The Camas Parks and Recreation offices are in the Lacamas Lake Lodge, 227 NE Lake Road, Camas, WA 98607.

Come see us Monday through Friday, 8:00AM - 5:00PM
(360) 834-5307
https://register.cityofcamas.us

How To Register -
ONLINE at https://register.cityofcamas.us
MAIL registration form with a check, payable to: City of Camas, 616 NE 4th Ave., Camas, WA
WALK in to the Lacamas Lake Lodge

Parks & Recreation Staff

Jerry Acheson
Parks and Recreation Manager
jacheson@cityofcamas.us

Susan Newlove
Administrative Assistant
Facility Reservations,
Program Registrations
snewlove@cityofcamas.us

Krista Bashaw
Recreation Coordinator
Special Events,
Community Partnerships
kbashaw@cityofcamas.us

Tammy Connolly
Recreation Coordinator
Youth & Adult Sports,
Youth Enrichment,
Adult Fitness, Special Events
tconnolly@cityofcamas.us
Inclement Weather/Cancellation Policy

Cancellation of an activity may occur due to low enrollment, weather conditions, or circumstances beyond our control. Activities will be canceled if schools are closed. When possible, registered participants will be notified of cancellation.

Would you like to teach a class?

We are always looking for new instructors to teach programs and activities. If you have knowledge and experience in a subject regarding Youth or Adult Sports or other Youth, Adult or Senior Programs, contact Tammy Connolly with Camas Parks & Recreation at 360-834-5307 or email at tconnolly@cityofcamas.us.

Camas Parks and Recreation oversees the Camas Community Center, Lacamas Lake Lodge, Fallen Leaf Lake Park, Scout Hall, 13 parks, 22 miles of trails, and over 600 acres of open space. We are a City of Camas Dept. funded by the City of Camas General Fund, donations and grants.

Disclaimer: This activity/class schedule is published for information purposes only. Camas Parks and Recreation reserves the right to make any changes in the content and provision of the class schedule without notice.

The City of Camas prohibits sex discrimination in the operation, conduct, or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Camas for a community program are also prohibited from discriminating on the basis of sex. In addition, the City of Camas does not discriminate on any other basis protected by federal or state law, including race/color, creed (religion), national origin, sex, disability, use of a guide dog or service animal by a person with a disability, HIV/AIDS or hepatitis C status, sexual orientation/gender identity, or honorably discharged veteran and military status. If you have questions, wish to file a complaint, or if you require a reasonable accommodation for a disability, contact Jennifer Gorsuch at 360-817-1530.

Parks and Recreation Vision Statement

Through provision of recreation and parks services, we enhance the quality of life and nurture the health and well-being of our people, our community, our environment and our economy. We are community driven. Together, and often in partnership with related fields and organizations, we:

· help individuals reach their potential - ensuring healthy, active and balanced lifestyles, a fit foundation for productive lives, stimulating holistic growth and development.

· strengthen the social foundations of our society - building strong relationships - collaborating to support families of all kinds, nurturing leadership and developing self-reliant communities - creating understanding and harmony through shared leisure lifestyles.

· serve as “stewards of the environment” - creating environmental awareness/encouraging ecosystem approaches to planning - protecting, preserving & restoring significant natural areas & corridors.

· build and renew local economies - reducing dependencies on health and social services through building a fit and productive work force; stimulating the leisure industries and attracting economic development to our community known for our high quality of life.

YOUTH SCHOLARSHIPS

Offered through generous grants from the TODAY Foundation and the Partners with Camas Parks & Recreation.

Assistance is available to youth participants with financial need who live in our community.

Camas Parks & Recreation receives funds from various organizations to support our scholarship program. Youth in the community who are interested in participating in a program offered through our department are encouraged to apply.

To receive a scholarship application:

· view us online at https://register.cityofcamas.us

· call 360-834-5307 to have it mailed to you

· visit the Lacamas Lake Lodge, 227 NE Lake Road

· Email tconnolly@cityofcamas.us to have one emailed to you.

YOUTH SCHOLARSHIPS

Offered through generous grants from the TODAY Foundation and the Partners with Camas Parks & Recreation.

Assistance is available to youth participants with financial need who live in our community.

