

St. Helens Recreation Program

Winter/Spring 2019 Activities Guide

Jan - Apr 2019





WELCOME IN...

Over the past few months, the City of St. Helens Recreation Program has been quietly working on creating a Recreation and Community Center for the entire community to enjoy. It's been a long journey since walking into the old FARA building (1810 Old Portland Road) as it was once known and seeing everything that needed to get done. We are finally ready to open to the public and let you see what opportunities lie ahead for us and you. We hope the building is utilized to the best of our community's ability with community events, recreation events, private rentals, and so much more. It is truly wonderful to bring such a great opportunity to the community and something that we hope to continue and improve as we keep moving forward.

We invite you to come in and take a look. Join us for an event and be a part of the positive change we are trying to create in the community. A "Friends of the Rec Program" will begin meeting regularly to outline ideas and goals for the program as we move into the future, and we are ALWAYS looking for volunteers and advice.

Our After School Program is now in full swing, which started last Oct/Nov as another partnership with the St. Helens School District. This past December, the Recreation Program received two additional grants that made it possible for us to lower the price for all attendees, as well as add snacks and meals for the kiddos. We look forward to continuing to grow the program with you in 2019.

We are now up and running with the new registration site from Active Networks. On the website, you can create an account for you and/or your family to register for events and activities, as well as reserve park spaces and fields in St. Helens. You can even reserve time for a private event at our new Recreation Center. Visit the website at <http://sthelens.maxgalaxy.net/>.

All registered activities for the Recreation Program will be listed on the new website. If you have any questions about registering yourself or your family, please do not hesitate to give us a call at 503-397-6272, x160 or email us at recreation@ci.st-helens.or.us and we would be happy to assist you.

We have a lot of great activities coming up in this guide for all ages, and we hope to see you at an event soon. Thank you for your continued support and hopes for a bright future.

