M/W	4:00p-5:00p
T/TH	8:15a-9:15a		M/W	6:20p-7:15p
M/W/F	9:15a-10:15a	(Power)	T/TH	7:00p-8:00p
SA	11:00a-12:00p		F	6:00p-7:00p

Shallow Water Aerobics

M/W/F	8:00a-9:00a	(Water Walking)
M/W/F	11:00a-12:00p	

Power Fusion

T/TH	4:00p-5:00p	(Power Fusion) (Special Rates)

	In District	*Out of District*
General Admission		
Adult (18-61)	*$5.50*	*$6.50*
Senior (62+)	*$4.50*	*$5.50*
Fitness Class Punch Card (20 Visits)		
Adult (18-61)	*$60.00*	*$75.00*
Senior (62+)	*$50.00*	*$65.00*

Eisenschmidt Pool

Presents Summer Swim Lessons 2018

Morning Lessons : M-F

9:00a – 9:30a

9:35a – 10:05a

10:10a – 10:40a

10:45a – 11:15a

11:20a – 11:50a (Parent TOT)

Evening Lessons: M/W or T/Th

4:00p-4:30p (M/W ONLY)

4:35p-5:05p (M/W ONLY)

5:15p-5:45p

5:50p-6:20p

6:25p-6:55p (Parent TOT M/W)
(Adult lessons T/TH)

Session Dates for Mornings

June 25 – July 6 (No class 7/4) $48.50/62
July 9 – July 20 $54/69

July 23 – Aug 3 $54/69

Aug 6 – Aug 17 $54/69

Aug 20 – Aug 31 $54/69

Session Dates for Evenings

Jun 25 – July 19 (No class 7/4)
(MW $42/$54) (TTH $48/$62)

July 23 – Aug 9 $36/46.50

Aug 13 – Aug 30 $36/46.50

Private lessons available – Please call for assistance

***Questions and Registration, call* (503) 397-2283.**

www.sthelenspool.com

Event Descriptions & Information

SPECIAL JULY EVENTS

Special events held in July 2018

Make It! LEGO

Visit the Library for unstructured, drop-in LEGO play time with our growing collection of donated LEGO sets. Duplo sets are available for younger children. Come create with us! All ages.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday July 2nd @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Craft Night - Macramé

Macramé. Learn how to get started with your own Macramé and become a pro in no time at all… well maybe a little time.

Fee: $30 Per Person
Location: Columbia View Park Gazebo
Date: Monday July 16 @ 6 PM
Host: Meagan Tolles with Luna Fiber Works
More Info: City Website - Recreation Department

Sim City Snackville

City planning with a sugar tooth! Build a neighborhood, shopping center, or park with our piles of snacks and candy and then see how everyone's districts fit together into the giant city of Snackville. Ages 3+.

Fee: FREE
Location: St. Helens Public Library
Date: Friday July 6 @ 3 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Movie Night in the Park

Enjoy a night at the park with a Movie Night. Light refreshments will be sold.

Fee: FREE
Location: Columbia View Park
Date: Saturday July 7 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Make It! Catapult Siege

Ready, aim, fire! Learn how to make a miniature catapult, refine your design and practice your aim, then stage a siege on each others' castles! Ages 5+.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday July 11 @ 3:30 PM - 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Paint Night

Paint night for yourself or your entire family. This is a monthly event hosted by a professional Paint Night teacher. Paint and Canvases are included with your registration fee.

Fee: $35
Location: Location: McBride Elementary School Cafeteria
Date: Wednesday July 7 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Event Descriptions & Information

SPECIAL JULY EVENTS

Special events held in July 2018

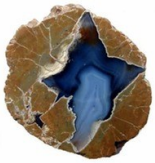
Family Dance Party

Children ages 2-5 and their families are invited to wiggle, shimmy, and shake with us! Use our scarves and shakers to take your dancing to the next level.

Fee: FREE
Location: St. Helens Public Library
Date: Thursday July 12 @ 11:15 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Oregon Rocks! (Museum of Natural and Cultural History)

Take off on a geology adventure and explore our ever-changing planet Earth. Dig into rocks, fossils, earthquakes and volcanos through hands-on activities and rockin' specimens, discovering the dynamic forces that have shaped Oregon's landscape over time. Ages 3+.