Camas Parks & Recreation receives funds from various organizations to support our scholarship program. Youth in the community who are interested in participating in a program offered through our department are encouraged to apply.

To receive a scholarship application:

· view us online at https://register.cityofcamas.us

· call 360-834-5307 to have it mailed to you

· visit the Lacamas Lake Lodge, 227 NE Lake Road

· Email tconnolly@cityofcamas.us to have one emailed to you.
**KUNG FU**
These details apply to all Kung Fu classes in this column:

- Tuesdays/Thursdays Ongoing
- December 12/03 - 12/31
- January 01/02 - 01/30
- February 02/04 - 02/27
- March 03/03 - 03/31

-Camas Community Center, 1718 SE 7th Ave.
-Instructor Sifu Paco

**Kung Fu For Kids**
**Age: 5Y - 12Y**
Kung Fu can help teach self-control, discipline, patience & respect. It will also improve your muscle coordination, strength & overall health. Call 834-5307 for a FREE class.

Fee: $60/mo. or $165/3 mo.

**Beginner**
5:00PM - 5:55PM

**Advanced**
6:00PM - 6:55PM

**Lil’ Dragons Kung Fu**
**Age: 4Y - 5Y**
Lil’ Dragons classes are fun and exciting, teaching children that positive energy develops winners. Learn coordination, balance skills, life & safety skills and confidence. Lil’ Dragons learn to become confident, peaceful Warriors and winners in life. A free uniform is included in the price of a 3 month registration for each new enrollee.

Fee: $45/mo. or $120/3 mo.

13005 4:30PM - 4:55PM

**Victoria Fencing Program**

Students will be introduced to learning the skills of attacking and defending with a fencing weapon called "Foil". Fencers develop good coordination, balance, flexibility and self discipline which makes this training an ideal means of keeping fit for all ages and abilities. Our training progression starts with teaching the student footwork and basic fencing moments. Once the student develops a general understanding of these movements, the student is taught a series of fencing drills combined with open fencing with other students to apply the lessons learned. The final stage consists of teaching tactics and strategy for set competitive situations. All the equipment for the introductory classes is included in the fee or may be purchased if desired. Contact the instructor for more info.

The Instructor: Julia Tikhonova - 2X Israeli Champion, 3X Div 1 all American and NCAA Champion

Fee: $80/month*
1 time registration fee $10/year required for insurance.

**Ages: 6 - 14**

4:30PM - 5:30PM
Lacamas Lake Lodge, 227 NE Lake Rd

01/15 - 01/29 - Wednesdays only in January *Discounted fee of $60

**Mondays & Wednesdays**
02/03 - 02/26
03/02 - 03/30

Pre-Registration required on all classes. Sign up early - they fill up fast!

Register online for the above classes at: https://register.cityofcamas.us
Or by visiting us at Lacamas Lake Lodge, 227 Lake Road
Call 834-5307 for more information.

**YOUTH SCHOLARSHIPS**
Assistance is available to youth participants with financial need who live in our community. Call Camas Parks & Recreation at 360-834-5307 for more details and to receive an application.

Register online at: https://register.cityofcamas.us
Busy Bees Preschool is an educational and exciting program. Children will explore our world through hands-on projects, messy art, kitchen creations, learning stations, games & large muscle activities.
- Adults are required to sign their child in/out.
- Space is limited, pre-registration is required!
- Children must be toilet trained and able to use the bathroom independently.
- Please pack a change of clothes, snack & water bottle

**Ages: 3.5Y - 6Y**

Teacher Jean

Wednesdays
9:00AM - 12:00PM

Fee (In-City): $148
Fee (Out-of-City): $181.50

Lacamas Lake Lodge,
227 NE Lake Road

---

**TINY TOTS TUMBLING**

Age: 2Y - 4Y

Join this fun class where movement is the main experience! Tumbling will improve your child’s muscular strength, flexibility and body awareness. Parents are encouraged to participate.

Teacher Jean

Fees:
- $30/session (In-City)
- $36/session (Out-of-City)

Lacamas Lake Lodge,
227 NE Lake Road

**Fridays, 9:00AM or 9:45AM**

Winter Session
01/31 - 03/13 (no class 02/14)

- 9:00AM - 9:30AM: Session 1A
- 9:45AM - 10:15AM: Session 1B

**16065A Session 1: Rainforest Adventure**
02/05 - 04/08
(let’s go exploring! Grab your canteen and binoculars and discover all the animals the rainforest has to offer. We will make rain sticks and discover the sounds of the jungle.)