Thank you,
St. Helens Recreation Program Staff



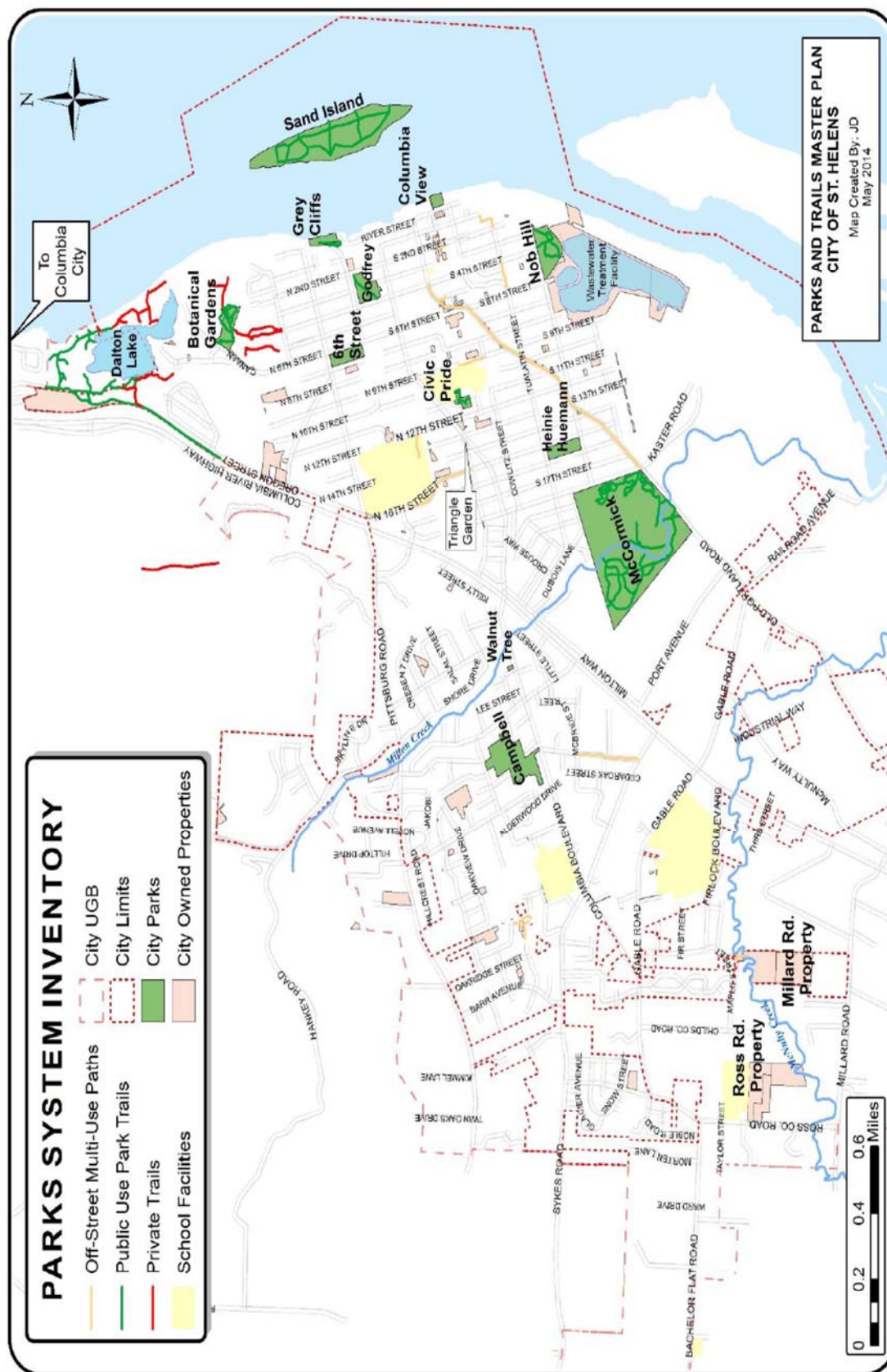
www.facebook.com/cityofsthelens/

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

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CITY PARK INFORMATION



COMMUNITY DIRECTORY



SPORTS & ACTIVITIES	CONTACT	PHONE
ACTING		
ShoeString Community Players	Brian Vaerewyck	503-366-4406
BASKETBALL		
Oregon Youth Basketball	Dennis Mattinen	503-396-0458
BOWLING		
Oregon Trail Lanes	Brandon Smith	503-397-1011
DANCE		
OPAS Dance	Studio	503-366-5223
EQUESTRIAN		
Sande School of Horsemanship	Kassi Euwer	503-369-3008
MARTIAL ARTS		
Maye Martial Arts	Marty May	503-396-7222
Lewis Taekwondo	James Lewis	503-348-1332
OTHER		
C.C. 4-H Youth Development	Woody Davis	503-397-3462
RUGBY		
C.C. Crusaders Rugby HS Girls	Jennifer Heinrich	503-493-9707
C.C. Youth Rugby (Grades 3-8)	Lauran Moore	360-440-6142
SCOUTS		
Cub/Boy Scouts	Francis Brownell	503-369-5426
Girl Scouts		1-800-338-5248
American Heritage Girls		503-397-0405
SOCCER		
FC Columbia County Soccer	Simon Date	503-957-3523
SOFTBALL		
St. Helens Girls Softball	Jeff Kroll	503-369-6888
St. Helens Adult Softball	Rob Heaton	503-369-5288
ST. HELENS RECREATION PROGRAM		
St. Helens Rec Program	Matt Brown	503-366-8227
St. Helens Rec Program	Shanna Duggan	503-397-6272
SWIMMING		
Eisenschmidt Pool	Anne Scholz	503-397-2283
VOLLEYBALL		
Crushers Volleyball Club	Rachel Thorp	503-750-4570

CITY SERVICES	CONTACT	PHONE
City Hall	General	503-397-6272
Administration	John Walsh	503-366-8211
Finance	Matt Brown	503-366-8227
Utility Billing	Jamie Edwards	503-366-8210
Municipal Court	Melanie Payne	503-397-6272
Building	Mike De Roia	503-366-8228
Planning	Jacob Graichen	503-366-8204
Police	Police Department	503-397-3333
Library	Margaret Jeffries	503-397-4544
Public Works	Operations Office	503-397-3532
Parks	Thad Houk	503-366-8231
Recreation	Shanna Duggan	503-397-6272

SCHOOL	CONTACT	PHONE
St. Helens School District	Scot Stockwell	503-397-3085
McBride Elementary	Lisa Tyler	503-366-7700
Lewis & Clark Elementary	Dustin Salisbury	503-366-7603
Columbia City Elementary	Jennifer Vanderschuere	503-366-7550
St. Helens Middle School	Cris Gwilliam	503-366-7300
St. Helens High School	Katy Wagner	503-397-1900
C.C. Education Campus	Colleen Grogan	503-366-3207
Columbia River Youth Corps	TBA	503-366-3212

RECREATION LOCATIONS		
St. Helens Public Library	375 S. 18th St.	St. Helens, OR
St. Helens High School	2375 Gable Rd.	St. Helens, OR
St. Helens Recreation Center	1810 Old Portland Rd.	St. Helens, OR
St. Helens Police Department	150 S. 13th St.	St. Helens, OR
St. Helens City Hall	265 Strand St.	St. Helens, OR
Columbia Center Auditorium	375 S. 18th St.	St. Helens, OR
Lewis & Clark Elementary	111 S. 9th St.	St. Helens, OR
Eisenschmidt Pool	1070 Eisenschmidt Ln.	St. Helens, OR
Lee Broadbent Training Center	58577 McNulty Way	St. Helens, OR
Columbia Center	375 S. 18th St.	St. Helens, OR
Col. Center Armstrong Room	375 S. 18th St.	St. Helens, OR

TO UPDATE OR ADD YOUR LISTING
CONTACT: recreation@ci.st-helens.or.us

VOLUNTEER OPPORTUNITIES



Volunteer Opportunities



The City of St. Helens is ALWAYS open to individuals or groups wanting to volunteer. There are many opportunities and not just for the Recreation Program.