Fee: FREE
Location: St. Helens Public Library
Date: Friday July 13 @ 2 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Parents' Night Out

Need a night to yourself? Drop the kiddos off for a few hours of group play and enjoy a night out. Just don't forget to pick up your kid. Group play games of sports, board games and crafts will be available to play. Your child must be fully potty-trained. Ages 5-13.

Fee: $15, $5 discount for additional children
Location: McBride Elementary School Cafeteria
Date: Saturday July 14 @ 6 PM - 9 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Stuffed Animal Storytime and Sleepover

Bring your stuffed friend to this evening storytime and then give your pal a kiss goodnight! They'll enjoy an overnight sleepover at the library, and you'll pick them up the next day along with souvenir photos. Geared toward children ages 0-6; children of all ages welcome with a caregiver.

Fee: FREE
Location: St. Helens Public Library
Date: Monday July 16 @ 6:30 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

DIY: Emergency Preparedness

Increase your own preparedness and safety level as well as the levels of your family, your workplace and your community. Emphasis on the types of disasters (either man-made or natural) that can occur and how to prepare a small emergency kit. Register in advance. All supplies provided. Ages 12+

Fee: $10
Location: McBride Elementary School Cafeteria
Date: Monday July 2 @ 7 PM
Host: Della Fawcett
More Info: City Website - Recreation Department

Summer Fun Run - 0.4K

The City of St. Helens will be hosting a run around the City. Each participant will receive a prize when you cross the finish line.

Fee: TBA
Location: Columbia View park
Date: Wednesday July 4th, 10 AM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Event Descriptions & Information

SPECIAL JULY EVENTS

Special events held in July 2018

Make It! LEGO

Visit the Library for unstructured, drop-in LEGO play time with our growing collection of donated LEGO sets. Duplo sets are available for younger children. Come create with us! All ages.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday July 18 @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Make It! Kites

You'll use a simple pattern to create a kite, then personalize it through decoration, and finally take it on its first flight outside! Ages 5+.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday July 25 @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Spin, Boom Pop!

How do you know that a chemical reaction has occurred? Start with a change of color in our chemically challenging "magic" trick. Move on to an assortment of experiments featuring both chemical and physical changes. Watch in awe as the Mad Scientist creates numerous versions of erupting science! Everything is guaranteed to be amazing! All ages.

Fee: FREE
Location: St. Helens Public Library
Date: Saturday July 28 @ 12 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Pokémon Trainer

If you want to be the very best, like no one ever was, you'll need to come to Pokémon Trainer Academy! Deepen your knowledge of all the Pokémon, design a new kind of Pokéball, catch Pokémon throughout the Library, and earn your trainer certificate! Ages 5+.

Fee: FREE
Location: St. Helens Public Library
Date: Monday July 30 @ 3 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Event Descriptions & Information

SPECIAL AUGUST EVENTS

Special events held in August 2018

Make It! LEGO

Visit the Library for unstructured, drop-in LEGO play time with our growing collection of donated LEGO sets. Duplo sets are available for younger children. Come create with us! All ages.

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday Aug 1st @ 3:30 PM – 5 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Movie Night in the Park

Enjoy a night at the park with a Movie Night. Light refreshments will be sold.

Fee: FREE
Location: Columbia View Park
Date: Saturday August 4 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

DIY - Refinishing Furniture

Learn the essentials of getting started with your own DIY of refinishing furniture. Bring a small piece of furniture (check out Habitat for Humanity or other thrift stores, paint brush and chalk paint (Bi Mart & Ace Hardware have a great selection).

Fee: $15
Location: McBride Elementary School Cafeteria
Date: Monday August 6 @ 7 PM
Host: Tanya Lee of My Shabby Place
More Info: City Website - Recreation Department

Make It! MAGIC

Experiment with sleight of hand, close-up magic, mentalist tricks, and minor illusions until you find your own style of magic to amaze your friends and family. Ages 7+ (reading and fine motor skills required).

Fee: FREE
Location: St. Helens Public Library
Date: Wednesday August 8 @ 3:30 PM
Host: St. Helens Public Library
More Info: City Website - Public Library Department

Parents Night Out

Need a night to yourself? Drop that kiddos off for a few hours of group play and enjoy a night out. Just don't forget to pick up your kid. Group play games of sports, board games and crafts will be available to play. Your child must be fully potty-trained. Ages 5-13.