**16065B Session 2: Furry Friends**
04/15 - 06/10

Learn about our animal neighbors through books, crafts & walking field trips. Explore the world outside as we watch nature wake up from winter.

---

**Music Together**

New Notes Music Together

**Jingle Bell PJ Party**

Ages: 0 - 5Y

Older siblings, grandparents and friends are welcome to join us for a seasonal sing-a-long and refreshment.

FREE

Christy, Instructor

Lacamas Lake Lodge,
227 NE Lake Road

**Tuesday, December 17th 6:30PM**

---

**YOUTH SCHOLARSHIPS**

Assistance is available to youth participants with financial need who live in our community. Call Camas Parks & Recreation at 360-834-5307 for more details and to receive an application.

---

Register online at: https://register.cityofcamas.us
**Yoga with Chaney**

Don’t worry if you’re “not flexible”, yoga is accessible for everyone whether you can touch your toes or not! Vinyasa means “breath-synchronized movement.” Vinyasa has both physical and mental benefits. Physically, sweat releases toxins and re-energizes our bodies. Mentally, the synchronized breathing relaxes the chatter of the mind and helps to release any blockage of energy flow throughout our body. This 60 minute class is suitable for all levels. Bring a mat, water, and an open mind. Wear loose, comfortable clothing that you can easily move in.

Chaney Compher, cert. yogi

Fee: $12/class (drop-in)
$55 for 5 punches ($11/class)
$100 for 10 punches ($10/class)

**Tuesdays & Thursdays**
9:30AM - 10:30AM
Lacamas Lake Lodge, 227 NE Lake Rd

---

**Unlock Your “Intuitive Code”**

with Jane de Forest

A practical guide to help your trust, improve and use your natural empathic intuition. Everyone has a unique way of processing this right brain information, sometimes it can be overwhelming. Whether it is a gut feeling, hunch or empathic knowing, we all receive intuitive information in our lives. The truth is, being business or relationships … most often those feelings are right! By learning to decode your intuition and with practice … your decision making will be easier and you will begin to find yourself in the right place at the right time! Join Jane for this informative & entertaining class. Whether you’re just starting out on your journey of self-discovery or hoping to take your intuitive abilities to the next level, this class provides the opportunity and supportive space for you to extend your awareness and have fun with like-minded people.

10 week series on Mondays
01/13 - 03/30 (no class 01/20, 02/17)
10:00AM - 11:30AM

Fee: $12/class (drop-in)
$55 for 5 punches ($11/class)
$100 for 10 punches ($10/class)
Lacamas Lake Lodge, 227 NE Lake Rd

**Yoga with Dawn**

Nourish your body and quiet your mind, through deep stretching, core strengthening and stress relieving poses. The class is designed for every body from those brand new to yoga to avid athletes looking to complement their workouts.

Please bring a mat, towel and water.

Instructor: Dawn Potter, MPH; Certified Yoga Teacher.

**Wednesdays Ongoing**
01/08 - 03/25
9:00AM - 10:00AM
Punch Cards:
5 classes - $80,
10 Classes - $150,
Drop-ins welcome - $18/class

Lacamas Lake Lodge, 227 NE Lake Rd

Register online at [https://register.cityofcamas.us](https://register.cityofcamas.us)

---

**NEW! 6 Week Fit Camp**

Fit Camp is an indoor/outdoor, boot camp style workout with intervals of cardio, weights, core, and stretching. The class efficiently works your whole body and is open to all fitness levels. Modifications can be made to keep it low impact or to crank up the intensity. Weather permitting, we’ll head outside to utilize the park benches, the path and the fields. Please bring a mat, light weights and water.

Instructor: Dawn Potter, MPH; Certified Yoga Teacher.

**Mondays for 6 weeks**
1/6, 1/13, 1/27, 2/3, 2/10, 2/24
9:00AM - 10:00AM

$85 for the 6 week series

Lacamas Lake Lodge, 227 NE Lake Rd

Register online at [https://register.cityofcamas.us](https://register.cityofcamas.us)

---

**Men’s Spring Softball League**

The league will play double headers Monday - Thursday during this 8 week season. Field grooming, game balls & Umpires provided.

