

Adapted Recreation

All of the Park and Recreation Department classes support an integration philosophy and are available to all people. Adaptive recreation works to break down the barriers to participation of individuals who may have disabilities, whether they are financial, transportation, or the need for one-on-one assistance. Adaptive Recreation also provides programs organized with special populations in mind. The services listed below are adapted to meet your needs and provide assistance for inclusion. If you cannot afford the fees associated with

these activities, scholarships are available. For a complete directory of adapted recreation services offered in the Willamette Valley, visit our website at www.albanyparksandrecreation.org.

Monthly Dance and Social

High school age and older individuals with disabilities along with their families and friends are invited to join Albany Parks and Recreation and CJ's Dance at this dance and social on Friday nights from 7:45-9:15pm. The dates for summer term are June 11, July 9, and August 13, 2010. During the first half hour, CJ will provide some dance instruction followed by one hour of mixed social dancing. Light snacks will be provided. Cost is \$5. Dances will be held at COOL! Swanson Park Action Center, 705 Railroad St SE.

Class Title	Days	Time	Dates	Location	Instructor	Cost	Drop-in fee
Gentle Yoga	M	11:30am-12:20pm	6/21-8/30	City Hall	Mary	\$87/\$65	
Movement, Art and Play	M	6:30-7:30pm	6/21-8/30	Senior Center	Zelda		\$5
CJ's Socials	F	7:45-9:15pm	6/11, 7/9, 8/13	Swanson	CJ		\$5
Respite Afternoons	Sa	1-4pm	6/12	LBCC	Staff	Free	



Dance instruction and mixed social dancing for high school age and older individuals with disabilities.

VISIT THE WEB FOR DANCE DETAILS

CJ's Friday Socials

2nd Friday of the month
7:45-9:15pm

Swanson Park Action Center
705 Railroad St SE

KGAL
SmartTalk 1580

KSHO
AM 920
Unforgettable

Are you looking for a way to boost your energy,

strengthen your cardiovascular system, tone your muscles, and improve your personal level of fitness? Do you find yourself stressed out or lethargic? Have you been “talking” about getting in shape but for whatever reason, haven’t gotten off the couch? Register now for an Albany Parks and Recreation Department fitness class.

Get your heart pumping as you step up and get fit! We have classes to meet every fitness level and need. Whether you want the fast fun of Zumba, the core-strengthening focus of Pilates, or a class that will strengthen your bones, improve your balance and increase your mobility, we have the class for you!



Monthly Classes

Class Title	Days	Time	Dates	Location	Instructor	Cost
Step, Early	M/W/F	5:30-6:30am	Monthly	Swanson	Amy	\$47/\$35
Step, Morning ©	M/W/F	9:15-10:25am	Monthly	Swanson	Star	\$53/\$40
Childcare for Morning Step	M/W/F	9:15-10:25am	Monthly	Swanson	Sara	\$21/\$10
Step, Interval	M/Th	5:20-6:20pm	Monthly	Swanson	Star	\$32/\$24
Step, Beginning	M/W	7:50-8:50pm	Monthly	Swanson	Sara	\$32/\$24
RepReebok	M/W	6:30-7:40pm	Monthly	Swanson	Star	\$36/\$27
Rep Reebok	Tu/Th	4:10-5:10pm	Monthly	Swanson	Sara	\$32/\$24
Muscle Tech II	Tu/Th	5:30-6:30am	Monthly	Swanson	Angela	\$32/\$24
Muscle Tech I ©	Tu/Th	9-10:10am	Monthly	Swanson	Kris	\$36/\$27
Childcare for Muscle Tech I	Tu/Th	9-10:10am	Monthly	Swanson	Sara	\$14/\$7
Cardio Dash	M/W	4:15-5:10pm	Monthly	Swanson	Kris	\$31/\$23
S.E.T.	Tu	5:20-6:20pm	Monthly	Swanson	Amy	\$16/\$12
Prenatal/Postnatal	Tu	5:30-6:15pm	Monthly	Senior Center	Kris	\$14/\$10
Pilates	Tu/Th	7:40-8:40pm	Monthly	Swanson	Andra	\$32/\$24

Classes listed above show cost based on a per month session (June 1-30, July 1-30, and August 2-31). A fitness punch card is also available for these classes. The price listed at the right reflects a reduced fee for Albany residents. Please see all payment options listed on Web site.

© **Childcare provided for this class** Cost shown is for 1st child for the month/each additional child in the family for the month. Childcare punch card \$4/punch.

For more information about the classes on this page, go to albanyparksandrecreation.org/fitness

Fitness... What's New?

CARDIO TENNIS

Get the ultimate high-energy workout with Cardio Tennis. This fun, new, group activity features tennis drills for players of all abilities. Cardio Tennis includes warm-up, cardio workout, and cool down phases. It's a great new way to get in shape and burn calories while increasing your conditioning to improve your tennis game.

CARDIO TENNIS LIGHT

Cardio Tennis Light is the same great workout as Cardio Tennis at a slightly less intense pace. It is designed for the individual who is just getting back into working out or possibly has a bit of a physical challenge to overcome.