Fee: $15, $5 discount for additional children
Location: McBride Elementary School
Date: Saturday August 11 @ 6 PM - 9 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Save and Swim

Join us at the Sacagawea Health Center at 7 PM for a family seminar. Then at 7:15 PM we will head to the pool. Learn why it is important to develop good savings habits and explore ways to make saving fun. After a short presentation, FREE swimming for all attendees at Eisenschmidt Pool.

Fee: FREE
Location: Sacagawea Health Center
Date: Wednesday August 15 @ 6 PM
Host: St. Helens Community Credit Union
More Info: City Website - Recreation Department

Paint Night

Paint night for yourself or your entire family. This is a monthly event hosted by a professional Paint Night teacher. Paint and canvases are included with your registration fee.

Fee: $35
Location: McBride Elementary School
Date: Wednesday August 15 @ 6 PM
Host: St. Helens Recreation Department
More Info: City Website - Recreation Department

Event Descriptions & Information

SPECIAL AUGUST EVENTS

Special events held in August 2018

Craft Night - Cupcake Decorating 101

Learn techniques for decorating cupcakes, how to use colored icing and how to use various decorating tips. We provide the ingredients and know how - you provide yourself, an apron and your friends. Ages 12 and up.

Fee: $15
Location: McBride Elementary School Cafeteria
Date: Monday August 20 @ 6 PM
Host: Erynn Peau owner of Cakehouse
More Info: City Website - Recreation Department

DIY - Kombucha Brewing Class

Each student will learn the basics of home brewing and take home a "Scoby" and handouts with instructions. There will be Kombucha tastings. Registration is required and limited seating available. Ages 12+

Fee: $35
Location: TBA
Date: Monday August 20 @ 6 PM
Host: Lindsay Jones, RD
More Info: City Website - Recreation Department

Got an idea?

Think you have an idea for our next catalog? Think you can teach a class for the community? Fill out a form located in this catalog and turn it into St. Helens City Hall

We would LOVE to hear from you. Forms and contact information are available on the City's website at *www.ci.st-helens.or.us* to submit an idea for the next catalog, send us a message, or let us know how we are doing.

Eisenschmidt Pool Presents:

Summer Splash Clinic-
an Introduction to Competitive Swimming

With Head Coach of SHHS swimming, Chelsie Orr,
who has 14 years experience with swimmers ages 4-18

Your swimmer will:

*Learn all four competitive strokes: Freestyle, Backstroke, Breaststroke, and Butterfly.
*Learn competition starts from the starting block as well as flip turns and open turns
*Get demonstrations from St Helens High School swimmers
*Participate in a "mock meet" and earn ribbons for their races. (this will be a fun event and family and friends can watch!)

Who can join? Any child who just finished 2nd-8th grade who has either passed level 3 swim lessons or who can pass a deep water test (swimming across the small pool with their face in)
When: Monday through Thursday from July 30-August 23rd (16 sessions) with the meet on Friday August 24th at 4:00 p.m.
2nd-4th grade 4:00-4:30 p.m.
5th-8th grade 4:30-5:00 p.m.
Where: Eisenschmidt BIG competition pool
Cost: $96

What to bring:
*Swimsuit that fits well (no loose straps)
*Goggles
*Hair pulled back off face in a tight braid or ponytail or must wear a swim cap