Idea #1 - JOIN A CITY BOARD OR COMMISSION

Arts & Cultural Commission	Budget Committee
Library Board	Youth Council
Parks & Trails Commission	Planning Commission

Idea #2 - VOLUNTEER WITH OUR RECREATION PROGRAM

The Recreation Program is always looking for volunteers to help out at City events such as movie nights, weekly walks in our parks, community game nights, and more.

Idea #3 - "Friends of" Programs

The City has a few "Friends of" programs in which community volunteers come together a few times a year to help maintain a couple of our lovely parks. We also have a Friends of the St. Helens Public Library group. You can join one of the existing groups OR start your own group for a specific park or need that you see in the community.

Volunteering is a GREAT way to give back and help our community look great. If you are in school, volunteering can look good on a college application and even a resume if you are looking for that next job. Volunteering has no set hours so you can volunteer when it is convenient for you: once a week, once a month, once a year... it doesn't matter. What does matter is the difference that even just a few hours a year can help make in our community.

Contact the City of St. Helens at 503-397-6272 or email our City Recorder, Kathy Payne (kathy@ci.st-helens.or.us), to talk about opportunities for volunteers of any age.

ST. HELENS POLICE DEPARTMENT

FIRST THURSDAY

March 7, 2019: Drug Recognition

April 4, 2019: Child Abuse Prevention Month

May 2, 2019: K-9 Program

FIRST THURSDAY OF EVERY MONTH, 7 PM

COLUMBIA CENTER AUDITORIUM, 375 S. 18TH STREET



WWW.CI.ST-HELENS.OR.US/POLICE

First Thursday is a monthly community meeting with the St. Helens Police Department held on the first Thursday of each month at 7 p.m. A new topic is presented at each meeting by a police officer or police staff related to community safety, crime prevention, police services, or seasonal-specific safety information. After a brief presentation, participants have the opportunity to ask St. Helens officers questions, find out what's happening in St. Helens neighborhoods, and discuss any topics of concern with fellow community members and police.

The goal of First Thursday is to bring the St. Helens community and local law enforcement together once a month for meaningful conversation about the community. The meetings are an opportunity to make connections in the community, not just between police officers and residents, but also between neighbors.

CLASS PROPOSAL FORM



ST. HELENS RECREATION PROGRAM – CLASS PROPOSAL FORM

NAME: _____

PHONE #: _____

EMAIL: _____

PROGRAM/CLASS TITLE: _____

DAYS PER WEEK: M T W TH F SA SU ANY

DESCRIPTION: _____

PROPOSED TIME: _____ am/pm Min. / Max # Attendance: _____ / _____

FACILITY NEEDS: _____

PLEASE LIST EXPERIENCE YOU HAVE (IF YOU ARE TEACHING): _____

PLEASE LIST PROFESSIONAL REFERENCES (IF YOU ARE TEACHING):

NAME: _____

PHONE #: _____

NAME: _____

PHONE #: _____

NAME: _____

PHONE #: _____

Please return this form to:

In person > City of St. Helens, 275 Strand Street, St. Helens OR 97051

Mail to > St. Helens Recreation Department
PO BOX 278
St. Helens OR 97051

Email > recreation@ci.st-helens.or.us

If you have questions, please contact Recreation Coordinator, Shanna Duggan, at 503-397-6272 (Option 160)

YOUTH ACTIVITIES



Dates Location	Day	Time	Fee
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Tot Sports

Keep your tot moving at this fun program! Each week your child will explore various sports such as soccer, basketball, and parachute games. This program will focus on the social aspect of sports with tons of fun. Accompanying adults are encouraged to assist and participate. Two different sessions. Limited to 15 tots. Ages 2-4.

2/21-3/21	Th	10-10:45 AM	\$40
4/4-5/2	Th	10-10:45 AM	\$40

St. Helens Recreation Center

Open Play Time

This program provides participants with an unstructured open play time to run around and get some energy out. We will have mats, toys, and activities to play with. All abilities are encouraged to join in the playgroup. Children must wear shoes/socks at all times. Parent supervision is required. \$2 per child, but \$5 max per family if you have multiple children. Ages 1-6.

2/12-4/25	T	6-8 PM	\$2/Child
2/13-4/26	W	9AM-1 PM	\$2/Child

*No playgroup 3/26 and 3/27

St. Helens Recreation Center



Terrarium Workshop

You will need to bring your own glass container with a lid and we will provide the rest. We will review maintenance and care. Terrariums are a great way to bring the outdoors in with their self-sustaining ecosystems. Perfect Mother's Day gift or outing! Limited to 12 attendees. Ages 12+.

4/22	M	6-8 PM	\$22
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St. Helens Recreation Center

Tween Nights

Join us on the third Saturday of every month for our Tween Nights! Participate in themed program events. From dart wars to movie nights, your tween is sure to have an awesome time! This event is supervised and requires an emergency contact form filled out before attending. The events will include free pizza and drinks. Ages 10-13.