Log onto [www.sportability.com](http://www.sportability.com) to register your team with Visa or Master Card or in person at Lacamas Lake Lodge, 227 NE Lake Rd

Fallen Leaf Softball Field
April 8 - June 21

Sign Up Deadline: March 24

Fee: $700 for a team of up to 15 players due March 24.

**Kung Fu for Teens & Adults**

Age: 13+

Kung Fu can help teach self control, discipline, patience & respect. It will also improve your muscle coordination, strength & overall health.

Call 834-5307 for a FREE class.

Sifu Paco

Fee: $60/mo. or $165/3 mo.

**Tuesdays & Thursdays**
7:00PM - 7:55PM

Location: Camas Community Center, 1718 SE 7th Ave.

Join us for our meeting located at the Camas Community Ctr, 1718 SE 7th Ave.

**Weight Watchers**

For other local meeting times or for more information, visit [www.weightwatchers.com](http://www.weightwatchers.com)

Register online at [https://register.cityofcamas.us](https://register.cityofcamas.us)

---
Kids and a Canvas
Paint Night
December 9th
6:00PM
Lacamas Lake Lodge
Camas, WA

Kids grab your parents and come get creative! Explore your crafty side while I walk you through the step by step process to make your own unique personalized unicorn ornament!

Pre-Registration is required, space is limited.
$15 per ornament which includes 1 pre-glittered plastic shatter proof ornament (color of your choosing in registration), clay horn for you to make, flowers, felt ears and decal eyes.
Ages 3+ Parents must stay with child the entire time and help with cutting, gluing etc.

Find more information and register online: https://www.eventbrite.com/o/kids-and-a-canvas-paint-events-16844335715

Easter Day Egg Hunt
Age: 2Y - 12Y
FREE
Sunday, April 12, 2020
1:30PM Sharp!
Crown Park, Camas

Over 10,000 candy and prize-filled eggs will be hidden in designated egg hunting areas color-marked for age groups 2-3, 4-5, 6-7, 8-9, and 10-12. All ages start egg hunt at same time, 1:30PM sharp! Children should bring a basket or bag for their eggs.

Children must be accompanied by an adult. Adults are not allowed in the hunting areas, except in area for ages 2-3.

The Traditional Easter Bonnet and Contemporary Hat contest will take place immediately following the egg hunt.

Register online at: https://register.cityofcamas.us
**SENIOR ENRICHMENT**

**Enhance Fitness**  
*Age: 60+
Join Area Agency on Aging & Disabilities of Southwest WA (AAADSW) for a fun fitness class designed for older adults. Go at your own pace in a class that combines strength training, flexibility, balance and cardio conditioning. Exercise led by a certified instructor. Wear loose, comfortable clothing and shoes.

AAADSW  
Camas Community Center, 1718 SE 7th Ave.  
Fee: By Donation

**MONDAYS**  
January 6 – April 27  
10:00AM – 11:00AM

**FRIDAYS**  
January 3 – April 24  
10:00AM – 11:00AM

**Cultural Bus Tours**  
*Age: 55+
Enjoy a variety of interesting excursions around Washington and Oregon. Trips are advertised in Camas' local newspaper, the Post Record, in the Around Town section. Fee includes comfortable bus transportation. Lunch on own. Registration required on all trips. Call Fran Moffett at 360-921-1144 or LaRhea Steele at 360-904-4274 for details on upcoming trips and to reserve your spot.

**Casino Tours**  
*Age: 50+
Join the Camas Senior Center each month for casino tours to the Red Wind Casino in Washington. Fee includes comfortable tour bus transportation. Lunch on own. Registration required on all trips. The pick-up spot for bus departure will be at the Pendleton Woolen Mills Parking Lot in Washougal.

Call LaRhea Steele at 360-904-4274 or Dee Bretag at 360-335-8884.