Call Eisenschmidt Pool to sign-up, space is limited to 30 swimmers per time slot

Eisenschmidt Pool
503.397.2283
epool@eshprd.com

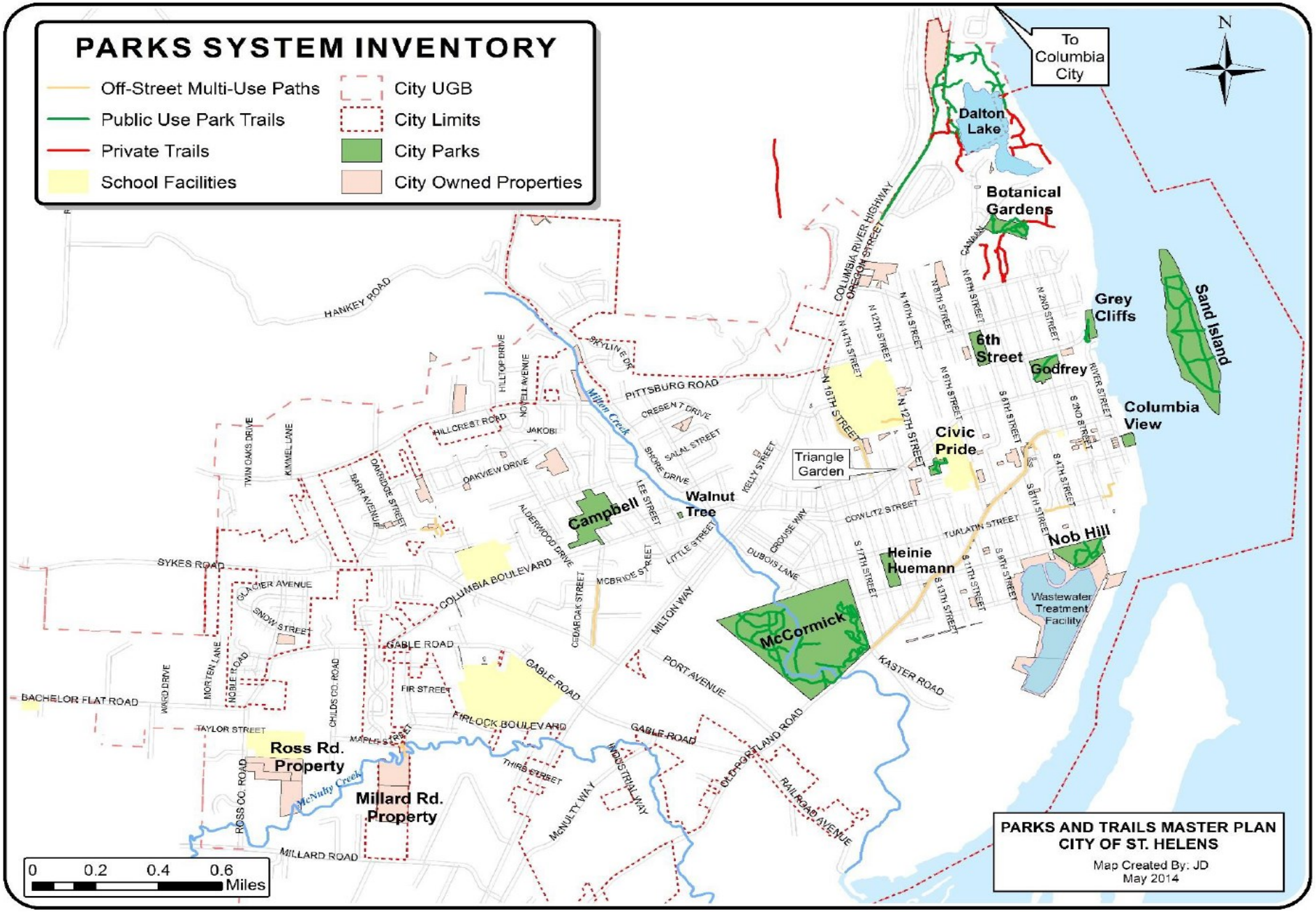
Eisenschmidt Pool

Summer 2018 Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:30a-12:55p Lap Swim	5:30a-12:55p Lap Swim	5:30a-12:55p Lap Swim	5:30a-12:55p Lap Swim	5:30a-12:55p Lap Swim	
	5:45a-6:45a DW Aerobics	5:45a-6:45a DW Aerobics	5:45a-6:45a DW Aerobics	5:45a-6:45a DW Aerobics	5:45a-6:45a DW Aerobics	
	7:50a-8:50a SW Walking	7:50a-8:50a DW Aerobics	7:50a-8:50a SW Walking	7:50a-8:50a DW Aerobics	7:50a-8:50a SW Walking	
	9:00a-10:00a Power Aerobics		9:00a-10:00a Power Aerobics		9:00a-10:00a Power Aerobics	
12:00p-4:00p Lap Swim	9:00a-12:00p AM Lessons	9:00a-12:00p AM Lessons	9:00a-12:00p AM Lessons	9:00a-12:00p AM Lessons	9:00a-12:00p AM Lessons	10:00a-4:00p Lap Swim
12:00p-1:00p Family Swim	12:00p-1:00p SW Aerobics	12:00p-1:00p Family Swim	12:00p-1:00p SW Aerobics	12:00p-1:00p Family Swim	12:00p-1:00p SW Aerobics	11:00a-12:00a DW Aerobics
1:00p-4:00p Public Swim	1:00p-3:55p Public Swim	1:00p-3:55p Public Swim	1:00p-3:55p Public Swim	1:00p-3:55p Public Swim	1:00p-3:55p Public Swim	10:00a-12:00p Family Swim
	4:00p-5:15pm Lap Swim	4:00p-5:15pm Lap Swim	4:00p-5:15pm Lap Swim	4:00p-5:15pm Lap Swim	4:00p-5:15pm Lap Swim	12:00p-4:00p Public Swim
	4:00p-5:00p Mix Aerobics	4:00p-5:00p Power Fusion	4:00p-5:00p Mix Aerobics	4:00p-5:00p Power Fusion	4:00p-7:00p Family Swim	
	4:00p-7:00p PM Lessons	5:15p-7:00p PM Lessons	4:00p-7:00p PM Lessons	5:15p-7:00p PM Lessons		
	5:15p-6:45p Sea Lions	5:15p-6:45p Sea Lions	5:15p-6:45p Sea Lions	5:15p-6:45p Sea Lions	5:15p-6:45p Sea Lions	
	6:20p-7:15p DW Aerobics	7:00p-8:00p DW Aerobics	6:20p-7:15p DW Aerobics	7:00p-8:00p DW Aerobics	6:00p-7:00p DW Aerobics	
	7:00p-9:00p Public/Lap Swim	7:00p-9:00p Public/Lap Swim	7:00p-9:00p Public/Lap Swim	7:00p-9:00p Public/Lap Swim	7:00p-9:00p Public/Lap Swim	