3/16	Sat	6-9 PM	\$5
4/20	Sat	6-9 PM	\$5

St. Helens Recreation Center

Dates Location	Day	Time	Fee
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Sampler Spring Break Camp

Join us for a spring adventure. You will get a sneak peek into some of the Summer Camp activities. St. Helens After School Recreation Program (SHARP) spring break camp includes crafts, games, sports, field trips, and more. Campers bring a lunch and drink daily. Snacks will be provided. Please call the Recreation Program for more information and questions. Ages 5-13. \$175/Week or \$40/Day for Pre-Registration. \$50/Day Drop-in.

3/25-3/29	M-F	7:30 AM - 6 PM	\$175/Wk
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St. Helens Recreation Center

Intro to Urban Sketching

Learn about the worldwide community of artists that practice drawing on location in cities, towns, and villages they live in and travel to and how you can become a part of it right here in Columbia County. Then put your knowledge into practice as we do some hands-on urban sketching. Ages 16+

3/3-3/31	Sun	1-3 PM	\$5
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St. Helens Recreation Center

Life Skills - Cooking Made Easy

Join us for a cooking workshop to learn how to plan menus, perfect simple recipes, follow directions, budget, and use leftovers to create other meals. We will be cooking and sampling items during class. Bring your apron and your willingness to learn and let's cook. Instructor: Joan Youngberg from Greenhouse Yellowdoor. Registration fee of \$45 for all 5 classes. Ages 13-18

3/4	M	3:30-5:30 PM	\$45
3/11	M	3:30-5:30 PM	
3/18	M	3:30-5:30 PM	
3/25	M	3:30-5:30 PM	
4/1	M	3:30-5:30 PM	

St. Helens High School, Room B45

Movement & Stretch

Touch your toes and shake your sillies out! In this class we will play games, tackle an obstacle course, and stretch our muscles to some catchy music. We will end each class with some relaxation and bubbles. Ages 1-3.

3/9-4/6	Sat	2-2:45 PM	\$40
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St. Helens Recreation Center

Toddler Storytime

Songs, stories, dances, wiggles, and more for two and three year olds and their caregivers! Storytime is designed to support early brain development, language acquisition, and motor skill growth. Stay afterward for free play and socializing.

1/2-4/24	W	11:15 AM	FREE
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St. Helens Public Library

YOUTH ACTIVITIES



Dates Location	Day	Time	Fee
Teen Nights - Lights Out Neon Dodgeball Black Light Dodgeball Tournament! Bring your friends or come as a "free agent" and battle under the black lights. Pizza and drinks will be provided. Snacks will be available for purchase. Ages 13-17.			
4/19 St. Helens Recreation Center	Fri	6-9 PM	\$5

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			
3/20 St. Helens Public Library	W	3:30-4:30 PM	FREE



Bookmark Design Contest Grab an entry form and design a bookmark -- let your imagination run wild! Finalists from three divisions (up to 6 years old, 7-11, and 12-18) will be chosen by the Library, and winners will be selected by a community vote to have their bookmarks printed and distributed during the Summer Library Challenge. Entries must be submitted by Saturday, February 23.			
1/7-2/23 St. Helens Public Library			FREE

Baby Storytime Caregivers with children ages six months to two years are invited to join us for stories, finger plays, songs, bounces, tickles, and other activities that support early brain development, language acquisition, and motor skill growth! Stay afterward for free play and socializing.			
1/1-4/30 St. Helens Public Library	T	11:15 AM	FREE

Kids in the Kitchen Series - Wacky Waffles Experiment with lots of fruits and veggies to create a delicious waffle lunch! Menu: Sweet and savory waffles and a fruit salad bar. Limited to 12 attendees. Ages 8-12.			
4/20 St. Helens High School, Room B45	Sat	1-3 PM	\$20

Dates Location	Day	Time	Fee
Preschool Storytime In this program for three to five year olds and their caregivers, we pair stories, songs, and dances with scientific inquiry and artistic expression in order to support children's development and growth -- and have fun together!			
1/3-4/25 St. Helens Public Library	Th	11:15 AM	FREE

Anime Club Do you enjoy reading manga and watching anime -- or even just listening to J-pop or watching K-dramas? Join us for Anime Club! We'll watch anime, make art, enjoy cosplay, explore Asian culture, and more. Ages 12-18. *No meetings on 2/18 or 3/25.			
1/7-4/29 St. Helens Public Library	M	3:30-4:30 PM	FREE

Teen Nights - Mario Kart Battle Bring your friends and battle each other in an epic Mario Kart Battle on the big screen. Pizza and drinks will be provided. Trophies for 1st and 2nd place finishers. Snacks will be available for purchase. Ages 13-17.			
3/15 St. Helens Recreation Center	Fri	6-9 PM	\$5



Family Fun Yoga Yoga and fun for the entire family! Join us for a one hour class that will focus on playful poses, simple breathing techniques, and partner/family poses. This is a great opportunity for bonding time, learning together, and teamwork. Wear comfortable clothing. Michele Wilson brings over 20 years of experience teaching yoga to this program. Please bring your own yoga mat or a towel. \$7 per family (up to 5 members). All ages.			
3/14-4/25 St. Helens Recreation Center	Th	5:30-6:30 PM	\$7/Family
* No class on 3/28			

Kids in the Kitchen Series - Oodles of Zoodles Learn the basics of spiralizing vegetables to make yummy dishes! The kids will each make a recipe to try and go home with printed materials. Limited to 12 attendees. Ages 8-12.			
3/23 St. Helens High School, Room B45	Sat	1-3 PM	\$20

YOUTH ACTIVITIES



Dates Location	Day	Time	Fee
MakerFest			
Join us for a day of making! We'll have button-making, paper circuitry, a community art project, LEGO building, origami, stop motion animation, the last chance to enter our bookmark design contest, demonstrations by SHREC (the St. Helens High School Robotics Club) and students from the St. Helens High School rapid prototyping class, and more! All ages.			