**Pendleton Woolen Mills Parking Lot, 2 Pendleton Way, Washougal**

Fee: $5.00  
**Day:** Mondays  
**All busses board 6:45AM; depart 7:00AM**  
**To Red Wind, Yelm, WA**  
**January 20**  
**March 16**  
**May 18**

**Tai Chi/Tum Pai/Cane Defense**  
*Age: Seniors
Tai Chi is: The health benefits of Tai Chi have been researched in a number of medical studies. The Mayo Clinic, Harvard, National Institutes of Health, and Emery University to name just a few. The research is vast, but the conclusion confirms what practitioners have known for centuries, Tai Chi can dramatically improve your coordination, balance and health. The graceful slow speed along with an emphasis on deep breathing creates mental focus, flexibility and calmness, which relieves stress. As a result, many Western Doctors are now recommending Tai Chi to their patients.

Tum-Pai is: "Understanding the movements of the center line and doing things the easiest way possible". Incorporates the arts of Judo, Jiu Jitsu, Kempo & Chinese Silum Gung Fu and Paqua. Tum Pai is the soft version of "KaJuKenBo" with roots steeped in the acceptance and redirection of energy. Tai Chi is the heart of the art.

Cane Defense is: This kind of STUDY is unique - developed by 5TH DEGREE BLACK BELT Sigung John Paul Jones specifically for those interested in alternative self defense. It represents many years of research and development; resulting in a program that is simple to understand and easy to remember.

CLASS TOPICS INCLUDE: Guard Stance/Ready Stance, Defensive moves/Attacks, How to strike with POWER, RESTRAINT AND TAKEDOWNS. ALL ATTENDEES WILL BE REQUIRED TO USE AN ALUMINUM CANE WITH ADJUSTMENT HOLES.

Lacamas Lake Lodge, 227 NE Lake Rd

Taught by: Sigung John Paul Jones

43006 Basic Tai-Chi - Noon  
Tuesdays & Thursdays  
12:00PM - 1:30PM  
Fee: $55/month or $150/3 months

43056 Advanced Tai-Chi - Tum-Pai - Cane Defense  
(must have completed Basic Tai-Chi)  
Tuesdays & Thursdays  
1:30PM - 2:45PM  
Fee: $90/month or $250/3 months *must have completed Basic Tai Chi

Register online for the above classes at: [https://register.cityofcamas.us](https://register.cityofcamas.us)

CAMAS-WASHOUGAL SENIOR RESOURCE GUIDE

In an effort to provide information regarding the various services offered to our community’s seniors, the Camas Parks & Recreation Department has compiled a list of senior resources. The information provided offers general resources to our local seniors and is not meant to be comprehensive. Information was gathered through public sources and/or direct contact. Updates of the Resource Guide are made periodically, typically in January. To see the Senior Re-source Guide document and/or to print a copy, please visit [www.cityofcamas.us/parks](http://www.cityofcamas.us/parks) and click on the "Senior Re-sources" link in the left bar. You will be able to click on the Complete Camas-Washougal Senior Resource Guide or you can click on the Condensed Camas-Washougal Senior Resource Guide for a three-page printable version.

Join us for our meeting located at the Camas Community Center, 1718 SE 7th Ave.  
**Thursdays** 5:30PM - Registration & Weigh-in  
6:00PM - Meeting Time

For other local meeting times or for more information, visit [www.weightwatchers.com](http://www.weightwatchers.com)

Register online at: [https://register.cityofcamas.us](https://register.cityofcamas.us)
**Lacamas Lake Lodge and Conference Center**

227 NE Lake Road

From corporate meetings to wedding receptions, we can work with you to accommodate whatever your event needs may be. The main hall can accommodate up to 150 people and includes a warming kitchen. In addition to the main hall, there are two small conference rooms that are partitioned off and can open up into one room. Tables and chairs are included in the rental and A/V equipment is available.

**Fees:**

**Main Hall (150 person occupancy)**

$175/ Hour, Refundable Deposit: $500

* A 5-hour minimum rental is required on Saturdays & includes the use of the 2 small meeting rooms.
* A 2-hour minimum rental is required Sunday to Friday.