Call soon for Lesson Registration (503)397-2283

City of St. Helens Parks

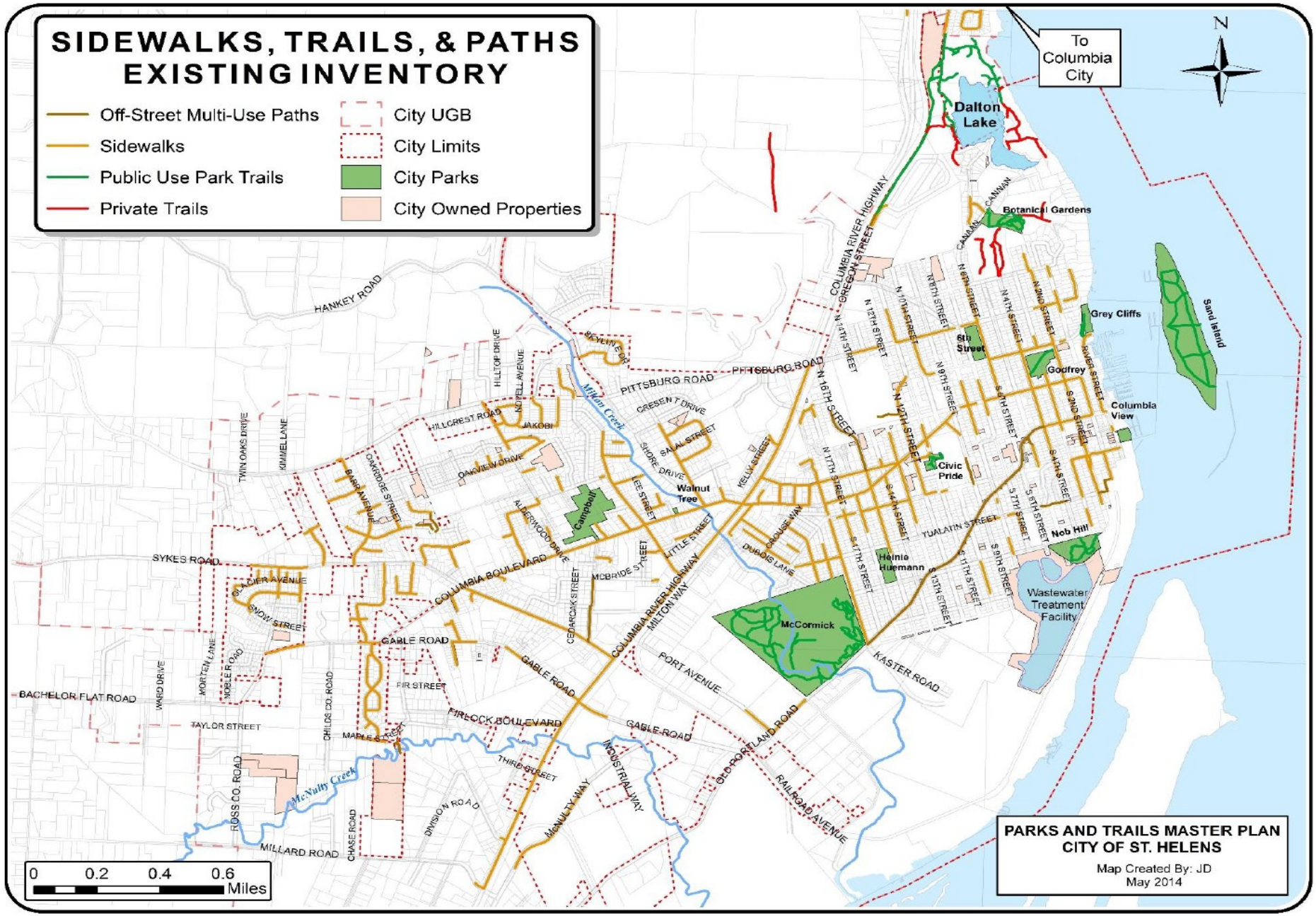


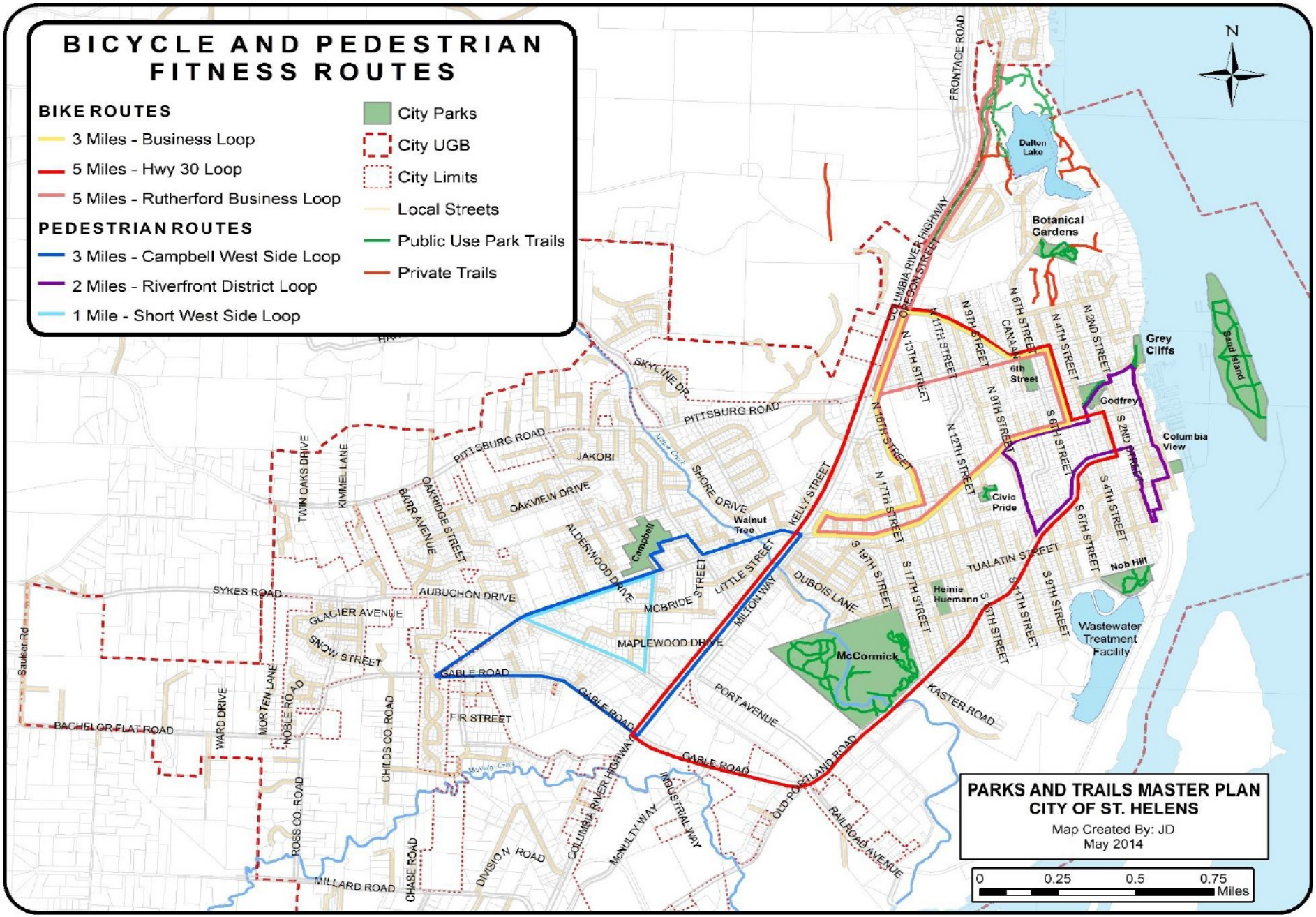
	Facility Amenities												Sport Amenities									
	Gazebo	Picnic Shelter	Picnic Table(s)	Charcoal Grill(s)	Drinking Fountain(s)	Bench(es)	Playground Equipment	Trails	Restrooms	Showers	Campsites	Concession Stand(s)	Pets Off-Leash Area	Sand Volleyball	Horseshoe Court(s)	Soccer Field(s)	Football Field(s)	Softball Field(s)	Baseball Field(s)	Tennis Court(s)	Basketball Court	Skate Park	BMX Track
6th Street Park																x			2*				
Campbell Park		2	x		x	x	x		x			x						2		4	x		
Civic Pride Park				x		x																	
Columbia Bot. Garden								x															
Columbia View Park	x		x		x	x	x		x	x													
Dalton Lake Area								x															
Godfrey Park		1	x		x	x	x	x							4								
Grey Cliffs Park			x			x							x										
Heinie Heumann Park			x				x																
McCormick Park		1	x	x	x	x	x	x	x	x	11	x	x	x	2	x	x	2*	2			x	x
Nob Hill Nature Park								x															
Sand Island Marine Park			x	x		x			x		35**												
Walnut Tree Park			x			x																	