2/23	Sat	10 AM-1 PM	FREE
St. Helens Public Library			

Paint Night - Blue Waters			
Escape into a magical realm by painting this enchanting waterscape inspired by calm blue waters. All supplies are provided for each painter, including your own 16x20 canvas. Space is limited and no refunds unless the entire class is cancelled. Light snacks will be provided. Instructor Crystal Heil, owner of Crystal Heil Arts. Ages 12 and up.			

3/13	Wed	6 PM	\$40
St. Helens Recreation Center			



Make It! Circuitry			
Get into the guts of what makes electronics work. We'll experiment with paper circuits and then build some cool stuff with little bits! Ages 7-12. Space is limited and registration is required. Please call the Library beginning March 1 at 503-397-4544 to sign up for one of the 16 available spots.			

4/3	W	3:30-5 PM	FREE
4/10	W	3:30-5 PM	FREE
4/17	W	3:30-5 PM	FREE
4/24	W	3:30-5 PM	FREE
St. Helens Public Library			

Dates Location	Day	Time	Fee
Knitting Class			
Introduction to the basic tools, fibers, and language used. Please bring your materials (basic yarn and needles). You will be provided with instructions for a beginner level project. You will learn how to cast on, knit and purl, and then you will have instruction for the rest of the class. Start a beginner hat project on the first day and continue in the second session. Instructor: Emily Miranda, owner of Crow's Nest Knitting. Ages 13 and up.			

3/16	Sat	3-5 PM	\$20
3/23	Sat	3-5 PM	\$20
St. Helens Recreation Center			



Intro to Beading			
Learn to create your own hand-crafted jewelry in this workshop. We will cover the basics of bead stringing, wire-working, and pearl knotting, along with the names and uses for common hand tools, wire, stringing materials, and findings. During the series, students will make their own jewelry. Intermediate techniques are also discussed. This workshop is perfect for the student new to jewelry making or those with experience who want to refresh their skills. Class size is limited to 10 individuals. Light refreshments and all supplies are included in the fee. Instructor Janet Lesollen. Ages 13+.			

3/4-4/15	M	6-8 PM	\$10
*No class on 3.25			
St. Helens Recreation Center			



YOUTH ACTIVITIES



CHESS CLUB

**Thursdays at the St. Helens Recreation Center
3- 5 PM- Starting March 7th through May 2nd**

Light snacks will be offered. REGISTRATION IS REQUIRED WITH A WAIVER.

\$2 per kid

Bus service will be available from the St. Helens Middle School & St. Helens High School

* No open gym on 3/28

Register in advance by emailing recreation@ci.st-helens.or.us

Middle & High School Students - CHECK IT OUT!

**WEDNESDAYS OPEN GYM at the St. Helens Recreation Center
After school until 5 PM - Starting March 6th through May 1st**

Gym will be open for basketball, board games and a homework area. Concession stand will be open as well until 5 PM. REGISTRATION IS REQUIRED WITH A WAIVER.

\$2 per kid

Bus service will be available from the St. Helens Middle School & St. Helens High School

* No open gym on 3/27

Register in advance by emailing recreation@ci.st-helens.or.us



ADULT ACTIVITIES



Dates Location	Day	Time	Fee
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Zumba

Hi, I'm Drea. I absolutely love Zumba and I work hard to make sure my classes are positive, fun, and a workout. Every class feels like a party! Come join me. I guarantee we will have a blast. This class is offered on a sliding scale. Whether you can afford \$3 or \$10, we welcome and encourage you to join the class.

Hola, soy Andrea. Me encanta la Zumba y me esfuerzo para que mis clases sean positivas, divertidas y tambien retadoras. Todas las clases son como una fiesta! Te garantizo que vamos a divertirnos.

3/4-4/30	M & F	5:30-6:15 AM	\$3-\$10
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St. Helens Recreation Center

Family Fun Yoga

Yoga and fun for the entire family! Join us for a one hour class that will focus on playful poses, simple breathing techniques, and partner/family poses. This is a great opportunity for bonding time, learning together, and teamwork. Wear comfortable clothing. Michele Wilson brings over 20 years of experience teaching yoga to this program. Please bring your own yoga mat or a towel. \$7 per family (up to 5 members).

3/14-4/25	Th	5:30-6:30 PM	\$7/Family
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* No class on 3/28

St. Helens Recreation Center

Growing Gorgeous Peonies

Carol Adelman of the American Peony Society and author of **Peony: the Best Varieties for Your Garden** will be speaking on planting, disease, and care of peonies with photos of outstanding varieties. This is a FREE event to come and learn tips and tricks on how YOU can grow gorgeous peonies in your home garden.