"Zumba is absolutely wonderful-I am hooked! I have lost 17lbs. and I owe it to CJ and Zumba for getting me to stick to exercising...the fun way. Thank you!" — KASSY

Know Before You Go:

We have a variety of payment options available. For a complete description of classes and full details visit our website at www.albanyparksandrecreation.org

Registration for summer fitness classes begins immediately. For general information on session dates and registration visit our Web site at www.albanyparksandrecreation.org. Note: It is recommended that you consult with your physician before you start any new fitness program.

Childcare is available for some classes. Check the schedule for times childcare is provided. The cost for childcare will be based on the class you are taking. A Childcare Punch Card may be purchased for \$4/punch. Due to space limitations, we are able to serve only the first 15 children who register for this service.

Friends Save BIG!

Bring a friend to class
and receive discounts. Check out our
website
to find out how you can save!



Specialty & Older Adult Fitness

Class Title	Days	Time	Dates	Location	Instructor	Cost
Gentle Yoga	M	11:30am-12:20pm	6/21-8/30	City Hall	Mary	\$87/\$65
Zumba Gold (Bilingual)	M/W	5:30-6:30pm	6/21-7/21 or 7/26-8/25	TBA	CJ	\$69/\$52*
Zumba	M/W	6:35-7:35pm	6/21-7/21 or 7/26-8/25	TBA	CJ	\$69/\$52*
Zumba	Tu/Th	11:30am-12:30pm	6/22-7/22 or 7/27-8/26	Swanson	CJ	\$69/\$52*
Zumba Gold	Tu/Th	4:30-5:30pm	6/22-7/22 or 7/27-8/26	TBA	CJ	\$69/\$52*
Zumba	Th Sa	6:35-7:35pm 10:30-11:30am	6/24 -7/24 or 7/29 - 8/28	Boys & Girls Club	CJ	\$69/\$52*
Zumba Basic Workshop	Sa	11:30am-12 noon	7/3, 8/7, 9/4	Boys & Girls Club	CJ	Free
Cardio Tennis Light	Tu/Th	8:15-9:15am	6/8-6/24, 7/6- 7/22, or 8/3-8/19	Albany Tennis Club	Staff	\$42/\$36
Cardio Tennis	Tu/Th	5:15-6:15pm	7/6-7/22 or 8/3- 8/19	Albany Tennis Club	Staff	\$42/\$36
Hatha Yoga	W	11:30am-12:20pm	6/23-8/25	City Hall	Mary	\$87/\$65
Hula Hoop Making Workshop	Sa	10am-12:30pm	7/17	Swanson	Kris	\$20/\$15
Better Bones & Balance(CRN#14031)	M/W/F	7:00-7:50am	6/21-8/20	Swanson	Marolyn	\$78/\$58.50
Better Bones & Balance(CRN#13664)	M/W/F	8:00-8:50am	6/21-8/20	Swanson	Marolyn	\$78/\$58.50
Better Bones & Balance(CRN#14267)	Tu/Th	1:00-1:50pm	6/22-8/19	Swanson	Julia	\$63/\$47.25
Arthritis Foundation Exercise Class	W/F	9:15-10:05am	6/23-8/13	Senior Center	Yee	\$56/\$42
Tai Chi: Better Balance	M/W	11:30am-12:20pm	7/5-7/28	Senior Center	Martines	\$60/\$45
Tai Chi: Better Balance	M/W	11:30am-12:20pm	8/4-9/1	Senior Center	Martines	\$60/\$45
Tai Chi	M/W	5:30-6:30pm	7/5-7/28	Senior Center	Martines	\$60/\$45
Tai Chi	M/W	5:30-6:30pm	8/4-9/1	Senior Center	Martines	\$60/\$45
Dance Aerobics- Seniors (CRN#13383)	M/W/F	8:00-8:50am	6/21-8/22	Senior Center	Yee	\$78/\$58.50
Gentle Yoga (CRN#13377)	M/W	1:00-1:50pm	6/21-8/22	Senior Center	Rose	\$60/\$45
Gentle Yoga (CRN#13378)	M/W	2:00-2:50pm	6/21-8/22	Senior Center	Rose	\$60/\$45
Gentle Yoga (CRN#14265)	M/W	3:00-3:50pm	6/21-8/22	Senior Center	Rose	\$60/\$45
Cardio Dance Workout (CRN#13379)	M/W	5:15-6:05pm	6/21-8/22	Senior Center	Vandehey	\$60/\$45
Pilates Combo (CRN#14266)	Tu/Th	8:00-8:50am	6/22-8/22	Senior Center	Yee	\$63/\$47.25
Tai Chi Chuan (CRN#13665)	F	2:30-3:20pm	6/25-8/15	Senior Center	Leban	\$39/\$29.25
Pilates Early AM	M/W	6:30-7:30am	May	Senior Center	Yee	\$48/\$36
Pilates Early AM	M/W	6:30-7:30am	June	Senior Center	Yee	\$48/\$36
Pilates Early AM	M/W	6:30-7:30am	July	Senior Center	Yee	\$48/\$36
Pilates Early AM	M/W	6:30-7:30am	August	Senior Center	Yee	\$48/\$36

The price listed at the right reflects a reduced fee for Albany residents. For classes highlighted in above, the price listed at the right reflects a reduced fee for participants age 62 or older.

The fee for the classes with an * are for the 2 day/week option. Other payment options for * classes include \$7 drop-in fee; \$39/\$29-1 day/week; \$100/\$75-unlimited classes. Please see all payment options listed on the Web site.