*Little League sized-fields

**Estimation, not formally designated campsites

City of St. Helens Trails




BICYCLE AND PEDESTRIAN FITNESS ROUTES
BIKE ROUTES
3 Miles - Business Loop
5 Miles - Hwy 30 Loop
5 Miles - Rutherford Business Loop
PEDESTRIAN ROUTES
3 Miles - Campbell West Side Loop
2 Miles - Riverfront District Loop
1 Mile - Short West Side Loop
City Parks
City UGB
City Limits
Local Streets
Public Use Park Trails
Private Trails
N
FRONTAGE ROAD
Dalton Lake
Botanical Gardens
COLUMBIA RIVER HIGHWAY
OREGON STREET
N 6TH STREET
N 11TH STREET
N 9TH STREET
N 13TH STREET
N 4TH STREET
N 2ND STREET
CANAAN
6th Street
Grey Cliffs
Sand Island
Godfrey
Columbia View
S 6TH STREET
S 2ND STREET
S 4TH STREET
N 18TH STREET
N 12TH STREET
N 17TH STREET
Civic Pride
Walnut Tree
KELLY STREET
SKYLINE DR.
PITTSBURG ROAD
JAKOBI
SHORE DRIVE
OAKVIEW DRIVE
OAKRIDGE STREET
BARR AVENUE
TWIN OAKS DRIVE
KIMMEL LANE
ALDERWOOD DRIVE
Campbell
LITTLE STREET
MILTON WAY
DUBOIS LANE
S 19TH STREET
S 17TH STREET
TUALATIN STREET
Heinie Huemann
Nob Hill
S 11TH STREET
S 9TH STREET
S 8TH STREET
Wastewater Treatment Facility
McCormick
MCBRIDE STREET
MAPLEWOOD DRIVE
SYKES ROAD
AUBUCHON DRIVE
GLACIER AVENUE
SNOW STREET
Sauker Rd
GABLE ROAD
PORT AVENUE
KASTER ROAD
BACHELOR FLAT ROAD
WARD DRIVE
MORTEN LANE
NOBLE ROAD
CHILDS CO. ROAD
FIR STREET
ROSS CO. ROAD
CHASE ROAD
MILLARD ROAD
DIVISION ROAD
COLUMBIA RIVER HIGHWAY
McNULTY WAY
INDUSTRIAL WAY
OLD PORTLAND ROAD
RAILROAD AVENUE
PARKS AND TRAILS MASTER PLAN
CITY OF ST. HELENS
Map Created By: JD
May 2014
0
0.25
0.5
0.75
Miles

CITY OF ST. HELENS AND THE ST. HELENS SCHOOL DISTRICT PARKS AND RECREATION FALL 2018

NEW CLASS PROPOSAL FORM

Please submit form by 7/15/2018 to be considered for the Fall 2018 session

Instructor: _____

Address: _____ City: _____ Zip: _____

Phone #'s: (H) _____ (Cell)_____

Email Address: _____

Information listed below represents a proposal I am submitting for consideration to the City of St. Helens and the St. Helens School District Parks and Recreation Program.