4/9	T	7 PM	FREE
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St. Helens Public Library - Columbia Center Auditorium



Genial Genealogists - Oregon Donation Land Claims

Have you inherited some family tree information but need to know where to start or where to find "the harder stuff?" Joann Pellham will be discussing donation land claims in Columbia County, what they are, who had the original DLCs, and were they able to farm the land or did they move on?

4/1	M	6:30 PM	FREE
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St. Helens Public Library - Columbia Center Auditorium

Dates Location	Day	Time	Fee
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Genial Genealogists - Tips & Tricks of Newspaper Research

Have you inherited some family tree information but need to know where to start or where to find "the harder stuff?" Dan Dieter will demonstrate, through a variety of online tools, how to research Eastern European locations where your relatives may have lived. In some cases, this can even lead to additional research through European archives.

3/4	M	6:30 PM	FREE
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St. Helens Public Library - Columbia Center Auditorium

Paint Night - Blue Waters

Escape into a magical realm by painting this enchanting waterscape inspired by calm blue waters. All supplies are provided for each painter, including your own 16x20 canvas. Space is limited and no refunds unless the entire class is cancelled. Light snacks will be provided. Instructor Crystal Heil, owner of Crystal Heil Arts. Ages 12 and up.

3/13	Wed	6 PM	\$40
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St. Helens Recreation Center



Intro to Urban Sketching

Learn about the worldwide community of artists that practice drawing on location in cities, towns, and villages they live in and travel to and how you can become a part of it right here in Columbia County. Then put your knowledge into practice as we do some hands-on urban sketching. Ages 16+

3/3-3/31	Sun	1-3 PM	\$5
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St. Helens Recreation Center

Walking Group

Join us every Monday at 10:30 AM for a 1 or 2 mile walk option. Doors at the Recreation Center will open at 10:15 AM and the walk will begin at 10:30 AM. All ages are welcome.

3/4-4/29	M	10:30 AM	FREE
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*No walking group on 3/25

St. Helens Recreation Center

Chess Club

Every Thursday from 1-5 PM (3-5 PM High School and Middle School kids are welcome to join). \$2 per player and light stacks will be offered. No chess club on 3/28.

3/7	Th	1-5 PM	\$2
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St. Helens Recreation Center



ADULT ACTIVITIES

Dates Location	Day	Time	Fee
Knitting Class			
Introduction to the basic tools, fibers, and language used. Please bring your materials (basic yarn and needles). You will be provided with instructions for a beginner-level project. You will learn how to cast on, knit and purl, and then you will have instruction for the rest of the class. Start a beginner hat project on the first day and continue in the second session. Instructor: Emily Miranda, owner of Crow's Nest Knitting. Ages 13 and up.			

3/16	Sat	3-5 PM	\$20
3/23	Sat	3-5 PM	\$20
St. Helens Recreation Center			



Parent Café

Join us in conversation at a Parent Café. FREE dinner and FREE Childcare. For more information about Parent Cafés, go to www.beststrongfamilies.org/parent-cafes. Limited spots are available, so please sign up at tinyurl.com/SHPCafe or call 503-397-4651, x2042

2/27	W	6-8:30 PM	FREE
3/20	W	6-8:30 PM	FREE
St. Helens Recreation Center			

RECREATION LEAGUES

Dates Location	Day	Time	Fee
Cornhole League			
Think you've got skills? Prove it here with the Recreation Program's first cornhole league for 2019. Weekly games leading up to a Tournament of Champions. Two-person teams. Sixteen team limit. Play two games per week with a Championship Tournament on the final night. League Fee = \$20 per team.			

4/4	Th	7 PM	League Fee
4/11	Th	7 PM	League Fee
4/18	Th	7 PM	League Fee
4/25	Th	7 PM	League Fee
5/2	Th	7 PM	League Fee
St. Helens Recreation Center			

Dates Location	Day	Time	Fee
Community Cafe			
Join us in March and April for a themed soup night! This is a great opportunity to mingle with other community members and enjoy some delicious food! We meet ever third Saturday of the month from 3-6 PM. We ask that participants bring a dish to share that serves at least 6. If you would like to join us without a dish, the cost is \$4 per person. A sign up sheet will be posted at the Recreation Center Desk. Bring a cup, your soup, bread, or dessert to share and friends and family (you will be taking these back with you). We will provide an activity, or you can just hang out and talk: your choice.			

3/17	Sun	3-6 PM	FREE
4/14	Sun	3-6 PM	FREE
St. Helens Recreation Center			

Intro to Beading

Learn to create your own hand-crafted jewelry in this workshop. We will cover the basics of bead stringing, wire-working, and pearl knotting, along with the names and uses for common hand tools, wire, stringing materials, and findings. During the series, students will make their own jewelry. Intermediate techniques are also discussed. This workshop is perfect for the student new to jewelry making or those with experience who want to refresh their skills. Class size is limited to 10 individuals. Light refreshments and all supplies are included in the fee. Instructor Janet Lesollen. Ages 13+.