**Additional Fees:** AV Equipment $100/day

**Reservation Process and Additional Information:**

1. Rental Reservations are accepted 1 year in advance for residents and 10 months in advance for non-residents.
2. Rental hours are Monday - Sunday from 8 am until 10 pm.
3. Rental time includes room set-up through tear-down.
4. The payment is due in full within 5 business days of making a reservation.
5. Groups will be assessed a refundable deposit which will be deposited upon receipt. The facility will be inspected after your use. If the facility passes review, your deposit will be refunded back to you.
6. Non-profit groups will receive a 50% discount off of the hourly rate.
7. A 5-hour minimum rental is required on Saturdays. All other days require a 2-hour minimum rental.
8. If a renter goes over the allotted time, they will be charged an additional full hourly rate.
9. City of Camas residents will receive a 20% discount with proof of residency.
10. Public Agencies - Rate of $60/hour Monday-Thursday

http://www.cityofcamas.us/index.php/lacamaslodge

---

**Fallen Leaf Lake Shelter**

Fallen Leaf Lake Shelter is a beautiful lake-front facility located at 2911 NE Everett Street.

**Amenities:**

* Will accommodate 150 people
* Large Picnic Shelter
* Restrooms
* Picnic Tables
* Large Charcoal BBQ Grill
* Running Water
* Large Countertop for food prep
* Electrical Outlets
* Volleyball Court
* Large open grass area

**Fees:**

$350/day for Fridays, Saturdays, Sundays and Holidays.
$200/day for Monday - Thursday
$500 refundable deposit
$100 non-refundable alcohol fee

* These fees help pay for maintenance and operation of the park.

- City of Camas residents will receive a 20% discount with proof of residency.
- Non-profit groups renting on weekends will be charged the mid-week rates.

**Park Hours:**

Between 10 am and dusk.

**Available Dates:**

Rental Reservations are accepted 1 year in advance for residents and 10 months in advance for non-residents.
Reservations are available Memorial Weekend through the end of September.

**Fallen Leaf Lake Shelter rules and regulations**

Subject to change at any time

- Private events only
- Dogs are allowed on lease
- No amplified music. If you have portable music players, please make sure the noise is only audible within the boundaries of the area.
- A large open grass area is available. Inflatable tents are not allowed on the property. No Bounce Houses.
- Please leave the area clean for the next party and deposit your garbage into the dumpster. Failure to do so will result in the loss of your cleaning deposit.
- No alcohol. It is unlawful to possess or consume alcohol on public grounds without a permit. Underage consumption of alcohol is illegal.
- Water access limited to swimming and non-motorized floatation
- No fishing allowed.

**Additional Fees:**

* Deposit: $500 refundable alcohol fee
* Alcohol Use fee: $100
* Key call back fee: $150

*Notes*

- Mid-Week is Monday through Thursday, and Friday until 1:00 pm.
- Weekend is Friday after 1:00 pm through Sunday.
- No rental fee will be charged for non-profit groups who are community based and IRS recognized.
- City of Camas Sponsored events, School sponsored events, or governmental agencies that reserve the facility Monday through Thursday, between the hours of 8:00 am and 5:00 pm and Friday before 1:00 pm.
- Non-profit groups renting on weekends charged the mid-week rates.
- Individuals living inside the City limits of Camas will receive a 20% discount with proof of residency.
- Groups will be assessed a $500.00 refundable deposit which will be deposited upon receipt. The facility will be inspected after your use. If the facility passes review, your deposit will be mailed within thirty days.

---

**Camas Community Center**

1718 SE 7th Ave.
Camas, WA. 98607

**ROOM DESCRIPTIONS**

**Ballroom** – A spacious, 2400 square foot room complete with a 1500 square foot dance floor makes it perfect for large weddings, company celebrations or family reunions. The dance floor is covered in 3 carpets that can be removed to expose the dance floor to size.

- Room capacity – 300 people

**Reception Room** – This charming, decorated room is ideal for anniversary parties, birthday parties, baby/bridal showers and seminars.

- Room capacity – 50 people

**Conference Room** – This room works well to conduct productive meetings.

- Room capacity – 50 people

**Kitchen** – Fully equipped with an industrial-sized refrigerator and dishwasher, oven, stove, microwave and coffeemakers.

**Mid-Week**

<table>
<thead>
<tr>
<th>M - F (am)</th>
<th>F(pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$150/day</td>
<td>$150/day</td>
</tr>
</tbody>
</table>

**Weekend**

<table>
<thead>
<tr>
<th>M - F (am)</th>
<th>F(pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$200/day</td>
<td>$200/day</td>
</tr>
</tbody>
</table>

Register online at: https://register.cityofcamas.us