Program/Class Title:

_____

Course Description: (Full Program Description for Recreation Guide)

_____

_____

_____

_____

_____

General Class Information:

First Choice:

Day(s) of week would like to offer class: M T W TH F # of Days per week: _____

Proposed Start Date: _____ Proposed End Date: _____

# of Classes per session: _____ Time: From: _____am/pm To: _____am/pm

Second Choice:

Day(s) of week would like to offer class: M T W TH F # of Days per week: _____

Proposed Start Date: _____ Proposed End Date: _____

# of Classes per session: _____ Time: From: _____am/pm To: _____am/pm

Please circle the sessions this program would be offered:

Age Group:

From_____ To _____ years From_____ To _____ years

From _____ To _____ years From _____ To _____ years

(Example: Adults 18 years and up but will also hold a children's class from 8 to 17 years)

Minimum # of Students: _____ Maximum # of Students: _____

Facility Requirements:

_____

_____

Equipment/Supplies/Instructor or students are required to provide:

_____

_____

Equipment/Supplies Recreation Department is required to provide:

_____

_____

Instructor Payment Information:

- Payment Requested: _____

• Volunteer Time/No Payment Requested: _____

Do you have CPR or First Aid Certifications? If so please attach copy of certification

Have you taught this class before? Yes_____ No_____

If yes, when? Where?

Please list any experience you have teaching this class or cross training experience that enables you the ability to teach the proposed class:

_____

_____

_____

_____

_____

Please list at least 2 professional references:

Name	Organization	Contact Information
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please attach copies of any certifications you may have regarding this program.

Please return (in person) this form to: City of St. Helens 275 Strand St. St. Helens, Oregon 97051

If you have questions please contact, Shanna Duggan at 503-397-6272 ext:110

Thank you, St. Helens community!

St. Helens School District staff, School Board and students want to thank you, the community of St. Helens, for recognizing the need, showing your pride and supporting our schools! Our school district's mission is Strengthening Community Through Exceptional Schools. We believe great schools and great communities go hand-in-hand. Whether it is building new state of the art schools to support the needs of today's students or partnership with the City of St. Helens to develop a Park and Recreation Program, we are committed to excellence. We are proud to be part of the Greater St. Helens Community.

Columbia County Education Campus
Groundbreaking Ceremony
March 21, 2018

St. Helens Middle School
Groundbreaking Ceremony
April 25, 2018

LIVE Video Feed

Columbia County Education Campus

If you would like to follow along the construction progress at CCEC, you may do so at:

https://www.teleport.io/feed/vqyr7ebxznrkvk7pbsyy/view?accesskey=PGUr9n6w4oBRSdXR8yHqGaQkSZzisx

St. Helens Middle School

If you would like to follow along the construction progress at St. Helens Middle School, you may do so at:

https://www.teleport.io/feed/zeo1fqtmaee0dh0qdiqw/view?accesskey=3NTjzi3yzJYpKVnV7b3YLLKjUhBnVa

Recreation Department
PO BOX 278
265 Strand Street
St. Helens OR 97051

13 NIGHTS ON THE RIVER

Suggested Donation $2
6:30 P.M. Downbeat

New -
Happy Hour
4 - 6:15 with
Matt Brown

2018

June 7 - Hit Machine

June 14 - Rebecca Kilgore &The Cowgirls

June 21 - Dominic Castillo

June 28 - Idle Poets

July 4 - Hit Machine

July 12 - Miss Augie & The Doggie Daddy's

July 19 - Hill Stomp

July 26 - the Horn Dawgs

August 2 - Funktown PDX

August 9 - Gary Bennett Band

August 16 - Chris Baum Band/ Steely Dan Collection & Earth, Wind & Fire

August 23 - Kate & The Crocodiles

August 30 - Curtis Salgado & Alan Hager

NO HEADPHONES REQUIRED

www.discovercolumbiacounty.com