3/4-4/15	M	6-8 PM	\$10
*No class on 3/25			
St. Helens Recreation Center			



SPONSORED BY THE FOLLOWING LOCAL BUSINESSES



Eisenschmidt Pool



Eisenschmidt Pool 1070 Eisenschmidt Lane

March 25 - June 15

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
C L O S E D A L L D A Y	5:30a-1:00p Lap Swim	5:30a-1:00p Lap Swim	5:30a-1:00p Lap Swim	5:30a-1:00p Lap Swim	5:30a-1:00p Lap Swim	10 am - 12 pm Family Swim 11 am-12pm DW Aerobics 10:00a-2:30p Lap Swim 10:30a-11:00a Parent TOT 12 - 230 pm Public 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	
	8:00a-9:00a Water Walking	8:15a-9:15a DW Aerobics	8:00a-9:00a Water Walking	8:15a-9:15a DW Aerobics	8:00a-9:00a Water Walking	
	9:15a-10:15a DW Power Aero- bics	9:30a-10:00a Adult Lessons	9:15a-10:15a DW Power Aero- bics	9:30a-10:00a Adult Lessons	9:15a-10:15a DW Power Aero- bics	
	12:00a - 1:00p Family Swim	11:00a - 1:00p Family Swim	12:00a - 1:00p Family Swim	11:00a - 1:00p Family Swim	12:00a - 1:00p Family Swim	
	11:00a-12:00p SW Aerobics		11:00a-12:00p SW Aerobics		11:00a-12:00p SW Aerobics	
	1:00p-3:30p Closed	1:00p-3:30p Closed	1:00p-3:30p Closed	1:00p-3:30p Closed	1:00p-3:30p Closed	
	3:30p-5:00p Public/Lap Swim	3:30p-5:00p Public/Lap Swim	3:30p-5:00p Public/Lap Swim	3:30p-5:00p Public/Lap Swim	3:30p-5:00p Public/Lap Swim	
	4:00p-5:00p DW Aerobics	4:00p-5:00p SW Power Fu- sion	4:00p-5:00p DW Aerobics	4:00p-5:00p SW Power Fu- sion	4:00p-5:00p DW Aerobics	
	5:15p - 6:45p SLST	5:15p - 6:45p SLST	5:15p - 6:45p SLST	5:15p - 6:45p SLST	5:15p - 6:45p SLST	
	5:15p-7:00p Lessons	5:15p-7:00p Lessons	5:15p-7:00p Lessons	5:15p-7:00p Lessons	5:00p-7:00p Family Swim	
	6:20p-7:15p DW Aerobics	7:00p-8:00p DW Aerobics	6:20p-7:15p DW Aerobics	7:00p-8:00p DW Aerobics		
	7:15p-8:00p SW Boot Camp		7:15p-8:00p SW Boot Camp		6:15p-7:00p SW Boot Camp	
	7:00p-8:30p Public/Lap Swim	7:00p-8:30p Public/Lap Swim	7:00p-8:30p Public/Lap Swim	7:00p-8:30p Public/Lap Swim	7:00p-8:30p Public/Lap Swim	

KNO Dates for Spring are April 13, May 18, and June 8.

Lessons are filling up fast. Call soon to register. 503-397-2283 Website: www.sthelenspool.com

Eisenschmidt Pool



Dates Location	Day	Time	Fee
Adult Swimming Lessons			

Ongoing T/Th 9:30-10 AM

Private lessons available – Please call for more information

Parent Tot Drop-In			
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Ongoing Sat 10:30-11 AM

Deep Water Aerobics			
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Ongoing M-F 5:45-6:45 AM
 Ongoing T/Th 8:15-9:15 AM
 Ongoing Sat 11-12 PM
 Ongoing M/W/F 4-5 PM
 Ongoing M/W 6:20-7:15 PM
 Ongoing T/Th 7-8 PM

Dates Location	Day	Time	Fee
Shallow Water Aerobics			

Ongoing M/W/F 11-12 PM
 Ongoing M/W 7:15-8 PM
 Ongoing F 6:15-7 PM

Power Fusion			
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Ongoing T/Th 4-5 PM Special Rates

Power Aerobics			
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Ongoing M/W/F 9:15-10:15 AM

Water Walking			
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Ongoing M/W/F 8-9 AM

CONTACT INFO: 503-397-2283

epool@gshprd.com

sthelenspool.com

Eisenschmidt Pool - Fee Schedule

GENERAL ADMISSION

Children (3-17) \$4.00
 Adult (18-61) \$5.00
 Seniors (62+) \$3.50
 Wading Pool (0-6) \$3.00/Parent Fee

SWIM PASSES (11 Swims)

Children (3-17) \$40.00
 Adults (18-61) \$50.00
 Seniors (62+) \$35.00

FACILITY RENTALS

\$100.00 per hour for up to 30 people
 +\$20 for 31+ people
 Please call for additional information

DROP-IN CLASSES

\$8.00 / Class
 \$40 / 6 Visit Pass

FITNESS CLASSES

General Admission

	<i>In District</i>	<i>Out of District</i>
Adult (18-61)	\$5.50	\$6.50
Senior (62+)	\$4.50	\$5.50

Punch Card (20 visits for fitness classes)

	<i>In District</i>	<i>Out of District</i>
Adult (18-61)	\$60.00	\$75.00
Senior (62+)	\$50.00	\$65.00

LESSONS

Group Lessons

6 lessons per session

In District

\$36.00

Out of District

\$46.50

Private Lessons (Individual)

Fee per half-hour lesson

\$25.00

\$25.00

Semi-Private Lessons

Fee per half-hour lesson

\$20.00/child

\$20.00/child

* Class schedule is tentative based on instructor availability.

* Classes must have at least three children registered to run.

FREQUENT USER MEMBERSHIP

Lap Swim, Family Swim and Public Swim

	3 Month
	In / Out District
Individual (18-61)	\$73 / \$94
Child (3-17)	\$44 / \$57
Senior (62+)	\$44 / \$57
Two-Person Household	\$94 / \$123
Household	\$109 / \$142
Senior Couple	\$66 / \$85

6 Month

In / Out District

\$124 / \$161
 \$87 / \$114
 \$87 / \$114
 \$160 / \$208
 \$196 / \$255
 \$109 / \$142

1 Year

In / Out District

\$225 / \$293
 \$138 / \$180
 \$138 / \$180
 \$276 / \$359
 \$363 / \$462
 \$182 / \$236

COMMUNITY EVENTS



Lewis & Clark Elementary School SHARP Program

After School Program Grades K - 6

Monday - Friday from close of school until 6:00 PM

Busing from all St. Helens schools is available too!

- Homework Support
- Arts and Crafts
- Daily Snacks & Meals
- Sports
- Swimming
- Make New Friends

REGISTER NOW

Call 503-397-6272 (ext. 160)

Email recreation@ci.st-helens.or.us

*Brought to you by the St. Helens Recreation Program and
St. Helens School District*

Crime and Punishment in Oregon

A conversation led by Monica Mueller

From prisons and youth correctional facilities to schools and county jails, we're surrounded by institutions that punish. But why do we punish? Why is punishment sometimes sanctioned by the state? Critics of the "prison industrial complex" argue that our methods and scale of punishment are informed by profit, while tough-on-crime policymakers believe that punishment must be meaningful enough to prevent recidivism and ensure public safety. Are there other ways to punish that may be more effective, reasonable, or desirable?



Tuesday

May 16, 2019

7 PM

St. Helens Public Library

St. Helens Public Library Book Club

The March Book Club theme is RENEWAL AND AWAKENING. Get yourself ready for spring by reading a book that inspires the renewal and awakening of heart, spirit, mind, flora, fauna, or anything related to new beginnings. Select any work that touches you: fiction, biography, autobiography, or another form of nonfiction. We'll all have a chance to share our thoughts and book/author recommendations during informal conversation.

To make it easier to select a relevant book, the Library will have a collection set aside. You simply need to ask for the book club collection at the circulation desk. However, you are not limited to these selections, so get creative! Please also sign up at the circulation desk so we have your email for sharing updates. Light snacks and beverages will be available.

Thursday, March 21, 2019 @ 7 PM in the Library



COMMUNITY EVENTS



Writers Write!

1st and 3rd Saturdays of every month in the Armstrong room, 6pm-8pm

"The hardest thing about writing is WRITING."

-Nora Ephron



Come join your fellow writers for a twice-a-month write-in at the St. Helens Public Library. Participate in silent word sprints, encourage each other, exchange ideas, and most importantly, do what writers do: WRITE! Open to writers of all ages, background, and introvert levels.



1st and 3rd Saturdays in
the Armstrong Room
6pm-8pm

ST. HELENS POLICE DEPARTMENT

FIRST THURSDAY

March 7, 2019: Drug Recognition
April 4, 2019: Child Abuse Prevention Month
May 2, 2019: K-9 Program

FIRST THURSDAY OF EVERY MONTH, 7 PM
COLUMBIA CENTER AUDITORIUM, 375 S. 18TH STREET



WWW.CI.ST-HELENS.OR.US/POLICE

-- Teacher In-Service Days at SHSD --

The Friendship Club - 8 AM to 6PM

Kids in grades K-8 can participate in a full day program while the St. Helens School District is closed for a teacher work day or in-service day. Kids will be playing games, swimming, making arts & crafts, playing sports and other activities that keep them engaged and active.

DATES AVAILABLE: APRIL 12th from 8 AM to 6 PM

\$25 per child

* Kids must bring a sack lunch.
Only light snacks will be provided.

Register in advance by emailing recreation@ci.st-helens.or.us
Space is limited to the first 30 kids that are signed up
\$25 per child paid in advance



COMMUNITY EVENTS



GRAND OPENING

St. Helens Recreation Center

9 MARCH, 2019

3-5 PM | 1810 OLD PORTLAND ROAD
Free Refreshments | Tour the Building
